

Traditional Medicine Virtual 2020



September
28, 2020

TRADITIONAL MEDICINE VIRTUAL 2020

SEPTEMBER 28, 2020

Theme:

Discovering the nature based healing strategies

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Amrita Sharma

Amrita's Ayuryogavidya, A centre of excellence for wellness and holistic health, India



Bogyo Ersebet

Be Fit For Ever Ltd, Hungary



Huang Wei Ling

Medical Acupuncture and Pain Management Clinic, Brazil



Keri Brown

Center for Wide Awake Wellness, United States



Lenka Govender

PlantHappyGirl Nutrition, Ireland



Rose Ngono Mballa Abondo

Yaounde I University, Cameroon



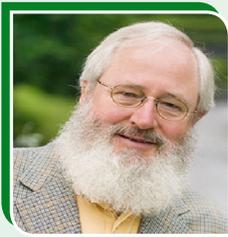
Shahryar Eghtesadi

Azad University Science and Research Branch, Iran

Thank You

All...

Keynote Speakers



Peter-Hansen Volkmann
Naturopathy Medical Practice,
Germany



Hansa Jayadeva
Yogendra
Director of the Yoga Institute,
India



Rosemarie Wagner
Rosewelt Natural
Medicine Practice, Switzerland



Fai Chan
Deli Aroma LLC,
USA



Huang Wei Ling
Medical Acupuncture and Pain
Management Clinic, Brazil



Raghda A. Maksoud
Director of Ebers School of
Aromatherapy, USA

About **MAGNUS GROUP** |

Magnus Group (MG) is initiated to meet a need and to pursue collective goals of the scientific community specifically focusing in the field of Sciences, Engineering and technology to endorse exchanging of the ideas & knowledge which facilitate the collaboration between the scientists, academicians and researchers of same field or interdisciplinary research. Magnus group is proficient in organizing conferences, meetings, seminars and workshops with the ingenious and peerless speakers throughout the world providing you and your organization with broad range of networking opportunities to globalize your research and create your own identity. Our conference and workshops can be well titled as 'ocean of knowledge' where you can sail your boat and pick the pearls, leading the way for innovative research and strategies empowering the strength by overwhelming the complications associated with in the respective fields.

Participation from 90 different countries and 1090 different Universities have contributed to the success of our conferences. Our first International Conference was organized on Oncology and Radiology (ICOR) in Dubai, UAE. Our conferences usually run for 2-3 days completely covering Keynote & Oral sessions along with workshops and poster presentations. Our organization runs promptly with dedicated and proficient employees' managing different conferences throughout the world, without compromising service and quality.

About **Traditional Medicine Virtual 2020** |

The aim of Traditional Medicine Virtual 2020 is to gather the scattered remedies of natural healing. As this out-break of COVID-19 pandemic has made us all realize that there is much more to unwrap to achieve a healthy and disease free life. Share your research, practice and experience that could lead to new pathways of healing.

The lap of our mother nature is filled with a cure of every disease which has been forgotten and left unpracticed to larger extent. But thanks to our enthusiastic and ambidextrous group of professional who dedicated their valuable time in the field of research and is striving hard to maintain and improve the health condition by recalling the forgotten remedies and discovering the infinitely hidden secrets of healing with Traditional Medicine, Ethnomedicine and Natural Therapies. And we are here to boost and welcome those enthusiastic researcher's unremarkable efforts to make this world healthy and better living place.

KEYNOTE FORUM - I

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Peter-Hansen Volkmann

Medical practice at D-23569 Luebeck, Germany

Bio-logical cybernetics from inflammatory bowel disease and holistic solutions via muscle, meridian, organ and nutritional medicine

Volkmanns trio of culprits

The three most important causes of chronic disorders such as colitis, Crohn's disease, endometriosis and infertility, as well as of orofacial imbalances and periodontitis are bad eating habits, disbiotic intestinal flora of the microbiome and nutritional deficits of trace elements etc.

Volkmanns trio of therapies

A change in diet, including a switch to locally grown organic foods, with avoidance of processed foods and other sources of food chemicals. hoT substitution for biological improvement of food, Orthomolecular intestinal regeneration – in two four-week stages – with microbiome-promoting preparations.

Audience Take Away:

- Introduction in Applied Kinesiology with muscle-meridian-organ-orthomolecular interactions in regulatory medicine to understand and treat sufficiently for example pain and it's holistic root cause
- Sensitivity for food intolerance and environmental reasons of allergies for example as from Tupper ware or pans with Teflon, BPA etc
- Hormonal and environmental influence on illness in connection with behavior
- Solution of the above described problems with hypoallergenic orthomolecular treatments in connection with homeopathic and neural therapy by injections
- Oral pain extinction in seconds with pure, clean remedies without any additives to augment the quality of life of our suffering chronic ill patients
- Painless enlargement of joint and muscle function including range of motion instantly – very often
- Happy patients – happy therapists

Biography

Peter-Hansen Volkmann originates from an old farmer family in Frisiae in Germany. His ancestry treated since about 500 years beside of their animals with chiropractic or osteopathy also men. He studied medicine in CAU Kiel and founded his medical practice at Luebeck in 1989. During the 90-ies he developed the hoT – hypoallergenic orthomolecular therapy and founded in 1998 hypo-A GmbH for the production of pure, really clean vitamin, trace elements etc. He is an international author and congress speaker in Europe, USA and Arabia and publishes 3 books and a lot of holistic papers international.



Hansa Jayadeva Yogendra

Director of the Yoga Institute, India

Yoga therapy to promote mental health

Dr. Hansa ji is a highly learned Yoga guru who has the knack of connecting with her audience and explaining even complicated topics in such a simplified manner that people are able to apply these concepts in their own lives and experience the benefits. Mental health is one such subject. During her session, Pujya Hansa ji will cover the fundamentals of Yoga philosophy that touch upon complete health. She will speak about what is mental health and why it is important to pay attention to it. She will share Yogic techniques that people can apply and other Yogic resources that they can utilize. Her talks are always sprinkled with practical and anecdotal examples so that people can easily relate.

Audience Take Away:

- The audience will learn about mental health and it's important. Especially in the times of Covid, when people have been dealing with various stressful situations such as fear of health and safety, financial difficulties, isolation and cabin fever, this information is very critical to prevent a rise in mental health and other psychosomatic diseases
- The audiences will learn to spot the early signs of mental health issues in themselves and in those around them, they will be able to take preventive and corrective measures, and finally, be able to realize when professional help is needed and seek it
- Lastly, they will be able to make sustainable lifestyle changes that will help them experience optimum health in the long term. These are simple tips based on the ancient Yogic way of life that anyone can follow

Biography

Dr. Hansa Yogendra ji holds the office of the Director of The Yoga Institute, Mumbai, world's oldest organized Yoga center. She is also the President of International Board of Yoga and Senior Vice President of the Indian Yoga Association (IYA). She has a B.Sc. degree in Chemistry and Zoology from Mithibai College, Mumbai and LLB (G) from the Government Law College, Mumbai. She has also received advanced training as a Yoga Teacher from The Yoga Institute, Mumbai. In 2018, the Open International University for Complementary Medicines in association with The Zoroastrian College conferred Hansaji with a Doctorate of Philosophy (Phd). She is the senior vice president of the Indian Yoga Association, committee member of the Prime Minister's Award for Yoga (recipient of the same in 2018), and many more national level organizations. She is a widely published author of numerous works on Yoga.



Rosemarie Wagner

Rosewelt Natural Medicine Practice, Switzerland

Organ language - Do you understand how your organs talk to you?

Organ Language is a self-organized dialogue. The moment we listen and understand how the organs speak to each other, we perceive and recognize the cause, so self-healing occurs. Diseases have this meaning! An illness, including cancer, can be cured if the cause is understood spiritually.

The organ language provides access to hidden connection on the physical, mental and spiritual level. What would the liver say if it could talk? What do the eye complaints have to do with the Liver?

What influence does the colon have on neck pain or skin?

Which thoughts strengthen or weaken the organs?

Like a language course, organ language uses external malfunctions, characteristics and symptoms to teach how to recognize and link them to one's own mind. The ethereal minded created energies - consciously/ unconsciously - create physical reactions.

All about organ depressions, the nature of the organs, the corresponding glands, vertebral bodies, active metabolism, mental power and the messages of the individual organs, as well as the effect of food are explained in topic-related courses. As well as which support on physical, mental and spiritual level is appropriate.

Biography

Rosemarie Wagner has been a naturopath with a legal background for 22 years and practices in Switzerland in the Lucerne and Bern area. Since 2014 she has a federal diploma for Traditional European Naturopathy. Growing up in a family with a tradition of healing, including shamanism, she was already at an early age able to deal with extrasensory perception, the observation of disease symptoms from a medical and spiritual perspective, as well as the most diverse facets of human creativity. In a sensitive and impressive way she links physical symptoms with the underlying mental attitude.



Fai Chan

Deli Aroma LLC, USA

Revisiting the use of “Rubefacient” in relieving the chronic inflammation and pain of rheumatoid arthritis via clinical aromatherapy

Clinical Aromatherapy is still a newly emerge healing/treatment protocol in the medical world, which its scientific bases needs to be proven and studied to yield a popular acceptance among the medical professionals. The word “Rubefacient” stems from the use of the drug to “Produce redness of the skin, e.g. by causing dilation of the capillaries and an increase in blood circulation. “According to Wikipedia definition and there are some topical drugs that can achieve it.

In fact, the TCM (Traditional Chinese Medicine) uses of the technique “Gua Sha” or “cupping” can achieve rubefacient effect too. The speech will discuss this technique combining with the use of essential oil massage in treating rheumatoid arthritis and how this integrative approach brings the relief of RA pain and inflammation, and with a successful case of helping an RA patient to get rid of it. But at least can make the RA patients painless for up to 4 days. The detail oriented protocol can truly improve the quality of life of RA patients and reduce swelling, increase mobility and vitality of RA patients. An integrated approach by combining effective diet and so on exercises will be discussed. Except for the mechanical technique of “Gua Sha”/Cupping, essential oil blend that can create “Rubefacient” effect is also employed. The formulation and its therapeutic applications will also be discussed.

Last but not least, not each part of the whole body deserves the same attention. There will be discussion on which should go first as this will affect the result, especially when time is limited.

This presentation not only tells you the facts or evidence but also points to the way that you can improve your formulation to better serve your patients.

Audience Take Away:

- What composes a practical research that can resolve real life issues
- A win win situation to each party including clients, practitioners, researchers secured the interests of the society and making research grants highly accessible
- Evidence based research is widely applied in many areas of the alternative therapies. A good research must start with an insight that has practicability and applicability on how to bridge the gap between theory and reality. This presentation attempts to point the way of improvement instead of only telling the audience facts or evidence
- A good feedback system from the parties involved makes the whole design of research more appealing and realistic

Biography

Clinical Aromatherapist Fai Chan started her career in 2014, when she was still a student, she already published research findings with international Aromatherapy journals. In 2015, she served the board of a world leading aromatherapy association (Alliance of International Aromatherapists). She was also the chair of the publication committee.

Deli Aroma LLC is dedicated to holistic healing protocols and research. Grounded by pharmacology, her specialties are in the healing of psychiatric/neurological issues and diabetes/rheumatoid arthritis, pneumonia, apnea etc. Based on Traditional Chinese Medicine (TCM) framework, with the synergistic effects of combining the therapeutic approach with chemistry, her remedies are very effective.



Huang Wei Ling

Medical Acupuncture and Pain Management Clinic, Brazil

The importance of the treatment of energy imbalances and chakras energy replacement for prevention and treatment of cancer

Introduction: Western medicine's cancer treatments focus on the destruction of the diseased cells. In traditional Chinese Medicine (TCM), cancer is the manifestation of the body's energy deficiency and Heat retention.

Purpose: To demonstrate that cancer patients have energy deficiencies and Heat retention as root and also chakra's energy deficiencies in the lowest level. The balance of the energy deficiencies, taking out the Heat retention, replenishment of the chakras energies is important to prevent and treat cancer patients.

Methods: Three clinical cases reports. All three patients with cancer diagnoses (case one: thyroid; case two: uterus; case three: lungs). All three patients were found to be at their lowest level of energy (through radiesthesia), rating one out of eight. Treatment consisted in reestablish the equilibrium between Yin, Yang, Qi, Blood and taking out Heat retention through Chinese dietary counseling, auricular acupuncture with apex-ear bloodletting, homeopathy according to the Constitutional Homeopathy of Five Elements Based on Traditional Chinese Medicine and crystal-based medication.

Results: The first two case reports were cured of their cancer condition without any treatment by Western medicine, only with the treatment done. The third patient, though, was already under radiotherapy and chemotherapy but through the treatment previously described the metastasis disappeared and he achieved a better physical and emotional health state. Conclusion: TCM believes that energy deficiency and Heat retention causes cancer. Treatment with Chinese dietary counseling, auricular acupuncture, apex-ear bloodletting and recharge of the Chakras energy can be a path to prevention and treatment of cancer patients.

Audience Take Away:

- In this study, the author is presenting another point of view regarding prevention and treatment of cancer patients
- In this study, she is following Hippocrates who said that is more important to know which patient has a disease than to know which disease the person has. In other words, it is more important to study the patient's energy imbalances and treat these imbalances than to treat cancer itself because all studies regarding the use of Chinese tools in cancer patients are to give support in the treatment such as to improve nausea, vomiting, anemia, depression, hair loss, etc. But no study said that treat cancer patients using these tools, such as Chinese dietary nutrition, acupuncture, apex ear bloodletting and replenishing the chakra's energy meridians using high diluted medications could cure cancer without using any Western medicine treatment such as quimiotherapy, radiotherapy or surgery

Biography

Huang Wei Ling, born in Taiwan, raised and graduated in medicine in Brazil, specialist in infectious and parasitic diseases, General Practitioner and Parenteral and Enteral Medical Nutrition Therapist. Once in charge of the Hospital Infection Control Service of the City of Franca's General Hospital, she was responsible for the control of all prescribed antimicrobial medication and received an award for the best paper presented at the Brazilian Hospital Infection Control Congress (1998). Since 1997, she works with the approach and treatment of all chronic diseases in a holistic way, with treatment guided through teachings of Traditional Chinese Medicine and Hippocrates.

SPEAKERS

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Huang Wei Ling

Medical Acupuncture and Pain Management Clinic, Brazil

Is auricular acupuncture effective in the treatment of headaches?

Introduction: A headache or cephalalgia is pain anywhere in the region of the head or neck. Headache is a non-specific symptom, which means that it has many possible causes. According to traditional Chinese medicine, headaches can be caused mainly by Liver syndromes but can also stem from Wind, Cold, Summer Heat, Humidity, Fire, Accumulation of Humidity and Mucous, and Blood stagnation.

Aim: The aim of this study is a retrospective investigation of the effectiveness of auricular acupuncture treatment on patients from a private general clinic and acupuncture office who had suffered from primary or secondary symptoms of headaches. In this investigation, we observed how many sessions were necessary to show relief from headaches using auricular acupuncture, and how each patient evaluated the effectiveness of this treatment. Furthermore we investigated the patient's history of hospitalization for this particular problem, if he had other types of treatment for headaches before having undergone the auricular acupuncture, if he would recommend acupuncture treatment for headaches, and if he felt cured or not.

Method: Research of over 1500 patient records, who had been attended to and subsequently had undergone auricular acupuncture at the private and general medical clinic and acupuncture office of Dr. Huang Wei Ling in the City of Franca, Sao Paulo State, Brazil. From these records, 160 (10.66%) were selected on the basis of having had headache symptoms. Of these only 78 (48.75%) were successfully contacted by telephone and 9 (5.62%) were discarded after the telephone call because they claimed not having had headaches though this appeared on their records. A questionnaire was filled with the cooperation of the remaining 69 where data was collected concerning their headaches. This information was from patients who had treatment done and were not being treated at the time of this study. Selection was made of all patients who had headache symptoms as a primary reason for treatment, or these symptoms were secondary to other types of afflictions.

Results: The 69 patients (100%) selected had had headaches and remember that they had had them. Of these 68 (98.55%) considered their headaches as a primary symptom. One patient (1.45%) had two sessions of acupuncture. 10 patients (14.49%) had four sessions. 59 patients (84.06%) had more than four.

Conclusions: We can see from this study that a considerable amount of patients, 65 (94.20%) who had undergone auricular acupuncture for the treatment of headache symptoms, had improved. From this group 44 (63.78%) felt improvement in 4 or less sessions, whereas 21 (30.43%), felt improvement only after more than 4 sessions. Sixty-five (94.20%) of the patients evaluated the effectiveness of acupuncture for their headaches as being excellent or good. Ten (14.49%) had a history of hospitalization for headaches, with 36 (52.17%) declaring previous neurological treatment. From the results we can also see that 55 (79.71%) of the patients considered that they had been completely cured or had significant improvement. Finally 65 (94.20%) ready to recommend it, we can conclude that auricular acupuncture is effective in the treatment of headaches.

Audience Take Away:

- In this study, the author is presenting another point of view regarding treatments of headaches without using medications because the medications are usually metabolized by the Liver, that is the main energy, when imbalanced could lead to headache

- In this study, she is following Hippocrates who said that is more important to know which patient has a disease then to know which disease the person has. In other words, it is more important to study the patient's energy imbalances and treat these imbalances than to treat headache itself
- In this presentation, the author is following Hippocrates that emphasizes to consider other ancient medical traditions prior to the knowledge we have nowadays. In this presentation, the author will consider other factors that is not considered in the Western medicine point of view regarding external pathogenic factors, such as Cold, Wind, Hot, Dryness and Humidity, dietary, emotional in the headache, according to traditional Chinese medicine

Biography:

Huang Wei Ling, born in Taiwan, raised and graduated in medicine in Brazil, specialist in infectious and parasitic diseases, General Practitioner and Parenteral and Enteral Medical Nutrition Therapist. Once in charge of the Hospital Infection Control Service of the City of Franca's General Hospital, she was responsible for the control of all prescribed antimicrobial medication and received an award for the best paper presented at the Brazilian Hospital Infection Control Congress (1998). Since 1997, she works with the approach and treatment of all chronic diseases in a holistic way, with treatment guided through teachings of Traditional Chinese Medicine and Hippocrates.



Amrita Sharma^{1*} Chandershekhar Sharma²

¹Ayurvedic physician, lifestyle counsellor, Holistic healer and yoga Physiologist, Director, Ousia Yoga and Ayurveda wellness, Dharamshala, Himachal Pradesh, India

²Associate Professor, Dayanand Ayurvedic college and hospital, Jalandhar Punjab, India

Nature based healing through yoga and ayurveda amidst COVID -19

Since the eon, man has discovered the power of nature. Nature energizes, kinder, and shows the path of greater wellness. The ancient Indian science of yoga and Ayurveda has proved its promising role in providing the nature cure. Yoga is the art of balancing body, mind, and soul. Ayurveda is the comprehensive system of health care. They are the best healing traditions to prerequisite health in today's time. As the world is witnessing the spread of the pandemic, with no vaccine available, nature-based healing therapies can prove to be a boon. The paper highlights the role of yoga and Ayurveda to fight against the Novel Coronavirus and enlists some herbs used as immune boosters and rediscovering the role of Yoga to integrate antediluvian science to combat COVID-19. Thus, providing a holistic approach towards health and wellbeing.

Audience Take Away:

- The audience will get the guidance and idea about the use of traditional therapies for dealing with present situation
- The understanding and idea of adopting natural ways of healing will not only help in overcoming the present pandemic but will help us to enforce a healthy life style in future
- It will help people to know about the natural ways to build immunity. To adapt different life style. To use the non-pharmacological methods of healing. To explore more traditional natural healing remedies
- Yes, this research can be used by people in general by Ethno botanists, forest and biodiversity conservators, Herbalists, Holistic healers, Biosciences, Pharmaceutical research, and traditional Healers
- To study the effect of Ayurvedic herbs, life style and practice of yoga as immune-modulators Yes, it will provide a practical solution to a problem that could help in resolving the situation
- It will help in resolving the spread of pandemic and will help in building immunity of people to prevent the further spread of these kind of viruses

Biography:

Dr Amrita studied at Himachal Pradesh University Shimla and graduated as Bachelors of Ayurvedic medicine and surgery in 2006. She did Post graduate in Indian herbal pharmacology from Hoshiarpur University, Punjab. She has done M.B.A (Human resources) from PTU Jalandhar. She holds diplomas in Yoga, Naturopathy, Alternative medicine and Diet and nutrition. She is serving as a physician, life style counselor and yoga therapist past 11 years dedicated for dissemination of knowledge in the field of yoga, Ayurveda and holistic health.



Lenka Govender

PlantHappyGirl Nutrition, Ireland

3 simple, yet profound steps to losing COVID weight

It's natural to look for comfort and pleasure during stressful and uncertain times like COVID. And the easiest way for us humans to find comfort is through food. That's why it's no wonder that so many people have gained weight over the last couple of months.

In this lecture you'll learn how excess body weight impacts your health and why it's an underlying cause of chronic disease. We'll talk about the 3 main changes you can make to your diet from your next meal which will lead to healthy and sustainable weight loss.

We'll discuss why willpower is a short-lived commodity and why focusing on it during weight loss doesn't work. You'll get tips on what to master instead and how to get over any vulnerable moments which you may experience.

We'll close with tips on how to avoid pitfalls and the most common mistakes anybody can make when trying to lose weight.

Audience Take Away:

- Practical tips on reducing caloric density of food so you facilitate weight loss
- You'll be able to apply these principles in your own life and inspire others to lose weight in a healthy and sustainable way
- Know how to prevent potential roadblocks, so you stay on track with healthy eating for life

Biography:

Lenka Govender completed a Degree in General Nursing in the Czech Republic in 2004 and worked in a hospital neurological department for 2 years. In 2012 she completed nutritional therapy studies at the College of Natural Medicine Dublin and became a nutritional therapist. In 2016 she earned an e-Cornell Certificate in Plant-based Nutrition and in the same year established PlantHappyGirl Nutrition. Today, she supports women on their journey to healthy and sustainable weight loss. She runs short courses, offers one-to-one sessions, and gives talks to inspire others on their journey to a healthy life.



Keri Brown

Center for Wide Awake Wellness, United States

Beyond the band-aid - Homeopathic first aid for accidents and injuries

Beyond the Band-Aid: This seminar focuses on the use of homeopathic and natural medicine for self-limiting accidents and illnesses that happen at home, in the field, clinic, or while traveling abroad. We cover specific remedies, an in-depth look at a variety of first aid situations and treatment options, and the making of professional natural first aid medical kits. This information is geared for immediately use regarding what remedies to use in the real-world settings of accidents and injuries.

It is designed to teach health independence in the professional use of homeopathic medicine that go far beyond bandaging alone. We will explore the homeopathic remedies, including herbs, essential oils, hydrotherapy, and physical medicine as they are used in “real-life” in the clinic, home, and wilderness settings to treat accidents and injuries. The focus is on several highly effective remedies that provide rapid relief and increase the healing time for physical and emotional traumas in both people and animals. Using these remedies will dramatically improve the health outcome if anyone get hurt. Knowing the treatment options available and having them on hand, can dramatically improve the health outcome for both minor and major accidents when used wisely and at the correct time.

Audience Take Away:

- Homeopathic emergency medicine that combat symptoms immediately and in the long-term
- Working knowledge of effective herbal medicine for wounds and infections
- Symptoms relief regarding abrasions, anxiety, animal, insect to snake bites, bone and muscle bruises, head trauma, eye injuries, joint trauma, back pain, puncture wounds, sport injuries, sprains, falls, and more
- Confidence in using natural treatments for clinic, sport, home, wilderness, and travel injuries
- Review of symptoms, complications, and treatments for a variety of medical situations for both people and animals

Biography:

Dr. Keri Brown, ND focuses on utilizing holistic health information, cutting edge techniques, and common sense to support people back to health. She centers on actionable information that directly helps change health outcomes and makes life easier to live. She has over 30 years of experience in holistic health and sustainable living approaches involving science and nature cure. She is an integrative naturopathic doctor, speaker, author, and entrepreneur: consulting and teaching about health and wellness. Dr. Brown has a B.S. in Environmental Biology and Chemistry and a Doctor of Naturopathic Medicine from Bastyr University in Washington. Dr. Brown has been a practicing naturopathic doctor and educator since 1998 and has been an innovated founding partner of several businesses: a large scale, non-profit health clinic in Vermont, the Center for Wide Awake Wellness, a consulting and wellness education company in Colorado, and Natural Healing Kits. She helps people and professionals tune into a place of health verse disease, positive thoughts verse negative, holism verses separatism, and to search out mindfulness and nature cure practices as a place of wellness.



Rose Ngono Mballa Abondo*, Tayou Kamgue Roger

Department of Pharmacology and Traditional Medicine, Faculty of Medicine and Biomedical Sciences, Yaoundé I University, Cameroon

Reaktin.3TR, a drug that strengthens the immune system

Although the contribution of the immune system to health protection is known, therapeutic correction of system hasn't been achieved. Several works, including of Andrieu JM and Tempero M.A. et al (1977), dedicated Levamisole in the search for a substance which strengthens the immune system; unfortunately, this product is toxic at therapeutic doses.

The HIV-AIDS pandemic, which specific and determining lesion is immune deficiency, led us to orient our work for the discovery of a phytomedicine with immune properties of Levamisole, without its toxicity. An interesting result was obtained with a crude extract from barks of two genuine medicinal plants that grow in the equatorial forest area, Cameroon. They are traditionally used to cure visceral pains and headache.

The product, named: Reaktin.3TR, after phytochemical analysis showed a profile rich in triterpenoids; biflavonoids and saponosides compounds. The presence of biflavonoids (more than 40% of the extract), as phyto-antivirals could led to interesting pharmacological properties, may allow it to be adjuvant treatments as, immunostimulant an also a powerful antioxidant against free radicals.

As a Category 3 phytomedicine according to OAPI/WHO Guidelines for the certification of traditional ameliorated medicines (Libreville OAPI/WHO Initiative, 2004), the capsules dosage forms were compliant to pharmacotechnical testings kept its therapeutic activities and safety as it was used successfully in the traditional recipe: (5.4g / 70kg / day).

The antimicrobial screening of Reaktin-3TR revealed an incredible anti-bacterial effect: absence of bacteria.

Audience Take Away:

- Réaktin.3TR may makes possible the therapeutic correction of immune deficiency: complementary research might led to a major advance in therapy in general, and in immunotherapy, in particular
- As a phytomedicine, with a holistic therapeutic model which involve auto defense of the host, we could save lives from polypharmacy in chronic diseases and antimicrobial resistance in particular
- By combining medical immunotherapy with Reaktin3TR it's possible to fight most of the disease processes

Biography:

Dr Ngono Mballa Rose Industrial PharmDr (Marseille France, 1988); studied at Yaoundé I University, graduated as 3rd Cycle Doctor in Biochemistry (1993);Chair Department of Pharmacology and Traditional Medicine Faculty of Medicine and Biomedical Sciences since 2017, research on standardization and codification of African Traditional Medicine. Since 2015, she is Director General of National Quality Control and Valuation Laboratory LANACOME, Yaoundé Cameroon.



Shahryar Eghtesadi Ph.D^{1*}, Sanaz Tavasoli M.D. Ph.D², Amir-Hassan Zarnani D.M.T. Ph.D³, Mohamadreza Vafa PhD⁴, Maziar Moradi-Lakeh M.D⁴, Alireza Sadeghipour M.D⁴, Maryam Eghtesadi M.D⁵

¹Azad University, Science and Research Branch, School of Medical Sciences and Technology, Tehran, Iran

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³Avicenna Research Institute, Tehran, Iran

⁴Iran University of Medical Sciences, Tehran, Iran

⁵Azad University of Medical Sciences, Research Department, Tehran, Iran

Hypoinflammatory effect of pomegranate extract treatment on survival rate, bacterial load and organ failure in septicemic rats

Given the fact that optimal immune and inflammatory responses are needed to contain the infection, the aim of this study was to evaluate the effect of high dose pomegranate extract administration on oxidative and inflammatory responses after infection induction in septic rats. Sepsis was induced by Cecal Ligation and Perforation model (CLP). Adult male Wistar rats were divided into three groups of each, eight animals: Sham; CLP and POMx (which consumed POMx 250 mg of pomegranate fruit extract/kg/day) for four weeks prior to CLP Surgery. Results of the study showed that Peritoneal neutrophil myeloperoxidase activity was significantly lower in POMx compared with Sham and CLP groups ($p < 0.01$ and $p < 0.05$, respectively). Despite higher antioxidant enzymes levels in POMx group after sepsis induction, lower serum total antioxidant status (TAS) ($p < 0.01$ compared with both CLP and Sham groups) and higher liver thiobarbituric acid reactive species (TBARS) levels were obtained in this group ($p < 0.01$ and $p < 0.05$, compared with Sham and CLP groups, respectively). In Conclusion our study demonstrates that pomegranate extract could increase mortality rate via increasing peritoneal cavity bacterial load, in CLP sepsis model. POMx consumption prior to sepsis induction, suppressed the vital function of neutrophils in early hours of sepsis induction, thus resulted in higher oxidative stress observed in POMx group after CLP induction. The results may suggest that despite its anti-inflammatory action in chronic conditions, pomegranate may not work properly in rapid progressing conditions like sepsis.

Biography:

Dr. Shahryar Eghtesadi received Bachelor degree in Nutrition Science and Food Chemistry 1975, from Shahid Beheshti University of Medical Sciences, Tehran; MSPH degree in Nutrition, 1977, from Tehran University of Medical Sciences, Tehran and PhD from University of California at Davis (UCD), USA, in Nutrition (1985). He served as Visiting Scientist in USDA Human Nutrition Research Center on Aging (HNRC), Boston, USA (1994-1995); Full professor of Tabriz, Iran and Tehran Universities of Medical Sciences and currently serves as Professor of Azad University, Science & Research Branch. He was the chairs of Departments of Nutrition and Biochemistry, Biochemistry & Clinical Nutrition, Public Health Nutrition and Nutrition in aforementioned Universities. Also Served as Associate Dean and Dean of School of Public Health & Nutrition and School of Public Health of Tabriz and Iran Universities of Medical Sciences respectively. He was selected as distinguished professor and Scientist. For long and extended period of time, experienced teaching various courses in nutrition in undergraduate, graduate and postgraduate and international Bureau programs and directed many projects and dissertation of MS and PhD programs and Published numerous peer reviewed articles in journals and also edited several books and finally served as Principal Investigator of World Bank Project for Capacity Building in Nutrition in Iran.

KEYNOTE FORUM - II

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Raghda A. Maksoud

Ebers School of Aromatherapy, USA

Plant medicine

Plants are highly intelligent; they survived thousands and thousands of years. It all started by discovering the Ebers Papyrus, Ebers Papyrus was the first record to separate Magic from science and it contains more than 800 recipes of herbal preparations for various diseases and symptoms.

Plant – based Alternative therapies are all mind – body related, they address the person as a whole their function is to harness the power of mind for more immunity, stress management, healing and wellbeing , this concept goes back centuries in the Ayurvedic medicine , Chinese traditional medicine and ancient Egyptian medicine.

We will discuss how to promote health, wellness, and immunity with medicinal herbs and what is the therapeutic properties of some selected plants.

How Aromatherapy as part of plant – medicine is used in clinical practices with science-based techniques and how chemistry is playing an important role in the Aromatherapy world.

What is Essential oils pharmacology, and does it really work?

Will learn about Essential oils chemistry and its medical uses and the contribution of a lot of researchers, chemists, doctors towards the therapeutics values of essential oils.

What is the Safe use of essential oils and the controversy between the claims out there and what are the Aromatherapy organizations are doing towards the awareness and education for public health.

Research and development in the Aromatherapy world in sleep enhancing, Antibacterial and Anti- fungal activities, inflammatory responses, respiratory tract pathogens.

Botanicals to be featured in this presentation

Melaleuca alternifolia (Tea Tree)

Eucalyptus globulus (Eucalyptus)

Salvia sclarea(Clary Sage)

Lavandula angustifolia (Lavender)

Valeriana officinalis (Valerian)

Audience Take Away:

- Plant Intelligence
- How to promote health, wellness, and immunity with medicinal herbs
- How Aromatherapy as part of plant – medicine is used in clinical practices
- Essential oils pharmacology
- Essential oils chemistry and medical uses
- Safety usage
- Research and development in the Aromatherapy world

Biography

Raghda Abdelmaksoud is holding a certificate in Advanced Clinical Certified Aromatherapy and serve as the International director for The National Association For Holistic Aromatherapy (NAHA), the founder of Ebers School of Aromatherapy & Eber's consulting LLC. 25 years of global experience working in the essential oils, medicinal herbs and flavors and fragrance industries. Raghda Holds a degree in English Literature and arts from Cairo university 1997, a certificate in Project Management from Cambridge, certificate in supply chain professional from Union County College , certificate for FSMA Produce Safety ~ from AFDO (Association for Food and Drug Officials), certificate for PCQI Preventive Controls for Human Food ~ from FSCPA (Food safety preventative control Alliance) and a certificate for FSVP Foreign Supplier Verification Program ~ from FSCPA (Food safety preventative control Alliance), She is a global speaker, lead instructor and educator.

SPECIAL TALK

TRADITIONAL MEDICINE VIRTUAL 2020

SEPTEMBER 28
2020

TRADITIONAL MEDICINE VIRTUAL 2020





Bogyó Erzsébet

Be Fit For Ever Ltd., Hungary

How to improve your overall well-being with simple, yet highly effective qigong exercises

In this presentation I will talk about the benefits of practicing qigong, how it has a highly positive effect not only on the physical body, but the emotions and mental state of mind as well. I will bring examples from my two days' workshops to showcase what can be achieved even in a short span of time. I will talk about my 10+ years experience of teaching qigong and also what I eye witnessed several times in China as well. The results are backed up with medical examinations before and after the three weeks qigong practice in China.

I would like to bring as a showcase my 21 days quarantine challenge which I did for free in my facebook group with over 5000 people joining in. This is important from the aspect that they had to allocate only 15 minutes a day for the practice. The participants shared their experience in the group. I will showcase some of these experiences. I want to show that even with a small allocated time huge improvements in health can be achieved when qigong is practiced on a regular basis.

I would also like to demonstrate at least two highly powerful exercises that everybody can do at home even sitting on a chair. I will also make sure that the participants learn these exercises and can practice them at home. They are super simple exercises but - as the case is with most basic qigong moves - very effective from day one of practice.

I will also talk about what is important during practicing qigong and how one's mindset plays an important role in the healing process showcasing instances where healing was completely impossible according to traditional (western) medicine, yet such healings happened.

Audience Take Away:

- Why exercise is crucial in maintaining one's health, how to easily "insert" qigong exercises in their everyday routine, at least two powerful yet simple exercises, there is hope and the possibility of improvement even in cases of Eg. stage 4 cancer
- They will be able to use those exercises I teach them during the presentation and they will know the importance of paying attention to their thoughts and how that affects their overall well-being. In this way their everyday life improves as well
- They will be more relaxed, yet more focused, being able to work with a higher span of attention and also to use those exercises to refresh themselves and their bodies in 5 minutes to be able to continue their work fresh again
- Yes, definitely other faculties can use it to expand their own research. It does provide a practical solution to any kind of jobs' efficiency. Besides the fact that qigong practice helps with one's overall well-being and the improvement of health, it also helps in improving the attention lifespan and giving energy to be able to complete more tasks in a shorter time flawlessly

Biography:

Bogyó Erzsébet studied English at Kossuth Lajos University, Debrecen, Hungary and graduated in 1989. Since 2002 she studied qigong and tai chi from several masters in Hungary and England. She also studied martial arts for three years between 2004 - 2007 learning this aspect of qigong as well. She started teaching qigong for free in 2007, then in 2009 started doing her own workshops.

In Hungary she studied Alternative medicine, then went on to study Alternative Movement and Massage Therapies, getting her certificate in 2018, which is recognised in Hungary to help people with qigong, joga, 5 Tibetan movements and also with massage techniques.

In 2018 she studied from Master Mantak Chia in Thailand and in the same year she studied qigong healing in China for a month. In 2019 she spent altogether 4 month in China to deepen her overall qigong knowledge in China. In January 2020 she spent a month in India in an ashram near Arunachala mountains deepening her qigong and meditation techniques that improve one's health.

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