

Acupuncture & Chinese Medicine

August 20-21, 2018
Dublin, Ireland

André Marques, Herb Med. 2018, Volume 4
DOI: 10.21767/2472-0151-C1-002

COMBINED ACUPUNCTURE AND EMOTIONAL APPROACH TO SOLVE AND REVERSE DISEASE'S PATTERNS

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Acupuncture is a traditional Chinese medicine treatment and is believed that it exists for at least 4000 years. In Portugal, it is an increasingly sought-after therapy. Acupuncture has become well known for solving many patients' problems and of great relevance for the regulation of the human body. How advanced is this treatment that has survived only a few millennia? Recent research has high-lightened its effectiveness and close relationship with another system, such as the neuro vegetative system and fascia. However, Qi and its mechanism are still unknown to our science and needs further research. There are many types of acupuncture and different theories, old classics and new evidence should be analysed together to expand the knowledge and connect the past with the present. Our body functions 24 hours a day and emotions work on the human body as well. Every single moment you experience emotions, even when you're sleeping (dreams/nightmares). Many problems and diseases have a cross pattern between functional problem and an emotional root cause. Every single cell of the body reacts to a basic or more complex emotion. Patient's physiognomy and complaints give us information about their lifestyle, emotions and mental balance, thus as in any health-related science, the clinical history is crucial. Additionally, the pulse evaluation provides us with unique access to the human body's interior, representing in fact, a valuable source for further

comprehension of patient's diseases and mental health. Hence, combined acupuncture and emotional approach has been effective in solving and reversing disease patterns in different setting of patients. This approach will change human body's view and improve root treatment.

Biography

André Marques has completed his Graduation in Physical Therapy in 2009 at Escola Superior de Tecnologias da Saúde do Porto and Post-graduation in Traditional Chinese Medicine in Acupuncture and Phytotherapy at Universidade de Medicina Chinesa in 2015. He also completed the International Training Program at the Chengdu University of Traditional Chinese Medicine in 2016, as well as a specialized internship at the Chengdu Hospital during this period. Currently, he is pursuing Master's in Traditional Chinese Medicine at the Instituto de Ciências Biomédicas de Abel Salazar, Portugal. He has been practicing in physical therapy clinics, football clubs and school intervention in this field as Physical Therapist. He has been working in private clinics and football clubs as Chinese Medicine Specialist and he is doing research on new treatments with combined therapies as food intolerance and self-modeling of neurological dysfunction, as a specific neurological diseases treatment.

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