

# DAY 1

Keynote Forum



9<sup>th</sup> International Conference on

## Acupuncture & Chinese Medicine

August 20-21, 2018 | Dublin, Ireland

# Acupuncture & Chinese Medicine

August 20-21, 2018  
Dublin, Ireland

Michael Hammes, Herb Med. 2018, Volume 4  
DOI: 10.21767/2472-0151-C1-001

## ACUPUNCTURE IN THE TREATMENT OF PSYCHOSOMATIC DISORDERS – REDISCOVERING SKILLS FROM ANCIENT CHINESE MEDICINE

**Michael Hammes**

Academy of Ancient Chinese Medicine, Germany

**A**ncient Chinese Medicine understands the living body as a microcosm that forms a unity of physical and psychical processes. Acupuncture is an ideal tool to address disturbances that relates to the two aspects of human existence: the physical and the psychic or spiritual being. The ancient science of acupuncture has detected the helpful gates that assist in connecting with the underlying conflict of physical suffering. The presentation will teach the ancient skills of fostering healing processes within psychosomatic disturbances with the use of wisdom and acupuncture needles.

### Biography

Michael Hammes received DAAD-grant for four-year studies of Chinese language and culture and postgraduate studies of Traditional Chinese Medicine at University of TCM in Beijing, China. Scientific Assistant at the Department of Sports Medicine of the Johannes Gutenberg-Universität

Mainz, medical thesis on the influence of acupuncture on physical working capacity in humans, resident physician at the Department of Neurology of the Technische Universität München under the supervision of Prof. Conrad, maintenance of the Center for Pain Therapy, scientific publications on basic research and clinical application of acupuncture in pain therapy, publication of several reference books on acupuncture and Chinese Medicine, at present clinical work in integrative medicine as consultant neurologist in hospital and practice, since 1994 lecturer of the German Medical Acupuncture Association (DÄGfA), past member of DÄGfA board, member of ICMART board (International Council of Medical Acupuncture and Related Techniques), member and delegate of DIN mirror committee to ISO-TC-249 (provisional title: Traditional Chinese Medicine), member of chairman advisory group to ISO-TC-249, Co-convenor of Joint-Working-Group of ISO-TC-249 and ISO-TC-215, appointment as a visiting professor at First Teaching Hospital of University of TCM Tianjin, PR China on September 10<sup>th</sup> 2012 for a duration of five years.

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Thomas Burgoon, Herb Med. 2018, Volume 4  
DOI: 10.21767/2472-0151-C1-001

## RECENT ADVANCES IN RESEARCH ON ACUPUNCTURE MECHANISMS OF ACTION CONFIRM SOME FUNDAMENTAL PRINCIPLES OF TRADITIONAL CHINESE ACUPUNCTURE

**Thomas Burgoon**

American Academy of Medical Acupuncture, USA



The focus of this presentation is three bodies of recent research on the effects of acupuncture on inflammation, gastrointestinal and cardiovascular research that has made an outstanding contribution to our modern understanding of acupuncture. These detailed and comprehensive research efforts have utilized a complement of sophisticated techniques including immunohistochemistry, modern techniques of stimulation and recording of somatic, central nervous system and autonomic pathways, along with an array of modern surgical and neurosurgical techniques. These studies confirm some of the most important and profound principles of traditional acupuncture theory and practice and they provide an important foundation of communication with our non-acupuncture medical colleagues about the practice and benefits of acupuncture.

### Biography

Thomas Burgoon is the Ex-President of the American Academy of Medical Acupuncture which is the largest organization of physicians practicing acupuncture in the United States. He has completed his Graduation in Medical School at Vanderbilt University in 1985 and Residency training in Internal Medicine. He began studying acupuncture theory and practice in 1992 and he studied with Anita Cignolini of Milan, Italy for 11 years and four years in the New York College of Traditional Chinese Medicine (NYCTCM). He is a Member of the Editorial Board of *Medical Acupuncture*, the official journal of the AAMA and Chairperson of the Institutional Review Board of the NYC-TCM. He is interested in Traditional Chinese Medical Theory and Practice; also, in the fostering of meaningful dialogue with our colleagues in regular medicine about acupuncture's value in modern medical practice.

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# DAY 2

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Vijay Nielsen, Herb Med. 2018, Volume 4  
DOI: 10.21767/2472-0151-C1-001

## INTEGRATIVE ENDOMETRIOSIS: NATURAL TREATMENT OPTIONS THAT WORK

### Vijay Nielsen

Nielsen Clinic, Canada

**E**ndometriosis, a chronic inflammatory disease that affects the pelvic peritoneum and ovaries, is the second most commonly diagnosed gynecological conditions in women. It is referred to as a silent disease and is a debilitating condition for females and a challenging and complex disease for clinicians. Endometriosis often is underdiagnosed and poorly treated, resulting in delayed diagnosis, significant pelvic pain and infertility. Multiple studies have shown that endometriosis has a strong affinity towards estrogen, angiogenesis, and dysregulation of the immune system. There are a wide variety of therapies available in nutritional and herbal supplements which may be used to treat endometriosis. Certain nutritional and herbal supplements have shown to exert complex actions on endometrial cells as well as regulate inflammation, angiogenesis and aromatase inhibitors. Using homeopathic medicines, nutritional and herbal supplements can

not only safely be integrated with conventional treatments but also can be drastically improve treatment outcomes and improve the quality of life for those who suffer from endometriosis.

#### Biography

Vijay Nielsen has completed a Diploma in Homeopathic Medicine at Dr Nielsen's Homeopathic Medical Education and Research Centre Inc., (Winnipeg, Canada) and has completed his fellowship at Vinayaka Mission's Hospital (Salem, India). In 2005, he started his private practice at Nielsen Clinic, where he specializes in Women's Health and Dermatology, combining homeopathy and integrative medicine with a clinical approach and has won numerous awards. He was recently selected as one of *IMPACT Magazine's* Top Doctor for 2018. He is a Published Author in the *Journal of Pharmacy & Pharmaceutical Sciences* and has a amazon best seller co-authored book.

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August 20-21, 2018  
Dublin, Ireland

Ahmad Alkhatib, Herb Med. 2018, Volume 4  
DOI: 10.21767/2472-0151-C1-001

## EFFECTIVE BIO-NUTRACEUTICAL PREVENTION AND TREATMENTS IN CHRONIC LIFESTYLE DISEASES

**Ahmad Alkhatib**

Dasman Diabetes Institute, Kuwait

Natural herbs have been promoted for healing effectiveness in chronic diseases, especially in the prevention of lifestyle diseases such as diabetes and cardiovascular disease. We developed novel methodologies and techniques in applying herbal ingestions as part of an individualized lifestyle. Our interventions combined with lifestyle approaches have shown effectiveness in prevention and management of lifestyle diseases, especially when relying on multipronged biochemical, physiological, behavioural and physical components. We also tested the effectiveness of specific herbal treatments in conjunction with lifestyle components that are based on the understanding of nutritional and exercise habits, individualized biochemistry profile and genetics. We developed a model for diabetes prevention and management using functional foods and lifestyle approaches and we further extended this model using natural nutraceuticals including herbs and monounsaturated fatty acids, rich in bio-phenols, which have anti-oxidant and anti-inflammatory functions responsible for preventing chronic diseases. Such approaches are based on extensive scientific

rigour and help to effectively detect clinically meaningful differences. The effectiveness of combining bio-nutraceuticals with physical activity and other lifestyle components for targeted disease prevention remains a key to promoting health longevity and well-being.

### Biography

Ahmad Alkhatib is a leading expert in the field of Personalized Lifestyle, Bio-Nutraceuticals, Public Health and Sports Sciences. His current research focus is on preventing and managing diabetes and associated chronic diseases using innovative lifestyle prevention. Over the past 20 years, he led a distinguished career in the UK involving top academic positions, developing new research and academic programs and internationally, he transformed and led top sectors in epidemiology, public health and nutrition and, sports science. Amongst his prestigious awards, few are Fellowship of the Royal Society of Medicine (FRSM); Fellow of the UK Higher Education Academy (FHEA); a Clinical Physiologist and Nutritionist (Registered Nutritionist and CISSN). He has over 100 publications at top scientific journals, including three books.

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