

DAY

Workshops



9th International Conference on

Acupuncture & Chinese Medicine

August 20-21, 2018 | Dublin, Ireland

9th International Conference on **Acupuncture & Chinese Medicine**

APP-BASED SELF-ACUPRESSURE AND ESSENTIAL OILS FOR CANCER RELATED FATIGUE

Ryan J Smith

Tri-State College of Acupuncture, USA

The workshop introduces participants to app-based self-acupressure with essential oils for cancer related fatigue. In recent years, the use of smart phone applications (apps) has increased rapidly and may support individuals in self-management strategies. This workshop proceeds in three sessions in which we cover research in the field; present techniques; practice techniques and discuss. The acupressure and essential oil protocols taught by the app are evidence based. A combination of acupressure with essential oils is recommended, with an expected synergistic effect. After we cover the research, participants will learn protocols targeting cancer related fatigue, through a hand on app demonstration. In addition to improve patient outcomes, acupuncturists can use apps to promote their practices and Chinese medicine in general. The group will brain storm on

ways to optimize incorporating app-based self-acupressure into their practices. All participants will leave with the skills needed to teach patient's effective acupressure and essential oil interventions for cancer related fatigue. Valuable hand-out materials outlining the techniques taught by the app will be disseminated.

Biography

Ryan J Smith has completed his Graduation at Tri-State College of Acupuncture (TSCA) he has completed his Master of Science in Acupuncture. He received Certificates in Oncology Acupuncture at Memorial Sloan Kettering Hospital in New York City and he founded Five Point Acupuncture seven years ago, originally under the name Ryan Smith Acupuncture.

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9th International Conference on **Acupuncture & Chinese Medicine**

BALANCE YOUR BELT! (LEVEL THE CENTRE & EDGES)

Ilaira Bouratinos

Oriental Medicine Training Centre, Greece

Decompress the viscera and correct posture with acupuncture and physical manipulation using Kyo-Jitsu diagnosis and treatment of the Dai Mai. This unique workshop will give the participants an easy way to learn method of diagnosis and treatment of the Dai Mai (belt meridian). We will be applying this method to correct leg length, decompress the abdomen and free the viscera using the Japanese Kyo-Jitsu diagnostic method. The treatment applied is a combination of sotai corrective movement, physical manipulation and acupuncture at specific points related to this particular left-right imbalance that is present in over 90% of the population. This combination of techniques has been developed over more than 20 years of clinical application and has never been presented before. Author has taught it to over 200 practitioners, all with excellent results and it has never failed in its efficacy, not even once! Come and join us, and learn this wonderful combination in just an hour, it is so easy!.



Biography

Ilaira Bouratinos is a Practitioner and Instructor of Oriental Medicine Theory, Acupuncture and Bodywork. She is the Author of "A Practical Guide to Acu-points". She is internationally recognized for her comprehensive knowledge and wide-ranging practice of oriental medicine, acupuncture and bodywork. She first studied oriental therapies as a teenager, became a qualified practitioner of shiatsu in 1993 and of acupuncture in 1995, in London. She is the Founder and Principal of the Oriental Medicine Training Centre in Athens, Greece, where she teaches oriental medical theory, acupuncture, and a variety of other bodywork methods, including shiatsu, therapeutic massage and facial rejuvenation. Since establishing the school in Athens in 1994, she has taught and treated thousands of students and clients.

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9th International Conference on
Acupuncture & Chinese Medicine**DOES A COMBINATION OF CHINESE HERBS AND ACUPUNCTURE TREATMENT AFFECT SPERM DENSITY IN MALES WITH LOW SPERM COUNT? A PILOT STUDY****Tal Bello**

Givat Washington College, Israel

Our study aimed to determine whether a combination of Chinese herbs and acupuncture might affect sperm characteristics. The study group consisted on 12 patients, who failed to conceive in at least three previous intra cytoplasmic sperm injection (ICSI) attempts. Couples were diagnosed according to the eight principles of the Chinese Medicine. Administration of herbs and acupuncture treatments, were given accordingly. Sperm analyses of each patient were compared before and during the treatment. Outcomes were compared with sperm characteristics of 19 patients of the control group, who underwent two sperm analyses during four months period of time. A higher rate of normal sperm morphology was noticed in the study group after a mean of 39.58+9.3 days of treatment using a paired T-Test (14.17%+6.4 vs 26.58%+11.7, respectively; $t_{11}=-3.365$, $p<.006$. No change was noticed in the rate of normal forms in the control group (21.9%+10.4 vs 25.26% +10.29). A difference was also noticed in the volume of the ejaculate after treatment (1.5+0.56 vs. 2.08+1.16 ml; $t_{11}=-2.184$ $p<0.05$). Additionally, six pregnancies were achieved following our combined Chinese treatment with ART, five of which resulted in successful deliveries, one still ongoing and one ectopic. We concluded that a combination of acupuncture and Chinese herbs may be a useful, supporting treatment for males and couples who failed to conceive in IVF and intend to undergo further fertility treatments.

Recent Publications

1. Ménézo Y and Barak Y (2000) Comparison between day-2 embryos obtained either from ICSI or resulting from short insemination IVF: Influence of maternal age. *Human Reproduction* 15(8):1776-80.
2. Tarlatzis B C, Gouli D G, Zepiridis L, Pagou T, Chatzilooannou E, et al. (2006) The effects of



sperm quality on embryo development after intracytoplasmic sperm injection. *J Assist Reprod Genet.* 23(2):69-74.

3. Miller J E and Smith T (2001) The effect of intracytoplasmic sperm injection and semen parameters on blastocyst development *in vitro*. *Hum Reprod.* 16(5):918-24.
4. Bartoov B, Berkovitz A, Eltes F, Kogosowski A, Menezo Y and Barak Y (2002) Real-time fine morphology of motile human sperm cells is associated with IVF-ICSI outcome. *J Androl.* 23(1):1-8.
5. Hazout A, Dumont-Hassan M, Junca AM, Cohen Bacrie P and Tesarik J (2006) High-magnification ICSI overcomes paternal effect resistant to conventional ICSI. *Reprod Biomed Online* 12(1):19-25.

Biography

Tal Bello has completed his Diplomate in Acupuncture and Traditional Chinese Medicine at College of Complementary Medicine, Israel, and Master of Oriental Medicine at Maryland Institute of Traditional Chinese Medicine in 2001. He has completed an Internship in Acupuncture and Chinese Herbal Medicine at Chengdu University of Traditional Chinese Medicine, China. He is working as an Academic Director in Complementary Medicine at Givat Washington College, Gedera, Israel and Principle Teacher of Gynecology, Pediatrics and Clinical Program, Kibbutzim College of Education, Tel Aviv, Israel. He worked as an Academic Director and Senior Lecturer for Medical Acupuncture for Physicians at Barzilai Hospital, Ashkelon, Israel from 2005 to 2007. He has private clinical practice in Acupuncture and Traditional Chinese Medicine, Tel Aviv, Israel.

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DAY 1

Scientific Tracks & Abstracts



9th International Conference on

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DAY 1

August 20, 2018

Sessions

Traditional Chinese Medicine | Homeopathy Acupuncture & Chronic Pain

Session Chair

Michael Hammes

Academy of Ancient Chinese Medicine, Germany

Session Co-Chair

Tal Bello

Givat Washington College, Israel

Session Introduction

Title: The yi jing, Chinese medicine and music: A healing correlation

Michael Legge, The Music Apothecary, USA

Title: Recurrent vulvovaginal candidiasis: Clinical manifestations, pathogenesis and personalized therapeutics with homeopathic medicines

Vijay Nielsen, Nielsen Clinic, Canada

Title: Discussion on clinic cases in West Indies

Dianna Ruas, International Confederation of Natural Alternative Medicine Associations, Brazil

Title: Geometric shape acupuncture

Lúcia Onélia Olivíéri, Olivíéri Institute - Center for Diagnosis, Treatment and Education, Portugal

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THE YI JING, CHINESE MEDICINE AND MUSIC: A HEALING CORRELATION

Michael Legge

The Music Apothecary, USA

Four different musical scales used in healing music composition will be discussed as they relate to various Traditional Chinese Medicine (TCM) Concepts: Pentatonic, Hexatonic, Diatonic Modes and Octatonic Modes as related to the five elements, the Horary Cycle, the meridians and meridians with five element tones. The 64 Hexagrams converted into both Base 2 and Base 4 equivalents, of the Yi Jing, correlated to the 64 DNA Codons (including the Transcription Process) and correlated to the 5 Elements of TCM will also be discussed. Besides strengthening these elements both the creation and control cycles will also be correlated to the resulting musical prescriptions which can be sequenced in 5,040 different ways. Just as taking pulses can inform the practitioner so too can the pendulum be used for energetic response when placed in circuit with the various ampoules of Applied Kinesiology (AK) test kits. Some of the AK test kits used in the Music Apothecary are: Amino Acids, Body Biochemical, Brain, Digestive Enzymes, Electro Magnetic, Emotional State Composites, Food Toxins,

Healthy Tissues, Hormones, Lectins, Meridians, Nutrition, Sweeteners and Vertebrae. The action of the Prescription Generator (PG) and why it generates the correct musical prescription first time every time will be explained. Some case extracts will be presented that will bring together both the theory and the practice of the Music Apothecary.

Biography

In 2007 Michael Legge transitioned his career as a Research Scientist, with the NJ Department of Health, to an independent researcher, developing healing music systems based on Traditional Chinese medicine. Acupuncturists earned PDAs from NCCAOM by being certified in the "Legge Method." His "I Ching Rebalancing Music" system was used in TLC Hospice for dementia and failure to thrive patients and Lansdale Hospital for Med/Surg, Telemetry and ACU patients. Currently Mike practices his "Music Apothecary". He also has clinical experience as a Reiki Master, a NAET Practitioner and a Clinical Hypnotherapist. He holds a master's Degree in music composition.

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August 20-21, 2018
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Vijay Nielsen, Herb Med. 2018, Volume 4
DOI: 10.21767/2472-0151-C1-002

RECURRENT VULVOVAGINAL CANDIDIASIS: CLINICAL MANIFESTATIONS, PATHOGENESIS AND PERSONALIZED THERAPEUTICS WITH HOMEOPATHIC MEDICINES

Vijay Nielsen

Nielsen Clinic, Canada

Vulvovaginal candidiasis is one of the more common gynecological complaints seen in a healthcare setting and bears a significant financial, emotional and physical cost for women. It is estimated that upto 75% of women will experience one episode in their life, while 5-10% will have recurring episodes. For women who have three to four episodes within a year are diagnosed with recurrent vulvovaginal candidiasis. In the United States alone it is estimated that three million women suffer from Recurrent Vulvovaginal Candidiasis (RVVC). RVVC presents an increasing challenge in clinical practice due to increasing and widespread antifungal resistance. Experts have warned that the prevalence of vulvovaginitis will increase due to antifungal resistance and an expected rise in non *C. albicans* species. With increasing short course use of antifungal therapies and emergence of resistant yeast strains treating RVVC will present further challenges. Homeopathy may help

to offer a simple, safe and cost-effective as clinical evidence as well as *in vitro* evidence has shown homeopathic medicines provide inhibitory activity against *Candida albicans*.

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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TCM & ANCESTRAL MEDICINE HOLISTIC APPROACH ON CHRONIC PAIN - DISCUSSION ON CLINIC CASES IN WESTERN INDIES

Dianna Ruas

International Confederation of Natural Alternative Medicine Associations, Brazil

Grenada, WI, woman 50 years old (Mrs. Sheila). She had been treating herself for 22 years in the same hospital she had been a nurse in before her car accident, in New York. She had 12 surgeries related to the accident in her right arm, for it was frozen. She couldn't even comb her hair and had constant pain in her limbs, head and shoulders. Another big issue was her insomnias as she was under heavy medication for a period of 22 years. She arrived at the clinic carried by 2 male helpers, as she couldn't walk.

Diagnose: Having had multiple and frequent surgeries, a blockage was created in her meridian paths followed by rigid and tense muscle structure, stiffness in the joints, restricted movements, stomach irritation, pulse slim and constipation. Sadness and anger came with these symptoms. During consultation, the patient informed that she "would ONLY give the Holistic system 3 sessions to see if they would work, as she was tired of trying and not having visible results". We together achieved muscular pain relief as well as we reduced stiffness in the joints and got rid of restrictions in movement; at the 2nd session of Acupuncture she started to have less pain and even slept during the session and at the 3rd session of Holistic treatment she started moving the limbs and walking by herself.

Method: Start by balancing the energy of internal organs using Ear Acupuncture (She-Men, Occipital minor, sub-cortex, kidney, shoulders & her articulations, clavicle, adrenal gland, neck), and Head acupuncture points, followed by deep tissue massage/ chiropractic/shiatsu and hot ginger compress at the back, and Chi Nei Tsang (intestinal) massage. She was prescribed Clay baths at home and macrobiotic detox diet that included only the consumption of green vegetables, seasonal fruits, sea weed and whole grain cereal.

Results: After 2 sessions she started sleeping normally. After 5 sessions she started combing her hair and walking alone on the street of Grenada, WI. We had 10 sessions and after that she was moving flawlessly and going back to New York to meet with her hospital team and share the experience.

Conclusions: Frequent surgery created a blockage in her meridian paths caused rigid and tense muscle structure and stiffness in the joints and restricted movements; the medications promoted stomach irritation, insomnia, and constipation. The Holistic approach of Ancestral Medicine has achieved a fast and long lasting result.

Biography

Dianna Ruas has completed her Clinical Pathology studies at Santo Antonio College and her master's degree in acupuncture at Belo Horizonte University. She is the Director of Foreign Relations of CRAEMG (Regional Council of Acupuncture - MG) a premier organization that regulate the standard of TCM in Minas Gerais state, in Brazil; she is Delegate of Brazilian Federation of Ancestral Medicines representing this federation with regard to the Scientific, Cultural, as well licensed to open representative venues of the entity in Brazil and abroad; organizing and speaking for Traditional Medicine Conference in Latino America. She is member of Hainan Association for Acupuncture & Moxibustion, and opened Wellness Center in China concept in PRC, has organized and speaking for TCM conferences in China. She is Member Founder of the CIAMAM-GENEVE (International Confederation of Natural Alternative Medicine Associations). She also been teaching in Natural Health Science School in Athens, Ellada.

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GEOMETRIC SHAPE ACUPUNCTURE

Lúcia Onélia Oliviéri

Oliviéri Institute - Center for Diagnosis, Treatment and Education, Portugal

One of the main goals of geometric shape acupuncture is to present a wider healing path utilizing old tools, resulting in the consciousness growth. The time has come to understand and appreciate the scope that acupuncture deeply integrates this knowledge with tradition and wisdom within the geometric shape energies. The primordial approach of the geometric shapes acupuncture is the balance of the chi and its flux inside many corporal systems, the balance of the energies vortex located in determined areas of the body through shapes, such as square, circle, triangle, pentagon, etc., each physical dense body cell, just as the subtler bodies, contains information, a code. The equilibrium patterns have specific geometric grouping of acupuncture points, which has the power to unlock great quantities of stored information on the physic and subtle level. A specific application sequence must be followed in order to occurrence of the opening or unlocking. The energy brought through acupuncture needles possesses codifications which can be unlocked as they are inserted. There are also codifications in each point of acupuncture where an amount of energy is released and put into simultaneous movement as the needle is inserted. The codification on the acupuncture point,

the codification of its energy, the acupuncturist and client chi thus, the synergy action released by the new codification patterns are all put into movement. Try imagining the power of these codifications that are potentially unlocked or activated by these treatments.

Biography

Lúcia was born in Jaboticabal, Brazil and is currently living in Portugal since 2017. She has completed her higher degree in Biomedicine at Barão de Mauá University in Ribeirão Preto, Brazil. She graduated in Traditional Chinese Medicine in Brazil with her specialization in China by the International Acupuncture Training Center, Cosmetic Acupuncture, Acupuncture Anesthesia and analgesia. She has Homeopathy training by the Federal University of Viçosa, Chinese Phytotherapy by the Faculdade Federal de Campinas, Clinical Iridology and Behavioral, Bach Flower Essence and Bioenergetic. Lúcia is the founder of Oliviéri Institute – Research, teaching, diagnoses and treatment center. She is also a Teacher of the Traditional Chinese Medical courses, Chinese Physiotherapy, Chinese Iridology behavioral and Bach Flower essences.

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DAY 1

August 20, 2018

Sessions

Acupuncture & Astrology | Acupuncture Techniques | Chinese Nutrition | Acupuncture in Cancer Cure

Session Chair

Thomas Burgoon

American Academy of Medical Acupuncture, USA

Session Co-Chair

Ryan Smith

Tri-State College of Acupuncture, USA

Session Introduction

Title: Constitutional acupuncture and astrology – effective and quick results when equilibrating the uniqueness of each person

Homero F. Bernardo, Tai Institute, Brazil

Title: Uses of acupuncture in the hospital setting for symptom management in patients with breast cancer

Cynthia M Gallant, New England School of Acupuncture, USA

Title: Woman fertility

Polizogopoulos Dimitris, Multimed Medical Centre, Greece

Title: 100 Patterns of pulse for accurate diagnosis and healing in acupuncture

Sumita Satarkar, Swasthya Santulan Medicare Pvt Ltd, India

August 20-21, 2018
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Homero F Bernardo, Herb Med. 2018, Volume 4
DOI: 10.21767/2472-0151-C1-002

CONSTITUTIONAL ACUPUNCTURE AND ASTROLOGY—EFFECTIVE AND QUICK RESULTS WHEN EQUILIBRATING THE UNIQUENESS OF EACH PERSON

Homero F Bernardo

Tai Institute, Brazil

Constitutional acupuncture is based on Hippocrates statement: "There is no disease but ill people". This constitutional understanding of human beings came from very ancient times. In the ancient book "*Nei Ching Ling Shu*" is stated in its chapter 72 that there were four types of people: Tai-Yang; Shao Yang; Tai Yin and Shao Yin with similar physical and psychic characteristics and proper tendency of disharmonies of each of these types. Also in India with ayurvedic medicine we find the temperaments like Vata (Air), Pitta (Fire), Kapha (Earth and Water). In Traditional Chinese Medicine we use the five elements with reference to understand different types of people. Many other attempts along human history were made trying to understand the human being as unique, like Unicist Homeopathy, The Enneagram of Claudio Naranjo and astrology among others. A Korean doctor, Dr Eu Won Lee, author's teacher, brought to Brazil in the 70's this ancient tradition of constitutional acupuncture to actualize it and spread out through courses, seminars and congresses. Astrology also

work with this view, trying to understand humanity in its 12 types of human beings, three types of each of the four elements, with its own particularities; and author, Homero Bernardo, as an astrological student and an acupuncture practitioner, have made this connection between constitutional acupuncture and astrology to make it easier the diagnosis and practice of this extraordinary therapy that through the equilibrium of the person as a whole we achieve very nice results in several physical and mental diseases.

Biography

Homero F Bernardo is a Physiotherapist, with specialization in Sportive Physiotherapy and works with Acupuncture since 1980. He is the Founder and Director of Tai Institute, a Post Grade Acupuncture School based in the Federal District University Center in Brasilia, Brazil. He is a former Nanjing University student and has visited there twice to lecture on this theme of Constitutional Acupuncture.

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August 20-21, 2018
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Cynthia M Gallant, Herb Med. 2018, Volume 4
DOI: 10.21767/2472-0151-C1-002

USES OF ACUPUNCTURE IN THE HOSPITAL SETTING FOR SYMPTOM MANAGEMENT IN PATIENTS WITH BREAST CANCER

Cynthia M Gallant

New England School of Acupuncture, USA

Cancer is the leading cause of death worldwide, with a projected increase of 60 percent from 8 to 13 million deaths during the span of 2012 to 2030. It is projected to increase over 50 percent from 14 to 21 million new cancer cases during that time by NCI. The most recent worldwide mortality rate due to cancer in 2012 was 8.2 million reported by Cancer Research-UK. According to the National Cancer Institute more than 60 percent of new cancer cases are in Africa, Asia, Central and South America and with 70 percent of the world's cancer deaths come from those regions. These statistics leave patients apprehensive and seeking alternative or integrative forms of cancer therapy. Acupuncture is a safe therapy currently being used by persons with cancer to treat a variety of symptoms. As acupuncture has become more mainstream, several comprehensive cancer centers offer integrative therapies such as acupuncture onsite for their patients. With current opioid overdose epidemic and increased medical and regulatory scrutiny acupuncture offers an additional non-opioid strategy for the management of pain. Due to the severity of the opioid epidemic in the US, the White House panel urged the United States President to declare the opioid crisis a national emergency on August 31st 2017 as the International Overdose Awareness Day by the Centers for Disease Control and Prevention (CDC). Acupuncture use for symptom management in hospitals is a frequently requested therapy for breast cancer patients. It can be used in conjunction with chemotherapy or radiation therapies to alleviate nausea, anxiety, hot flashes, peripheral neuropathy, insomnia, fatigue, lymphedema, constipation and chronic pain management. Breast Cancer is the most common cancer diagnosed among US women. About one in eight US women (12.4%) will develop invasive breast cancer over the course of her lifetime. In 2018 estimation of 266,120 new cases of invasive breast cancer

are expected to be diagnosed in women in US, reported by US breast cancer statistics on 1.9.2018. In the US alone, there were reported 600,920 cancer deaths overall in 2017. Patient reported outcomes show both from clinical trial data and author's empirical experience that patients often feel better in measurable ways after acupuncture. Providing acupuncture, massage therapy and medications are often incomplete in their ability to improve overall health and wellbeing. It is becoming increasingly important for patients to include lifestyle modification such as eating a healthy diet, maintaining a healthy weight, exercise and adequate sleep/rest to support their goals of improved wellbeing and reduction of recurrence risks.

Biography

Cynthia is a graduate of New England School of Acupuncture/ Mass College of Pharmacy and a diplomat in acupuncture and Asian bodywork therapy with professionally board certified from the National Certification Commission of Acupuncture and Oriental Medicine. She received her US licenses of doctorate acupuncture in RI, by the MASS Board of Medicine and by the MA Board of Massage Therapy. Formerly, Cynthia was on faculty at NESA as part of the "CAP" Community Affiliated Outreach Program at the Tufts Medical Center Boston, MA in Dept. of Hematology and Oncology specialized in pain management and enhancing the quality of life for her breast cancer and sickle cell patients in the Breast Cancer Clinic. She previously joined South Boston Yoga Community where she treated yoga students in Boston, MA and currently is at the Water House Wellness in Arlington, MA. Cynthia draws from her various clinical intern experiences at Winchester Hospital Walk-In Clinic and NESA's Newton, MA Clinic where she practiced both Japanese and Chinese acupuncture styles. Cynthia also has 11 years clinical experience as a zen shiatsu bodywork therapist, graduated Charles River School of Shiatsu in 2004 and received BA in Biology at Boston University 1994.

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WOMAN FERTILITY

Polizogopoulos Dimitris

Multimed Medical Centre, Greece

This study will explain the therapies with or without hormones on how to boost Fertility and reduce stress with acupuncture, diet, herbs, yoga and exercise. In this study acupuncture procedure will be used four times during woman's circle. First, on the 4th or 5th day of blood when it is going to finish, what we want to do is to clear vagina from the endometrium. Secondly, on the 10th-13th day we need to prepare and create big and fertile ovum. Thirdly, on the 18th -20th day, we need to keep the energy of the body at a high level. Finally, we use acupuncture on the 25th -28th day. At this point, woman must keep the ovum in the body and have the pregnancy. Thus, we use points of the REN MAI. In this month we recommend a nutrition program, yoga exercise and herbs.

Biography

Polizogopoulos Dimitris has completed his first Diploma in Shiatsu and was nominated as a Hatha Yoga Teacher at the Athens Yoga and Budo Academy. He has been working with alternative therapies since his early twenties. He had TCM Diploma from Ancient Greek; TCM Academy of Athens and Tianjin University. Moreover, he has a Diploma in Nutrition and Weight Training at the IAFA. He is a Reiki master, owner operator of Be Healthy and GR Therapy Centre, Instructor of Mix Martial Arts and Hatha Yoga since 1993 and he is teaching TCM from the Ancient Greek and TCM Academy of Athens. He is currently the Director of alternative therapies at the Multimed Medical Centre in Athens..

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100 PATTERNS OF PULSE FOR ACCURATE DIAGNOSIS AND HEALING IN ACUPUNCTURE

Sumita Satarkar^{1, 2}

¹Open International University of complementary Medicines, Sri Lanka

²Quantum University, USA

Introduction: Pulse is one of the most important diagnostic tools used from ancient times, which needs accuracy and focus. Unlike any other faculty of medicine, this age old science of alternative healing is a study of energy which neither can be measured nor be seen. It can only be palpated at the wrist. Palpation and its interpretation bring forth the detail analysis of energy and its patterns and thus further can be accurately diagnose the exact illness or disorder. This is called a pulse diagnosis because of the need of going deeper into my own understanding and knowledge, I started researching and studying this subject intensely and got some extraordinary results. Following is the brief summary of my findings so far as my research is going on at present.

The Pulse & Diagnosis Patterns: The Pulse has dynamism, fluidity and changeability. It is multi-dimensional in depth, rate, rhythm, strength, shape etc., reflecting the overall wellbeing in person, identifying the state of mental, emotional and spiritual health.

Findings: The pulse study of around 1,00,000 patients so far, has shown me a clear, multi- layered and textured picture of these dimensions. This led me go deeper into analyzing it further to finally find approximately 100 definite patterns, proving as the most effective guiding tool in diagnosing the complete ill and/or otherwise condition of patients and help to understand the line of treatment and prognosis of the disease.

Biography

Sumita Satarkar has completed her PhD at Open International University for Complementary Medicine, Colombo and pursuing another Doctorate in Integrative Medicine from Quantum University, USA. She has presented more than 50 papers in national and international conferences in India and overseas. She is Master in Pulse Diagnosis and an International Trainer.

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DAY 2

Workshops



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CONSTITUTIONAL ACUPUNCTURE AND ASTROLOGY— EFFECTIVE AND QUICK RESULTS WHEN EQUILIBRATING THE UNIQUENESS OF EACH PERSON

Homero F Bernardo

Tai Institute, Brazil

Constitutional acupuncture is based on Hippocrates statement: "There is no disease but ill people". This constitutional understanding of human beings came from very ancient times. In the ancient book "*Nei Ching Ling Shu*" is stated in its chapter 72 that there were four types of people: Tai-Yang; Shao Yang; Tai Yin and Shao Yin with similar physical and psychic characteristics and proper tendency of disharmonies of each of these types. Also in India with ayurvedic medicine we find the temperaments like Vata (Air), Pitta (Fire), Kapha (Earth and Water). In Traditional Chinese Medicine we use the five elements with reference to understand different types of people. Many other attempts along human history were made trying to understand the human being as unique, like Unicist Homeopathy, The Enneagram of Claudio Naranjo and astrology among others. A Korean doctor, Dr Eu Won Lee, author's teacher, brought to Brazil in the 70's this ancient tradition of constitutional acupuncture to actualize it and spread out through courses, seminars and congresses. Astrology also work with this view, trying to understand humanity in its 12

types of human beings, three types of each of the four elements, with its own particularities; and author, Homero Bernardo, as an astrological student and an acupuncture practitioner, have made this connection between constitutional acupuncture and astrology to make it easier the diagnosis and practice of this extraordinary therapy that through the equilibrium of the person as a whole we achieve very nice results in several physical and mental diseases.

Biography

Homero F Bernardo is a Physiotherapist, with specialization in Sportive Physiotherapy and works with Acupuncture since 1980. He is the Founder and Director of Tai Institute, a Post Grade Acupuncture School based in the Federal District University Center in Brasilia, Brazil. He is a former Nanjing University student and has visited there twice to lecture on this theme of Constitutional Acupuncture.

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GEOMETRIC SHAPE ACUPUNCTURE

Lúcia Onélia Oliviéri

Oliviéri Institute - Center for Diagnosis, Treatment and Education, Portugal

One of the main goals of geometric shape acupuncture is to present a wider healing path utilizing old tools, resulting in the consciousness growth. The time has come to understand and appreciate the scope that acupuncture deeply integrates this knowledge with tradition and wisdom within the geometric shape energies. The primordial approach of the geometric shapes acupuncture is the balance of the chi and its flux inside many corporal systems, the balance of the energies vortex located in determined areas of the body through shapes, such as square, circle, triangle, pentagon, etc., each physical dense body cell, just as the subtler bodies, contains information, a code. The equilibrium patterns have specific geometric grouping of acupuncture points, which has the power to unlock great quantities of stored information on the physic and subtle level. A specific application sequence must be followed in order to occurrence of the opening or unlocking. The energy brought through acupuncture needles possesses codifications which can be unlocked as they are inserted. There are also codifications in each point of acupuncture where an amount of energy is released and put into simultaneous movement as the needle is inserted. The codification on the acupuncture point, the codification of its energy, the acupuncturist and client chi thus, the synergy action released by the new codification patterns are all put into

movement. Try imagining the power of these codifications that are potentially unlocked or activated by these treatments.

Biography

Lúcia was born in Jaboticabal, Brazil and is currently living in Portugal since 2017. She has completed her higher degree in Biomedicine at Barão de Mauá University in Ribeirão Preto, Brazil. She graduated in Traditional Chinese Medicine in Brazil with her specialization in China by the International Acupuncture Training Center, Cosmetic Acupuncture, Acupuncture Anesthesia and analgesia. She has Homeopathy training by the Federal University of Viçosa, Chinese Phytotherapy by the Faculdade Federal de Campinas, Clinical Iridology and Behavioral, Bach Flower Essence and Bioenergetic. Lúcia is the founder of Oliviéri Institute – Research, teaching, diagnoses and treatment center. She is also a Teacher of the Traditional Chinese Medical courses, Chinese Physiotherapy, Chinese Iridology behavioral and Bach Flower essences.

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ACUPUNCTURE FOR FACE LIFTING

Polizogopoulos Dimitris

Multimed Medical Centre, Greece

Golden Combo Accu lift is my personal method for face tonification and body therapy at the same time. This method makes use of the acupuncture benefits in combination with the benefits of gold. In Ancient Egypt and China, gold was used as a kind of medicine against Arthritis as well as for cosmetic reasons. Both Cleopatra and the queen of the Ching dynasty used gold on their face for aesthetic reasons. Modern research proves the anti-inflammatory qualities of gold and this is the reason author uses it to help skin to remove toxins, reinforce its elasticity, renew cells and reverse the oxidizing harm caused by inflammations. This is achieved through collagen production and defeat free radicals. Golden needles are used since gold penetrates skin and is absorbed by the human organism resulting in double benefit on the patient's face. After that, we use an electro acupuncture device to stimulate the acupuncture points and support the face muscles, so that we can achieve significant improvement of the skin loosening via the muscular activation. The therapy is completed with the application of red colour laser, which as it is known-acts superficially on the body and rejuvenates the skin tissues. Finally, we apply oils, herbs and cream onto the face, which will nourish and hydrate skin through activating. Moreover, we give instructions to the patient to consume food which will

increase the collagen production. The combinations of the above techniques results in the tonification of the face skin glow and riddle reducing. Apart from the aesthetic result of this method, another positive factor for the patient is the therapeutic effect of acupuncture as far as it concerns the headache and migraine reduction, the treatment and therapy of insomnia, stomach disorders, constipation, depression, stress and skin allergy. The duration of the results lasts for one year or more depending on the patient age.

Biography

Polizogopoulos Dimitris has completed his first Diploma in Shiatsu and was nominated as a Hatha Yoga Teacher at the Athens Yoga and Budo Academy. He has been working with alternative therapies since his early twenties. He had TCM Diploma from Ancient Greek; TCM Academy of Athens and Tianjin University. Moreover, he has a Diploma in Nutrition and Weight Training at the IAFA. He is a Reiki master, owner operator of Be Healthy and GR Therapy Centre, Instructor of Mix Martial Arts and Hatha Yoga since 1993 and he is teaching TCM from the Ancient Greek and TCM Academy of Athens. He is currently the Director of alternative therapies at the Multimed Medical Centre in Athens.

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DAY 2

Scientific Tracks & Abstracts



9th International Conference on

Acupuncture & Chinese Medicine

August 20-21, 2018 | Dublin, Ireland

DAY 2

August 21, 2018

Sessions

Auricular Acupuncture | Clinical Practice of Acupuncture | Acupuncture & Neurology | Acupuncture & Depression | Acupuncture-Anxiety

Session Chair

Vijay Nielsen

Nielsen Clinic, Canada

Session Co-Chair

Mieko Takaoka

University of East West Medicine, USA

Session Introduction

Title: The current trends of auricular acupuncture research in the United States and its future direction
Mieko Takaoka, University of East West Medicine, USA

Title: Experts in knowledge / organ centered consciousness distinguishing acupuncture from the dry needle technique
Evan Mahoney, Samra University of Oriental Medicine, USA

Title: Combined acupuncture and emotional approach to solve and reverse disease's patterns
André Marques, Institute of Biomedical Sciences of Abel Salazar, Portugal

Title: A prospective, randomised control trial of acupuncture for select common conditions within the emergency department
Carina Harkin, Australian College of Natural Medicine, Ireland

Title: Anxiety & the stir if the fragmented souls
Ian Claxton, The Elmtree Clinic, Ireland

Title: Utilizing fine motor control measurements for outcome-based acupuncture practice: An evidence-based research study
Donald J Lefeber, American College of Acupuncture and Oriental Medicine, USA



Acupuncture Congress 2018

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THE CURRENT TRENDS OF AURICULAR ACUPUNCTURE RESEARCH IN THE UNITED STATES AND ITS FUTURE DIRECTION

Mieko Takaoka^{1, 2}

¹University of East West Medicine, USA

²Tianjin University of Traditional Chinese Medicine, China

Objective: This literature review aimed to investigate the current trends of auricular acupuncture (AA) research in the US and its future direction from recent journal publications.

(63%, n=12), Hong Kong (16%, n=3), (5%, n=1), Australia, Austria, China, Canada and France, Hong Kong and Taiwan (5%, n=1), Australia (5%, n=1), and Korea (5%, n=1).

Methods: AA relevant articles published by authors from the US were collected from PubMed database from 2013 to May 2018.

Conclusion: U S government and military department support AA research and clinical practice in order to respond the urgent medical needs in America. The involvement of international AA experts in future research can benefit the further development of AA intervention. Effective AA models may be replicated globally.

Results: The finding components were AA topics, publication years, article types, research collaborating countries outside of the US, AA tools and combination of other modalities with AA, NADA protocol and BFA protocol, p-values, number of subjects and animal model experiments. Top four AA research topics in the US were pain management (n=20), psychological disorders (n=11), addiction (n=8) and the US military healthcare (n=5). The journal article types were mostly clinical study (34%, n=10), review (27%, n=8), and research supported by US government (23%, n=7). Other modalities combined with AA treatment were electro acupuncture, body acupuncture, gua sha, tui na, relaxation technique and antiemetic medication. US authors wrote articles in collaboration with authors from outside of the US such as China

Biography

Mieko Takaoka has completed her Master Degree at South Baylo University and Doctoral degree at University of East West Medicine. Currently, she is working on her second Doctoral degree at Tianjin University of Traditional Chinese Medicine. She completed Acupuncturists without Boarders (AWB); Auricular Acupuncture training to provide relief and recovery in the wake of major disasters and traumatic events across the world. She has treated US veterans at the Bay Area Veterans Acupuncture Clinic in San Francisco, USA.

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EXPERTS IN KNOWLEDGE/ORGAN CENTERED CONSCIOUSNESS DISTINGUISHING ACUPUNCTURE FROM THE DRY NEEDLE TECHNIQUE

Evan Mahoney

Samra University of Oriental Medicine, USA

Author will begin the presentation with a brief discussion of the encroachment of the dry needle technique into acupuncture and the implications of minimally trained needle therapist effectively practicing acupuncture. The distinguishing feature is that acupuncturists are experts in knowledge as they study, practice and understand a comprehensive health system according to the theories and practices within the curriculum of acupuncture and oriental medicine. Experts in knowledge also include the musculo skeletal realm that is being performed by the dry needler. As experts in knowledge/organ centered consciousness the core of this presentation will revolve around the interpretation of dreams which is structured upon Saam acupuncture/meditation's three levels of human needs. We will look at how acupuncture and oriental medicine affords the most complete structure to date on the study of consciousness and unconsciousness reflected in dreams. Finding similarities between east and west, we build upon the ground work that was laid by founding fathers of psychology Sigmund Freud and Carl Jung as well as the later theory of John

Sarno. The first hint of acupuncture and oriental medicine's organ centered consciousness is understood through the emotion specific attributes of the five elements and the internal organs. Joy is the emotion pertaining to the heart, worry to the spleen, sadness to the lungs, fear to the kidneys and anger to the liver. Saam acupuncture; meditation and the interpretation of dreams build upon these organ centric themes. A likely departure from mind/brain centered consciousness that may be implicit in current understandings of consciousness.

Biography

Evan Mahoney has completed his Graduation, MS and Doctorate in Acupuncture and Oriental Medicine at Samra University of Oriental Medicine, Los Angeles, CA, 2011. He has been in private practice in Cape Coral, Florida. He is the author of "Saam Medical Meditation and Korean Kinetic Acupuncture" book series.

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

André Marques

Institute of Biomedical Sciences of Abel Salazar, Portugal

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 highlighted 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 need 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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A PROSPECTIVE, RANDOMISED CONTROL TRIAL OF ACUPUNCTURE TO SELECT COMMON CONDITIONS WITHIN THE EMERGENCY DEPARTMENT

Carina Harkin

Australian College of Natural Medicine , Ireland

A trial was conducted among patients admitted to the Emergency Department of The Northern Hospital, Epping, Melbourne, Australia to assess the potential of acupuncture to reduce waiting times, reduce pain and satisfy the desire of patients to see complementary medicine within mainstream healthcare. 45 patients were randomly assigned to an acupuncture group (32) and a conventional treatment group (13). Comparison of the physiological parameters following treatment revealed no significant differences between the two groups (table 1). These results demonstrate that acupuncture and conventional treatment are equally effective to reduce pain. However, the acupuncture group received a significantly higher rate of patient satisfaction with the treatment. Author will discuss the methodology, materials used, acupuncture procedures and techniques including what she describes as active puncture points to alleviate acute pain.

Biography

Carina Harkin has 20 years of experience in Clinical Practice. She is the world's first triple degree Graduate in Complementary Medicine having completed 3x4 year level 8 Bachelor of Health Sciences in Naturopathy (Nutrition and Herbal Medicine), Acupuncture and Homeopathy at Australian College of Natural Medicine and is currently pursuing a Master's degree in Public Health at UCC. She has worked as an Acupuncturist in Public Health at Box Hill Hospital, Melbourne Drug and Alcohol Rehabilitation Unit. Recently, she worked as a Sports Nutritionist and Acupuncturist for The Crocs-an Australian Football League team.

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	Conventional method	Acupuncture method	t	P
Pain score (M ± SD)	52.83 ± 21.68%	58.45 ± 23.55%	-5.672	0.402
Respiratory rate (M ± SD)	17.80 ± 1.52 / min	18.03 ± 4.00 / min	-0.215	0.830
Heart rate (M ± SD)	76.50 ± 12.95 / min	74.56 ± 15.50 / min	0.429	0.670
Systolic blood pressure (M ± SD)	80.65 ± 16.29 mmHg	78.42± 14.06 mmHg	0.496	0.622
Diastolic blood pressure (M ± SD)	76.25 ± 12.72 mmHg	76.03 ± 13.37 mmHg	0.054	0.957

(Table-1)

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ANXIETY & THE STIR IF THE FRAGMENTED SOULS

Ian Claxton

College of Integrative Acupuncture, Ireland

Acupuncture stands out as a promising avenue of exploration for anxiety and other mental- emotional disorders. In Traditional Chinese Medicine it is known that if the heart is calm it creates a peaceful space for the mind to reside. Ian will discuss the intrinsic relationship between the souls of the body and their relationship to mental – emotional disorders. He will examine the soul energies of Hun and Po and their effects on the mind along with diagnosis and practical treatments.

Biography

Ian is the founder of The Elmtree Clinic an established and recognised integrative fertility clinic in Galway, Ireland. His powerful and clear vision is to bring science, medicine, psychology and spirituality together in the service of health and healing. With a particular passion for mental- Emotional health Ian's unique approach has helped him become a prominent advocate for his new approach to mental health, sharing his pioneering work with a gentle graciousness, enthusiasm and humility.

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August 20-21, 2018
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Donald J. Lefeber, Herb Med. 2018, Volume 4
DOI: 10.21767/2472-0151-C1-002

UTILIZING FINE MOTOR CONTROL MEASUREMENTS FOR OUTCOME-BASED ACUPUNCTURE PRACTICE: AN EVIDENCE-BASED RESEARCH STUDY

Donald J. Lefeber

American College of Acupuncture and Oriental Medicine, USA

Objectives: This research is intended to determine if a measurable, repeatable and reproducible method could be developed to demonstrate that acupuncture does or does not affect the fine motor control of the patient. If a physical change in the fine motor control (FMC) is caused by acupuncture, we expect to be able to measure it. We intend to demonstrate that changes in the fine motor control of the hands may provide a clear indication whether or not a specific rehab treatment has in fact provided an appropriate improvement in physiological abilities such as reaction times, coordination, or timing jitter between the hands' digits.

Methods: There are two subject groups composed of 50 subjects each: 1) subjects receiving acupuncture (both pain and non-pain related conditions), 2) subjects who will not receive acupuncture or therapeutic intervention. Subjects were tested with FDA approved medical instrument to determine fine motor capabilities before and after a pre-set duration of time or acupuncture. Acupuncture

treatment was performed by a licensed acupuncturist. Data was analyzed by a non-acupuncturist technician and summary reports were generated.

Results: Of the 50 acupuncture group subjects studied, 74% had an immediate positive effect on their FMC capabilities averaging $\sim+5\%$. Of the 23 subjects receiving continued acupuncture therapy, 94% had a long term positive improvement on their FMC capabilities. The 50 subjects in the control group not receiving any acupuncture treatments had a positive improvement averaging $+0.6\%$ in 23% of the subjects.

Conclusion: Monitoring FMC measurements allows outcome-based decisions to be made which can modify rehab programs and optimize treatment regimen. Continued studies and research to understand the bio-mechanisms of acupuncture may help in designing improved acupuncture standards and protocols to obtain more optimal and integrative treatment outcomes in clinical and research work.