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## BOOK OF ABSTRACTS



ALMA MATER  
EUROPAEA  
ECM  
THE UNIVERSITY FOR LEADERSHIP

### 11<sup>th</sup> European Congress for Integrative Medicine

"The Future of Comprehensive Patient Care"

*Joined with:*

1<sup>ST</sup> SLOVENIAN AND THE 5<sup>TH</sup> INTERNATIONAL AYURVEDA  
CONGRESS

34<sup>TH</sup> ANNUAL INTERNATIONAL SYMPOSIUM ON  
ACUPUNCTURE, ELECTRO-THERAPEUTICS AND LATEST  
ADVANCEMENTS IN INTEGRATED MEDICINE



15<sup>TH</sup> BIENNIAL INTERNATIONAL SYMPOSIUM ON THE BI-  
DIGITAL O-RING TEST

1<sup>ST</sup> SLOVENIAN CONGRESS OF ACUPUNCTURE  
September 21 – 23, 2018  
GRAND HOTEL UNION

LJUBLJANA, SLOVENIA

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### **Welcome message of the presidents**

We are pleased to invite you to attend the 11<sup>th</sup> European Congress for Integrative Medicine, “The Future of Comprehensive Patient Care” (ECIM 2018) that will be held between 21-23 September 2018 in Ljubljana, Slovenia. The aim of the congress is to promote health and develop integrated and sustainable treatment for acute and chronic diseases, including evidence-based medicine.

Your conference host, Alma Mater Europaea ECM, is proud for having been given the opportunity to organise this congress in Slovenia alongside the existing university programmes, offered by Alma Mater Europaea under the academic patronate of European Academy of Sciences and Arts in Salzburg. As a young and dynamic higher education institution we are encouraged to develop new paths, needed to take care of the society for the future. This shows in the accreditation of study programmes (BA, MA and PhD level) that are outside of the mainstream topics, such as the master programme in Health Sciences that includes Integrative Health Sciences. That is why we feel very honoured and privileged for the opportunity to organise this European congress of integrative medicine 2018, to contribute to health and well-being of people.

We look forward to welcoming you to ECIM 2018 and to Slovenia.

Prof.dr. Ludvik Toplak

President of Alma Mater Europaea ECM

Vice-Rector of Alma Mater Europaea of the European Academy of Sciences and Arts

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Dear congress participants,

I congratulate the initiative for talking about Integrative medicine, as many wrong ideas surround this name/word. On the one hand, we have the evidence-based medicine, where you can perform on hard facts with the corresponding evidence of success therapies. This has been well established, based on the use of antibiotics or other drugs or interventions. Integrative medicine also means bringing in other approaches such as acupuncture and other medical methods that do not necessarily fall into the evidence-based medicine. From my point of view, I can only emphasize the importance of exploring all the possibilities of therapy for the well-being of the patient. Many are complementary to each other It is completely irrelevant whether the purely evidencebased was done or with the help of integrative means. What counts is what works well for the patient. We, practitioners of regular medicine or the so-called classical physicians need to recognize that in addition to our methods, there are also other methods that can produce success. I wish the congress all the best.

Prof. dr. dr.h.c. Felix Unger

President of the European Academy of Sciences and Arts

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- ❖ **Associate Professor Dr. Fan Qu**, MD, PhD, Zhejiang University, Hangzhou, China
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Ab 01	<b>Prospective study on the efficacy of integrative medicine in oncological patients in a Spanish public hospital</b> Abadia, Cristina; Arcusa, Angels; Garriga, Salut; Leon, Concha; García, Dolors; Gispert, Anna; Dalmau, Ishar; Consorci Sanitari de Terrassa (Barcelona), Spain <b>Correspondence:</b> cabadia@cst.cat
<p><b>Introduction:</b> The use of associated treatments oncospecific TC is a fact known, currently emerging and highly relevant in terms of their social and medical significance which combines conventional medicine with complementary therapies, covering habits of healthy living, psycho-emotional, food, psychological support, energy therapies and acupuncture among other factors.</p> <p><b>Objective:</b> Whether in our environment the use of CT scans improves quality of live and anxiety or depression levels of cancer patients.</p> <p><b>Methods:</b> Consecutively offered to outpatients in course of adjuvant chemotherapy or before six months of after this, TC management simultaneous to the standard treatment of side effects which were: mildfullness, energy therapies, acupuncture or nutritional support and supplementation on the basis of the clinic by a medical member of the integrative health of our unit. Patients signed an informed consent and completed the HAD (anxiety and depression) and QLQC-30 questionnaires at the beginning and at the end of the intervention.</p> <p><b>Results:</b> Between may/2016 and April/2017, 52 patients participated in the study, 63% receiving nutritional advice, 54% acupuncture, 65% energy therapies and 12% mildfullness. Pre-post intervention have been observed statistically significant reductions in the levels of anxiety (HAD-A: p=0,002) and depression (HAD-D: p=0,04). Quality of life improved significantly the global dimensions (p=0,02) and emotional (p = 0, 01). It was also noted a reduction in symptoms like pain, nausea and fatigue and an improvement in appetite. Satisfaction was 100%</p> <p><b>Conclusion:</b> In our half the use of TC improves the quality of life, anxiety and depression of a patient them cancer, in line with other wider experiences</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 02	<b>The Opposing child. Some portraits</b> Alain PITE, France General Homeopathy Doctor in La Rochelle (France) since 1981 University diploma of Homeopathy of medecine university of Bordeaux with CEDH school in 1984. Teacher of homeopathy in CEDH since 2001. Representing SNMHF in ECH politic subcomitee from 2010 to 2015.And CEDH since 2015 in education subcomitee.
<p>Homeopathy is a great help to the periods where the child shows his opposition mainly with respect to the parents but also to the school.</p> <p>The opposition manifests itself especially from 2 to 4 years. It is the affirmation of the self ... The child becomes aware of his body, of his personality and becomes thanks to his psychomotor progress and to the development of the language more autonomous vis-à-vis the adult.</p> <p>It is the opposition of the child against his mother, forbidding and anxious.</p> <p>In adolescence, a new phase of opposition that turns towards the family or educatinal background. Often towards the parent of the same sex.</p> <p>There are schematically two types of opposition: The passive opposition, and the active opposition. Passive opposition is characterized by the withdrawal into oneself, the refuge in the reverie compensation.</p> <p>Active opposition brings together anger, jealousy, sulking, runaways and suicide attempts</p> <p>I am going to give you now some homeopathic portraits of opposing child.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 03	<p><b>"NEW UNDERSTANDING OF ANCIENT TECHNOLOGY – LEECH THERAPY"</b></p> <p>Albert Ivanovich Krashenyuk, Svetlana Vladimirovna Krashenyuk Academy of Hirudotherapy Sankt Petersburg Sankt Petersburg, Russia</p> <p><b>Correspondence:</b> krashenyuk2013@yandex.ru</p>
<p><b>Introduction:</b> Leech therapy (hirudotherapy) is one of the main methods of the oldest known ancient system of medical knowledge - Ayurveda. In last decades occur renaissance of leech therapy in Russia and all over the world. The reason is in scientific approach to leech therapy. The first Russian and in the world department of hirudotherapy and natural methods of treatment was established in 1996 at the Academy of Medical and Social Management (AMSU), in St. Petersburg. That was the key for for basic researches that was made and which allow us to understand mechanisms of leech effectiveness on human body.</p> <p><b>Methods:</b> In more than two decades work with prominent Russian scientists, some fundamental researches on the field of leech therapy are collected under Academy of Hirudotherapy Sankt Petersburg:</p> <p>1992 - The discovery of the phenomenon of "Hirudubiopsy" (A. I. Krashenyuk, S.V. Krashenyuk);          1993 - The discovery of the energy effect (information - entropy) (A. I. Krashenyuk, S. V. Krashenyuk);          1996 – The discovery of neuro-stimulating effect of medical leeches (A.I. Krashenyuk, S.V.Krashenyuk, N.I. Chalisova);          2001 - The discovery of the acoustic effect of leech therapy. (A. I. Krashenyuk, D. I. Frolov);          2003 - The discovery of the detoxification effect of leech therapy. (A. I.Krashenyuk);          2004 – The discovery of the phenomenon of local hyperthermia in the body benign brain tumor – neurinoma (Kamynin Yu.F., Krashenyuk A.I.);          2004 – The discovery of the phenomenon of polymorphic resonance in neurotransmitter system of the brain with leech therapy (Kamynin Yu.F., Krashenyuk A.I.);          2005 - The discovery of a negentropic effect of leech therapy. (A.I.Krashenyuk, G.N.Dulnev);          2007 – The role of Autohemohirudotherapy in the formation of immunomodulatory effect of hirudotherapy was demonstrated. (A. I. Krashenyuk, S. V. Krashenyuk, Krylov A.A.);          2010 - The discovery of the aqua structural effect of hirudotherapy. (Semihina L.P., Krashenyuk A.I.);          2016 – The discovery of the resonance effect in SVCh i KVCh ranges in leech therapy (Vlaskin S.V., Dubovitsky S.A., Krashenyuk A.I., Petrosyan V.I.)          2016 – The experimental confirmation of the theory of homotoxicology and anti-homotoxic therapy of H.-H.Rekkevega of the existence of the humoral and cellular phase of the disease (Krashenyuk A.I., Krashenyuk S.V.)</p> <p><b>Result:</b> With attestation of effectiveness of leech therapy on all body systems and organs new directions of hirudotherapy on all fields of medicine opened. Hormonal balancing and detoxification of the body opened door for program: “Healthy and talented children of Russia” where more than 3000 “super-children” were born even from devastating area of Chernobyl. Discovered neurotrophic effect of hirudotherapy helped hundreds of children with cerebral paralyzes to totally recovered and cause program: “Preservation of Russian intellectual elite”. Not that with leech therapy neurological diseases are treated, but with prevention, use we can avoid arise of them.</p> <p><b>Conclusion:</b> Corroborated with the all the scientific researches that we made, we can asset that hirudotherapy has the most effective influence on homeostasis among other healing methods. In modern medicine it is not known any other method with such wide range of effectiveness. There is no doubt that leech is most advanced nano technology tool known to humankind.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 04	<p><b>Abstract title: Cerebral paralyzes treated by Bowen technique</b></p> <p>Aleksandra Maksimovic dipl high med.physiotherapist,reflexologist,master Bowen therapist, master therapist of integrative medicine</p>
<p><b>INTRODUCTION:</b> A case study of patient with cerebral paralyzes, blindness (age 18 months)</p> <p><b>METHODS:</b> Kinesitherapy, Bowen therapy, energetic test by weft . Acupuncture bucles for energetic centres,</p> <p><b>RESULTS:</b> Release spasam, better posture, control position of head, better orientation in space, ability to lie on anterior position, the articulation of syllables.</p> <p><b>CONCLUSIONS:</b> Integrative way for treatments give fast results. Common therapy improve health of this baby with incredible results in motoric and sensitive area.</p>	

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Ab 05	<p><b>The impact of natural oils combination use on social relations domain of quality of life in patients suffering from hearing loss</b></p> <p>Aleksandar Jevdić<sup>1</sup>, Katarina Jevdić<sup>2</sup>, Dragan Jevdić<sup>3</sup>, Zdravko Vulic<sup>4</sup>, <u>Dušan Vešović</u><sup>5</sup></p> <p><sup>1</sup>Private practice “Dr Jevdić”, Vršac, 26.300, Serbia  <sup>2</sup>Special neuropsychiatric hospital “Dr S. Bakalović”, Vršac, 26.3000, Serbia  <sup>2</sup>Private practice “Astrocit”, Vršac, 26.300, Serbia  <sup>4</sup>ENT department, General hospital Vršac, 26.300, Serbia  <sup>5</sup>VISAN -- Sanitary Medical School of Applied Sciences, Belgrade, 11.000, Serbia</p> <p><b>Correspondence:</b> vesovic@rocketmail.com</p>
<p><b>Introduction:</b> The aim of this study was to determine possible influence of natural oils combination on social relations domain (SRD) of quality of life (QoL) in people having hearing loss.</p> <p><b>Materials and methods:</b> 40 patients of both genders were included in the study. They were examined by ear, nose and throat specialist, underwent audiometry, and testing on ANESA apparatus. Assessment of QoL was done by using World Health Organization questionnaire – WHOQOL-BREF. Testing was done at the baseline and one month after the intervention has started. Examinees took natural oils during one month: one to two drops of “Olje 65 extra” was applied on both ears, on the top and occiput of the head, on the throat, and in umbilicus; this intervention was done three times daily. “Olje 1” was applied orally (two to three drops in 100ml of warm water; 3 times daily). “Olje 80” was taken orally (2 times, 2 ml daily). All natural oils were made by “Planet zdravja”, Slovenia. Statistical analysis was done by using SPSS v. 17.0.</p> <p><b>Results:</b> 24 of them (60%) were males (M), while 16 (40%) were females (F). Mean age of all examinees was 57,53+-14,7yrs. No statistical significant difference was found between mean values of SRD at the baseline and one month after the intervention has started. However, SRD showed difference in relation to medications taking. SRD in examinees taking no medications (n=20) was 71,5+-13,9, while in those who took medications (n=20) was 60,5+-14,7; t=2,444; df=38; p=0,019. No other relevant findings were revealed to SRD. On the other side, it was found that the environment domain score in examinees with normal blood pressure and those who took no medications, were higher, but statistical significance was at the border-line.</p> <p><b>Conclusions:</b> Further researches are needed to clarify much better possible influence of natural oils combination on SRD.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 06	<p><b>Integrated approach of discopathy L5-S1 and protrusion of n.peroneus</b></p> <p>Aleksandra Maksimovic dipl.high med.physiotherapist  dr Tanja Ratkovic spec.urgent.medicine</p>
<p><b>INTRODUCTION:</b> A Case study of the patient with the protrusion of the intervertebral L5-S1 and the lesion of the nervous peroneus. Methods of classical and integrative medicine were used in diagnostics and therapy</p> <p><b>METHODS:</b> As diagnostic methods used: Rtg lumbosacral spine,EMG,MR L-S,EMNG  Miostatic test,pulse diagnostic, energy test through the weft of energetic centres, elements, vibratory spirals and forces</p> <p><b>THERAPY:</b> standstill with physical therapy: diadinamic el.,TENS, electrostimulation of n.peroneus, Kinesitherapy-Mishel exercises, Manuel therapy-Bowen therapy Therapy with integrative medicine methods: acupuncture bucles for energetic centers, elements,forces, opening of vibratory spirals  Micronutrition</p> <p><b>RESULTS:</b> improved general condition, analgesia of L-S Spain.</p>	

**CONCLUSION:**The common application of standard methods of physical therapy and integrative medicine in addition to eliminating the existing symptoms of the disease, revealed the cause of the disease, therefore we conclude that combined therapy provides excellent results  
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Ab 07	<b>Hallux valgus-integrative ways of treatments</b> Aleksandra Maksimovic dipl. high med. physiotherapist, reflexologist, master Bowen therapist, master therapist of integrative medicine
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**INTRODUCTION:** Case study of the patient with Hallux Valgus.Different ways of common therapy to relieve pain in the feet.  
**METHODS:** Diagnostic:RTG foot, objective obswervation, palpation  
 Therapy: Reflexology, Bowen therapy, Ultrasonic therapy.  
**RESULTS:** realiving pain in feet, reducing bunions, changed the shape of the foot, improved posture of the whole body.  
**CONCLUSION:** Common therapies can be usefull for improved condition of whole body. Feet are basic of our posture,involving in them,we improve our health  
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Ab 08	<b>TriCAM – Integrative Medicine in a monocentric randomized controlled trial in parallel groups for patients undergoing allogenic stem cell transplantation</b> Dr. A. Behzad, MD, Department of Hematology and Oncology, University Hospital of Erlangen, Germany <a href="mailto:ali.behzad@uk-erlangen.de">ali.behzad@uk-erlangen.de</a>
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**Introduction:** Leukemia patients undergoing allogenic stem cell transplantation have a 30-70% chance of developing Graft versus Host disease (GvHD), often with severe consequences such as paralysis, blindness or death despite extensive research to understand its source. TriCAM **aims to shine light on this poorly understood disease from a Traditional Chinese Medicine (TCM) point of view and therefore gain access to much needed new therapeutic approaches.**  
**Methods:** After a baseline visit, the invervention arm will receive therapy twice weekly for 90 days during allogenic stem cell transplantation. Therapy consists of TCM diagnosis and acupuncture, music therapy (TaKeTiNa method) to move Qi and clown theatrical performance (Metzler method) to facilitate the flow of emotions during this burdening therapy. The primary endpoint of the study (quality of life, QoL) is measured with the FACT-G questionnaire. Others endpoints include the development of GvHD, physical disability scores, blood samples for inflammatory biomarkers and change of cellular immunity.  
**Results:** The analysis of the exploratory pilot phase, including 10 patients total, showed a gain in QoL from baseline (+5pts average) in the intervention group vs a loss of QoL in the control group (-6pts average). More interensingly, the intervention group showed less GvHD (0 vs 3). Even after 6 months, the difference remained (1 vs 4). The results have been consistent in the further recruited patients (23 to this date).  
**Conclusion:** These perliminary results indicate that the therapies are able to improve quality of life and may lead to a more adaptive immune response, measured on a cellular and biochemical level. It will contribute to a broader integrative evidence based medicine.  
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Ab 09	<b>The Integrative Relationship of Awareness Under Conscious Hypnosis (AUCH®) Method and Yamamoto New Scalp Acupuncture (YNSA)</b> Ali Özden Öztürk* <sup>1,2</sup> , Gizemnur Öztürk <sup>3</sup> <sup>1</sup> President of Society of Medical Hypnosis (THD), Istanbul
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	<p><sup>2</sup>Fiscal Controller and Former BOD Member of European Society of Hypnosis(ESH)  <sup>3</sup> Society of Medical Hypnosis (THD), Istanbul  <b>Correspondence:</b>* Kosuyolu Cad As Camlik Sit B1 B1 77/7 34718 Kadikoy, Istanbul, Turkey  E-mail address: <a href="mailto:auchozturk@gmail.com">auchozturk@gmail.com</a> (A.Ö. Öztürk).</p>
<p><b>Introduction:</b> “Awareness Under Conscious Hypnosis (AUCH<sup>®</sup>) Method” can be used integratively with acupuncture in many different fields of medicine. In this workshop, this integrative approach will be discussed by elaborating the correlations between AUCH<sup>®</sup> method and Yamamoto New Scalp Acupuncture (YNSA) Microsystem.  <b>Methods:</b> AUCH<sup>®</sup> is a state of consciousness created by specific induction techniques and suggestions; and it aims to make changes in attention, perception, memory, emotions and senses of the patient. To create these aimed changes, AUCH<sup>®</sup> has a treatment protocol consisting of three steps: “1) MAYA<sup>®</sup> (Making Acceptance with Your Awareness), 2) Induction and 3) Autohypnosis”.  “Eye-to-eye fixation and giving suggestions” is the main induction technique in AUCH<sup>®</sup> Method. With the suggestions given during induction, psychological, physical and social well-being of the patient is targeted. Besides, various body areas are induced spontaneously with specific AUCH<sup>®</sup> hypnotic rituals via hand passes, touchings and tappings during the application of AUCH<sup>®</sup> Method. These body areas have a substantial relationship with the zones &amp; points used in YNSA.  <b>Result:</b> The inherent relationship between hypnotic rituals of AUCH<sup>®</sup> Method and YNSA is illustrated via mapping YNSA zones &amp; points coinciding with the body areas induced spontaneously during the treatment protocol of AUCH<sup>®</sup> Method.  <b>Conclusion:</b> The mapping showing the corresponding points and areas between AUCH<sup>®</sup> Method and YNSA can illustrate the inherent relationship existing between these two methods in a systematic way.  <b>Key Words:</b> AUCH<sup>®</sup> (Awareness Under Conscious Hypnosis) Method, Medical Hypnosis, YNSA  <b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 10	<p style="text-align: center;"><b>Aromatherapy in sexual dysfunction: A Review from Persian (Unani) Medicine</b></p> <p>Zeinab Nasiri Lari<sup>1</sup>, Fatemeh Atarzadeh<sup>1</sup>, Parisa sadat Ghoreishi<sup>1</sup>, Ayda Hosseinkhani<sup>2</sup>, Amir Mohammad Jaladat<sup>1,3*</sup>  1 PhD in Persian Medicine, Research Center for Persian Medicine and History of Medicine, Shiraz University of Medical Sciences, Shiraz, Iran.  2 PhD in Traditional Pharmacy, Research Center for Persian Medicine and History of Medicine, Shiraz University of Medical Sciences, Shiraz, Iran.  3 Assistant Professor, Essence of Parsyian Wisdom Institute, Persian Medicine and Medicinal Plant Incubator, Shiraz University of Medical Sciences, Shiraz, Iran.  <b>Correspondence:</b> Amir Mohammad Jaladat</p>
<p><b>Introduction:</b> Aromatherapy has a long history in ancient Persia. The recent scientific findings confirm that the herbal fragrances are effective on human sexuality and fertility. According to the Persian Medicine texts, odorous drugs are used in the treatment of sexual dysfunction and infertility in various forms. The aim of this study was to review this therapeutic approach in Persian Medicine sources and its recent findings.  <b>Methods:</b> In this review, we searched Persian references includes <i>Avicenna Canon of Medicine</i>, <i>Al-Aqhraz-al-Tibbia</i>, <i>Teb-e-Akbari</i>, <i>Sharhe Asbab va Alamat</i>, <i>Exir-e-Azam</i>, <i>Makhzan al-Adwiyah</i>, <i>Tohfe Hakim Momen</i> and <i>Qarabadin-e-Salehi</i> using <i>Booidan</i> or <i>Shomoomat</i> (smell), <i>Bu</i> (odor) as keywords. Then, recent findings in this field gathered from electronic databases including PubMed and Google Scholar by searching scientific names, also we googled keywords like aromatherapy, infertility, sexual disorder, to compare and discuss both findings.  <b>Result:</b> In Persian (Unani) Medicine, odorous materials are used in various forms of smelling, topical, incense and smoke. Hot odors like musk, jasmine and narcissus, which enhance sexual desire and cold smells like Egyptian lotus, camphor and myrtle which reduce libido have been introduced. Special emphasis has been placed on the use of aromatic substances such as cinnamon, cardamom, nutmeg in the treatment of uterine diseases, especially oligo menorrhoea.</p>	

**Conclusin:** Persian (Unani) Medicine recommendations for using odorous materials in nervous disorders and reproductive system can lead to new clinical trials in this field.  
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Ab 11	<p><b>Identifying competencies for teaching complementary and integrative medicine within an interprofessional setting. Report on the first round of a delphi-study.</b>                  Angelika Homberg, Nadja Klafke, Katharina Glassen, Cornelia Mahler, Svetla Loukanova                  Department of General Practice and Health Services Research, University Hospital Heidelberg, Heidelberg, Germany  <b>Correspondence:</b> angelika.homberg@med.uni-heidelberg.de</p>
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**Introduction :** In order to meet patients increasing interest in complementing their treatment with non-pharmacological but self-care-methods a well-informed and collaborative professional team is required. Currently academic education on such patients needs is scarce for many health professionals. There is dissent regarding which themes and methods are central for teaching complementary and integrative medicine (CIM). The aim of this study is to identify competencies and content for an academic seminar which could be provided within an interprofessional setting.

**Methods:** A delphi-study with three rounds is currently being conducted to capture expert experience in the area of CIM and interprofessional education. 65 experts from Switzerland, Austria and Germany were invited to participate in the consent-finding-process from March until October 2018. In the first round Experts rated a wide range of possible competencies, teaching goals and contents on a seven-point-likert-scale (1=very relevant...7=not at all relevant). Furthermore, experts were encouraged to justify their decisions in open text fields and were requested to add further aspects.

**Result:** The response rate was 76%. Following questions regarding competencies were rated as very relevant (likert-scale 1-2) by over 80% of the surveyed experts: Students are able to reflect their believes and attitudes towards CIM; students are able to consider patients view and subjective experience of disease; students are open for patients´wishes and treat them with respect. Following aspects regarding content were rated as relevant (likert-scale 1-3): nutrition, phytotherapy, movement-therapy and mind-body-therapy. Some experts stated didactical aspects such as the desire for a more patient centered and integrative approach, other mentioned to align content along diseases and not along therapies. How this can be realized will be part of the second delphi-round and will also be presented at the congress.

**Conclusion:** As the Implementation of a CIM-curriculum will be dependent on the acceptance of stakeholders, appropriate communication and dialogue strategies are needed.

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Ab 12	<p><b>Integrative approach in treating children with Autism and PANS/PANDAS</b>                  Biljana Uzelac, MD                  Green Pediatrics  <b>Correspondences:</b> doctor@greenpediatrics.com 8720 Hillside Dr St John, In 46373, USA</p>
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**Introduction:** Integrative Medicine is fairly new treatment approach which is becoming very popular in the recent years. It integrates all healing sciences and empowering the practitioner to choose the best treatment approach with the least side effects and customize it to each patient. ASD (Autism Spectrum Disorder ) is wide spread (1 in 68 kids affected) and PANS/PANDAS ( Pediatric Autoimmune Neuropsychiatric Syndrome +/- associated with Streptococcal infections) is just getting more recognized as a disease in kids.

**Methods:** Children diagnosed with varying types of behavioral disorders were evaluated weekly by their parents on a variety of behaviors. Initially, children received a basal evaluation on the following attributes: Focus/Attention, Communication, Mood, Memory, Tantrums, Aggression, Appetite and Tics. Following initial scoring, children enrolled in the study age 6-14 (total 33 subjects, 22 boys and 11 girls) were given a titanium patch (sticker) charged with extremely low Electromagnetic frequencies beneficial for brain function, and they wore it for a seven-day period. At the end of the first 7 days, behaviors were evaluated as described above and a new patch was applied for another 7 days. This was repeated for 7 weeks. At the end of week 7, the patch was not re-applied. Final evaluations were performed on children after they had gone 7 days without a patch and than being patch, supplements, special diet and homeopathy for another 4 weeks.

**Results:** Our study showed obvious improvement in behavior after 2 weeks of wearing the patch and not returning to the baseline after patch was removed. Adding specialized nutrition and supplements as well as homeopathy to the initial patch therapy further improved behavior results.

**Conclusion:** Children suffering from ASD and PANS/PANDAS improved dramatically their behavior and communication, lessened anxiety, become more social and engaging, and less sensitive to the environment after wearing low electromagnetic frequency patch and further more improved after adding supplements, anti-inflammatory diet and homeopathic medicine in their therapy without returning to their baseline once all treatment was stopped.

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Ab 13	<p><b>Propolis Greit 120 and Human Interferon Alfa (HuIFN-<math>\alpha</math>N3) Shows Anti-Influenza Virus Activity <i>in Vitro</i></b></p> <p>Bratko Filipič*<sup>1</sup>, Lidija Gradišnik<sup>2</sup>, Klemen Rihar<sup>3</sup>, Adriana Pereyra<sup>4</sup>, Rok Kopinč<sup>4</sup>, Matjaž Deželak<sup>4</sup>, Franc Grošelj<sup>5</sup></p> <p><sup>1</sup> Croatian Institute of experimental and translation oncology, Koledinečka 3, 10040 Zagreb, Croatia</p> <p><sup>2</sup> Institute of Biomedical Sciences, Medical Faculty of Maribor, Taborska 8, 2000 Maribor, Slovenia</p> <p><sup>3</sup> Chengdujska 4, 1000 Ljubljana, Slovenia</p> <p><sup>4</sup> MEDEX D.o.o., Linhartova 49b, 1000 Ljubljana, Slovenia</p> <p><sup>5</sup> Vitasan, 1222 Trojane, Slovenia</p> <p><b>*Corresponding author:</b> Dr Bratko Filipič; Email: Bratko.Filipic@gmail.com.</p>
	<p>Influenza virus affects the respiratory tract in humans causing a range of distinct manifestations including fever, nasal secretions, cough, headaches, muscle pain and pneumonia, which could become violent and severe. Influenza A viruses remain resistant to Amantadine and Rimantadin with high level of Osletamvir resistance. Therefore, the constant improvement of new anti-Influenza virus drugs active against resistant Influenza viruses is constantly required. Propolis has anti-Influenza activity <i>in vitro</i> and <i>in vivo</i> too. HuIFN-<math>\alpha</math>N3 is a multi-subtype protein besides still displaying an antiviral activity against Influenza virus. The aim of the research was to elucidate the anti-Influenza activity of the mixes of Water-soluble Propolis (Greit120) and HuIFN-<math>\alpha</math>N3 at different ratios. Greit 120 Polyphenols, total Phenolic acids and Bioflavonoid, were characterised by HPLC-UV-ESI-MS504971. HuIFN-<math>\alpha</math>N3 by RP-HPLC column PurospherSTAR RP-18. Influenza A and separately Influenza B viruses were separately added to the LLC-MK2 cells treated with Water-soluble Propolis (Greit120) and HuIFN-<math>\alpha</math>N3 alone or in proportions: 1:1, 1:2 and 2:1. Plates were incubated it long, as in controls 100% Cytopathic effect (CPE) with small plaques were generated. The best results (ID<sub>50</sub>) where taken when the mix of 10% Water-soluble Propolis (Greit120) and HuIFN-<math>\alpha</math>N3 in proportion 1:2 (ID<sub>50</sub> 12±0.2 µg mL<sup>-1</sup>) for Influenza A and 19±0.6 µg mL<sup>-1</sup> for Influenza B virus was applied. In the case 10%, Ethanol extract of Propolis (applied as a control) and HuIFN-<math>\alpha</math>N3, the best proportion was 2:1, where ID<sub>50</sub> 22±0.7 µg mL<sup>-1</sup> for Influenza A and 15±0.4 µg mL<sup>-1</sup> for Influenza B virus was found. ID50 index was calculated to compare the ID50 Anti-Influenza activity of Greit120: HuIFN-<math>\alpha</math>N3 in comparizon with Ribavirin. Anyway, 1:2 was the best ratio for Greit 120 combined with HuIFN-<math>\alpha</math>N3 (0.5 for Influenza B and 0.6 for Influenza A). This new formulation of Water-soluble Propolis (Greit 120) and HuIFN-<math>\alpha</math>N3 showing better anti-Influenza activity, could improve its application in mild Flu infections.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>

Ab 14	<p><b>Functional motives to help others and their relation to Compassion and Altruism, Work engagement and Indicators of Spirituality</b></p> <p>Arndt Büssing,<sup>1</sup> Carina Baer,<sup>1</sup> Klaus Baumann<sup>2</sup></p> <p><sup>1</sup> Professorship for Quality of Life, Spirituality and Coping, Institute for Integrative Medicine, Faculty of Health, Witten/Herdecke University, Herdecke, Germany; <sup>2</sup> Professorship for Caritas</p>
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	<p>Science and Christian Social Work, Faculty of Theology, Albert-Ludwig University, Freiburg, Germany</p> <p><b>Correspondence:</b> arndtbuessing@uni-wh.de</p>
<p><b>Introduction:</b> What are the motivations of people to voluntarily help others (particularly those in difficult health or social situations) when concrete altruistic behaviour is time consuming and may result in emotional exhaustion and distancing (Cool Down)? Here we will focus on three functional motives: 1) Protective Motives (protecting the ego from difficulties of life), 2) Enhancement (help the ego grow and develop), 3) Values (express altruistic and humanitarian values). Aim is to analyse whether these functional motives are related to compassion (intention) and altruism (behaviour), to work engagement and Cool Down, and further to indicators of spirituality.</p> <p><b>Methods:</b> Cross sectional study with standardized questionnaires among 343 persons (age: 54±20 years; 69% women; 85% Christians) working voluntarily for diseased persons (26%), persons with physical/mental (16%) or social/emotional impairment (21%), education/youth work (9%), other (28%).</p> <p><b>Result:</b> Neither volunteerism motives (VFI) nor altruism (GALS) or Cool Down (CDI) differed significantly between persons of different work fields (<math>F &lt; 2.0</math>), while compassion (SCCS) was in trend lower in persons working in the field of education/youth work (<math>F = 2.2, p = .067</math>). Values was correlated strongly with Compassion (SCCS; <math>r = .54</math>) and moderately with Altruism (GALS; <math>r = .43</math>), while Protective motives and Enhancement were related marginally to weakly with these (<math>r &lt; .30</math>). Work engagement (UWES) correlated moderately with Values (<math>r = .34</math>) and Enhancement (<math>r = .33</math>), and weakly with Protective (<math>r = .25</math>). Cool Down (CDI) was weakly related to Protective (<math>r = .26</math>) and Enhancement (<math>r = .23</math>), but not to Values (<math>r = .05</math>). Neither Religious Orientation (ASP) nor Perception of the Sacred (DSES-6) nor Gratitude/Awe (SpREUK-P) were relevantly related to volunteer motives (<math>r &lt; .20</math>).</p> <p><b>Conclusion:</b> Values was the motive to help others which scored highest. This motive was related best with Compassion, Altruism and Work Engagement, but it is not related with emotional distancing from the persons in need (Cool Down). Further, these values are independent from indicators of religiosity/spirituality.</p> <p><b>Disclosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes</p>	

<p>Ab 15</p>	<p><b>Conventional and herbal anti-microbial treatment of chronic Lyme Disease and co-infections, integrative approaches.</b></p> <p>Dr. Carsten Nicolaus, MD PhD</p> <p>Founder and Medical Director BCA-clinic, Augsburg/Germany Correspondence: BCA-clinic, Morellstrasse 33, 86159 Augsburg / Germany</p>
<p><b>Introduction</b> Lyme borreliosis is increasing rapidly in many parts of the world and is the most commonly occurring vector-borne disease in Europe. In Northern America, this challenging disease is caused by <i>Borrelia burgdorferi sensu strictu</i>; in Europe, <i>B. afzelii</i> and <i>B. garinii</i> are prevalent species. The number of acute and chronic ill Lyme patients has been increasing constantly for the the past 10 years. This circumstance requires new and better diagnostics and therapeutic approaches.</p> <p><b>Methods</b> In the past 10 years, we have treated more than 25.000 patients with tickborne diseases in our clinic, mostly with conventional and herbal integrative approaches.</p> <p><b>Results</b> The presentation will give an overview and outcoming results of different approaches.</p> <p><b>Conclusion</b> In addition to conventional treatment, integrative herbal approaches are gaining in importance. The combination of conventional anti-microbial therapies (antibiotics) with herbal mixtures is also better tolerated and very effective in long-term treatment.</p> <p><b>Disclosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

<p>Ab 16</p>	<p><b>Gentle fever reduction with lemon compresses in intensive care patients with central fever – A Study protocol of a pilot trial</b></p> <p>Christa Raak<sup>1</sup>; Thomas Ostermann<sup>3</sup>; David Martin<sup>1</sup>; Anna Tu<sup>2</sup>; Wolfram Scharbrod<sup>2</sup></p> <p>1 Institute of Integrative Medicine, School of Health, Witten/Herdecke University, Gerhard-Kienle-Weg 4, 58313 Herdecke, Germany</p> <p>2 Integrative Neuromedicine, Community Hospital Herdecke, Witten/Herdecke University, Gerhard-Kienle-Weg 4, 58313 Germany</p>
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	<p>3 Department of Psychology, Chair of Research Methodology and Statistics in Psychology, Witten/Herdecke University, Alfred-Herrhausen-Straße 50, 58448 Witten, Germany</p> <p><b>Correspondence:</b> Christa Raak, BSc</p>
<p><b>Introduction:</b> In the field of Hydrotherapy leg compresses and cold bursts have been proven to be effective water applications in a variety of indications. Thus, interest in such applications has increased in complementary care. In this context lemon compresses as a method for reduction of mild fever are also a well-known element of Traditional European Medicine. Although anecdotic evidence about the effectiveness of lemon compresses to reduce fever in clinical care is available, systematic investigations and clinical studies are scarce.</p> <p><b>Methods:</b> This is a study protocol for a pilot study to be conducted in in the Department of Neurosurgery at the Community Hospital Herdecke with intensive care patients. Study participants are patients with fever that requires treatment due to intracerebral hemorrhaging. From this cohort patients are divided into two groups of 15 patients: usual fever management vs. usual fever management with lemon compresses as add on therapy. The primary clinical outcome is the course of body temperature (core temperature of the body measured during routine monitoring of vital signs). Secondary outcome are Oxygen partial pressure (paO<sub>2</sub>) as a function of time (increasing temperature -&gt; Decrease in paO<sub>2</sub> expected), intercranial pressure (ICP) and arterial blood pressure (ABP). Statistical analysis will be done by means of a linear model of repeated measures with adjustment for baseline values.</p> <p><b>Expected results:</b> We expect that this study will generate immediate benefits with low risk in patients undergoing fever due to intracerebral hemorrhaging. Analysis of the time series of the outcomes will result in effect size estimates for following controlled clinical trials.</p> <p><b>Conclusion:</b> In a nutshell, results may help defining the potential of integrative approaches in the treatment of fever in hospitalized patient as a supportive contribution to improve intensive care patients fever management strategies.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 17	<p><b>“Moments of beeing” – Music therapy with children and youth with severe disabilities</b></p> <p>Claudia Knoll Institute Knoll for Music Therapy and Supervision, Kranj, Slovenia</p> <p><b>Correspondence:</b> Claudia Knoll, institutknoll@yahoo.com</p>
<p><b>Introduction:</b> Music therapy by definition is “the use of music and/or musical elements by a qualified music therapist, with a client or group, in a process designed to facilitate and promote communication, relationships, learning, mobilization, expression, organization, and other relevant therapeutic objectives, in order to meet physical, emotional, mental, social and cognitive needs. Music therapy aims to develop potentials and/or restore functions of the individual so that he or she can achieve better intra- and interpersonal integration and consequently a better quality of life through prevention, rehabilitation or treatment” (World Federation for Music Therapy, 1997).</p> <p><b>Methods:</b> In the paper presentation the author aims to present a specific area of music therapy practice, which is the work with children and youth with severe disabilities at CUDV Matevža Langusa Radovljica in Slovenia. Pointing out some basic theories of developmental psychology and specific capacities of music in the therapeutic proces, the author will present short video examples of “moments” in her music therapy sessions to underline her statements.</p> <p><b>Results:</b> Even though there are measurable outcomes of music therapy with people with severe disabilities, the focus of this paper is not mainly on the improvements clients make in the physical, cognitive and psycho-social areas. What the author want to communicate with this paper is the very importance of the rare experience for many people with severe disabilities. The experience to “be”: Being here, being heard, being connected, being active, being understood.</p> <p><b>Conclusion:</b> Assuming that severe disabilities affect a person in a complexe way, music therapy provides possibilities to meet the needs within a holistic approach.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 18	<p><b>Therapists perspectives on prerequisites for and factors of patients readiness for participating in non medical therapies</b></p>
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	<p>Claudia Wenzel<sup>1</sup>, Mona Dür<sup>1</sup>, Philipp Österreicher<sup>1</sup>, Iris Zoderer<sup>1</sup>, Patrick Simon<sup>1</sup>, Julia Vogl<sup>1</sup>, Astrid Heine<sup>1</sup>, Jörg Fachner<sup>1,2</sup>, Clemens Maidhof<sup>1,2</sup>, Susanne Perkhofer<sup>1,3</sup> und Gerhard Tucek<sup>1</sup></p> <p><sup>1</sup>IMC University of Applied Sciences, Josef Ressel Centre Horizons of personalized music therapy, Department Health Sciences, Piaristengasse 1, 3500 Krems, Austria.</p> <p><sup>2</sup>Anglia Ruskin University, Faculty of Arts, Law &amp; Social Sciences, Department of Music and Performing Arts, Cambridge Young Street, Cambridge CB1 2LZ, United Kingdom.</p> <p><sup>3</sup>Health University of Applied Sciences Tyrol, Austria.</p> <p><b>Correspondence:</b> claudia.wenzel@fh-krems.ac.at</p>
<p><b>Introduction:</b> Little is known about factors which influence patients readiness for non-medical therapies like physiotherapy, occupational therapy or music therapy. Concerning therapy outcome and therapy planning, it is crucial to assert, if a patient is capable to participate in a therapy or not. The aim of this study was to explore therapists perspective on factors of patients readiness for participating in non-medical therapies in a hospital setting.</p> <p><b>Methods:</b> 14 female and 4 male therapists (n=18) working in a neuro rehabilitation unit in a hospital in an urban region of Lower Austria at least for 2 years, participated in the qualitative study. The Ethics Committee of Lower Austria approved the study. Within an interdisciplinary team (occupational therapist, psychologists, music therapists) we conducted three focus groups with 18 therapists (physiotherapists, occupational therapists, speech therapists, music therapists). Grounded Theory (Charmaz 2014) was used as a methodological frame as well as a coding technique (open and axial coding). Selective Coding was not used in this study.</p> <p><b>Results:</b> The factors which influence readiness for therapy are multiple and diverse. The main categories influencing readiness for therapy from a patients perspective are: exposure, impairment, recreation, state of health, mental functions, non-verbal communication, individual-related factors, physical environment, rehabilitation process, social environment, therapist-patient interaction; therapy start, therapy process, verbal communication and time-related-factors.</p> <p><b>Conclusion:</b> Readiness for therapy is a multilayered concept where physical, psycho-social, motivational, relational and organisational factors intertwine in a complex process, which is based and formed mainly on the interaction between therapist and patient. The patients readiness for therapy should be considered a greater degree in therapy planning and to enhance therapy outcomes. Therapists should be aware of these factors and how they can promote individualised therapies, which truly adress patients needs.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 19	<p><b>ANALYSIS OF DETERMINANTS PROMOTING THE PRACTICE OF BREAST EXCLUSIVE BREASTFEEDING</b></p> <p><b>Dieumerci AFUENIDJE</b></p>
<p><b>INTRODUCTION</b></p> <p>Our study of breastfeeding exclusive to breastfeeding, conducted at the kimbanguiste kimbansekehospital during the period April 16 to May 16, 2015.</p> <p><b>Objective</b></p> <p>To analyze the determinants favoring exclusive breastfeeding practice.</p> <p><b>Materials and methods</b></p> <p>About our study, we had recognized the prospective survey method and the technique of the semi-structured interview, the population of our study consisted mainly of breastfeeding mother who attended the CPS service of the Kimbanguist hospital. kimbanseke, in an acute way, we chose a sample population of 30 nursing mothers, sample taken according to a pre-established criterion.</p> <p><b>Results</b></p> <p>After analyzing the data we noted the motivational elements were more focused on the socio-economic elements, ie 72.2% a peculiarity on the fact that breast milk did not listen to anything, the overall means were of the order 69.6% which is higher than our acceptance criterion of 65%.</p> <p><b>Conclusion</b></p> <p>All breastfeeding mothers had satisfactory determinants that favored breastfeeding.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 20	<p><b>The impact of natural oils combination use on biochemical parameters and blood cells in patients suffering from hearing loss</b></p> <p>Dragan Jevđić<sup>1</sup>, Aleksandar Jevđić<sup>2</sup>, Zdravko Vulić<sup>3</sup>, Katarina Jevđić<sup>4</sup>, <u>Dušan Vešović<sup>5</sup></u></p> <p><sup>1</sup>Private practice “Astrocit”, Vršac, 26.300, Serbia  <sup>2</sup>Private practice “Dr Jevđić”, Vršac, 26.300, Serbia  <sup>3</sup>ENT department, General hospital Vršac, 26.300, Serbia  <sup>4</sup>Special neuropsychiatric hospital “Dr S. Bakalović”, Vršac, 26.3000, Serbia  <sup>5</sup>VISAN -- Sanitary Medical School of Applied Sciences, Belgrade, 11.000, Serbia</p> <p>Correspondence: <a href="mailto:vesovic@rocketmail.com">vesovic@rocketmail.com</a></p>
	<p><b>Introduction</b></p> <p>The aim of this study was to determine possible influence of natural oils combination on biochemical parameters and blood cells in people having hearing loss.</p> <p><b>Methods:</b> 40 patients of both genders were included in the study. They were examined by ear, nose and throat specialist, underwent audiometry, and testing on ANESA apparatus. Testing was done at the baseline and one month after the intervention has started. Examinees took natural oils during one month: one to two drops of “Olje 65 extra” was applied on both ears, on the top and occiput of the head, on the throat, and in umbilicus; this intervention was done three times daily. “Olje 1” was applied orally (two to three drops in 100ml of warm water; 3 times daily). “Olje 80” was taken orally (2 times, 2 ml daily). All natural oils were made by “Planet zdravja”, Slovenia. Statistical analysis was done by using SPSS v. 17.0.</p> <p><b>Results :</b> 24 of them (60%) were males (M), while 16 (40%) were females (F). Mean age of all examinees was 57,53+-14,7yrs. After one month of intervention, ANESA revealed that the number of platelets was higher then before the intervention – 236,5+-41,7 vs. 214,2+-45,3; p=0,032. White blood cells were also higher after the intervention - 9,2+-3,6 vs. 7,2+-2,6; p=0,009. On the other side, some parameters showed statistically significant decrease: lactic acid was: 1,59+-0,25 vs. 1,72+-0,35; p=0,02, glycogen was 14,7+-2,5 vs. 15,3+-0,28; p=0,066, and amylase was 15,6+-2,5 vs. 17,4+-4,9; p=0,064. No other significant changes were seen in parameters obtained by ANESA.</p> <p><b>Conclusion:</b> Aside a fact that these oils combination have a positive influence on hearing in examinees, which is described in other paper, the same combination has a certain effect on biochemical parameters and blood cells. Mechanisms of these effects should be further investigated in larger studies with longer duration.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>

Ab 21	<p><b>The impact of natural oils combination use on psychological domain of quality of life in patients suffering from hearing loss</b></p> <p>Dragan Jevđić<sup>1</sup>, Zdravko Vulić<sup>2</sup>, <u>Dušan Vešović<sup>3</sup></u>, Aleksandar Jevđić<sup>4</sup>, Katarina Jevđić<sup>5</sup></p> <p><sup>1</sup>Private practice “Astrocit”, Vršac, 26.300, Serbia  <sup>2</sup>ENT department, General hospital Vršac, 26.300, Serbia  <sup>3</sup>VISAN -- Sanitary Medical School of Applied Sciences, Belgrade, 11.000, Serbia  <sup>4</sup>Private practice “Dr Jevđić”, Vršac, 26.300, Serbia  <sup>5</sup>Special neuropsychiatric hospital “Dr S. Bakalović”, Vršac, 26.3000, Serbia</p> <p>Correspondence: <a href="mailto:vesovic@rocketmail.com">vesovic@rocketmail.com</a></p>
	<p><b>Introduction :</b> The aim of this study was to determine possible influence of natural oils combination on psychological domain (PD) of quality of life (QoL) in people having hearing loss.</p> <p><b>Materials and methods:</b> 40 patients of both genders were included in the study. They were examined by ear, nose and throat specialist, underwent audiometry, and testing on ANESA apparatus. Assessment of QoL was done by using World Health Organization questionnaire – WHOQOL-BREF. Testing was done at the baseline and one month after the intervention has started. Examinees took natural oils during one month: one to two drops of “Olje 65 extra” was applied on both ears, on the top and occiput of the head, on the throat, and in umbilicus; this intervention was done three times daily. “Olje 1” was applied orally (two to three drops in 100ml of warm water; 3 times daily). “Olje 80” was taken orally (2 times, 2 ml</p>

daily). All natural oils were made by “Planet zdravja”, Slovenia. Statistical analysis was done by using SPSS v. 17.0.

**Results :** 24 of them (60%) were males (M), while 16 (40%) were females (F). Mean age of all examinees was 57,53+-14,7yrs. No statistical significant difference was found between mean values of PD at the baseline and one month after the intervention has started. However, PD showed difference in relation to blood pressure. PD in examinees (n=19) having normal blood pressure was 60,6+-11,5, while in others having an elevated blood pressure (n=21) was 52,8+-12,4; t=2,046; df=38; p=0,048. PD in examinees (n=20) taking medications for high blood pressure was 52,3+-12,1, while in others who did not take them (n=20) was 61,0+-11,4; t=2,419; df=38; p=0,02.

**Conclusions:** Further studies, which will last longer and have greater number of examinees, are needed to give more clear insight of possible effect of natural oils combination on PD.

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Ab 22	<p><b>Multidisciplinary Holistic Assessment in Diagnosis and Therapy of Autism</b>                  Dunjić Slobodan, Pejić J, Filipović E, Maletić M, Kraković P, Subotić V.                  Ordinacija Dunjić, Beograd, Srbija  <b>Correspondence:</b> email: ordinacija@drdunjic.rs</p>
<p><b>Introduction:</b> The medical test for autism is not clearly defined. Diagnosis is based on observation of behavior and educational and psychological testing, as well as medical and laboratory analyzes of various specialties. Since symptoms of autism vary, pathways leading to diagnosis are also different. It is important to know that autism is not one disorder with a unique cause. Autism is most likely the cause of combinations of genetic risk factors with risk factors from the environment. In addition to common behavioral changes, we can expect epilepsy, gastrointestinal disorders, food intolerance, sleep disorders, and sensory integration disorders</p> <p><b>Aims:</b> The importance of multidisciplinary and holistic approach in the diagnosis of autism, the spectrum of autistic behavior of children and medical comorbidity, with the aim of creating integrative therapy and rehabilitation by personalized holistic multidisciplinary treatment.</p> <p><b>Methods:</b> Multidisciplinary holistic diagnostic approach to health assessment was used in 21 patients with diagnosis of autism. In the health assessment, medical, integrative procedures, laboratory analyzes were used. The results were statistically processed and analyzed.</p> <p><b>Result:</b> The protocol enrolled 21 children in the “Dunjić holistic practice”. All children came with diagnosis of autism. The youngest child was 3 years old and the oldest 16 years old. Distribution by experiment was in favor of male children 95%. In 65% of subjects, there were some kind of allergies, 14.2% autoimmune diseases, epilepsy in 9.5%, developmental disorders at 19.0%. Laboratory tests show different results and deviations from normal values, thyroid gland disorders TSH and T3, fT3, hyperprolactinemia results in 23.5%, increased oxytocin at 14.2%, osteocalcin in 28.5% of subjects. Viral infections of CMV, EBV and Herpes zoster were recorded at 9.5%.</p> <p><b>Conclusion:</b> Holistic protocol in diagnosis and treatment of autism plays a significant role in the multidisciplinary therapeutic treatment. Integrative approach and procedures achieve homeostasis and internal potential for success and behavioral and medical therapy. It is necessary to do research projects on some laboratory analyzes that can be indicators at an early stage of autism. Early intervention has always been the key to healing in the highest percentage.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 23	<p><b>Physical domain of quality of life in patients suffering from hearing loss through decades of lifetime</b>                  Dušan Vešović<sup>1</sup>, Dragan Jevdić<sup>2</sup>, Zdravko Vulić<sup>3</sup>, Aleksandar Jevdić<sup>4</sup>, Katarina Jevdić<sup>5</sup>  <sup>1</sup>VISAN -- Sanitary Medical School of Applied Sciences, Belgrade, 11.000, Serbia  <sup>2</sup>Private practice “Astrocit”, Vršac, 26.300, Serbia  <sup>3</sup>ENT department, General hospital Vršac, 26.300, Serbia  <sup>4</sup>Private practice “Dr Jevdić”, Vršac, 26.300, Serbia</p>
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	<p><sup>5</sup>Special neuropsychiatric hospital “Dr S. Bakalović”, Vršac, 26.3000, Serbia  <b>Correspondence:</b> vesovic@rocketmail.com</p>
<p><b>Introduction:</b> The aims of this study were to determine possible influence of natural oils combination on quality of life (QoL) in people having hearing loss, and to check if there is a difference in physical domain (PD) among various age groups of examinees.</p> <p><b>Materials and methods:</b> 40 patients of both genders were included in the study. They were examined by ear, nose and throat specialist and underwent audiometry exam. Additionally, they underwent testing on ANESA apparatus. Testing was done at the baseline and one month after the intervention has started. Examinees took natural oils during one month: one to two drops of “Olje 65 extra” was applied on both ears, on the top and occiput of the head, on the throat, and in umbilicus; this intervention was done three times daily. “Olje 1” was applied orally (two to three drops in 100ml of warm water; 3 times daily). “Olje 80” was taken orally (2 times, 2 ml daily). All natural oils were made by “Planet zdravja”, Slovenia. Assessment of QoL was done by using World Health Organization questionnaire – WHOQOL-BREF. Statistical analysis was done by using SPSS v. 17.0.</p> <p><b>Results:</b> 24 of them (60%) were males (M), while 16 (40%) were females (F). Mean age of all examinees was 57,53+-14,7yrs. In age group below 30 yrs, PD was 69,0+-0 (n=1); age group: 31 to 40 yrs (n=4), PD was 66,0+-6,0; age group: 41 to 50 yrs (n=7), PD was 60,0+-10,8; age group: 51 to 60 yrs (n=10), PD was 65,2+-6,1; age group: 61 to 70 (n=9), PD was 52,2+-10,8; above the age of 71yrs (n=9), PD was 56,8+-10,6. The lowest value of PD was noted in age group from 61 to 70 yrs; the mean value of PD differs among age groups which was high statistically significant – F=2,714; df=5; p=0,036 (one way ANOVA).</p> <p><b>Conclusions:</b> This study showed that physical domain of QoL differs statistically significant among various age groups.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 24	<p><b>The impact of natural oils combination use on physical domain of quality of life in patients suffering from hearing loss</b></p> <p>Dušan Vešović<sup>1</sup>, Zdravko Vulić<sup>2</sup>, Dragan Jevdić<sup>3</sup>, Aleksandar Jevdić<sup>4</sup>, Katarina Jevdić<sup>5</sup></p> <p><sup>1</sup>VISAN -- Sanitary Medical School of Applied Sciences, Belgrade, 11.000, Serbia  <sup>2</sup>ENT department, General hospital Vršac, 26.300, Serbia  <sup>3</sup>Private practice “Astrocit”, Vršac, 26.300, Serbia  <sup>4</sup>Private practice “Dr Jevdić”, Vršac, 26.300, Serbia  <sup>5</sup>Special neuropsychiatric hospital “Dr S. Bakalović”, Vršac, 26.3000, Serbia  <b>Correspondence:</b> vesovic@rocketmail.com</p>
<p><b>Introduction:</b> The aim of this study was to determine possible influence of natural oils combination on quality of life (QoL) in people having hearing loss.</p> <p><b>Materials and methods:</b> 40 patients of both genders were included in the study. They were examined by ear, nose and throat specialist and underwent audiometry exam. Additionally, they underwent testing on ANESA apparatus. Testing was done at the baseline and one month after the intervention has started. Examinees took natural oils during one month: one to two drops of “Olje 65 extra” was applied on both ears, on the top and occiput of the head, on the throat, and in umbilicus; this intervention was done three times daily. “Olje 1” was applied orally (two to three drops in 100ml of warm water; 3 times daily). “Olje 80” was taken orally (2 times, 2 ml daily). All natural oils were made by “Planet zdravja”, Slovenia. Assessment of QoL was done by using World Health Organization questionnaire – WHOQOL-BREF. Statistical analysis was done by using SPSS v. 17.0.</p> <p><b>Results:</b> 24 of them (60%) were males (M), while 16 (40%) were females (F). Mean age of all examinees was 57,53+-14,7yrs. At the baseline of the study, physical domain of QoL was 59,4+-10,3; after one month of intervention, it was 61,9+-9,2; this improvement was high statistically significant – t=-2,378; df=39; p=0,022. Interesting statistical significant difference was found in physical domain of QoL between examinees taking blood pressure medications (M) and other who did not take those medications (NoM). There were 20 of them in M group, and 20 of them in NoM group. Physical domain in M group was 55,9+-10,2 while in NoM was 63+-9,4; t=2,307; df=38; p=0,027.</p>	

**Conclusions:** This study showed that physical domain of QoL can be improved by the use of natural oils combination.

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Ab 25	<p><b>Integrative and complementary medicine to reduce adverse effects of anti-cancer therapy</b> Elio Rossi*, Cristina Noberasco*, Marco Picchi*, Mariella Di Stefano*, Antonella Rossi*, Linda Nurra*, Leonardo Ventura*** Affiliation: * <i>Clinic for Complementary Medicine and Diet in Oncology, Campo di Marte Hospital, Local Health Unit Tuscany North-West, Lucca (Italy)</i> ** <i>Oncological Network, Prevention and Research Institute – ISPRO (Italy)</i> <b>Correspondence:</b> Rossi Elio, <a href="mailto:e.rossi@mednat.it">e.rossi@mednat.it</a></p>
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**Introduction:** In order to tackle the side effects of anti-cancer treatment a Clinic for Complementary Medicine (CM) and Diet in Oncology was opened at the Hospital of Lucca (Italy) in collaboration with the Oncology department. The aim this study is to present the results of CM treatment targeted towards reducing the adverse effects of anti-cancer therapy and cancer symptoms and improving the quality of life of cancer patients.

**Methods:** This is a retrospective observational study on 357 patients consecutively visited from September 2013 until December 2017. The intensity of symptoms was evaluated according to a grading system from G0 (absence of symptoms) to G1 (slight), G2 (moderate), and G3 (strong). The severity of radiodermatitis was evaluated with the Radiation Therapy Oncology Group (RTOG) scale

**Results:** Main types of cancer were breast (57.1%), colon (7.3%), lung (5.1%), ovary (3.9%), stomach (2.5%), prostate (2.5%), and uterus (2.5%). A comparison of clinical conditions before and after treatment shows a significant amelioration of nausea, insomnia, depression, anxiety, asthenia, mucositis, hot flashes, joint pain, dysgeusia, and all symptoms. Moreover, we compared 17 patients with a radiotherapy (RT) integrative protocol with a group of 13 patients without treatment: 15 had G1, 1 patient G2, and 1 patient G3 toxicity, while in the group without treatment, 5 patients had G1; 2 patients G2, 3 G3, 3 G4. Finally, 21 cancer patients (6.2%) either refused (18 patients) or discontinued (3 patients) conventional anti-cancer treatment; 17 (80.1%) had a follow up; 9 (53%) of them passed away, 7 (41.2%) are currently in good health, and 1 (5.9%) in state of progressive decline. After integrative oncology visit, 7 (41.2%) out of 17 patients with follow up accepted the standard oncological treatment.

**Conclusion:** An integrative oncology clinic may reduce the adverse effects of anti-cancer therapy and improving the quality of life of cancer patients.

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Ab 26	<p><b>Patients who refuse conventional anticancer treatment: An observational prospective study in an integrative oncology public clinic</b> Elio Rossi*, Cristina Noberasco*, Marco Picchi*, Mariella Di Stefano*, Tocchini Stefania**, Da Valle Lucia**, Editta Baldini*** Affiliation: * <i>Clinic of Complementary Medicine and diet in oncology, ASL Tuscany North West Lucca (Italy)</i> ** <i>O.U. Psychology, ASL Tuscany North West Lucca (Italy)</i> *** <i>O.U. Oncology, ASL Tuscany North West Lucca (Italy)</i> <b>Correspondence:</b> Elio Rossi, <a href="mailto:e.rossi@mednat.it">e.rossi@mednat.it</a></p>
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**Introduction :** To face adverse-effects of anti-cancer treatment, a Clinic of Complementary Medicine and diet in oncology has set up, in the Public Hospital Campo di Marte of Lucca (Italy) in collaboration with the Oncology Department of the hospital.

**Methods:** Observational prospective study. A questionnaire explored the reasons why patients reject anticancer therapy, assessing also their expectations and feelings about oncological therapy. Preliminary data are concerning 21 (6.2%) cancer patients who either refused (18 patients) or decided to discontinue (3 patients) conventional anti-cancer treatment against the recommendation of their oncologist consecutively visited from 2013 until December 2017.

**Results:** Main type of cancer or localization were breast (52%); colon (14%); ovary (9%); tongue (5%); lung (5%); pancreas (5%); thyroid (5%); kidney (5%). Among them, 13 (65%) refused chemotherapy, 5 (23.8%) refused endocrine therapy, 1 (5%) refused chemotherapy and endocrine therapy, and 1 (5%) refused radioiodine therapy. Finally, 1 (4.8%) refused to undergo any form of anti-cancer therapy, including surgery. Five (23.8%) requested non-conventional treatment as an “alternative” to standard care, which was obviously not provided by our clinic. The other patients asked for a “natural” treatment to control cancer symptoms (joint pain, hot flashes, anxiety, depression, digestive disturbances, panic attacks, etc.). Among those who refused or discontinued treatment, 17 (80.1%) had a follow-up, 9 (53%) of them passed away, 7 (41.2%) are currently in good health, and 1 (5.9%) is in a state of progressive decline. After their IO visit, 7 out of the 17 (41.2%) patients with follow-up accepted the standard oncological treatment, 4 of these were in good condition, and 3 passed away because the decision to undergo or resume standard treatment came at a too advanced disease stage.

**Conclusion:** A clinic of integrative oncology contributes to improve the communication needed to manage these “difficult” cancer patients and therefore reduce the refusal of anticancer treatments.

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Ab 27	<p style="text-align: center;"><b>The Future of Comprehensive Patient Care: Setting up and Running a Diploma in Integrative Medicine – lessons to share in creating a much-needed transformation of healthcare</b></p> <p style="text-align: center;">Thompson E. A.; Still D; Gray A; Turton P Portland Centre for Integrative Medicine (PCIM), Bristol UK Correspondence: Elizabeth.thompson@portlandcentrehealthcare.co.uk</p>
<p><b>Introduction:</b> The biomedical model no longer satisfies the public’s need to create health and wellbeing or to live well with long-term health conditions. In America, where healthcare choices are supported through private insurance, an Integrative Medicine model is increasingly popular both with the public and physicians. However, while departments of Integrated/Integrative Medicine (IM) have existed in the UK, none have offered a higher qualification in IM. Previous attempts at establishing IM programmes have met with resistance and ultimately not thrived.</p> <p><b>Methods:</b> We describe the development and implementation of a new Diploma in IM to give registered healthcare professionals the knowledge and experience they need to create individualised and comprehensive whole person care and create a necessary ‘sea-change’ in healthcare provision.</p> <p><b>Results:</b> We have overcome a variety of challenges and have developed a 1200-hour, 120 credit, regulated two-year qualification in IM. The course is a model of blended learning with</p> <ul style="list-style-type: none"> <li>- an online Learning Management System</li> <li>- online expert video-presentations</li> <li>- real-time student engagement including tutorials, webinars and forum support</li> <li>- face-to-face teaching for three long weekends each year.</li> </ul> <p><b>Conclusion:</b> In its first year, UK and European healthcare professionals have signed up for the course suggesting a growing desire to train in IM and to transform existing models of healthcare provision. Feedback from students has been excellent although some have struggled in the context of their busy working lives to keep pace with the amount of educational content. The students are becoming pioneers in the field and supporting a transformation to comprehensive whole person care. We feel other healthcare and education professionals may want to find out more about how we designed and how we deliver this high-quality educational offer. We are also keen to network with others in the field to enhance learning in this area.</p>	



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Ab 28	<p><b>The homeopathic approach to learning disabilities (ADD\ADHD) according to the source of the disorder \ disturbance.</b></p> <p>Ester Yogev, Israel, Homeopath, Dr. of natural medicine &amp; Homeopathy</p> <p>Graduate of Stockholm Royal university - Sweden                  Graduate of Pacific College - Calif. USA                  Graduate Tel-Aviv - Israel school of Homeopathy                  Hebrew university - Jerusalem school of pharmaceutic medicin - herbology                  International academy of homeopathy - Alonissos - Greece</p>
<p>Illustration of 3 cases of children labeled as ADHD, to point out the approach of treatment and estimation of recovery.</p> <p>1) Hyperactivity in a case of disturbance due to parental transference.                  Learning disability due to brain damage, as a result of birth trauma. 2)                  3)Socially effected children; banned by companion , class friends, etc.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 29	<p><b>Comparative Analysis of health economic parameters in integrative and conventional German paediatric inpatient departments</b></p> <p>Katharina Fetz<sup>1</sup>; Alfred Längler<sup>2,6</sup>; Melanie Schwermer<sup>2</sup>; Clara Carvalho-Hilje<sup>2</sup>; Markus Krueger<sup>3</sup>; Jan Vagedes<sup>4</sup>; Tycho Jan Zuzak<sup>2,5</sup> and Thomas Ostermann<sup>1</sup></p> <p>1 Department of Psychology, Chair of Research Methodology and Statistics in Psychology, Witten/Herdecke University, Alfred-Herrhausen-Straße 50, 58448 Witten, Germany                  2 Department of Paediatrics, Gemeinschaftskrankenhaus Herdecke, Gerhard-Kienle-Weg 4, 58313 Herdecke, Germany                  3 Department of Paediatrics, Filderklinik Filderstadt, Im Haberschlag 7, 70794 Filderstadt-Bonlanden, Germany                  4 ARCIM Academic Research in Complementary and Integrative Medicine, Filderstadt, Germany                  5 Department of Paediatric Oncology and Hematology, University hospital Essen, Hufelandstr.55, 45147 Essen, Germany</p> <p><b>Correspondence:</b> Katharina Fetz, M.Sc. Psych</p>
<p><b>Background:</b> Integrative medicine is frequently used by patients worldwide and especially in Europe covering a broad range of different therapies. There is a growing scientific interest on the benefits of integrative medicine and the quality assurance of treatment delivery. These efforts primarily target adults' use of integrative medicine but little is known about integrative medicine in paediatrics. The current study investigates health economic parameters of integrative paediatric wards and compare them to representative data from conventional paediatric wards in Germany.</p> <p><b>Methods:</b> The current study investigates standard ward documentation data from the hospitals over the last decade (2005 – 2016; N= 29956). Focus of the analyses are: length of stay, DRG, MDC, CMI, effective cost weight, additional reimbursement for anthroposophic treatment (Ze-26) and status of insurance. Data is compared to a representative sample of all paediatric wards ins Germany (2005 – 2016; N = 48670077).</p> <p><b>Results:</b> There were differences in the percentages of the DRG's and MDC's between the integrative and the conventional sample. The effective cost weight in the integrative sample and the CMI in the conventional sample were identical (M = 0.76). The length of stay in the integrative sample (M = 5.38 ± 7.31) was significantly shorter than the length of stay defined by DRG (M = 5.8 ± 4.71; p &lt; .001; d = - 0.07) and did not exceed or undercut the DRG defined length of stay limits. Compared to the representative sample (M = 4.74; ± 6.23) the length of stay was significantly longer in the in the integrative sample (p &lt;</p>	

001;  $d = 0.12$ ). Patients with ze-26 stayed significantly longer ( $M = 24.40 \pm 14.01$ ) than patients without ( $M = 4.76 \pm 6.04$ ;  $p < .001$ ).

**Conclusions:** The health economic characteristics of integrative pediatric inpatient wards are comparable to those in conventional pediatric inpatient wards.

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Ab 30	<p style="text-align: center;"><b>Comparative Analysis of clinical and demographic patient characteristics in integrative and conventional German paediatric inpatient departments</b></p> <p style="text-align: center;">Katharina Fetz<sup>1</sup>; Melanie Schwermer<sup>2</sup>; Thomas Ostermann<sup>1</sup>; Sebastian Appelbaum<sup>1</sup>; Markus Krueger<sup>3</sup>; Jan Vagedes<sup>4</sup>; Tycho Jan Zuzak<sup>2,5</sup> and Alfred Längler<sup>2,6</sup></p> <p style="text-align: center;">1 Department of Psychology, Chair of Research Methodology and Statistics in Psychology, Witten/Herdecke University, Alfred-Herrhausen-Straße 50, 58448 Witten, Germany 2 Department of Paediatrics, Gemeinschaftskrankenhaus Herdecke, Gerhard-Kienle-Weg 4, 58313 Herdecke, Germany 3 Department of Paediatrics, Filderklinik Filderstadt, Im Haberschlag 7, 70794 Filderstadt-Bonlanden, Germany 4 ARCIM Academic Research in Complementary and Integrative Medicine, Filderstadt, Germany 5 Department of Paediatric Oncology and Hematology, University hospital Essen, Hufelandstr.55, 45147 Essen, Germany 6 Professorship for Integrative Paediatrics, Institute for Integrative Medicine, Witten/Herdecke University, Alfred-Herrhausen-Straße 50, 58448 Witten, Germany</p> <p style="text-align: center;">Correspondence: Katharina Fetz, M.Sc. Psych</p>
	<p><b>Introduction:</b> Integrative medicine is frequently used by patients worldwide and especially in Europe covering a broad range of different therapies. In the last decade, there is a growing scientific interest on the benefits of integrative medicine and the quality assurance of treatment delivery. These efforts primarily target adults' use of integrative medicine but little is known about integrative medicine in paediatrics. The current study aims to investigate patient characteristics and diagnosis parameters of integrative paediatric inpatients and compare them to representative data from conventional paediatric wards in Germany.</p> <p><b>Methods:</b> The current study investigates the standard ward documentation datasets of <math>N=29956</math> patients of two German inpatient integrative wards from 2005 – 2016. Apart from patients' age and gender, status of insurance, reasons for admission and discharge and the ICD-10 admission diagnoses the geographical catchment area of the hospitals were analysed and compared to representative data of paediatric wards in Germany derived from the German census bureau</p> <p><b>Results:</b> Sociodemographic characteristics of the integrative sample did not differ from the representative sample. Patients in the integrative sample were averagely 47.6% female compared to 46.80% in the representative sample. Mean age in the integrative sample was <math>5.58 \pm 5.90</math> compared to <math>5.63 \pm 5.81</math> in the representative sample. In both samples respiratory diseases were the most frequent ICD-10 group (17.06% vs. 19.83%). Differences between the integrative sample and the representative sample were observed in the frequencies of endocrine, nutritional and metabolic diseases (7.24% vs. 2.98%); mental, behavioural and neurodevelopmental disorders (9.83% vs. 3.78%) and diseases of the nervous system. (8.82% vs. 5.16%). The integrative paediatric wards showed a broad catchment area all over Germany.</p> <p><b>Conclusion:</b> The clinical and demographic characteristics of patients in integrative paediatric hospitals in Germany are comparable to those of all paediatric German wards.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>
Ab 31	<p style="text-align: center;"><b>Systematic literature search of complementary therapies for the treatment of acute gastroenteritis in children with a focus on anthroposophic medicine</b></p> <p style="text-align: center;">Melanie Schwermer<sup>1</sup>; Alfred Längler<sup>1,2</sup>; Katharina Fetz<sup>3</sup>; Thomas Ostermann<sup>3</sup>; Tycho Jan Zuzak<sup>1,4</sup></p> <p style="text-align: center;">1 Department of Pediatrics, Gemeinschaftskrankenhaus Herdecke, Gerhard-Kienle-Weg 4, 58313 Herdecke, Germany</p>

	<p>2 Professorship for integrative pediatrics, Institute for integrative Medicine, Witten/Herdecke University, Alfred-Herrhausen-Straße 50, 58448 Witten, Germany</p> <p>3 Department of Psychology, Chair of Research Methodology and Statistics in Psychology, Witten/Herdecke University, Alfred-Herrhausen-Straße 50, 58448 Witten, Germany</p> <p>4 Department of Pediatric Oncology and Hematology, University hospital Essen, Hufelandstr.55, 45147 Essen, Germany</p> <p><b>Correspondence:</b> Katharina Fetz, M.Sc. Psych.</p>
<p><b>Introduction:</b> Acute gastroenteritis in childhood accounts for about 10 % of hospital admissions and is still one of the major causes of death worldwide. In hospitals and pediatric practices with an integrative orientation children suffering from acute gastroenteritis are often treated with complementary and alternative medicine (CAM) associated therapies. Therefore, a systematic literature search was conducted to present an overview of applied CAM therapies, especially anthroposophic therapies, indicated for acute gastroenteritis in children.</p> <p><b>Methods:</b> For this issue CAM-specific (CAM-QUEST, CAMbase, Anthromedics) and non-specific databases (PubMed, OvidSP, Cochrane library, EMBASE) were screened from their inception to now. In addition, anthroposophic guidebooks were hand searched for relevant information.</p> <p><b>Results:</b> Here, articles for diverse CAM associated therapies (e.g. anthroposophic medicine, herbal preparation, dietary management) were identified. The majority of hits were reached for dietary therapy approaches (124). Articles considering anthroposophic approaches constitute only 3.11 % (7) of all articles. Among these articles two observational studies (WALA Gentiana comp., WALA Bolus alba comp.), three experience reports and two reviews were identified. For the anthroposophic remedies used in these articles a second systematic search was performed. This search revealed surveys for Chamomilla, Ipecacuanha, Podophyllum and Tormentilla preparations (mostly homeopathic) indicated for the treatment of gastroenteritis or its symptoms in children. All surveys reported about successful treatment or even reduction of disease course.</p> <p><b>Conclusion:</b> All in all studies concerning anthroposophic approaches and medications, respectively, are deficient. The results of this study underline that effort is needed to validate anthroposophic therapies in a clinical setting.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

<p>Ab 32</p>	<p><b>Rational and effective therapies for children: Scientific reappraisal of integrative therapy concepts in anthroposophic pediatrics</b></p> <p>Melanie Schwermer<sup>1*</sup>; Katharina Fetz<sup>2*</sup>; Alfred Längler<sup>1,3</sup>; Thomas Ostermann<sup>2</sup>; Tycho Jan Zuzak<sup>1,4</sup></p> <p>1 Department of Pediatrics, Gemeinschaftskrankenhaus Herdecke, Gerhard-Kienle-Weg 4, 58313 Herdecke, Germany</p> <p>2 Department of Psychology, Chair of Research Methodology and Statistics in Psychology, Witten/Herdecke University, Alfred-Herrhausen-Straße 50, 58448 Witten, Germany</p> <p>3 Professorship for integrative pediatrics, Institute for integrative Medicine, Witten/Herdecke University, Alfred-Herrhausen-Straße 50, 58448 Witten, Germany</p> <p>4 Department of Pediatric Oncology and Hematology, University hospital Essen, Hufelandstr.55, 45147 Essen, Germany</p> <p><b>Correspondence:</b> Katharina Fetz, M.Sc. Psych.</p>
<p><b>Introduction:</b> In hospitals with integrative pediatric departments and also in outpatient situations children in Germany often receive a supportive anthroposophic treatment. These therapies are based on long-term experiences of anthroposophic physicians but clinical trials validating these experiences are often missing.</p> <p><b>Methods:</b> Our working group has started a project to investigate anthroposophic integrative therapy concepts in children. The aim of this study is to present validated therapy recommendations for frequent diseases in children (e.g. acute gastroenteritis, pseudocroup). For this issue we developed a three-step process: (1) systematic literature search, (2) expert inquiry (Delphi-process) and (3) prospective documentation.</p> <p><b>Results:</b> In the first step available literature for CAM-related therapies, with a focus on anthroposophic treatments, for the relevant disease are searched to provide an overview of applied therapy options. In</p>	

the second step a therapy recommendation is developed based on expert opinions collected in a Delphi-process. Subsequently, our therapy recommendation regarding to effectiveness, safety and economic parameters will be verified in a prospective study in the departments of pediatrics at the Gemeinschaftskrankenhaus Herdecke and the Filderklinik (Germany).

**Conclusion:** We concluded that this data will gain prestige to the anthroposophic medicine to a broader public and facilitate remedy selection for physicians in their fast-moving working routine.

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Ab 33	<p><b>A systematic literature search: Anthroposophic therapies in the treatment of pseudocroup in childhood</b></p> <p>Melanie Schwermer<sup>1</sup>; Alfred Längler<sup>1,2</sup>; Katharina Fetz<sup>3</sup>; Thomas Ostermann<sup>3</sup>; Tycho Jan Zuzak<sup>1,4</sup></p> <p>1 Department of Pediatrics, Gemeinschaftskrankenhaus Herdecke, Gerhard-Kienle-Weg 4, 58313 Herdecke, Germany</p> <p>2 Professorship for integrative pediatrics, Institute for integrative Medicine, Witten/Herdecke University, Alfred-Herrhausen-Straße 50, 58448 Witten, Germany</p> <p>3 Department of Psychology, Chair of Research Methodology and Statistics in Psychology, Witten/Herdecke University, Alfred-Herrhausen-Straße 50, 58448 Witten, Germany</p> <p>4 Department of Pediatric Oncology and Hematology, University hospital Essen, Hufelandstr.55, 45147 Essen, Germany</p> <p><b>Correspondence:</b> Katharina Fetz, M.Sc. Psych.</p>
<p><b>Introduction:</b> In Europe only few integrative pediatric wards exist – and in Germany two of them have a focus on anthroposophic medicine as part of complementary and alternative medicine (CAM). Whilst the most common pediatric diseases are treated here, pseudocroup patients make up a large group in these hospitals, receiving conventional as well as anthroposophic therapies. However, effectiveness of these therapy concepts mostly based on physician’s experiences but clinical studies are hitherto missing.</p> <p><b>Methods:</b> A systematic literature search to identify anthroposophic therapy approaches for pseudocroup in children was conducted in general electronic databases (Cochrane Library, PubMed, OVID) and CAM-specific databases (CAMbase, CAM-QUEST®, Anthromedics). In addition, anthroposophic guidebooks were hand searched for relevant information.</p> <p><b>Results:</b> One retrospective study and five experience reports describing anthroposophic treatments were found. Here, a broad spectrum of anthroposophic medications (e.g. Aconitum, Apis, Bryonia, Hepar sulfuris, Lavender, Pyrit, Sambucus and Spongia) for the treatment of pseudocroup were described.</p> <p><b>Conclusion:</b> Our study demonstrates that clinical trials investigating the scientific evidence for their effectiveness are sparse. Therefore, development and validation of therapy strategies are required.</p> <p><b>Disclosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 34	<p style="text-align: center;"><b>Homeopathy and Plausibility Bias</b></p> <p style="text-align: center;">Dr Peter Fisher</p> <p style="text-align: center;">Royal London Hospital for Integrated Medicine</p> <p style="text-align: center;">peter.fisher2@nhs.net</p>
<p><b>Introduction:</b> Homeopathy is a controversial yet widespread form of integrative medicine based on “similia similibus curentur” (let like be cured by like). Used by an estimated 500 million people worldwide<sup>1</sup>, it nevertheless attracts great scepticism from the scientific community arising from its use of highly dilute medicines, it is said that “homeopathy doesn’t work because it can’t work”, or “homeopathic medicines are just plain water”. This results in “plausibility bias”, which has influenced the interpretation of results of clinical research.</p> <p><b>Methods:</b> Review of biases in meta-analyses of homeopathy.</p> <p><b>Results:</b> The first systematic review of clinical trials of homeopathy concluded: “Based on this evidence we would readily accept that homeopathy can be efficacious, if only the mechanism of action were more plausible”. The meta-analysis of Shang et al, published in The Lancet did not reference the trials on which its conclusions were based, the authors refused to reveal them until after the</p>	

correspondence had been published. During the review process the inclusion criteria were changed from “high quality” to “larger high quality”, excluding 93% of trials. Had this meta-analysis been conducted as originally intended, the result would have been positive. The Australian National Health and Medical Research Council (NMHRC) concluded that there is no reliable evidence that homeopathy is effective. It had unprecedented criteria for “reliability” resulting in the exclusion of 97% of the evidence. The NHMRC found 58 systematic reviews which included 176 studies, but excluded the results of all but 5 (3%).

**Conclusion:** The “plausibility gap” surrounding very high dilutions is being bridged. Twelve independent research labs have reported that homeopathic medicines contain nanostructures, including source material, silica nanoparticles. This suggests that homeopathic medicines act by modulating the allostatic stress response network. A review of basic biological experiments on homeopathic dilutions found 98 replicated experiments, over 70% of replications were positive.

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Ab 35	<p style="text-align: center;"><b>Use of Complementary and Integrative Medicine in Professional Sport – Results of a Cross-sectional Study</b></p> <p style="text-align: center;">Gabriele Rotter<sup>1*</sup>, Lisa Schollbach<sup>2</sup>, Sylvia Binting<sup>1</sup>, Christina Dornquast<sup>1</sup>, Johannes Scherr<sup>2</sup>, Florian Pfab<sup>3**</sup>, Benno Brinkhaus<sup>1**</sup></p> <p style="text-align: center;"><sup>1</sup> Institute for Social Medicine, Epidemiology and Health Economics, Charité - Universitätsmedizin Berlin</p> <p style="text-align: center;"><sup>2</sup> Fakultät für Sport- und Gesundheitswissenschaft, Technische Universität München</p> <p style="text-align: center;"><sup>3</sup> Dermatologische Gemeinschaftspraxis, München</p> <p style="text-align: center;">** contributed equally.</p> <p style="text-align: center;"><b>*Corresponding and presenting author:</b></p> <p style="text-align: center;">Phone: +49 30 450 529007, Mail: gabriele.rotter@charite.de</p>
<p><b>Introduction:</b> Professional athletes use complementary and integrative medicine (CIM) i.a. for injuries of the musculoskeletal system as well as for maintaining their health.</p> <p><b>Aim:</b> The aim of the cross-sectional study was to assess the use of CIM and their practical application among professional athletes in Germany.</p> <p><b>Methods:</b> An exploratory cross-sectional study among professional athletes was performed between March and September 2013. Included were professional athletes of German levels A, B, C, D or D/C and professional football players who visited an outpatient clinic specialized in sports medicine in Munich/Bavaria. Data about the use of CIM were collected by the standardized I-CAM-G questionnaire. Results of participants who completed all 4 sections of I-CAM-G concerning CIM use within the previous 12 months are reported.</p> <p><b>Results:</b> 334 professional athletes, 83 women, 234 men, mean age 20.2±6.6 years, filled out the questionnaire I-CAM-G completely. 69% of professional athletes reported to use CIM, 29% of professional athletes visited a physician or practitioner providing CIM procedures within the previous 12 months. 36% used a CIM procedures, in detail: 49% used herbal medicines or dietary supplements, and 32% used self-reliance methods within the last 12 months.</p> <p><b>Conclusion:</b> Professional athletes in Germany often use CIM although the clinical effects of these treatments are often unclear in this specific group. In clinical trials, efficacy, therapy safety and costs of CIM procedures should be investigated among professional athletes.</p>	

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Ab 36	<p style="text-align: center;"><b>Effects of Osteopathic Manipulative Treatment and Other Manual-Based Therapy Systems on Adult Musicians: A Systematic Review</b></p> <p style="text-align: center;">Marie-Sophie Kiepe, MPH, MSc;<sup>1,2</sup> Isabel Fernholz, MD;<sup>3,4,5</sup> Tobias Schmidt, MD;<sup>1</sup> Benno Brinkhaus, MD;<sup>2,4</sup> Alexander Schmidt, MD;<sup>3,4,6</sup> Cornelia Weikert, MD, MPH;<sup>2,7</sup> <u>Gabriele Rotter, MD<sup>2,3,4, *</sup></u></p> <p style="text-align: center;"><sup>1</sup> Osteopathie Schule Deutschland, Hamburg, Germany  <sup>2</sup> Institute of Social Medicine, Epidemiology and Health Economics, Charité - Universitätsmedizin Berlin, Germany  <sup>3</sup> Kurt-Singer-Institute for Music Physiology and Musicians' Health, Hanns Eisler School of Music Berlin, Germany  <sup>4</sup> Berlin Center for Musicians' Medicine, Charité - Universitätsmedizin Berlin, Germany  <sup>5</sup> Department of Psychiatry and Psychotherapy, Charité - Universitätsmedizin Berlin, Germany  <sup>6</sup> Department of Audiology and Phoniatics, Charité - Universitätsmedizin Berlin, Germany  <sup>7</sup> German Federal Institute for Risk Assessment, Berlin, Germany</p> <p style="text-align: center;"><b>*Corresponding and presenting author:</b>  Phone: +49 30 450 529007, Mail: gabriele.rotter@charite.de</p> <p><b>Introduction:</b> Professional musicians suffer from playing-related musculoskeletal disorders (PRMD), which can be treated by osteopathic manipulative treatment (OMT) and manual-based therapy systems (MBTS) including chirotherapy and manual therapy.  <b>Aim:</b> The aim of this study was to evaluate the evidence for OMT (primary aim) and MBTS (secondary aim) in adult musicians.  <b>Methods:</b> A systematic literature search (January 1999 to November 2017) was performed using electronic databases supplemented by hand searches. Interventional and observational studies of professional or amateur musicians who were either healthy or had PRMD treated by OMT or MBTS were included. The quality of the randomized controlled trials (RCT) was assessed by the Physiotherapy Evidence Database (PEDro) Scale ranging between 0 and 10 points.  <b>Results:</b> Five studies were identified investigating OMT in musicians, including one RCT, three clinical controlled trials and one case report. The internal validity of the RCT was assessed as six points. 12 studies investigating MBTS were identified, including one RCT in which trigger point therapy in musicians with non-specific neck pain was investigated and two RCTs in which manual circumlaryngeal therapy (MCT) and chiropractic in healthy musicians was investigated. The internal validities were assessed as four, four and eight points on the PEDro score. Two case series and seven publications with case reports were identified. Overall, the 17 published studies suggest that OMT and MBTS might improve mental and physical conditions, including pain relief. Healthy singers might benefit from OMT or MBTS in terms of range and quality of voice and phonation time.  <b>Conclusions:</b> The evidence for OMT and MBTS in adult musicians is very limited. Prospective controlled clinical trials investigating the benefits of OMT and MBTS in musicians are required.</p> <p><b>Disclosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>
Ab 37	<p style="text-align: center;"><b>A Persian Diet for Improving Satisfaction in Cancerous Patients</b></p> <p style="text-align: center;">Ghazaleh Heydarirad<sup>1</sup>, Rasool Choopani<sup>1</sup>, Mehdi Pasalar<sup>2</sup>, Hossein Molavi<sup>3</sup>, Hamidreza Mirzaei<sup>4</sup></p> <p style="text-align: center;">1: School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran. 2: Research Center for Traditional Medicine and History of Medicine, Shiraz University of Medical Sciences, Shiraz, Iran. 3: Health Policy Research Center, Shiraz University of Medical</p>

	<p>Sciences, Shiraz, Iran. 4: Cancer Research Center, Shohada-e- Tajrish Hospital, Faculty of Medicine, ShahidBeheshti University of Medical Sciences, Tehran, Iran.</p> <p style="text-align: center;"><b>Correspondence to:</b> e-mail: pasalar@sums.ac.ir</p>
<p><b>Introduction:</b> Cancer-related complications such as fatigue, pain and nausea are among the most common symptoms associated with cancer and eventually, therapeutic approach affects the various aspects of the life of cancerous patients – improving the quality of life of patients. Various factors such as anemia, insomnia and depression can cause complications in these patients. Whenever there is no specific etiology, symptomatic methods such as training, meditation, exercise, and nutrition are advised. This study was performed to assess the efficacy of a recommended Persian diet (based on chickpea) to increase satisfaction in patients undergoing active cancer treatment.</p> <p><b>Methods:</b> In a pilot study, 25 patients undergoing routine treatment protocol for breast cancer were enrolled the study. All patients received necessary items for the preparation of this meal and its recipe for 3 weeks. Patients should cook the meal according the recipe every other day and eat it for 3 weeks. Patients’ satisfaction was measured before and after intervention based on a 10-degree Visual Analogue Scale (VAS).</p> <p><b>Results:</b> This recipe has been advised to improve patients’ general condition by Persian medicine elites. They strongly believed that this diet had a tonic effect in wretched bodies. Most of the participants had been complied with the dietary instructions during the study phase. Results of this study showed that mean score of VAS was <math>6.69 \pm 1.02</math> at the beginning time. This figure increased significantly at the end of the trial (<math>p &lt; 0.001</math>). This finding was in favor of recovering of patients’ satisfaction regarding the decrease in cancer-related complications.</p> <p><b>Conclusion:</b> This Persian diet could decrease the symptoms of patients with breast cancer and improve their general satisfaction. It may be suggested as a supplementary diet for these patients although well-designed, randomized controlled trials with long-time follow-up are necessary.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

<p>Ab 38</p>	<p style="text-align: center;"><b>Homeopathy as an epigenetic factor in the treatment of hereditary pathologies, using the example of Stargardt’s disease.</b></p> <p style="text-align: center;">Dr Grigoryev’s E.V. (Head physician of Dr. Grigoryev’s Medical Center, Moscow, Russia)</p>
<p>Epigenetics is a relatively new direction in molecular biology. It is a study of patterns of epigenetic inheritance –changes in the expression of genes or cell phenotypes caused by mechanisms that do not affect the DNA sequence. These changes can be fixed and passed on to the next generations. In this way, the term "epigenetics" can be used to describe any internal factors that affect the development of the organism, except for the DNA sequence itself. The molecular basis is rather complex, considering that it does not affect the primary structure of DNA, but changes the activity of certain genes. Stargardt's disease has been described in 1913 as a hereditary disease of the macular area, manifested in childhood and youth (7-20 years). Changes in theocular fundus are characterized by the appearance of pigmented circular points, areas of depigmentation in both eyes and atrophy of retinal pigment epithelium. It is caused by the pathology of the ABCR gene, which is localized on chromosomes 13q and 6q14. Usuallyhas an autosomal-recessive form of inheritance. Mutations cause the production of a dysfunctional protein, which cannot transfer the energy for the photoreceptor cells of the retina. Accumulation of toxic metabolites in the form of lipofuscin takes place, photoreceptor cells are degenerated, which leads to progressing visionimpairment.</p> <p>For a patient who wasborn in 2004,a progressive form Stargardt's disease was diagnosed in 2010. They came seeking treatment on September 21, 2016. The case has been regarded as one-sided, without a clear homeopathic picture. There have been no marked clinical and homeopathic symptoms in addition to progressing visionimpairment. In biochemical blood tests there can be seen a decrease in the De Ritis coefficient in the ratio of AST / ALT to 1.0, which has been interpreted as impaired liver function. From traditional Chinese medicine, we know that impaired function of the liver meridian has an active effect on the visual analyzer.</p> <p>Analysis of the patient's condition in a general psychological picture made us consider the first stage of Nux vomica - an excess of positive qualities: conscientiousness, consciousness, ambition (Vitulkas).</p>	

Looking at the Nux vomica description (Börke), we also find symptoms related to pathological symptoms in the ocular area. Nux vomica C200 is prescribed.

During the control session after 2 months: by the patient's opinion, vision impairment ceased, the patient became less sensitive to bright light. There was a feeling of bloating. Conflicts with parents began to arise at home. Lycopodium 1M. During the control session after 3 months: the subjective stabilization of vision impairment processes was confirmed. After the analysis of the situation *Stellaria media* was appointed, based on Clarke's *Materia Medica*, 1M. After 5 months, a deep clinical eye examination was conducted at the Institute of Ophthalmology.

**Conclusion:** during the year that has passed since the last clinical examination there has been no progressive vision impairment in the clinical picture and stabilization in the degree of severity. This allows us to speak about the strong influence of homeopathic treatment on the course of a genetically determined disease. Treatment continues.

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Ab 39	<p><b>Canon of Medicine (<i>Qanûn fi't-tibb</i> [Arabic])</b>          Prof. Hakima Amri,          Co-director Georgetown University, Medical Center Washington, DC, USA</p>
<p>While the traditional medical systems, such as Traditional Chinese, Tibetan, Ayurvedic Indian Medicine, and Naturopathy, just to name a few, are all well documented in the West, the <i>Greco-Romano-Arabic-Persian and Islamic</i> medical system which contributed to the European renaissance remains largely unknown. The famous yet unknown Canon of Medicine (<i>Qanûn fi't-tibb</i> [Arabic]) by the Arabic speaking polymath of Persian origin <i>Avicenna</i> (ca. 980-1037 CE), is probably the largest encyclopedia of this medical system produced during the Middle Ages and taught in Europe until the 17<sup>th</sup> century. Its comprehensive five volumes cover the entire spectrum of medical knowledge of that time from the theoretical basis of medicine to the practical aspects of prevention and treatment of ailment.</p> <p>In this presentation, one of the authors of the first direct translation from Arabic into English of the Canon and its interpretation in light of modern science will explain the historical context of the Unani medical system, describe its concepts and principles, reveal how this ancient medicine applies to our modern biomedical framework of the 21<sup>st</sup> century, and share insights on how this system could be modernized to benefit from the top notch scientific technological advances available today.</p> <p><b>Disclosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 40	<p><b>Determination of Functional Nutrition by Personalized Approach by Non-Invasive Diagnostic Analyzer ANESA</b>          Ogorevc Igor, Stanisic-S, Ogorevc Irma          Planet of Health, Ljubljana, Slovenia          Correspondence:          E-mail: igor.ogorevc@asan.si</p>
<p><b>Introduction:</b> Scientific evidence that nutrition is directly related to the reduction of the risk of chronic non-communicable diseases and in connection with which the concept of functional food has developed. Functional food is food that has a beneficial effect on human health in addition to its usual nutritional functions. It is food containing biologically active compounds that make it functional because it positively affects certain functions in the body.</p> <p><b>Aims:</b> Importance of creating functional nutrition by individual personalized approach by non-invasive diagnostic analyzer ANESA, education for adopting the concept of adequate nutrition and measuring the effect of functional nutrition .</p> <p><b>Methods:</b> A multidisciplinary holistic diagnostic approach was used in the assessment of nutrition and quality of life in 35 patients. All were analyzed by non-invasive diagnostic analyzer ANESA. In most cases, Planet of Health supplements are used, as needed, and other supplements. On the basis of the results, an individual program of functional nutrition was developed, with a change of habits,</p>	



supplementation with cold-cut oils, vitamins and minerals. Control analyzes were performed after the first and second month. Statistical results of efficiency in improving the quality of life were compared. If they had prescribed medical therapy, they continued at the time of the program.

**Result:** 5 (14.2%) of persons were excluded from the work due to failure of the program of functional nutrition and the diet. Control analysis after the first month revealed significant differences and improvement of quality of life in 68.5% of subjects, with 17.14% slight improvement, and 14.36% did not change. After the second month, control showed a significant improvement in the quality of life in 82.85% of subjects, with 14.36% mild improvement, while in 2.79% there was no effect.

**Conclusion:** Functional nutrition today has great importance in preventing the disease of modern life, accelerates the treatment and rehabilitation in patients with chronic diseases, and significantly improves the quality of life. It must be part of an integrative approach to prevention, treatment and rehabilitation with a personalized approach to each individual, in a synergy with other procedures and therapies.

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Ab 41	<p><b>Hirudotherapy Practices and Priority in Emergency Situations in Orthopaedics and Traumatology</b></p> <p>Kaan Gürbüz1, Yakup Ekinci1</p> <p>MD, Orthopaedic Surgeon, Kayseri Education &amp; Training Hospital</p>
<p><b>Introduction :</b> Hirudotherapy is an important one of traditional and complementary medicine applications which have been used with different indications and which have been on a daily basis from ancient times. The aim of this study is to evaluate the results and oriority of hirudotherapy in orthopaedic emergency cases.</p> <p><b>Methods:</b> Twenty-one patients who were treated with extremity crush injuries accompanied by tissue loss at our hospital between December 2015 and October 2017 and who were treated with surgical treatment combined with hirudoterapy were included in this study. Of the patients who were treated and followed prospectively in the study, 11 were upper extremity and 10 were lower extremity injuries. The mean age of the patients was 39.2 and the female / male ratio was 4/17. 1.2 sessions per patient per day of hirudotherapy applied. The leeches were implemented by two certified orthopedic surgeons.</p> <p><b>Results:</b> Secondary limb loss was not encountered in minor and major replants with venous return failure. A minor infectious disease was detected in a patient who underwent retrograde radial artery forearm flapping from patients with upper limb tissue loss of the in flap. Secondary complication of hirodoterapy in any patient followed in the study; infection, wound site and / or general allergy, etc. was not encountered. In none of the patients, leech phobia was observed before the application and not developed after the application during clinical follow-up.</p> <p><b>Conclusion:</b> The use of hirudotherapy in crush injuries shortens the patient's stay in the hospital, prevents soft tissue loss and improves survival in flap surgeries applied to tissue defects. Despite the fact that the reliability of the evidence-based results of controlled, double-blind, prospective patient-based studies is controversial, the advantages and benefits of hirudotherapy in clinical practice is apparent.</p> <p><b>Disclosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 42	<p><b>Effects of Far-Infrared &amp; Terahertz Onnetsu Therapy on Various Cancers and Rheumatoid Arthritis</b></p> <p><i>Dr. Kazuko Tatsumura</i></p> <p>Director: Gaia Holistic Health USA and Japan</p>
<p><b>INTRODUCTION:</b> Onnetsu means comfortable heat. Onnetsu Therapy invented by Dr. Kazuko Tatsumura emits from a special patented ceramic; 1) Heat 2) Precise 8-10µ of vibration of Far Infrared SunRay 3) Vibration of Terahertz</p> <p>Dr. Tatsumura is the first in the world to incorporate Terahertz minerals to medical use from active volcanos stones from Japan. Worldwide patent pending.</p>	

**METHODS:** When Onnetsuki is slid over the skin, healthy areas are comfortable, but IF deep tissue is unhealthy or cold, degenerated, patient feels this spot to be 'hot'. When this 'hot spot' is effectively treated with Onnetsu Therapy (Far-Infrared & Terahertz vibrations, and Heat), the hot sensation subsides and the Disease Conditions improve through vibrating water molecules of our deep tissue. Therefore, the Onnetsu Therapy is both a diagnostic and therapeutic.

Dr Kazuko's Onnetsu Therapy is based on four historical and scientific facts.

Traditional Japanese Concept of the significance of Body Temperature. Hippocrates also has left quotes on Heat.

NASA's finding regarding Far-Infrared vibration from Sun light 8-10 $\mu$  only. Also, added is the specific Terahertz vibration of earth minerals from volcanos stones from the depth of our planet earth.

Immunology by Dr. Toru Abo, balancing autonomic nervous system to improve condition of white cells; Raising Immunity.

Promoting four flows of Energy throughout our body by using acupuncture meridian technique.

**RESULT:** Some countries (Peru, Cuba & Mexico) are practicing it in the hospitals and clinics. Clinical trials have shown improvements on many diseases: such as asthma, brain, ear & eye problems, cancers, diabetes, rheumatoid arthritis, tuberculosis and various pain conditions. Clinical studies from Cuba and Peru will be presented.

**CONCLUSION:** Onnetsu Therapy is a new, easy & noninvasive treatment modality to treat difficult chronic medical conditions. Therapy uses Universal Vibrations, Heat, Light, Autonomic Nervous System Balance and Acupuncture Meridian System.

Dr. Kazuko has taught Onnetsu Therapy to MDs and health practitioners over past decades throughout the world.

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Ab	<b>Statistical analysis of cases with depression treated with classical homeopathy</b>
43	Dr Lefteris Tapakis MD, Prof Theodoros Lilas PhD.
<p><b>Background:</b> Depression is a disease with a high prevalence worldwide with a great number of patients seeking homeopathic treatment for this problem.</p> <p><b>Purpose:</b> To collect data and make statistical analysis of depression cases from homeopathic practitioners globally.</p> <p><b>Methods:</b> Vithoukas Compass (VC) online homeopathic software was used as a platform to collect homeopathic cases from homeopaths-users of the program. From a total of 5,406 cases with different pathologies, we selected 156 depression cases, applying certain restrictions. We analysed parameters like the gender, age, geographical distribution, reported treatment effect and the prescribed remedies. The treatment effect was derived from the evaluation by the homeopath in the following categories "Large improvement", "Moderate improvement", "Small improvement" and "No effect" during the follow up.</p> <p><b>Results:</b> From the total of 5,046 cases 3,482 came from Europe, 2,325 women and 1,157 men. 4% of female and 1.6% of the male patients had depression as their main complaint. The highest percentages came from Latin America where 5.4% of the female patients had depression. Worldwide, the highest percentage in male patients came from North America, with a percentage of 3.6%. Russian speaking countries and India-Pakistan- Bangladesh regions appear to have the lowest percentage of only 1.1%. Out of the 156 cases with depression, 26 patients were male and 130 female. The age distribution showed 3 peaks for female patients in ages of approximately 35, 50 and 60. For male patients, the peak ranges in ages between 45 and 50. Women reported to have a better response to homeopathy since 32% showed large improvement compared with only 13% in men. 30% of both men and women had moderate improvement. The first three most commonly prescribed remedies were Natrum muriaticum (22%), Ignatia amara (15%) and Pulsatilla (13%). However better results were reported with less commonly prescribed remedies like Sepia and Staphysagria.</p> <p><b>Conclusions:</b> An internet based platform for homeopathic practitioners can offer the possibility for the collection of valuable scientific evidence-based data concerning depression as well as other pathologies treated with classical homeopathy.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 44	<p style="text-align: center;"><b>Integrating Traditional Chinese Medicine (TCM) into Nursing Home Health Care of Elderly</b></p> <p style="text-align: center;">Lun-Chien Lo<sup>1, 2, 3</sup> M.D., Ph.D.</p> <p style="text-align: center;"><sup>1</sup>Chair and Professor of School of Chinese Medicine, China Medical University, Taichung, Taiwan.</p> <p style="text-align: center;"><sup>2</sup>Doctor of Department of Traditional Chinese Medicine, China Medical University Hospital, Taichung, Taiwan.</p> <p style="text-align: center;"><sup>3</sup>Chair of Formosa Association of Clinical Diagnosis in Traditional Chinese Medicine, Taoyuan, Taiwan.</p> <p style="text-align: center;"><b>Correspondence:</b> Lun-Chien Lo, School of Chinese Medicine, China Medical University. No.91, Hsueh-Shih Road, Taichung, Taiwan 40402, R.O.C. Tel: +886 -4-22053366, E-mail: cmulclo@gmail.com</p>
<p><b>Introduction:</b> In Taiwan, the number of older population living in nursing homes rose substantially in decades. Concern has been expressed about how to keep healthy status of these elderly residents in nursing homes. <b>We designed two studies to evaluate the effectiveness of TCM practices in health promotion and disability prevention for these elderly residents.</b></p> <p><b>Our first trial is :</b> “<b>Tai chi, ba duan jin and mental health in nursing home elderly residents</b>”.</p> <p><b>Previous research has suggested that tai chi and ba duan jin offer both physical and mental benefits in elderly. However, the effect between tai chi and ba duan jin in elderly with disability and frailty was not clear.</b> Therefore, we conducted a randomized, controlled trial to determine whether of tailored tai chi , <b>ba duan jin</b> as compared with ursual care modality could improve mental health in nursing homes elderly residents .</p> <p><b>Our second trial is:</b> ”Effectiveness of traditional Chinese herbal remedy (CHR) to prevent symptomatic urinary tract infections (sUTI) among high-risk population residing in nursing homes”. Increasing antimicrobial resistance has stimulated interest in nonantibiotic prophylaxis of UTI. And significant evidence supports the effectiveness and safety of CHR for prevention of recurrent UTI in women. However, the effect of CHR in nursing home residents is still not clare. Therefore, this trial was designed to test the effect of CHR for the prevention of sUTI among high-risk population (most elderly) residing in nursing homes.</p> <p><b>Methods:</b> Trial 1: Participants were randomly assigned to one of three groups: tai chi, ba duan jin or ursual care modality. The elderly participated in 40-minute exercise sessions twice weekly for 8 weeks. The primary outcomes were changes from baseline in the geriatric depression scale. Secondary outcomes included measures of ADL, IADL, Athens Insomnia Scale, and MMSE.</p> <p>Trial 2: It was a randomised, single-blind, placebo-controlled trial of a CHR for the prophylactic treatment of UTI high-risk population (most elderly) residing in nursing homes. Participants were randomly assigned to take CHR pouch or placebo pouch, twice per day, for 42 days. The primary outcomes was the hospitalization rate of symptomatic UTI.</p> <p><b>Results:</b> Trial 1: The preliminary findings revealed that there was a significant improvement in the assessment of insomnia and depression among disability elders who received tai chi and ba duan jin"(p&lt;0.05).</p> <p>Trial 2: The preliminary findings revealed that the CHR group had lower hospitalization rate of sUTI than placebol group.</p> <p><b>Conclusion:</b> Our recent two ongoing studies showed that integrating TCM into nursing homes health care can yield positive outcomes for these older residents. It is worthy to be considered to facilitate official long-term care system establishment recognition of TCM as a part of interdisciplinary care.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 45	<p style="text-align: center;"><b><u>BICOM bioresonance method</u></b></p> <p style="text-align: center;"><b>Contemporary and fast diagnostic, high efficiency, painless therapy without harmful side effects</b></p> <p style="text-align: center;">Ljudmila Vukosavljević MD, Tatjana Mišić MD</p>
<p>BICOM bioresonance method (BRM) is a special holistic, diagnostic and therapeutic procedure whose purpose is to help patients fast and efficient. It is performed by BICOM device , produced by german company Regumed.</p> <p>Human body transmits different electromagnetic oscillations. Cells, tissue and organs, each for themself, have their own special oscillation and they corelate and influence each other. Together they</p>	

create patients individual oscillatory scheme. When this kind of communication is not interrupted by disturbing frequency, person is considered healthy. Sick persons oscillatory scheme is disturbed by frequencies of harmful substances such as bacteria, viruses, allergens, parasites etc. BICOM can recognise geopathic disturbance, water vein, electrosmog, scars from operations or illnesses, food intolerance...These disturbing electromagnetic oscillations are introduced and transformed in BICOM device by placing electrode on certain body part and brought back to patients body in the form of healing frequency. At any moment, the body is not exposed to any kind of electrical current. That way, body's own strength becomes capable of functioning efficiently. Therapy goal is to annul harmful influences which cause disease and regain self defence power of body. BICOM BRM is efficiently used to treat many conditions and illnesses: allergies, infections, intolerance, reumatic disease, migrene and all painful conditions, sport injuries, hronic stomach disease etc.

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Ab 46	<b>RESISTANCE MECHANISMS OF PSEUDOMONAS AERUGINOSA WITH CARBAPENEMES IN KINSHASA</b> <b>Mampasi K.P<sup>1</sup>,M'baya K.P<sup>1</sup>,Bonebe E.<sup>2</sup>,Phoba M.F<sup>1,2</sup>,Lunguya M.O<sup>1,2</sup>,Bompangue D.N<sup>1</sup>, Muyembe T. JJ.<sup>1,2</sup>.</b> 1. Department of Microbiology / University Clinics of Kinshasa / DR Congo 2. Department of Microbiology / National Institute of Biomedical Research / DR Congo
<p><b>Background:</b> <i>Pseudomonas aeruginosa</i>, an opportunistic pathogen is a major responsible for frequent and severe nosocomial infections. Recent global trends show an increase in the prevalence of nosocomial infections caused by <i>Pseudomonas aeruginosa</i> with documented resistance to <math>\beta</math>-lactams, carbapenems, aminoglycosides and fluoroquinolones.</p> <p><b>Objective:</b> The main objective of our study was to identify <i>Pseudomonas aeruginosa</i> resistance to carbapenems mechanisms in Kinshasa in order to contribute to the improvement of the management of infections caused by <i>Pseudomonas aeruginosa</i>.</p> <p><b>Methods:</b> This is a descriptive cross-sectional study, conducted from 31 July 2014 to 31 May 2015 in six different medical facilities. Reisolation with the medium and MacConkey blood agar; strain identification was made using the gallery Api 20E. The synergy tests were performed to distinguish strains resistant to ceftazidime overproducing the natural cephalosporinase AmpC those producing <math>\beta</math>lactamase broad spectrum type ESBL, MBL or ES-OXA. Patients with an infection with <i>Pseudomonas aeruginosa</i> resistant to imipenem and meropenem were included in the study. Data analysis was made by SPSS 21. The Chi-Square test for significance.</p> <p><b>Results:</b> The prevalence of <i>Pseudomonas aeruginosa</i> infection with class B carbapenemase was 42.2%, it concerned mostly aged 30-42 years, 35.6% followed by the age group between 17 -29 years and 56-68 years, 20.0% and urinary tract infection was in first position, followed soit46,7% of musculoskeletal infection, or 24.4%. The different mechanisms detected were mostly Class B carbapenemases 42.2% penicillinases 8.9%, or 6.7% cephalosporinase and ESBL, or 2.2%.</p> <p><b>Conclusion:</b> The study of <i>Pseudomonas aeruginosa</i> resistance to antibiotics, especially shows a resistance to carbapenems multi followed penicillinase, cephalosporinase and ESBL.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 47	<b>Health in Persian Medicine (PM)</b> <b>Malihe Tabarraei<sup>1</sup>, Zahra Ghorbanifar<sup>1, 2</sup>, Marzieh Qaraaty<sup>3, 4*</sup></b> <sup>1</sup> Department of Persian medicine, school of Persian medicine, Tehran University of Medical Sciences, Tehran, Iran <sup>2</sup> Department of Persian Medicine, Faculty of Medicine, AJA University of Medical Sciences, Tehran, Iran <sup>3</sup> Metabolic Disorders research center, School of Medicine, Golestan University of Medical Sciences, Gorgan, Iran. Department of Persian medicine, school of Persian, Tehran University of Medical Sciences, Tehran, Iran Department of Persian Medicine, Faculty of Medicine, AJA University of Medical Sciences, Tehran, Iran
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<p><b>Introduction:</b> Health in Persian Medicine (PM) is important and teaching for health protection is necessary. There are practical methods to achieve this goal that called six essential principles (<i>Setteye Zaruriyeh</i>) including air, eating and drinking, body movement and immobility, mental health, sleep-wakefulness, retention and excretion. In this study our aim is to evaluate the strategies for protecting women health from the viewpoints of PM.</p> <p><b>Methods:</b> This is a review study of PM books.</p> <p><b>Result:</b> Persian medical scientists believe that the adjustment of the six health aspects of women's body should focus on the following principles: Women should pay attention to their temperament (Mizaj) and set proper diet according to the special conditions such as menstruation, pregnancy and Etc. Food with cold Mizaj like yogurt have to abstain in menstruation because to cause blood concentration. Use of pickles to result in fertility weakness and have to limited in pregnancy. Equilibrium in exercise and rest is important. For instance, adequate exercise before menstruation to relieve dysmenorrhea is effective; but excessive exercise can lead to amenorrhea. During pregnancy, slow walking is advised to relieve nausea, vomiting and palpitation. Joy, fear, anger and like these situations called <i>Aaraze nafsanieh</i>. Since, pregnant woman's psychological condition affects her fetus, is recommended that pregnant woman look at the beautiful scenery. Also, they should avoid Sadness. Pregnant women are advised to cover their flanks with warm cloth to prevent them from getting cold. Sitting on the cold places is harmful and to cause the uterus coldness. The amount of sleep-wakefulness is different according to body <i>Mizaj</i>. Daytime Sleeping lead to rheumatology disorders and Insomnia to cause skin dryness. Body waste matters repelling in ways such as urine, feces, menstruation that called <i>estefragh</i>. Amenorrhea to cause infertility and menorrhagia to cause anemia.</p> <p><b>Conclusion:</b> The PM recommendations to protect Women's health cover a wide range of their lives and may improve their health.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 48	<p style="text-align: center;"><b>Determination of Efficiency of Acupuncture Treatment in Patients with Knee Osteoarthritis, Using Infrared Thermal Imaging System</b></p> <p style="text-align: center;">Mehmet Tuğrul Cabioğlu Prof. Dr. Medical Faculty of Başkent University, Traditional and Complementary Medicine Application Center Cağrı Cabioğlu, Başkent University, Faculty of Engineering, Department of Computer Engineering</p> <p style="text-align: center;">Kemal Saltuk Cabioğlu, Specialist of Emergency Medicine, Avcılar Government Hospital, <b>Healty Minister of Turkey</b></p> <p style="text-align: center;">Pzt. Tuğçe Bayram, Başkent University, Faculty of Health, Department of Physical Therapy and Rehabilitation</p> <p style="text-align: center;"><b>Correspondence:</b> Mutlukent Mah. 1963 Sok. No: 17, Ümitköy/ANKARA, TURKEY e-mail address: tugcab@gmail.com</p>
<p>Acupuncture treatment method goes beyond 3000 years. It can be used in diagnosis and treatment of diseases. Recently, it became popular in treatment of inflammatory diseases like sinusitis, allergic rhinitis (AR) and osteoarthritis (OA). In recent years, infrared thermal imaging system (ITIS) has gained importance in diagnosis of diseases. The sensitivity and resolution of these devices have extremely improved. Infrared radiation is emitted from skin surface. ITIS measures the temperature over the skin. In particular, when a tissue is inflamed, the increase in temperature according to normal conditions can be detected by ITIS. Since osteoarthritis is a major chronic inflammatory disease, grading of inflammation</p>	

can be detected by ITIS. This presentation, in three patients knee osteoarthritis, we planned to conduct pre-assessment, comparing to thermal images and clinical findings of patients acupuncture treatment before-after. We think that measurement of heat on acupuncture points using infrared thermal imaging system would enable establishing new algorithms particularly in the acupuncture treatment of patients with inflammation. To this end, we will develop data processing methods on images of OA patients taken via a ITIS. We will perform the segmentation of images according to temperature fields and the assesment of exact temperature using regression analysis over color features. According to this preliminary study, in this subject we plan to study a randomized control group.

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Ab 49	<p><b>Music therapy for people with dementia in residential care</b> Mihaela Kavčič Knoll for Music Therapy and Supervision, Kranj, Slovenia Correspondence: Mihaela Kavčič, kavcic.mihaela@gmail.com</p>
<p><b>Introduction:</b> Music therapy by definition is “the use of music and/or musical elements by a qualified music therapist, with a client or group, in a process designed to facilitate and promote communication, relationships, learning, mobilization, expression, organization, and other relevant therapeutic objectives, in order to meet physical, emotional, mental, social and cognitive needs. Music therapy aims to develop potentials and/or restore functions of the individual so that he or she can achieve better intra- and interpersonal integration and consequently a better quality of life through prevention, rehabilitation or treatment” (World Federation for Music Therapy, 1997).</p> <p><b>Methods:</b> In the paper presentation the author aims to present music therapy for people with dementia in residential care. Pointing out some basic theories of dementia and specific capacities of music in the therapeutic proces, the author will present short video examples of music therapy sessions with a group of people with dementia to underline her statements.</p> <p><b>Results:</b> The focus of this paper is not mainly on the improvements clients make in the physical, cognitive and psycho-social areas although there are measurable outcomes of music therapy with people with dementia. The author wants to emphasize the importance of experience for people with dementia – being present, being alive, being connected.</p> <p><b>Conclusion:</b> Dementia affects person in a complexe way, music therapy provides possibilities to meet the needs within a holistic approach.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 50	<p><b>A Randomized Trial-evaluating Mindfulness-Based Intervention Assessing- A Wearable Wellness Brain Sensing Device in Newly Diagnosed Breast Cancer Patients Undergoing Surgery</b> Millstine D. Bhagra A. Nguyen MD. Pruthi S. Mayo Clinic Correspondence: millstine.denise@mayo.edu</p>
<p><b>Introduction:</b> Distress is common with breast cancer. The time between diagnosis and surgical intervention is ripe for supportive interventions. Meditation and mindfulness offset distress, though adherence can be difficult. We investigated a mind-body device for this.</p> <p><b>Methods:</b> This feasibility study compared the Muse EEG sensing device meditation (n=16) to a stress reduction education control group (n=13). We measured quality of life (QOL), stress, and fatigue via validated, standardized scales/subscales: Functional Assessment of Cancer Therapies – General (FACT-G), Multidimensional Fatigue Symptom Inventory – Short Form (MFSI-SI), and the Perceived Stress Scale (PSS). Participants from an academic cancer center used the device or material prior to surgery. Questionnaires were completed at intake, pre-surgery, post-surgery (2 weeks), and at 3 months. Usage was directly from Muse and via written log. Was It Worth It (WIWI) survey was conducted at 3 months.</p> <p><b>Results:</b> Meditation via Muse was feasible and worthwhile (71.4% intervention group). Scales of QOL, fatigue, and stress improved in both groups at 3 months compared to baseline (MFSI-E, MFSI-M, MFSI-V, FACT-EWB, and PSS). Muse participants had better fatigue and QOL at 2 weeks post-operatively (MFSI-E, MFSI-V, MFSI-T, FACT-PWB, FACT-EWB) and in total MFSI at 3 months. Results were not significantly different between groups.</p>	

High Muse utilizers (>30 sessions) compared to below average utilizers differed at the 3 month visit in fatigue and QOL (MFSI-G, MFSI-P, FACT-PWB, and FACT-Total).  
**Conclusion:** Use of Muse device was feasible, including simple to use, low cost, highly adaptable, easily integrated with low potential for harm and high potential to address the common issue of distress in breast cancer.  
 This study demonstrates improvement in QOL, fatigue, and stress with mind-body practices around surgery compared to baseline. Muse participants trended toward outcomes sooner (2 week follow-up) and with high utilization. Adequately powered research is needed to determine significance of these outcomes.  
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Ab 51	<p><b>Association between personality types and temperament (<i>mizaj</i>) based on Persian medicine</b></p> <p><b>Mohammad Mahdi Parvizi<sup>1,2,3</sup>, Majid Nimrouzi<sup>2,4*</sup>, Mehdi Pasalar<sup>2,3</sup>, Alireza Salehi<sup>3</sup>, Fatemeh Amini<sup>2,3,4</sup>, Mahdie Hajimonfarednejad<sup>2,3,4</sup>, Pyruz Rezaie<sup>5</sup></b></p> <p><sup>1</sup>Molecular Dermatology Research Center, Shiraz University of Medical Sciences, Shiraz, Iran  <sup>2</sup>Essence of Parsiyan Wisdom Institute, Phytopharmaceutical and Traditional medicine incubator, Shiraz University of Medical Sciences, Shiraz, Iran  <sup>3</sup>Research Center for Traditional Medicine and History of Medicine, Shiraz University of Medical Sciences, Shiraz, Iran  <sup>4</sup>Department of Traditional Persian Medicine, School of Medicine, Shiraz University of Medical Sciences, Shiraz, Iran.  <sup>5</sup>Research Center for Psychiatry and Behavioural Sciences, Department of Psychiatry, Shiraz University of Medical Sciences, Shiraz, Iran</p> <p style="text-align: center;"><b>Correspondence:</b>                  Cell phone: 00987132125592                  Mobile phone: 00989173237031                  Email: mmparvizi@gmail.com</p>
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**Background:** Personality and personality disorders are important in psychology. In addition, *mizaj* is a key concept of Persian medicine, according to which, it can affect the personality of the staff of an organizations.

**Objective:** The aim of this study was to find the relationship between personality types based on NEO-FFI questionnaire, and *mizaj*, based on the knowledge of traditional Persian medicine.

**Methods:** This is a cross-sectional descriptive analytical study. The participants were selected from 20–40-year-old staff of the medical school of Shiraz University of Medical Sciences through 2016. Mojahadi’s questionnaire for the assessment of the *mizaj* and the NEO-FFI questionnaire for the assessment of personality were used in this study. SPSS 18 was performed for analyzing the data.

**Results:** Overall, 112 staff members including 20 men (17.9%) and 92 women (82.1%) enrolled for the study. The mean age of the participants was 32.29 ± 5.10 years. In this study, neuroticism was significantly related with hot temperament. But there was no statistically significant relationship between other aspects of temperament and personality.

**Conclusion:** The correlation of hot temperament and neuroticism is in line with the concept of traditional Persian medicine. But more research is needed to reveal more aspects of the relationship between temperament and personality.

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Ab 52	<p style="text-align: center;"><b>VIEWS OF PATIENTS AND HEALTH WORKERS TO COMPLEMENTARY TREATMENT METHODS</b></p> <p style="text-align: center;"><b>Katarina Kac, Zmago Turk, Danica Železnik</b>                  Univerzitetni klinični center Maribor, Slovenia</p>
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**Theoretical basis:** Averages of 35–75 % people all over the world are using complementary and alternative medicine. The purpose of this paper is to present the views of patients and health workers to complementary treatment methods and the need to include these methods into formal education programs of health care.

**Methods:** For the use of a quantitative research, data was gathered with two questionnaires (one for kidney patients and the other for nursing staff). The research included 191 respondents, among the 99 patients with kidney issues and 92 nursing staff, that is following these patients. The gained data was analysed with the program IBM SPSS Statistics 22. A descriptive statistical analysis was conducted, where frequencies, percentages, averages, standard deviation and an analysis with the chi-squared test were used.

**Results:** Nursing staff in conventional medicine has a more positive attitude towards the use of complementary and alternative methods of healing than the patients with kidney issues, Complementary and alternative methods of healing are being used by 92,9 % of patients and 97,8 % of nursing staff. In 53 % the patients are receiving the wanted information from nursing staff. Nursing staff in conventional medicine usually doesn't face any ethical concerns by giving information and encouraging the patient to use complementary and alternative methods of treatment. The opinion of most of the respondents (81%) is that it would be good to have some sort of CAM content into regular study programs.

**Discussion:** Regarding the widespread use of complementary and alternative methods of healing among the patients with kidney issues (as well as the nursing staff), it would be reasonable to think about complementing these methods of healing with conventional medicine, with the support of adequately educated and trained professionals.

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Ab 53	<p><b>Spiritual psychology (logotherapy) and spiritual reasons of illness. Holistic logotherapeutic aspects of health</b></p> <p style="text-align: center;">Assist. Prof. Dr. Sebastjan Kristovič Alma Mater Europaea – ECM Maribor Slovenia</p>
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Many people this day perceive their life to be empty and meaningless. More and more people, especially the youngsters, are experiencing inner, respectively personal distress in the form of existential crisis or the crisis of meaning. In general, we can speak about symptomatic of apathy, melancholy, depression, reduced self-motivation, reduced creativity, loneliness, anxiety and other psychological problems. It is more than common that the individual shows several symptoms at the same time. In Logotherapy we speak about three main symptomatic areas of the crisis of meaning: 1. Aggression (at the physical and psychological level – intro or extraverted), 2. Depression and 3. other forms of addictiveness (chemical or not chemical). The following contribution demonstrates the holistic logo-therapeutic view on Human and his acting, and emphasises the holistic aspects of health – prevention and treatment.

Logo-therapy treats the Human being holistically – in contrary to approaches like reductionism and determinism – that perceive and approach the Human only from one perspective (for example as psychosomatic being), respectively, that human reactions and actions are determinate by conditioning from the past (psychoanalysis). The Human is not an aggregate of psychological and physical mechanisms, namely such perception has as consequence the depersonalisation and degradation of human and its dignity. Such approaches mostly lead toward the psychologism and pathologism.

According to logotherapy th Human is an indivisible whole of physical, psychological spiritual dimension. Meaning that, all the illnesses are expressed at all three levels mutually, even more, some illnesses emerge at the spiritual level, however, the symptoms are expressed at the physical and/or psychological level. Therefore, using the classical approach, the professionals are in many cases treating/healing only the symptoms instead of the real cause of illness. (i.e. noogene neurosis)

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Ab 54	<p><b>Elaborating interprofessional history intake in complementary and integrative medicine: development and implementation of a semi-structured interview</b></p> <p style="text-align: center;">Cédric Bussy, Chantal Berna, Nadia Danon-Hersch, Florence Carrea-Bassin, Noemi Zurrón, Centre of Integrative and Complementary Medicine (CEMIC), Pain Center, Department of anesthesiology, Lausanne University Hospital (CHUV) and Faculty of biology and medicine (FBM), University of Lausanne (UNIL) Switzerland</p>
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	<p><b>Correspondence:</b> Noemie.Zurron@chuv.ch</p> <p><b>Introduction:</b> The Centre for Integrative and Complementary Medicine (CEMIC) at the Lausanne University Hospital aims to improve the coordination and the quality of complementary and integrative medicine (CIM) within this academic institution. The initial assessment is conducted by a clinical nurse-physician tandem and results in recommendations regarding the available CIM modalities. Conventional history taking is either medical or nursing, overlooking important aspects of the global understanding of the patient. The objective of the present project is to develop an interprofessional semi-structured interview, based on existing practices and literature.</p> <p><b>Methods:</b> A review of the literature revealed the scarcity of published articles. Questionnaires from three integrative medicine academic reference centres have been studied and existing practises were observed. The themes appearing in all questionnaires and some interview techniques were identified. These elements allowed us to make an internal practice guideline for CIM history intake and to elaborate the interprofessional semi-structured interview.</p> <p><b>Results:</b> The interprofessional CIM interview integrates elements of nursing and medical health interviews with an evidence-based, holistic, patient-centered and salutogenic approach. It includes personal and medical data, assessment of the patients' symptoms and impact on quality of life, self-management, nutrition and history of past CIM use. It aims to synthesize patients' resources, needs, representations and beliefs, in order to guide the choice of CIM therapy. We will present an assessment of this customised interview's implementation, including the following dimensions: pertinence, ease of use, satisfaction, and usefulness in the shared decision-making process.</p> <p><b>Conclusion:</b> <b>Specific history taking is necessary to guide a treatment choice in CIM. A new CIM interview was carefully developed and implemented in a CIM clinic in a tertiary hospital. We present data regarding its usefulness in supporting interprofessional and shared decision-making.</b></p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>
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<p>Ab 55</p>	<p><b>CASE STUDY – REVIEW OF SENSORY INTEGRATION TREATMENT OF A CHILD DIAGNOSED WITHIN SENSORY PROCESSING DISORDERS AND DEVELOPMENTAL DYSPHASIA</b></p> <p><b>Olja Njaradi</b>, Language, Speech and Voice Therapist, Sensory Pedagogue BDORT center for functional supplementation and Integrative procedures, Belgrade, Serbia  <b>Momir Dunjic</b>, MD, PhD, FICAE, Cert MD-ORT (4 DAN), AMEU-ECM (Slovenia)  <b>Slavisa Stanisic</b> MD, PhD, FICAE, Cert MD-ORT(1DAN), AMEU-ECM (Slovenia)  <b>Miodrag Stanisic</b>, MD, MSc, Cert MD-ORT (1 DAN), University Clinical Centar, Clinic of Surgery Pristina- Gracanica, Secretry of Serbian Association of Integrative Medicine, Serbia  <b>Bojan Rajevic</b>, DDS, BDORT Center of Functional Supplementation and Integrative Procedures, Belgrade, Serbia  <b>Ratka Popovic</b>, MD, BDORT Center of Functional Supplementation and Integrative Procedures, Belgrade, Serbia  <b>Tanja Saljic</b>, MD, BDORT Center of Functional Supplementation and Integrative Procedures, Belgrade, Serbia</p> <p style="text-align: right;">Correspondence: <a href="mailto:olja.njaradi@gmail.com">olja.njaradi@gmail.com</a></p> <p><b>Introduction:</b> The importance of early intervention and speech – language therapy in working with children with developmental dysphasia need not be specially emphasized because it has been confirmed many times by numerous empirical research data. On the other hand, sensory integration, as well as sensory processing disorders, are rarely discussed, mainly because there is still disagreement within medical profession whether this group of disorders is separate, or just a symptom of some other disorders.</p> <p><b>Method:</b> The purpose of this paper is to present the concept of sensory integration, the treatment of sensory processing disorders, and possible consequences for the development of the child if these are not treated. Through the case study of a child diagnosed within sensory processing disorders and developmental dysphasia, we will try to show that this group of disorders is separate and, as such, requires a separate approach. Also, another goal of this paper is to emphasize the importance of holistic approach to the child in the therapeutic process and to remind us about the unbreakable connection</p>
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between motor, emotional, cognitive and verbal abilities, and that development of neither of them can be launched without launching other gears in a mechanism called human organism.

**Conclusion:** Only in this way we can meet the specific needs of each child and show the respect of their personality.

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56

**METHODS OF TREATMENT IN THE DEVELOPMENT OF COMMUNICATIVE SKILLS OF CHILDREN DIAGNOSED WITHIN AUTISM SPECTRUM DISORDERS**

**Olja Njaradi**, Language, Speech and Voice Therapist, Sensory Pedagogue  
BDORT center for functional supplementation and Integrative procedures, Belgrade, Serbia  
**Momir Dunjic**, MD, PhD, FICAE, Cert MD-ORT (4 DAN), AMEU-ECM (Slovenia)  
**Slavisa Stanisic** MD, PhD, FICAE, Cert MD-ORT(1DAN), AMEU-ECM (Slovenia)  
**Miodrag Stanisic**, MD, MSc, Cert MD-ORT (1 DAN), University Clinical Centar, Clinic of Surgery Pristina- Gracanica, Secrety of Serbian Association of Integrative Medicine, Serbia  
**Bojan Rajevic**, DDS, BDORT Center of Functional Supplementation and Integrative Procedures, Belgrade, Serbia  
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**Correspondence:** [olja.njaradi@gmail.com](mailto:olja.njaradi@gmail.com)

**Introduction:** The aim of this paper is to present the methods used by speech – language pathologists in the treatment of children diagnosed within ASD implemented in BDORT Center.

**Method:** Since children within this spectrum significantly differ regarding their communicative, cognitive, motor and adaptive skills, the focus is on making individual plan of treatment. The program of treatment and the development of the child is evaluated periodically, by psychological testing, so the correction and needed adjustments to the program could be conducted. The method of work is heavily related to the core principles of behavioral therapy, augmentative and alternative communication, and sensory integration, which we adapt to local circumstances. After the initial evaluation in BDORT Center, we suggest intensive treatment, between 15 and 18 hours per week. During the process of treatment great attention is dedicated to the education of parents about the way their children learn and about their role in helping their children learn. This is because we consider parents as co – therapists whose role in helping their children to generalize and apply learned kills in everyday life is of crucial importance. This is also due to the fact that many children upon entering primary school are not able to continue with an intensive treatment which further underline the role of a parent for continuing the work with a child.

**Conclusion:** The goal of this practice is to develop a maximum of child's biological potential in the critical period of its development and to enable the child to be as independent as possible.

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57

**Enterokind versus Simethicone in the Treatment of Colic and Flatulence in Children: A randomized multicenter study**

Christa Raak<sup>1</sup>, Peter Krueger<sup>2</sup>, Petra Klement<sup>3</sup>, Sabine De Jaegere<sup>3</sup>, Stephan Weber<sup>4</sup>, Thomas Keller<sup>4</sup>, Thomas Ostermann<sup>5</sup>

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**Correspondence:** Prof. Dr. Thomas Ostermann

	<p><b>Introduction:</b> According to recent evidence, infantile colic in newborns has a likely prevalence of 20%. Also in children up to 6 years, similar symptoms caused by functional gastrointestinal disorders are quite common. They may result in high parental distress and emotional problems causing potential serious mental health problems. This open label randomized controlled trial was performed to determine the effectiveness and safety of the complex homeopathic remedy Enterokind in the treatment of colic and flatulence in children.</p> <p><b>Methods:</b> The study was conducted in 3 outpatient paediatric clinics in Russia during 2009. Children under the age of 6 years showing infantile colic symptoms and/or flatulence of any genesis were eligible to be included into the study and were treated either with Enterokind (Chamomilla D6, Cina D6, Colocynthis D6, Lac defloratum D6 and Magnesium chloratum D6) or Simethicone as control intervention for 10 days. Main outcomes were the change of total complaints score (CS; range from 0 to 17 points) and total objective symptoms score (OSS: range from 0 to 22 points) after 10 days of treatment.</p> <p><b>Results:</b> 200 children were included in the study and allocated to Enterokind (n=100, mean age: 7.15 months [quartiles: 1.4;6.3]; 42% male) or Simethicone treatment (n=100, mean age: 11.54 months [quartiles: 2.2;17.5]; 50% male). Highly significant between group differences (p&lt;0.0001) after 10 days of treatment were found in both OSS (<math>\Delta</math>=-1.81; 95% CI: [-2.32; -1.30]) and RC (<math>\Delta</math>=-2.06; 95% CI: [-2.45; -1.66]). Subjective assessment of parents and investigator of overall treatment outcome also was in favor of Enterokind. Only 1 adverse event (AE) occurred in the Enterokind group while 5 AEs occurred in the Simethicone group. All AEs were non-serious.</p> <p><b>Conclusion:</b> This clinical trial indicated that Enterokind is an effective and safe homeopathic treatment of functional intestinal colic symptoms for children up to 6 years.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>
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<p>Ab 58</p>	<p><b>Microbiome, diet, visceral congestion and cupping</b></p> <p>Petar Papuga Slovenian Acupuncture Association, ZIMS Correspondence: daofa7@gmail.com</p>
<p><b>Introduction:</b> Scientific research about brain-gut interactions is increasingly bringing numerous questions and challenges for the future of individually oriented (i.e. personal or precise) medicine. A newborn gets its first microbiome repertoire from it's first environment, i.e. from the early encounter of flora in the vaginal channel. Earliest changes of gut-brain axis are presumably happening through the interactions between the newborn and exterior environment. Already very early in the childhood, huge varieties of microorganisms are distributed throughout the intestine of an infant, with the prevalent metabolic activity in the large intestine.</p> <p>The intestinal flora or microbiome of the adult is made of 500 to 3000 species and even more subspecies of microbes, approximately 70% of which cannot be cultivated in vitro. Efforts are currently directed to genetic analysis and implementation of immunological investigations in order to detect the most dangerous pathological species in the microbiome, which are capable of interaction with human homeostasis. Among them there exist species that influence production of main neurotransmitters and biologically active substances like serotonin, dopamine, histamine, vasoactive intestinal peptide (VIP), calcitonin gene related peptide (CGRP) and many others, which can participate in the gut-brain axis. .</p> <p>In this respect, diet plays an important regulatory role. Especially the highly processed and preserved food items are probably an important pathogenic factor. Response to different food substances seems to be very individual and extremely hard to predict. The present clinical knowledge is limited to immunological tests for certain alimentary allergens that can be diagnosed and eliminated from the diet. However, the gut microbiome is rapidly changing in accordance to the changing diet, depending on the composition of the food, amount of fiber containing nutrition and other factors that determine the degree of putrefaction of undigested or poorly digested food constituents. On the other side, the microbiome is also essential for the host immunological maturation, digestion, the synthesis of some vitamins, and the production of essential fatty acids. Thus, the balance and synergistic engagement of entire microbiome plays a crucial role in homeostasis and prevention against the colonization of pathogenic bacteria. The vital function of healthy microbiome is sustaining immunological tolerance to alimentary antigens. Aberrant digestion, and putrefaction of undigested or poorly digested food constituents could be qualitatively estimated by laboratory analysis and adequate enzyme supplements could be applied. It is significant that the infants and elderly frequently exhibit a poor digestive capacity. This makes them prone to dysbiosis and</p>	

inflammation that initially remains clinically hidden but later develop in various clinical settings. Congestion and vasodilatation in the alimentary tract are one of the earliest marks of local inflammation and based on the viscerotomes, they can be readily observed by the examination of vertebral viscerotomes, which are pertaining to coeliac plexus. The corresponding viscerotomes typically exhibit lymphatic or blood congestion. The examination of the vertebral viscerotomes status can be performed by an established cupping method, which has a long tradition in TCM.

**Methods:** The application of medium force under-pressure dry cupping on the paravertebral region between fifth and eleventh thoracic vertebra is proposed as a clinical method for early screening and follow up of the visceral congestion. Warm cups were applied on coeliac viscerotomes (Th5-11) for 5 minutes, with slight circular counterclockwise movement of each cup during the last minute of treatment. Ten different clinical patterns were included and particular changes were evaluated. Ulcerous colitis, Crohn disease, constipation, chronic fatigue syndrome (CFS) were treated by cupping therapy.

**Result:** Lymphatic congestion appears as an edematous swelling under the applied cup, while blood congestion appears as a bruise with less extensive swelling or without lymphatic swelling. Average diameters of congestive marks were 10 to 15 cm, with the elevation above the surrounding skin level between 0,5 to 2,5cm. Some of the swellings are segmentally assembled with dense and excessive accumulation of degenerative lipopigments ([lipofuscin](#)), which are similar to skin moles. The acute stages of visceral pain and cramps were immediately improved after cupping interventions, whereas the chronic ailments needed further repetitions and additional modes of treatment, which are pertaining to the field of Integrative medicine.

**Discussion:** In the TCM, local use and the beneficial therapeutic effect of cupping has been known for thousands of years, however without any serious scientific research of underlying physiological mechanisms. It seems that recent discoveries of the microbiome-based digestive homeostasis will bring several solutions of the mechanisms that enable success of cupping methods. The assembled dense segmental accumulation of lipofuscin could be understood as a sign of metabolic disturbance. Those two joined appearances may be understood as simultaneous remarks of excessive oxidative stress in pertaining organ or tissue.

**Conclusion:** The cupping as an ancient therapeutic method has been present in TCM and also in many different countries as a part of local traditional medicine. Clinical observations of cupping effects in the spinal viscerotomes are showing significant differences between the patients and healthy individuals. Clinical effects of the cupping therapy are very significant. Besides, the cupping method could also be used as a follow up control, or as a preventive measure for different modes of microbiome interventions.

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Ab 59	<p><b>Osteopathic Medicine from macro to micro: review and analysis</b>  Pietro Marino DO ROI  Biophysicaldynamic Medicine Institute - Turin, Italy  <b>Correspondence:</b> <a href="mailto:osteopmarino@gmail.com">osteopmarino@gmail.com</a></p>
<p>This work represents an extensive review of articles and scientific publications from 1998 to 2017. Currently the convergence of three lines in basic research - Biomechanics, Meccanobiology and Mechanotransduction - is offering new opportunities for interpretation regarding the action mechanisms and the effectiveness of Osteopathic Medicine and manual therapies in general. Biomechanics studies the intrinsic and extrinsic forces acting on the body. With the development of new theoretical models and the application of cutting-edge technologies, Meccanobiology studies how the mechanical forces are transmitted to cells and tissues. Mechanotransduction is the biomolecular mechanism triggered by the mechanical forces acting on the organism, through which physical and chemical signals interact with each other in the control of growth, differentiation, function and death of cells. These lines of research have developed in the context of Biotensegrity, that is the acquisition that the same principles of Tensegrity Architecture based on the "prestressed structural network" can be applied to the structure of biological organisms. Within this new model of structural relationships, the connective tissue in its various representations plays a leading role. The Fascia can therefore be interpreted both as a tension-based mechanical network and as a "multifunctional organ", an integrated system within which the biophysical information also travels dialoguing with the "big multi-molecular machines". From these acquisitions the definition of a new Neuro-fasciogenic model of somatic dysfunction has been outlined. These new models of understanding the role of the mechanical forces acting on the organism, are inserted in a landscape constituted by a new orientation in the scientific culture: the phenomena emerge from the complex interaction of several parts for which new approaches are necessary to face the Biocomplexity. In this perspective, for example, we begin to</p>	

unveil the complex network of connections that involve touch and perception and also interoception. As the tissues interact and respond to changes in mechanical forces, it then represents a critical point in the regulation of the allostatic load resulting from the interactions between the internal and external environment. The relationship between peripheral activity and activity of the higher centers is then deepened mediated by the fundamental role of the Autonomous Nervous System. Molecular Biophysics also offers a new level of research by studying the physical microstates at the nanoscale in which Statistical Mechanics is combined with Molecular Biology. The observation that variations in the shape of the cell can orient the cells between distinct genetic programs thus influencing the cellular fate, has led to hypothesize that the transition between these "cellular states" represents a transition of the biophysical phase. Cellular fates can therefore be seen as finalized programs or "attractors" in the energy landscape of cellular activity, which self-organize within regulatory networks of cellular dynamics. Physical therapeutic vectors would provide the energy needed to transit from one state to another and could act for example on the quantum mechanisms of collagenase, on weak water bonds and with biologically effective electromagnetic frequencies such as those of ELF fields (Extremely Low Frequency). Inserted in this landscape, research in Osteopathic Medicine can demonstrate the non-obsolete role of manual therapies in the understanding of the finer mechanisms of life, acting in an ecological way in the context of a broad multidisciplinary.

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Ab 60	<p><b>The role of the voice in Music Therapy with children with Autistic Spectrum Disorder</b>                  Polona Štule                  Institut Knoll for Music Therapy and Supervision                  Correspondence: sozvocje.sp@gmail.com</p>
<p><b>Introduction:</b> Presentation is based on the theoretical and empirical research on the use of voice of the therapist and the client with autistic spectrum disorder inside music therapy process.</p> <p><b>Methods:</b> The theoretical part of the research provides insight into autistic spectrum disorder and investigates the possibilities which music therapy offers as a means of support for children with ASD. The main focus is on the voice as a vital part of communication and expression and its development at preschool children with ASD, as well as the musical applications of the voice itself. This is also the ground for discovering the possibilities of the use of voice in music therapy process, specifically when working with children with ASD. The empirical part is a qualitative case study research of music therapy with preschool child with Kanner's autism. The main materials used in the research are the therapist's written notes after each music therapy session and the analysis of the video material from the sessions.</p> <p><b>Result:</b> During the therapeutic process three main objectives were observed and analyzed: the building of the child's voice during the process; the development of the interaction between the child and the therapist and the influence of the moments of synchronicity on the whole process.</p> <p><b>Conclusion:</b> The research describes and explains each phase in the therapy and offers new insights and personal guidelines, which could be useful in the future music therapy practice with children with ASD.</p> <p><b>Disclosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 61	<p><b>Relieving Hemodialysis Complications by a Persian Medical Herb</b>                  Rahimeh Akrami<sup>1</sup>, Mehdi Pasalar<sup>1</sup>, Maryam Mosaffa-Jahromi<sup>1</sup>, Jamshid Roozbeh<sup>2</sup>                  1: Research Center for Traditional Medicine and History of Medicine, Shiraz University of Medical Sciences, Shiraz, Iran. 2: Nephro-Urology Research Center, Shiraz University of Medical Sciences, Shiraz, Iran</p> <p>Tel/Fax: +987132338476                  e-mail: pasalar@sums.ac.ir</p>
<p><b>Introduction:</b> Hemodialysis patients undergo different complications while uremic pruritus (UP) is one of the most common distressing symptoms. This is supposed that UP is a systemic inflammatory disease. According to Persian Medicine, increase in the amount of humors like salty phlegm or burned black bile is the cause of pruritus without rash (<i>Hekke</i>). This study was conducted to evaluate the efficacy of a Persian medicinal herb (fumitory), on reducing the severity of UP.</p> <p><b>Methods:</b> Seventy-nine patients with UP were randomly assigned to receive fumitory or placebo for 8 weeks. Visual analogue scale (VAS) and Duo score were used to calculate pruritus score before</p>	

treatment and weekly during treatment period. Serum level of interferon- $\gamma$  (IFN- $\gamma$ ) and Interleukin 4 (IL-4) were measured before and after treatment phase.

**Results** At the end of the treatment phase, pruritus score came down in both groups significantly. However, the mean reduction in the mean pruritus scores was more prominent in the test group than the placebo group according to VAS score and Duo score ( $p < 0.001$ ). The mean serum level of IFN- $\gamma$  in the intervention group significantly decreased at the end of the trial comparing to beginning time ( $p < 0.001$ ). This finding was the same for the elevation in mean serum level of IL-4 in the test group ( $p = 0.028$ ). Also according to Persian medicine sages, it seems that the patients with insufficient renal function with warm or dry dystemperament will develop UP and fumitory could help them sufficiently.

**Conclusion** This Persian medicinal herb could decrease the main bothering symptom of patients undergoing hemodialysis. Fumitory showed a significant decrease in the severity of UP, maybe by inhibition of inflammatory responses. Although the results were promising, well-designed, randomized controlled trials with large sample are warranted.

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Ab 62	<p style="text-align: center;"><b>Influence of Ginseng, Schizandra chinensis and Lavender on a mental stress model</b></p> <p style="text-align: center;"><b>Ramona Jurcău<sup>*1</sup>, Ioana Jurcău<sup>2</sup>, Nicolae Colceriu<sup>3</sup>, Dong Hun Kwack<sup>4</sup>, Călin Gîrlea<sup>5</sup></b></p> <p style="text-align: center;"><sup>1</sup> Department of Pathophysiology, „Iuliu Hațieganu” University of Medicine and Pharmacy, Cluj-Napoca, Romania</p> <p style="text-align: center;"><sup>2</sup> <b>Emergency Clinical Hospital for Children, Cluj-Napoca, Romania</b></p> <p style="text-align: center;"><sup>3</sup> Department of Viticulture, University of Agricultural Sciences and Veterinary Medicine, Cluj-Napoca, Romania</p> <p style="text-align: center;"><sup>4</sup> Babeş-Bolyai University, Cluj-Napoca, Romania</p> <p style="text-align: center;"><sup>5</sup> Dacia Plant, Str. Harmanului fn, 507015, com. Bod, jud Brasov, Romania</p> <p style="text-align: center;">E-mail: ramona_mj@yahoo.com</p> <p style="text-align: center;">*The corresponding author</p> <p><b>Introduction:</b> Ginseng can improve anxiety and reduces postprandial glycemia; Schizandra chinensis attenuates anxiety and lower glycemia; Lavender reduce anxiety and protects against diabetes.</p> <p><b>Methods:</b> 24 voluntay men participated. Mental stress was represented by learning in short time the Korean alphabet, by non-Korean speakers. It was used a product containing Ginseng extract, Schisandra chinensis extract, and Lavandula officinalis extract (GSLP). Study had three groups: control (C, n=8), without treatment; placebo (P, n=8); GSLP treated (GSL, n=8). Assessments were: 24 hours (T1) and 30 min (T2) before; 30 min (T3) and 24 hours (T4) after stress. Analyzed indicators: anxiety (A), glycemia (GL), salivary pH (SpH). Statistical evaluation was made on the basis of Student test.</p> <p><b>Results:</b> At all moments, compared to T1, differences were: intense significant, for A (T2-C, <math>p = 0.003</math>; T2-P, <math>p = 0.005</math>; T2-GSL, <math>p = 0.05</math>); significant, for GSL (T3-C, <math>p = 0.003</math>; T3-P, <math>p = 0.003</math>; T3-GSL, <math>p = 0.02</math>), and SpH (T3-C, <math>p = 0.003</math>; T3-P, <math>p = 0.004</math>; T3-GSL, <math>p = 0.03</math>). For C and P, compared to GSL, all indicators values were ssignificantly increased under stress.</p> <p><b>Conclusions:</b> 1) Influence on A was both pre- and post-stress; on GL and SpH, only post-stress. 2) A, GL and SpH changes were the least intense to GSL. 3) GSL influenced significantly more A, than GL and SpH. 4) GSLP may be an effective, safe and accessible modulation path, for this mental effort model, and further studies concerning GSL use could bring additional benefits in mental stress modulation.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>
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Ab 63	<p style="text-align: center;"><b>Antioxidant action of the Heraecleum Sphondylium - a retrospective of PubMed publications</b></p> <p style="text-align: center;"><b>Ramona Jurcău<sup>1*</sup>, Ioana Jurcău<sup>2</sup>, Nicolae Colceriu<sup>3</sup></b></p> <p style="text-align: center;"><sup>1</sup> Department of Pathophysiology, Iuliu Hatieganu University of Medicine and Pharmacy, Cluj - Napoca, Romania</p> <p style="text-align: center;"><sup>2</sup> <b>Emergency Clinical Hospital for Children, Cluj - Napoca, Romania</b></p> <p style="text-align: center;"><sup>3</sup> Department of Viticulture, University of Agricultural Sciences and Veterinary Medicine, Cluj - Napoca, Romania</p> <p style="text-align: center;">E-mail: ramona_mj@yahoo.com</p>
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*The corresponding author	
<p><b>Introduction:</b> Different species of <i>Heraecleum</i> (H) have antioxidant effect. Of these, <i>H Sphondylium</i> (HS), also called the Romanian Ginseng, is recognized for its multiple benefits including antioxidant action.</p> <p><b>Methods:</b> 1928-2018 period was assessed, by the total number of publications (N) and the average number of publications per year (ANP) using keywords: H, HS, H antioxidant (HAO), HS antioxidant (HSAO). The analyzed filters and subfilters were: a) species - other animals (AN), humans (HM); b) sex - male (M), female (F), male+female (MF); c) ages - 0-18, 19-44. Also we analysed the abstracts conclusions.</p> <p><b>Results:</b> N increased between 1928-2017 the highest being between 2000-2017: 154 for H, 8 for HS and 15 for HAO. Publications were: a) more numerous for HM (H 84%, HS 37.5%, HAO 18.75%) than for AN (H 18.6%, HS and HAO 12.5%); b) more numerous for M (H 13.18%, HS 18.75%); equals for 0-18 and 19-44 (H 7.27/7.72%, HS and HAO 6.25%). Some results are important for H antioxidant effects: H dissectum showed inhibitory activity on nitric oxide production; methanol and aqueous H orphanidis extracts have the highest potential antioxidant activity; H persicum exhibits significant antidiabetic activities; H aquilegifolium essential oils have possible antioxidant effects.</p> <p><b>Conclusions:</b> 1) For 90 years, N was 220 for H, 16 for HS and HAO and 1 for HSAO. 2) There were favorite studies with human subjects, male, aged between 0-44 years. 3) Publications on H and HS have shown interest since the 1928 and for HAO from 1983 and have steadily increased until now. 4) PubMed information on the antioxidant action of HS is very low but the fact that it is mentioned may be a hope that it will grow in the future.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 64	<p><b>Effects of mind-body therapies on cognition in healthy elderly: A systematic review.</b></p> <p>Rezo, Anna; M.D.; Ph.D. Rapp, Michael; Deeken, Friederike Social and Preventive Medicine, University of Potsdam, Germany</p> <p><b>Correspondence:</b> <a href="mailto:rezo@uni-potsdam.de">rezo@uni-potsdam.de</a></p>
<p><b>Introduction:</b> In aging populations, risk for cognitive decline increases. As a consequence there is an urgent need for interventions, which helps to maintain cognitive function and prevent non-normative cognitive decline. Mind-Body Therapies (MBTs), such as Yoga, Tai Chi and Meditation focus on the reciprocal interaction of physiological and psychological processes. In a recent review Muehsam et al. (2017) described the ability of MBTs to affect cognitive function due to different mechanisms such as change of brain structure and function and balance the autonomic nervous system.</p> <p>The aim of this systematic review was to assess the effects of MBTs on cognition in the elderly and investigate potential of these therapies to prevent cognitive decline.</p> <p><b>Methods:</b> The databases Cochrane Library, PubMed/Medline and PsycInfo were searched up to 24.09.2017. RCTs comparing a mind-body therapy (yoga, taichi, meditation/mindfulness) in healthy older adults with an objective outcome concerning cognition (attention, executive function, memory or global cognition and associated structural or functional neural changes) with active (exercise, psychoeducation, social interaction) or waitlist control group were included.</p> <p><b>Results:</b> 18 Articles from 16 studies with in total 1802 participants aged between 50 and 90 years were identified and included into this qualitative analysis. Out of the 16 trials eleven showed cognitive outcomes favouring the MBT group above control groups, seven even above active control groups.</p> <p><b>Conclusion:</b> In interpreting the results three things has to be taken into account: population-wise ceiling effects, maintaining cognitive function can be taken as evidence for the effectiveness of an intervention and the use of active control group. Still the most included studies showed an effect of MBTs on cognition.</p> <p>A limitation of this Review is the huge variety of interventions and outcome measurements. But it also shows that it is worth it to invest more research effort to this area.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 65	<p><b>Usefulness of the Meridian Test (M-Test) for the Athlete</b></p> <p>○Hinata SAKURABA, Tomomasa MORIYAMA, Tomomi NARUSHIMA, Satoshi AYUZAWA Tsukuba University of Technology, JPN</p>
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	hinata@k.tsukuba-tech.ac.jp
<p><b>Introduction:</b> Meridian Test (M-Test※) is a method to diagnose and treat general condition of the body based on symptoms accompanied by body movements corresponding to the meridian functions. The performing movements consists of 30 items and all movements are very simple. By analyzing symptoms such as pain and tension, we determine which meridians have problems, and treat them with acupuncture or press tack needles applied to the acupoints. In this study we examined the usefulness of M-Test for athlete to check and treat their physical condition. ※ Mukaino Y. Sports Acupuncture: The Meridian Test and Its Applications. Eastland Press. USA, 2008.</p> <p><b>Methods:</b> Ninety athletes (68 males, 22 females, <math>17.4 \pm 4.4</math> years old) in 6 sports were assessed and treated by M-Test before the competition or training. Positive findings induced by a movement were evaluated by visual analog scale (VAS) before and after the treatment. In addition, a questionnaire about the usefulness and tolerability of M-test was performed.</p> <p><b>Results:</b> M-test detected a number of disturbed movements (<math>3.5 \pm 2.8</math>, mean<math>\pm</math>SD) in each athlete. Seventy-five (83%) athletes had not noticed those abnormal conditions before the examination. The number of acupoints treated in each athlete was <math>2.9 \pm 2.0</math>. After the treatment VAS of the most disturbed movement in each athlete significantly improved (before: <math>50.8 \pm 22.6</math>, after: <math>21.0 \pm 18.3</math>, <math>P &lt; 0.01</math>). The test was well acceptable and 96.5% of the athletes had an impression that it was useful to check the condition of their whole body.</p> <p><b>Conclusion:</b> M-test detected the disturbed movements even in the case that athletes did not notice themselves, and these can be treated quickly by stimulating the selected acupoints. It could be performed easily and shortly that was acceptable for the athletes. Further research is required to clarify whether M-test can contribute to their good performance.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 66	<p><b>The Scope of Homeopathy in Autism</b></p> <p>Dr Samir Chaukhar M.D.(Hom), P.G.Hom (London)</p>
<p>Autism is a developmental behavioural disorder with its onset commonly seen in infancy or early childhood. The lack of awareness about this condition is the reason why it is considered 'rare', as often general practitioners are not aware of the existence of an entity called 'Autism' and most of them are labeled 'mentally retarded'.</p> <hr/> <p>Autism occurs along a '<b>spectrum</b>', meaning that the symptoms and characteristics can occur in a variety of combinations, from mild to severe. No two individuals with autism are exactly alike, even in the way their autism shows itself.</p> <p>An autistic child is a child who has <b>lost or never achieved a contact</b> with other people and is <b>totally withdrawn and preoccupied with his own fancies and stereotyped behaviour</b>.</p> <p>WHAT ARE THE EARLY SIGNS?</p> <p><b>Onset within 3 years of life</b></p> <p><b>Child looks at one object constantly</b></p> <p><b>Child does not give an eye contact on calling</b></p> <p><b>Child does not respond to his name</b></p> <p><b>Child does not give a social smile</b></p> <p><b>Child does not recognize family members</b></p> <ul style="list-style-type: none"> <li>• <b>Child is busy in his own world</b></li> </ul> <p>The common end symptoms could be some or many of the following:</p> <ul style="list-style-type: none"> <li>- Annoying obstinacy in behavior</li> <li>- Poor verbal expression, uses gesture to point out for his needs</li> <li>- Repeating words or phrases</li> <li>- Laughing, crying without apparent cause</li> <li>- Prefers solitude</li> <li>- Throws Tantrums</li> <li>- Difficulty in social interaction with his age or elders</li> <li>- No eye contact while communication</li> </ul> <p>Unresponsive teaching</p> <ul style="list-style-type: none"> <li>- Failure to perceive fears of danger, leading to jumping from high place, playing with pointed objects</li> <li>- physical hyper-activity or under-activity</li> <li>- Underdeveloped fine motor skills</li> </ul>	



- Not responsive to verbal instructions with normal hearing  
 - Spinning objects  
 - Inappropriate possessiveness to objects  
 - Over-sensitivity or under-sensitivity to pain  
 - Screaming and shouting out of proportion  
 - Repeats the same words (echolalia)

Treatment  
 Treatment is usually slow and gradual and requires careful case management skills.  
 \*Extreme anxiety, desperation, and often dysfunction in autism families, due to the stress and financial pressures of their situation. Impatience with treatment is often the norm, which works against the realities of what parents should expect.  
 Simultaneous use of many forms of intervention, including diets, supplements, chelation (in various forms), and a myriad of other therapies such as behavioral therapies, auditory therapies, osteopathy and craniosacral treatment. Many treatments are focusing on the myriad symptoms (e.g., gut problems) rather than the underlying cause of the disease.  
 Parents seeking out “homeopathy” are unaware of what homeopathy is and often end up with a poorly trained (or untrained) practitioner who simply offers off-the-shelf combinations, machine testing, daily doses of remedies that are viewed as “vitamins”, etc. In other words, very allopathic approaches to homeopathy.  
 Homeopathy is a relatively newer mode of intervention in the treatment of Autism and its merits still remain shadowed from the general population, as Homeopathy has a long way to go before its well-deserved credentials are felicitated by the modern world.  
 All autistic patients should be treated with homeopathy. three main reasons.  
 First, the conventional treatment of psychiatric drugs is meant to calm the patient down, not to cure.  
 Second, autism is really a spectrum. It ranges from mild to severe and, in Dr. Herscu's opinion, is caused by a variety of diseases, some neurological, some biochemical, etc. With accurate homeopathic treatment, all cases will move in the right direction. It is only a matter of how far. However, he was quite clear in stating that the degree of autism did not seem to correspond to the degree of the cure. In other words, mild cases may receive only partial benefit, whereas some severe cases have been greatly affected by homeopathic treatment.  
 The third reason for choosing homeopathy is that many of the other therapies, such as diet and nutrition, seem to work much better after homeopathic treatment. In particular, the benefits of sensory integration therapy are increased by the action of a good homeopathic remedy.  
 My study helped me to understand that Homeopathic medicines do not merely act on any one particular organ of an individual but it has much more deeper and central action on **psycho-neuro-endocrinological** and **psycho-immunological axis**  
 It works well to **correct the accentuated state of sensitivity**. It also helps improve **fine motor skills** as well as perceptual difficulties.  
**Behavior modification** through Homeopathic medicines is an age old well documented function. Carefully selected Homeopathic medicine brings about **qualitative change** at a wide range of symptoms in children with autism.  
 It also helps in **behavior modification** to reduce child's hyperactivity, irritability, violence etc. Thus it plays a distinct role in **reducing or eliminating autistic features**

Homeopathy ranks higher than other forms of medical management of Autism, as unlike others, it **acts at the level of miasm, susceptibility and sensitivity**, which are important in the genesis of Autism and the manifestation and progression of its various symptoms.  
 Thus we conclude that Homeopathy is an effective weapon to tackle this epidemic of Autism and can bring a smile on the face of parents as well as the children suffering from this disorder  
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<p>Ab 67</p>	<p><b>Presence of high blood pressure and level of some biochemical parameters – our experience</b>  <u>Slobodan Dunjić<sup>1</sup>, Jovana Pejić<sup>1</sup>, Emilija Golubović<sup>2</sup>, Miloš Maletić<sup>1</sup>, Petar Kraković<sup>1</sup>, Dušan Vešović<sup>3</sup></u>  <sup>1</sup>Center for Integrative procedures and Supplements “Dr Dunjić”, Belgrade, Serbia;  <sup>2</sup>Institute for Radiology and Oncology of Serbia, Belgrade, Serbia</p>
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	<p><sup>3</sup>VISAN -- Sanitary Medical School of Applied Sciences, Belgrade, Serbia Corresponding author: <a href="mailto:ordinacija@drdunjić.rs">ordinacija@drdunjić.rs</a></p>
	<p><b>Introduction:</b> The aim of the paper is to present relation that we found between presence of high blood pressure and some biochemical parameters.</p> <p><b>Methods:</b> Patients were divided into two groups: group with no presence of high blood pressure (noBP), and group with presence of blood presence (BP). All of patients were recruited from Center for Integrative Procedures and Supplements “Dr Dunjić”, Belgrade (the Center). Holistic-personalized approach in patients healing was performed in the Center. Statistical analysis was done by using Statistical Package for Social Sciences (SPSS).</p> <p><b>Results:</b> Total number of male and female patients was 216. There were 130 females (59,9%), and 87 males (40,1%). Mean age of all examinees was 44,97+-13,6yrs (minimum 18; maximum 79). 168 patients (77,4%) belong to noBP group, while 48 (22,6%) belong to BP group. Numerous biochemical parameters have shown statistically significant difference between two groups examined – noBP vs. BP. Blood glucose level (BGL) was 5,24+-0,61 vs. 5,6+-1,2; p=0,024; df=162. HbA1c level was 5,18+-0,47 vs. 5,37+-0,75; p=0,019; df=27. Oxytocine blood level was 336,39+-27,56 vs. 466,03+-41,8; p=0,024; df=162. Statistical analysis is also done for both gender groups separately. In males only: oxytocine level was 271,5+-20,8 vs. 416,1+-23,4; p=0,011; df=70; BGL was 5,36+-0,74 vs. 5,83+-0,72; p=0,015; df=77; HDL 1,22+-0,24 vs. 1,02 vs. 0,22; p=0,007; df=55. In females, BGL was 5,17+-0,51 vs. 5,43+-1,47; p=0,022; df=17; HbA1c was 5,13+-0,49 vs. 5,4+-0,93; p=0,025; df=13; homocysteine level was 5,51+-0,47 vs. 38,75+-4,2; p=0,025; df=13.</p> <p><b>Conclusion:</b> High BP is accompanied with an elevation of BGL, HbA1c, and oxytocine when both sexes are analyzed. In males only, it is found that elevation of oxytocine and BGL are present in patients with high BP, while level of HDL was lower. In females, BGL, HbA1c, and homocysteine levels were higher in patients with high BP in comparison to those with normal. Clinical importance of these findings requires further research which will clarify their impact on disease.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>

Ab 68	<p><b>Some biochemical parameters and their relation with elevation of ovary tumor marker – our experience</b> <u>Slobodan Dunjić<sup>1</sup>, Jovana Pejić<sup>1</sup>, Emilija Golubović<sup>2</sup>, Miloš Maletić<sup>1</sup>, Petar Kraković<sup>1</sup>, Dušan Vešović<sup>3</sup></u> <sup>1</sup>Center for Integrative procedures and Supplements “Dr Dunjić”, Belgrade, Serbia; <sup>2</sup>Institute for Radiology and Oncology of Serbia, Belgrade, Serbia <sup>3</sup>VISAN -- Sanitary Medical School of Applied Sciences, Belgrade, Serbia Corresponding author: <a href="mailto:ordinacija@drdunjić.rs">ordinacija@drdunjić.rs</a></p>
	<p><b>Introduction:</b> Along with conventional methods for diagnostics and treatment, holistic-personalized medicine consolidates all scientifically validated alternative methods of treatments and healing. Holistic approach uses natural products for healing. The aim of the paper is to present relation that we found between ovary tumor marker Ca125 and some biochemical parameters.</p> <p><b>Methodology:</b> Laboratory analysis of female patients was statistically analyzed. Patients were divided into two groups: group with level of Ca125 within normal range (NR; value: 0 – 35U/mL), and patients having elevated level of Ca125 (EV; value: over 35U/mL). None of patient was diagnosed with ovarian tumor. All of patients were recruited from Center for Integrative Procedures and Supplements “Dr Dunjić”, Belgrade (the Center). Holistic-personalized approach in patients healing was performed in the Center. Statistical analysis was done by using Statistical Package for Social Sciences (SPSS).</p> <p><b>Results:</b> 130 females were included into study. Minimum age was 24 yrs, maximum 79 yrs. Mean age was 45,42+-13,12yrs. Numerous biochemical parameters have shown statistically significant difference between two groups examined – NR vs. EV of Ca125. Prolactin was 390,19+-20,36 vs. 718,0+-18,37; p=0,045; df=17. Cortisol level was 485,95+-16,7 vs. 1.100,3+-91,8; p=0,001; df=32. Liver enzyme AST level was 22,8+-12,6 vs. 40,0+-16,1; p=0,047; df=23. Liver enzyme gama-GT was 19,11+-3,48 vs. 55,5+-6,16; p=0,025; df=17. Tumor marker alpha fetoprotein was 3,8+-2,2 vs. 8,65+-1,34; p=0,013; df=13. Level of oxidative damage marker 8-hydroxy-2'-deoxyguanosine (8-OHdG) was 17,64+-5,8 vs. 20,25+-6,8; p=0,007; df=6. Vitamin D was higher in NR group, but did not show statistical significant difference between two groups examined – 53,42+-22,5 vs. 41,9+-11,0; p=0,173; df=77.</p> <p><b>Conclusion:</b> These finding also point that imbalance in human body, which is represented with Ca125 elevation, can be accompanied with numerous biochemical changes. That is true for hormones (i.e. prolactin, cortisol), AST, gama-GT, alpha fetoprotein, 8-OHdG. However, the clinical importance of these findings requires further research.</p>

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<p>Ab 69</p>	<p align="center"><b>Composition, antibacterial and antifungal activity of Probotanic wild oregano oil</b></p> <p align="center">MD Spasic Jelena Baltik Junior company, Belgrade, Serbia</p>
<p>Taking into account that resistance of microorganisms to the existing synthetic drugs has been more and more frequent, there is a need for a new semi-synthetic or natural antimicrobial agents which would give far less resistance and not that much harmful effects on the human health.</p> <p>The aim of the study was to investigate antibacterial and antifungal properties of Probotanic wild oregano oil comparing with the most frequently used commercial antibiotics and antimycotics. This dietary supplement is essential oil made from organic plant <i>Origanum minutiflorum</i> and by GC-MS defined carvacrol (81,48 ± 8,1%) as a major component. In research at the Institute for Biological Research “Sinisa Stankovic” in Belgrade, was applied in vitro microdilution method. The sample of product was tested against gram-negative, gram-positive bacterias and 7 funguses. For positive control, were used the most applied antibiotics and antimycotics (mentioned in research).</p> <p>It was determined that the sample had effect on all the tested bacterias in very low concentrations, even on the most resistant Gram (-) bacteria, among which is <i>Pseudomonas aeruginosa</i>. Also it had inhibiting all the treated fungi. It showed its best activity on <i>Micrococcus flavus</i> (MIC = 0.01µg/mL) among treated bacterias and on fungi <i>Aspergillus fumigatus</i> (MIC = 0.10µg/mL).</p> <p>Based on review of literature and performed in vitro analysis, the following conclusion can be drawn: "Probotanic wild oregano oil" showed good antibacterial and antifungal activity, that justified the use of this product in prevention of various bacterial and fungal infections caused by the species mentioned in research.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	
<p>Ab 70</p>	<p align="center"><b>BIOFIELD REVISITED</b></p> <p align="center">Srbislav Brasovan Holistic Health Realities, LLC Correspondences: <a href="mailto:office@brasovanmed.com">office@brasovanmed.com</a> 7903 East 97<sup>th</sup> Avenue, Crown Point, Indiana 46307, USA</p>
<p><b>Introduction:</b> In this study, we review Measuring Effectiveness of Quantum Medical Technologies.</p> <p><b>Methods:</b> Our study focusses on the measurement and effects of “5 Minute Relief Patches” (5MRP). 5MRP are Extremely Low Electromagnetic Frequency (ELEMf) products developed by Tuning Element Technology™. We used Dr. Irena Cosic’s Resonance Recognition Model (RRM) study of 5MRP to define the mode of action of 5MRP, and we used imaging from a Dr. Konstantin Korotkov Bio-Well camera to show biofield response to 5MRP.</p> <p><b>Result:</b> Our study showed 5MRP predicted mode of action on ion channels of cellular micro skeleton measured by RRM as well as measurable biofield influence of 5MRP on human biofield by Bio-Well camera.</p> <p><b>Conclusion:</b> These modalities are easily available and economical tools to standardize measurements of biological response to ELEMf. Both systems use computerized algorithm measurements to predict probabilities of quantum biological processes. Our study demonstrates that these testing modalities have a high degree of efficacy and measurable clinical response to ELEMf.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	
<p>Ab 71</p>	<p align="center"><b>IMPORTANCE OF INTEGRATIVE PROTOCOL TO OUTCOME in vitro fertilization (IVF)</b></p> <p align="center">Stanisic S., Dunjic M, Deljanin A.</p>

	<p style="text-align: center;">Alma Mater Europea ECM, Maribor Slovenia Specijalna bolnica Belgrade, Serbia <b>Correspondence:</b> profstanisic@gmail.com</p>
	<p><b>Introduction:</b> The results of global research show that up to 30% of the success of IVF fertilization depends on the timely and professional psychological support. Inclusion of integrative procedures during the implementation of all phases of the program is present today in all specialized centers for IVF fertilization, it is a new approach in medical science and connects treatments and procedures of scientific, allopathic medicine with methods of integrative medicine. An integrative medical program is managed by a holistic integrative approach and aims to provide psychological support, to discuss experiences related to the IVF process itself, to alleviate and eliminate stress and anxiety, and to expertly direct conversations among partners.</p> <p><b>AIMS:</b> Investigation of the efficacy of integrative protocols in IVF programs on stress elimination and establishment of homeostasis in infertile pairs, the effectiveness of the IVF program and outcome of pregnancy.</p> <p><b>Methods:</b> With 18 couples involved in the IVF program in the Special Hospital Belgrade, from the first day the protocol of integrative medical procedures was applied, primarily acupuncture, diet, supplements, antistress therapy and psychological support, phytotherapy, body and mind techniques. The effect of the protocol was analyzed by tests for stress and quality of life at the beginning and at the end of the program.</p> <p><b>Result:</b> Infertile couples often experience feelings of unhappiness, tension, fear, and anxiety, which can negatively affect the outcome of the IVF. At the beginning of the program, in all pairs, the existence of a medium and high degree of stress, as well as a lower quality of life, both individual and common. After applying the protocol in 88% or 16 patients, a significant reduction in stress, improved quality of life, increased readiness for the challenges of the treatment of IVF, improved response to drug treatment, increased blood flow, stabilization of the endocrine system, strengthening of the psychiatric condition were achieved. This protocol has achieved a higher performance of the IVF positive outcome by 16%, as well as the success rate of pregnancy outcomes by 22%.</p> <p><b>Conclusion:</b> Integrative protocol in IVF strengthening psychological stability of couples, rational consideration of current events, achievement of homeostasis, strengthening of the immune and endocrine response, influences the strengthening of their own capacities in order to get easier and more successful through the IVF process and increase the incidence of success.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>

<p>Ab 72</p>	<p style="text-align: center;"><b>Integrative medicine in the modern health care</b> Stanisic S. Alma Mater Europea ECM, Maribor, Slovenia <b>Correspondence:</b> profstanisic@gmail.com</p>
	<p><b>Introduction:</b> The current conferences of integrative medicine at the European and world level have shown that the integration of medicine can improve the quality of health care. NR China's One Belt One Road program aims to share the latest development and achievement of TCM with western medicine professionals from other countries and to help people across the world live a healthier life through integrative medicine.</p> <p><b>Methods:</b> Modern health care rests on several of its principles. The principle of accessibility is achieved by providing health care to citizens, which is physically, geographically and economically accessible, ie culturally acceptable. The principle of equity is exercised by the prohibition of discrimination based on race, gender, age, nationality, social origin, religion, political or other belief, wealth, culture, language, type of illness. The principle of comprehensiveness is achieved through the inclusion of all citizens and the application of unified measures and procedures, health promotion, disease prevention at all levels, early diagnosis, treatment and rehabilitation. The principle of continuity is realized through the organization of the health care system, functionally linked and harmonized in terms of levels, and which provides uninterrupted health protection to citizens at every age. The principle of continuous improvement of quality is achieved by measures and activities that, in accordance with the modern achievements of medical science and practice, increase the possibilities of a favorable outcome. Principle of efficiency by achieving the highest level of health care with the lowest spending of resources.</p> <p><b>Result:</b> Treatment of patients based solely on personal experience and knowledge acquired from textbooks, ignoring the results of the latest, validly conducted studies, is neither professional nor morally</p>

acceptable. Integrative evidence-based medicine is a careful, thoughtful use of the best evidence from medical literature in making a decision to treat a particular patient. This means that the individual clinical experience must be integrated with the results of clinical studies, which have been methodologically well-established, and whose results have a clinical significance. Integrative evidence-based medicine is the integration of clinical experience, patient value system and the best evidence from literature.  
 Conclusion: Healthcare based on Integrative Medicine implies the extension of the application of evidence-based medicine to the entire health care system, i.e. all professionals involved in providing health care.  
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Ab 73	<b>Devices for detection of Bioresonance Potential, a future in Quantum Medicine and Energetic Diagnosis for a Energetic Therapy and stabilization of Human Aura</b> Dr. Sci. Stefano Turini MBioLSc PhD Post-Doc Researcher
<p>The Energy Diagnosis, performed by means of instruments capable of capturing the variations of the Bioresonance Potential emitted by: cells, tissues, organs and apparatuses, constitutes a valid predictive method, to determine the possible presence of energy imbalances at the organism level. This device (Bioresonance Detector) is capable to capture the emissions of the very weak biomagnetic fields emitted by the cells. It allows you to scan the human body energetically in 500 points and provides a diagnosis on the energy status of the various organs. If there are energy deficiencies, an other instrument, a Cerebral Waves Regenerator is able to emit a whole range of frequencies (0.2-20 Hz), in the ELF or Extreme Low Frequencies field and has the function of integrating the energy shortages or modulate the energetic excesses, restoring a correct function of the human auric field. The use of this Bioresonance Detector allowed me to highlight the energy emissions of the 7 main Chakras, to test new orgone generators and to compare these data with instruments capable of capturing the human bioenergetic field of the Canadian firm Heliognosis ®, such as the Human Life Energy Meter LM4. In order to modulate human energy levels, I made use of technologies and tools concerning: Tesla anodized aluminum plates, Shungite mineral fragments. Globally, the results I obtained allowed me to conclude with the following points: the Bioresonance Detector is a futuristic innovation in the field of energy diagnosis and can be compared with technologies such as: Four-dimensional Kirlian Photography, Experimental Life Energy Meter LM4. The application of therapeutic devices such as: Regenerator of Cerebral Waves, new type of Orgonite, Tesla Plates, Shungite, allowed me to solve energy imbalances in treated patients.  <b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 74	<b>Plant Extracts Effective Against Cancer Stem Cells</b> Sylvie Beljanski The Beljanski Foundation Correspondence: 5 Tudor City Place #2209, New York, NY 10017 USA
<p><b>Introduction:</b> Cancer therapies may lead to remissions, but the cancer often returns. The real culprits of cancer recurrence are cancer stem cells, a subpopulation of the cells in a tumor that resist treatment, persist during remission, and eventually metastasize. There is an urgent need for agents that eliminate cancer stem cells and thereby help enable real cancer cures.                  The plant extracts (<i>Pao pereira</i> and <i>Rauwolfia vomitoria</i>) discovered by Mirko Beljanski have proven to be safe and effective against a broad range of cancers. New tests, both in vitro and in vivo, have evaluated the activity of the extracts specifically against ovarian and pancreatic cancer stem cells.  <b>Methods:</b> MTT assays for inhibition of cell proliferation; tumor spheroid formation assay to test anti-cancer stem cell (CSC) activity in vitro; flow cytometry for detection of cancer stem cells surface markers; animal model to test whether treatment of cells with extracts reduced tumorigenicity in vivo; RNA isolation, RT PCR and western blots for analysis of mechanism.  <b>Result:</b> <i>In vitro</i>: Inhibition of overall population of pancreatic cancer cells was confirmed. Preferential activity against spheroids (in vitro indicators for CSC's self-renewal and tumorigenic capacity) was</p>	

demonstrated: IC<sub>50</sub> of *Pao* for bulk PANC-1 cells was ~300 µg/mL and for PANC-1 spheroids it was ~27 µg/mL; IC<sub>50</sub> of *Rauwolfia* for bulk PANC-1 cells was 317 µg/mL and for PANC-1 spheroids it was 39.44 µg/mL. The extracts targeted the cancer stem cells defined by specific cell surface markers--CD44+CD24+ EpCAM+ for PANC-1 CSCs.

*In vivo*: The initiation of tumors is a function of CSCs. PANC-1 cancer cells pretreated *Pao* or *Rauwolfia* had significantly less capacity to form tumors in animals indicating reduction of PANC-1 tumorigenicity.

**Conclusion:** Previous studies of the broad spectrum anti-cancer efficacy of the *Pao pereira* and *Rauwolfia vomitoria* extracts provide insight into the targeting (destabilized cancer DNA) and the mechanism of action (induction of apoptosis) activity against cancer cells. The mechanism of action against CSCs involves apoptosis in addition to an independent signaling pathway—wnt/β-catenin. Specific inhibition of CSCs seen in these new experiments indicates a potent role for the *Pao* and *Rauwolfia* extracts in the inhibition of pancreatic cancer formation, growth, and metastasis. Although they were discovered many years ago and subsequently the subjects of considerable scientific research, the new cancer stem cell data show that the *Pao* and *Rauwolfia* extracts have great potential for inclusion in new anti-cancer therapies intended to combat the the fundamental problem of cancer stem cells and their role in relapse and recurrence.

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Ab 75	<p><b>Therapy workhop</b> Polona Štule, Mihaela Kavčič Institut Knoll for Music Therapy and Supervision <b>Correspondence:</b> sozvocje.sp@gmail.com</p>
<p><b>Introduction:</b> The workshop is experiential presentation of basic music therapy methods including free improvisation, structured improvisation, songwriting etc.</p> <p><b>Result:</b> Relaxation, stress relief, enhancing creativity</p> <p><b>Conclusion:</b> Participants of the workshop will be actively included in music making without previous musical knowledge required. Such experience offers a possibility to express and explore oneself through music media in a very specific and natural way. Music can serve as a bridge between many different levels of being such as physical, emotinal, mental and spiritual level. Active music making can brnig interesting insights into a persons inner world in a very short but effective time.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 76	<p><b>Drawing Therapy as Self-healing Technique of Everyday Stress</b> Eva Tihanyi, prof. Dr. Hegyi Gabriella MD. PhD Doctoral School of Health Sciences, University of Pecs, Hungary Correspondence: <a href="mailto:evatihanyi2010@gmail.com">evatihanyi2010@gmail.com</a>, drhegyi@hu.inter.net</p>
<p><b>Introduction:</b> The leading globally cause of death is cardiovascular diseases in Hungary. One of the triggering factors of the disease is the long-lasting stress. The phenomenon like: constant stress, higher blood pressure, and the increasing heartbeat; are more prominent in many cases. Art therapy is an alternative practice of reducing stress. The hypothesis: drawing can be a kind of meditation, such as stress relieving, relaxation and recharge on physical level. The aim with my study is to prove that heart's electric activity normalizes and gives the value to resting blood pressure with drawing therapy. <b>Methods:</b> This study involved the participants of Csontvary Fine Art Studio (Pecs), between the age of 20 to 55, who were asked to fill questionnaires of their experiences, according thematic folk-art elements drawing therapy. The personal impact of drawing therapy was analyzed in a period of six months. The participants were also tested before and after the drawing with blood pressure monitor (especially systolic and diastolic blood pressure and pulse). <b>Results:</b> The results showed that therapeutic drawing is truly stress-relieving and joyful for the affected persons, furthermore supports self-healing and self-knowledge for everyone.</p>	

Moreover, it improves the quality of life by feeling more creativity and keeping balance. Drawing therapy would be recommended for participants as good health care tool and stress management technique, which allows them to discover the flow-experience. Nonetheless, the results of Systolic SYS, DIA and pulse were very various, the hypothesis was not fully supported in that field.

**Conclusion:** The conclusion is that drawing enriches the quality of life with joy of creation, which method helps to reduce everyday stress. It would need further researches which including physiological measures to prove my hypothesis and the connections to art therapy in stress reduction.

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Ab 77	<p><b>Anomalous magnetic fields in insulin resistance and diabetes type 2</b></p> <p>Nikola Trifunovic<sup>1</sup>, Dejan Krstic<sup>2</sup>, Dragan Jevdic<sup>3</sup>  <sup>1</sup><i>Retired Geophysicist, Juzni Bulevar 32, Belgrade, Serbia</i>  <i>Email: ntrifunovic41@yahoo.com</i>  <sup>2</sup><i>Doctor, Prof, Fakultet zastite na radu Nis, Serbia</i>  <i>Email: dekikrs@gmail.com</i>  <sup>3</sup><i>Neuropsychiatrist, M.D. PhD, Private Madical Practice "Astrociit", Vrsac, Serbia.</i>  <i>Email: jevdicdragan@gmail.com</i></p>
	<p><b>Aim:</b> Explain why insulin resistance (IR) appears and how diabetes type 2 (D2) occurs. Explain complications causes which can produce, according to medicine science wrong interpretation, insulin and glycoside high level in blood. Show that complications are enabled by Anomalous magnetic fields (AMF) in dwelling places and the official risk factors are only the effect of the present AMF. Point to the prevention and patients diseased by IR and D2 treatment. Explain hormones secretion in organism. Present how cysts and polycystic ovary syndrome (SPCO) occur.</p> <p><b>Methodology:</b> Use of medical literature and IR and D2 cause published works. AMF measurements in people diseased by complications caused by AMF and not insulin and glycoside high level in blood beds. Correlation confirmed: diseased organ - AMF with medical literature study. Organism functioning and various diseases causes explanations. The diseased moved away from AMF and health condition followed.</p> <p><b>Results:</b> The diseased organ - AMF correlation found. How IR in AMF occurs presented and D2 in AMF. AMF measurements proved that complications, wrongly attributed to glycoside, insulin high level and in reality caused by AMF. Found that risk factors are only the present AMF effect. Explanation of various substances secretion and cysts appearance in organs given. All secretions appear under the influence of magnetic properties in organs and cells. AMF cuase cysts in organs, particularly in SPCO, as well as all complications. Moving the diseaseds away from AMF enabled visible improvemnts.</p> <p><b>Conclusion:</b> IR and D2 occur in AMF. Complications connected with glycoside and insulin are only the AMF product. Risk factors are external surrounding AMF existence. Endocrine system, neurosecretory cells and internal organs secretion occur under the influence of magnetic forces in molecules inside and outside organs. Cysts occur in organs under the influence of AMF. SPCO, also, occur in AMF. Prevention and treatment of the diseased is moving them away from AMF.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>

Ab 78	<p><b>The efficacy of Bicom bioresonance therapy: Review.</b></p> <p>PhD student Urška Gašperin          University of Primorska, Faculty of Health Sciences, Polje 42, 6310 Izola, Slovenia          Assoc. prof. dr. Slobodan Slović          University of Primorska, Andrej Marušič Institute (UP IAM), Muzejski trg 2, 6000 Koper, Slovenia          Assist. prof. dr. Marko Vidnjevič          Alma Mater Europaea - European Centre Maribor (AMEU), Slovenska 17, 2000 Maribor, Slovenia</p>
	<p><b>Introduction:</b> The theory of Bioresonance, which is based on quantum physics and supported and proven by winners of the Nobel Prize (the Nobel Prize in Physics 1984 was awarded jointly to Carlo</p>

Rubbia and Simon van der Meer and the Nobel Prize in Physics 1965 was awarded jointly to Sin-Itiro Tomonaga, Julian Schwinger and Richard P. Feynman), revealed that every substance, living or not, emits electromagnetic waves. Just as body cells have their own frequency signatures, so do pathogens and harmful substances. Using the Bicom machine and painless non-invasive diagnostic procedures such as secretion tests and electroacupuncture, a therapist identifies the resonant stressor frequency patterns of patients. The mechanism of Bicom separates out healthy and unhealthy frequency patterns. The therapist then sets the machine to strengthen the healthy frequencies and reverse or invert the unhealthy waves. A large specter of professionals worldwide, such as doctors, physiotherapists, dentists, sports clinics and veterinarians, already use Bicom bioresonance method and work with self-referred patients. The aim of this review was to investigate the effectiveness of Bicom bioresonance therapy.

**Method:** A review of all the scientific articles from the Bicom UK Bioresonance Therapy website was conducted. 39 articles posted in 2018 and 2016, which examined the effects of Bicom bioresonance therapy on patients with different illnesses, addictions etc. were included. A summary table of included studies characteristics that were considered important for present review was produced.

**Results:** Articles show that the Bicom device demonstrates positive effects for patients. Serious adverse effects are found in none of the scientific work.

**Conclusion:** This review summarised in detail the effects Bicom bioresonance therapy had on patients. Bicom procedure was seen to be beneficial for improving health outcomes of the patients. The Bicom therapy can be used in a wide variety of cases and has a high practical-therapeutic effectiveness for patients.

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Ab 79	<b>Integrative approaches to perinatal depression</b> Vesna Pirec MD. PhD ERC/Insight; Univ. of Illinois at Chicago, USA
<p><b>Introduction:</b> Perinatal depression is a leading cause of maternal morbidity and mortality. Untreated it can adversely affect mother-infant interactions, and cause problems in offsprings. Etiological theories proposed have been: neuroendocrine and psychoimmunological changes, hormonal dysregulation, nutrition, neurotransmitters' dysbalance and sociocultural stressors. While psychotherapy with or without psychotropic medications remains the mainstream for treatment of perinatal women, integrative approaches have been used to substitute, or enhance the effects psychotropic medications.</p> <p><b>Methods:</b> We described several potential etiological and risk factors leading to perinatal mental health illness. Based on the proposed theories, we reviewed literature and discussed several integrative approaches used to treat psychiatric illness in peripartum.</p> <p><b>Result:</b> Adequate nutritional status is essential for proper functioning of HPA axis and adequate immune response during peripartum. Dysregulation of HPA axis, drastic oscillation of steroid hormones as well as thyroid hormone instability impacts mental health stability in peripartum leaving room for hormonal replacement as an adequate approach to treatment of these women. Various environmental toxins can cause oxidative stress, deplete gut tryptophane levels and cause inflammation impairing functioning of neurotransmitter system essential for proper brain functioning. Finally, various nutrients like polyunsaturated fatty acids, vitamins B and D are essential for proper cellular synthesis of neurotransmitters, thus supplementation plays an important role in mood stabilization in peripartum.</p> <p><b>Conclusion:</b> Use of psychopharmacology in pregnancy and lactating mothers has been a topic of constant debate. Alternative approaches can reduce risks, and drastically decrease symptoms of perinatal depression and anxiety. Reducing inflammation, hormonal replacement, light bright therapy and addition of administering supplements are some of effective and important treatment modalities. Additionally, appropriate sleep regimen and nutrition is essential for stabilization of perinatal depression and anxiety.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 80	<b>INTEGRATIVE TREATMENT OF THE MUSCULOSKELETAL CHRONIC DISEASES - CASE REPORT</b> Stanimirovic V <sup>1</sup> , Nikolic D <sup>2</sup> , Nikolic A <sup>3</sup> , Stanimirovic B <sup>1</sup> , Nikolic M <sup>4</sup>
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<p><b>Introduction:</b> Patient N.N. 62, with musculo- skeletal difficulties.                  Flexio and extensio knees’ difficulties, Deformatio geni sin. et dex: synovitis, lateral patelar subluxatio, lateral meniscus fracture et protursio, meniscus degeneratio bill, Cyst Bechter                  Deformatio digiti vestigiumi sin. et dex.: cuneiforme osis degeneration, metatarsal degeneratio II et III dsin. et dex.; degeneratio talocunefirme et intercuneiforme articulationes                  Operation diagnosis /November 2010/: Halluces valga, digiti contracti dig II pedis bill                  OP: Arthroplastica Sec. Mitchel et arthrodesis Dig II Pedis bill.                  Reoperation - diagnosis / November 2017/contractura articuli dig .II ped bill deformationes digitorum pedis /acquisitae/aliae bill. deformatio flexionis digitorum ped. bill                  OP: Contractura IPh dig II et III ped. dex. Contractura I Ph II ped.sin.Exostosis ossis MT I ped. dex.  <b>Methods:</b> Articulatio geni:1. Kinesio taping procedure performed to regulate fluid movements, decrease tissue hydrostatic pressure and facilitate fluid reabsorption and enhance fluid removal from synovia.2. After 5 days and removal Kinesio tapes RIKTA Quantum therapy and electric stimulation was performed during 15 days /technique: scanning, Quantum therapy: Frequency:1000Hz, time: 15-20 min and Electric therapy; maximal regime, time: 15-20 min.                  Articulatio pedis: 1. Feet and ankles’ Professional Massage / 20 minutes each foot/ in order to minimize swelling using balsam /gel for massage. balsam based on: Calodendrum capense, Melissa, Camomille, Humuls, Valeriana, Achillea millefolium,Crithmium maritimum. 2. Kiesio taping procedure performed to regulate fluid movements back into capillary, decrease tissue hydrostatic pressure and facilitate fluid reabsorption and enhance fluid removal from synovia.3. After 5 days, and removing kinesio tapes RIKTA Quantum therapy and electric stimulation was performed during 15 days/in the same manner as for articulatio geni  <b>Results:</b> Recorded evident reduction in oedemas and swollen skin tissue , knees’ and feet’s motility / flexio, extensio, circumduction / were increased for 50% , existed permanent pain during walk disappeared, patient could practice sport training.  <b>Conclusion:</b> Integrative approach in treatment complex locomotor problem after operation and reoperation procedures could facilitate convalescence and contribute higher quality of life and social life of the patient with chonic musculoskeletal diseases.  <b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

<p>Ab 81</p>	<p align="center"><b>Healthy Living Support Program</b>                  Yavuz Masrabaci MD, Internal Disease Specialist                  Hatice Bilgili, Family Counselor and Healthy Living Coach                  Melisa Paker, Clinical Psychologist                  Eren Ersoy, MD FACS                  Guven Cayyolu Healthy Living Campus  <b>Correspondence:</b> ymasrabaci@yahoo.com</p>
<p><b>Introduction:</b> Health is a state of complete physical, mental, social wellbeing (WHO). In 1991 European Council, “Health for all” policy was pointed out. We aim to increase healthy living behaviors by generating the Healthy Living Support Programs (HLSP) via integrative techniques.  <b>Methods:</b> 12-weeks programs are aimed to support patients in fields of oncology, smoking cessation, weight control and cardiology.39 programs were run since October, 2016. The sample was consisted of 10 weight control, two smoking cessation, and one oncology patients. The multidisciplinary council is consisted of specialists from related divisions, dietitian, clinical psychologist, family counselor and healthy living coach, physiotherapist, yoga-breath trainers.  <b>Result:</b> For before-after analysis, paired-samples t-tests were run. Fat mass, BMI (<math>p=0.001</math>); Beck Depression Inventory, Beck Anxiety Inventory (<math>p=0.005</math>); Healthy Life Style Behavior Scale (<math>p=0.022</math>) were significant.</p>	

**Conclusion:** It was revealed that application of HLSP is beneficial for the scope of complementary medicine. It is suggested that this kind of programs could be developed and spread.  
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Ab 82	<p><b>Development of Clinical Case Reporting and Sharing System in Tradition Korean Medicine</b></p> <p>Young-Eun Kim, Sungha Kim, Bo-Young Kim, Miju Son          Korea Institute of Oriental Medicine  <b>Correspondence:</b> Miju Son</p>
<p><b>Introduction:</b> In many countries, traditional medicine is currently used in conjunction with modern medicine but lacks scientific evidence. For diagnosis, Traditional Korean Medicine (TKM) uses Pattern Identification (PI), which divides the patient population into various categories. Because of the wide variety of classification, comparative analysis, such as randomized control trials, become prohibitively expensive. Presently, as information technology is increasingly being used in medicine, this limitation is expected to be overcome.</p> <p><b>Methods:</b> We developed a common template and web-based system for TKM case reporting. The template was developed through chart analysis, and the case entry structure and process were developed by referring to the CARE Checklist (2013). A survey was conducted of 10 traditional Korean clinicians to validate the concept of this system.</p> <p><b>Results:</b> A total of 835 items used in 39 kinds of traditional Korean clinical charts were analysed. The essential categories of the TKM diagnostic system were pulse, tongue, face, <b>eye, heat and cold sensation, sweat, appetite, digestion, stool, urine, sleep, pain, and sensory abnormality in body parts. The template consists of general components (patient demographic information, disease history) and TKM specific components (TKM diagnosis and TKM treatment).</b> Case data are recorded in the following order: <b>patient demographic information, disease history, treatment according to timeline, symptom changes including PI, and final evaluation of treatment (available at: <a href="https://www.kmpedia.kr">https://www.kmpedia.kr</a>).</b></p> <p><b>Conclusion:</b> <b>This case reporting system is expected to contribute to the collection of TKM-based clinical data, the analysis of which should provide valid, scientific evidence for TKM.</b></p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 83	<p><b>The importance of compassion as an appealing issue in students' lives: a prospective observational study</b></p> <p>Yvonne Beerenbrock          Witten/Herdecke University, Professorship Quality of Life, Spirituality and Coping, Gerhard-Kienle-Weg 4, 58313 Herdecke, Germany  <b>Correspondence:</b> <a href="mailto:yvonne.beerenbrock@uni-wh.de">yvonne.beerenbrock@uni-wh.de</a></p>
<p><b>Introduction:</b> <b>Empathy and compassion are of immense importance in the relationship between people and moreover in society as a whole. The results of a recent study, showing that a lack of mindfulness can have serious consequences for the child's development, are worrying that only 54 percent of participating children and young people are able to empathize with others and show compassion. With this decline in the ability to empathize, scientists see above all social changes development as a cause and just as serious consequences for social development as can be seen in current political demarcations. The importance of compassion as a dimension of interest in the personal everyday life of young people is therefore a fundamental object of investigation in order to assess the importance of compassion training in educational institutions as a need of young people.</b></p> <p><b>Methods:</b> Prospective observational study among 18 German students in a secondary school. Participants were recruited over a period of 2 months. The students took part in a cross-over training programme that combined game theory approaches with yoga exercises and mindfulness practices. As an outcome, the students planned a compassion project. Subsequently, the data of students were collected by means of a questionnaire with the target variables: Responsiveness to the topic of "compassion", private engagement with the topic of "compassion", previous contact with the topic of "compassion" and the importance of the topic of "compassion" in one's own life in order to understand whether compassion is a dimension of interest in the lives of young people.</p>	

**Result:** The students (n=18) were between 14 and 16 years old. Altogether 16 girls and 2 boys took part. Responsiveness of the students to the topic of "compassion" was "very high" (5) to "high" (4)(mean value 4.3, SD 0.6). The private engagement with the topic of "compassion" was "moderately" (3) to "much" (4), (mean value 3.7, SD 0.7). The students' previous contact with the topic of "compassion" has so far been only moderate (mean value 3.1, SD 1.3), with three of them not yet indicating any points of contact with the topic. The importance of compassion among the students in one's own life was very high (very important (5), mean 4.9, SD 0.3). The intervention preferred in the training was Yoga practice (72%), followed by game theory approach (62%) and compassion project (39%).

**Conclusion:** The results show that compassion is an important dimension of interest in the lives of young people and is also an appealing topic. It was also found that yoga was the most interesting intervention perceived during the cross-over training. A cross-over training program in educational institutions as an instrument to train compassion is therefore not only an important aspect in the formation of social behaviour and successful interpersonal relationships from the point of view of educators and health scientists, but moreover pursues the interests of young people.

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Ab 84	<p><b>The use of natural oils combination and their impact on hearing quality</b>                  Zdravko Vulić<sup>1</sup>, <u>Dušan Vešović</u><sup>2</sup>, Dragan Jevdić<sup>3</sup>, Aleksandar Jevdić<sup>4</sup>, Katarina Jevdić<sup>5</sup>  <sup>1</sup>ENT department, General hospital Vršac, 26.300, Serbia  <sup>2</sup>VISAN -- Sanitary Medical School of Applied Sciences, Belgrade, 11.000, Serbia  <sup>3</sup>Private practice "Astrocit", Vršac, 26.300, Serbia  <sup>4</sup>Private practice "Dr Jevdić", Vršac, 26.300, Serbia  <sup>5</sup>Special neuropsychiatric hospital "Dr S. Bakalović", Vršac, 26.3000, Serbia                  Correspondence: vesovic@rocketmail.com</p>
<p><b>Introduction:</b> The aim of this study was to determine possible influence of natural oils combination on hearing quality.</p> <p><b>Materials and methods:</b> 40 patients of both genders were included in the study. They were examined by ear, nose and throat specialist and underwent audiometry exam. The level of hearing loss in each ear and the total hearing loss were determined by using Fowler-Sabin (FS) tables. Additionally, all examinees underwent testing on ANESA apparatus. Testing was done at the baseline and one month after the intervention has started. Examinees took natural oils during one month: one to two drops of "Olje 65 extra" was applied on both ears, on the top and occiput of the head, on the throat, and in umbilicus; this intervention was done three times daily. "Olje 1" was applied orally (two to three drops in 100ml of warm water; 3 times daily). "Olje 80" was taken orally (2 times 2 ml daily). All natural oils were made by "Planet zdravja", Slovenia. Statistical analysis was done by using SPSS v. 17.0.</p> <p><b>Results:</b> 24 of them (60%) were males (M), while 16 (40%) were females (F). Mean age for M was 58,2+-16,2yrs, while in F group was 56,7+-12,6yrs. No statistical difference was found between these groups. At the baseline of the study, FS was 56,4+-23,3; after one month of intervention, it was 52,03+-24,2; this reduction was high statistically significant - t=6,733; df=39; p=0,000. When both genders were analyzed separately before and after the intervention, the same significant improvement was obtained - M: 58,8+-22,4 vs 54,5+-23,5; t=5,188; df=23; p=0,000; in F: 52,8+-24,7 vs 48,3+-25,6; t=4,166; df=15; p=0,001.</p> <p><b>Conclusions:</b> This study showed that the use of natural oils can improve hearing quality after one month intervention. However, this study requires further research which will give more clear insight of the improvement noted.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 85	<p><b>Meaning of adaptation process in Systemic method of leech therapy</b>                  Andrej Hladnik and Vanja Primožič                  Dekani, Slovenia                  Correspondence: Academy of Hirudotherapy, Slovenia <a href="mailto:info@pijavka.si">info@pijavka.si</a></p>
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**Introduction:** Leech therapy is overall a very safe healing method, used for centuries in a folk medicine and even in non sterile conditions. There are very common reactions, which are accepted as the side effects of leech therapy, like prolonged bleeding, swallowing, hematoma and edema. Rare, there are also known more serious reactions on leech therapy, which sometimes need an urgent medical intervention.

**Methods:** Unwanted reactions, that occur during or just after leech therapy, are immune reactions of the body on leech substances. In such a wide range of different substances that leeches have in their saliva, it is not a surprise, that the immune system sometimes overreact. Even with fact that this substances are more than related to human.

**Result:** To avoid all possible side effects, professor Krashenyuk A.I. and Krashenyuk S.V. developed the Systemic method of leech therapy. As the virologist who was developing vaccines, professor Krashenyuk A.I. recognized, that it is not only important to develop a proper cocktail, but it is also important that the body “accept” foreign substances without unwanted side effects. So the knowledge from his previous work as virologist, professor Krashenyuk A.I. transferred to the Systemic method of leech therapy.

**Conclusion:** With using the process of adaptation, which is the basic role of Systemic method of leech therapy, we can avoid any possible unwanted reactions. The process of adaptation is the crucial point with pathologies where long term healing is needed. When afterbleeding is shortened to a point, in some cases not more than 15 minutes, this allows us to make therapies on weekly bases and for many months without interruption. With this process we also avoid decrease of hemoglobin, iron and minerals or other essential substances in the blood level.

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OP 86	<p><b>Leech therapy in Slovenia present and past</b> Andrej Hladnik and Vanja Primožič Dekani, Slovenia</p> <p><b>Correspondence:</b> Academy of Hirudotherapy, Slovenia <a href="mailto:info@pijavka.si">info@pijavka.si</a></p>
<p><b>Introduction:</b> Leeches were presented in traditional Slovenian medicine for centuries. Connection with leeches is seen from the local names, coats of arms and streams. An important research was published by Slovenian authors in 1960 in British Journal of Plastic Surgery by dr.Dreganc and dr. Zdravič – “Venous congestion of flaps treated by application of leeches” which lay the foundations for use of medical leeches in plastic surgery nowadays. Dr. Peter Trontelj from Biotechnical University of Ljubljana with international team mapped location of different species of medical leeches in Europe.</p> <p><b>Methods:</b> Written and oral testimonies about use of leech therapy in Slovenia was collected. Though leech therapy is deeply anchored in Slovenian oral tradition, there is a lack of written sources.</p> <p><b>Result:</b> Nowadays Hirudotherapy is not recognized as official healing method in Slovenia. Although there is some need for use of them in medical institutions, especially in plastic surgery, there is no official supplier for doctors to purchase the leeches. There is just few engagements of surgeons in hopeless situations, where they are willing to help their patients with the last try. With medical leeches.</p> <p><b>Conclusion:</b> There is a need for legalization of leech therapy in Slovenia as well to open the line for leeches supply to medical institutions. Leeches with all of their benefits should be more often available at least in plastic surgery, where they could in many cases prevent amputations of extremities.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 87	<p><b>IMPORTANCE OF WELLBEING PROGRAMS AND ITC TECHNOLOGY IN PREVENTIVE HEALTH AND IT'S EFFECT ON ILL-HEALTH PREVENTION.</b> Eva Kovač, Janez Uplaznik, Davorin Kralj Mixed group of expert's from Mayo Clinic, University of Ljubljana and University of Maribor</p>
<p><b>Theoretical basis:</b> According to Murray, Phil, and Frenk (2010) there are about 465,000 preventable deaths per year in the U.S. from smoking, 395,000 from high blood pressure, 216,000 from obesity, 191,000 from inactivity, 190,000 from high blood sugar, and 113,000 from high cholesterol. In Europe standardised death rates for cancer, ischaemic heart disease followed a downward path between 2004</p>	

and 2014, but by the WHO report ischemic heart diseases are still number one killer in Europe followed by other chronic diseases whereas most of them could be prevented also by adopting healthy lifestyle. The purpose of this paper is to present possible methods for adopting healthier lifestyle with a support of ITC technology.

**Methods:** The study was conducted on 90 employees' cross organizations and it consisted of an experimental and control group who participated in preventive health programmes guided by ITC and weekly in vivo interventions with the aim of achieving better well-being and physiological results. Prior to and following completion of the programme participants completed the following questionnaires: stress profile, healthy lifestyle questionnaire, body measurements, endurance test (Rockport test), flexibility test, strength test and blood analysis.

**Results:** If program was followed the results has shown a statistically significant decrease of cortisol levels, statistically significant stress reduction, emotional exhaustion has decreased for 5%, somatic anxiety for 14%, personal accomplishment increased for 17% and endurance. The results are indicating improvement on other measured areas.

**Discussion:** The use of ITC can be efficient if individuals are motivated enough to follow the program. Interventions was effective, and the size of the effect was significant. By raising health awareness and guiding individual's through sport trainings, relaxations and proper nutrition some psychological phenomenon and body parameters can be improved, and risk of chronic diseases can be minimized.

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Ab  88	<p><b>Verbal Communication Disorder – Holistic Approach to Treatment</b>  <sup>1,2</sup>Silvana Punišić, <sup>1,2</sup>Mirjana Sovilj, <sup>1,2</sup>Slavica Maksimović</p> <p><sup>1</sup><i>Institute for Experimental Phonetics and Speech Pathology, Belgrade, Serbia</i>  <sup>2</sup><i>Life Activities Advancement Center, Belgrade, Serbia</i></p> <p><a href="mailto:silvanapunisic@hotmail.com">silvanapunisic@hotmail.com</a>; <a href="mailto:s.pantelic@iefpg.org.rs">s.pantelic@iefpg.org.rs</a></p>
<p>Verbal communication is the most complete form of expressing thoughts and comes from the bio-psycho-social entity of a man. In the context of the complex structure of speech and language, as a tool for verbal communication, a typical development is described, certain forms of verbal communication disorders (VCD) and the approaches used in the treatment are considered. By monitoring the epidemiological structure of VCD, from the 1950s to the present, there has been a steady increase in the number of children from this group. The last decade is marked by the incidence of about 60% of children aged 0 to 7 years with some form of VCD, of which over 30% have multiple disorders that exist as a complex of speech, language, hearing, attention, behavior, socialization, integration, learning, and metabolic functions deficits. This kind of combined disorders can not be solved by standard treatment methods specialized for individual speech-language problems, but new approaches and methods must be found. One of those is the holistic approach developed within the KSAFA system as a result of the multidisciplinary scientific and clinical work at the Institute for Experimental Phonetics and Speech Pathology "Đorđe Kostić" (IEPSP). The diagnostic approach of IEPSP in relation to other diagnostic approaches is the subject of this study and the benefits of a) interdisciplinary education of staff; and b) integrated diagnostic procedures: logopedics, audiological, neurophysiological, psychophysiological, psychological, psychiatric, genetic, etc., including the application of appropriate metabolic tests and achievements in the field of alternative medicine will be demonstrated.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

### 11th European Congress for Integrative Medicine

Joined with:

**34TH ANNUAL INTERNATIONAL SYMPOSIUM ON ACUPUNCTURE,  
ELECTRO-THERAPEUTICS AND LATEST ADVANCEMENTS IN  
INTEGRATED MEDICINE**



**15TH BIENNIAL INTERNATIONAL SYMPOSIUM ON THE BI-DIGITAL O-RING TEST**

OP  89	<p><b>Role of Human Papilloma Virus-Type 16 and Human Herpes Virus-Type 8 infections as co-existing important cancer-promoting factors. When these infections are significant, cancer can develop in short time often with multiple cancers and these viruses are infectious. Cancers with these infections can be treated or prevented safely &amp; effectively by combination of the following 4 methods: 1) individualized optimal dose of Vitamin D<sub>3</sub> using its 10 unique, beneficial effects, 2) selective drug uptake enhancement, 3) manual stimulation of Thymus gland or its representation areas, 4) identification &amp; removal of co-existing cancer-promoting factors.</b></p> <p><b>Prof Dr Yoshiaki Omura, M.D., Sc.D., F.I.C.A.E., F.A.A.I.M., F.R.S.M.</b></p> <p>President, International Association of Bi-Digital O-Ring Test Medical Societies; President &amp; Professor, International College of Acupuncture &amp; Electro-therapeutics; Adjunct Professor, Family &amp; Community Medicine, New York Medical College; Former Director of Medical Research, Heart Disease Research Foundation</p> <p><b>Correspondence:</b> icaet@yahoo.com; 1(212)781-6262; 800 Riverside Drive 8I, New York, NY 10032, USA</p>
<p><b>Introduction:</b> According to our research, we often found co-existence of Human Papilloma Virus-Type 16 (HPV-16) &amp; Human Herpes Virus-Type 8 (HHV-8) associated with Toxoplasma Gondii (TG) in most cancer patients who developed cancer in short period of time. These cancers can be treated safely &amp; effectively by optimal dose of Vitamin D<sub>3</sub>, Thymus gland representation area stimulation, etc.</p> <p><b>Methods:</b> Using electromagnetic field (EMF) resonance phenomenon between 2 identical molecules or monoclonal antibodies, we found most eggs from chickens, as well as other animals, are infected with HPV-16 &amp; TG. Infection was found to be only limited to egg yolks and egg whites are not infected. Until several years ago, we were able to get eggs without those infections. However, within the past 3 years, it has become very difficult to find infection-free eggs. In the past, it was believed that cancer takes many years to grow. But, we are finding many patients who developed cancer in relatively short amounts of time, there is a very high incidence of strong, co-existing infection of HPV-16 and single-cell parasite TG infection. It is well-known that TG is often transmitted through some cats to humans. It is known that when TG go to the brain and form cysts, it creates serious mental problems. We examined a number of the different viruses in TG cells to see if these cells have specific virus infection.</p> <p><b>Results:</b> We found HHV-8 exists in every part of TG cells we examined. Thus, most eggs are infected by both HPV-16 &amp; HHV-8. When these infections are very strong with other co-existing cancer-promoting factors such as EMF, foods &amp; drinks which contain cancer-promoting factors, they can develop cancer in very short period of time. When the metal decorations are attached to the body surface, which function as an antenna for EMF. When these multiple cancer-promoting factors co-exist, cancer seems to develop in relatively short time of less than 2 months. When some cancer develops very rapidly, often in the same individual we often found co-existence of multiple cancers of different organs and HPV-16 and TG with HHV-8 is also infectious when people have a close contact with the patient who has these infections. If other co-existing, contributing factors also exist to those who get these infections, they eventually also develop malignancy. Therefore, cancer which is associated with</p>	

significant infection of HPV-16 & Toxoplasma Gondii with HHV-8, can become infectious. Once people who have repeated, close contact with cancer patient, they can also develop similar cancer depending on additional co-existing cancer-promoting factors such as repeated, strong exposure to EMF or foods & drinks which happen to also contain cancer-contributing factors. Once cancer is confirmed in the person with these infections, we need effective but safe treatment. When Integrin  $\alpha_5\beta_1$  is always increased in the presence of cancer. When it is over 1500ng, it is considered to be very advanced cancer. When 8-OH-dG becomes over 60~80ng, we consider cancer is not only aggressive but often it is very advanced with metastasis. For growth of cancer, DNA mutation is required. 8-OH-dG is proportional to DNA mutation. When its value is over 60~80ng, we consider most of the patients are in the terminal stage. If patient has additional high blood pressure & diabetes, doctor prescribes supposedly effective, commonly used medication. But, these medications are given without being evaluated on whether it is beneficial or harmful. Our study indicates most of these drugs were usually given overdose which is harmful. When the patient takes multiple drugs at the same time, additional toxic substances are created due to drug interaction. As a result, by giving multiple medications, at least half of the patients often become sicker with these supposedly beneficial medications. Due to the drug interaction, plus toxicity due to overdose beyond optimal dose (since every medicine & food has optimal dose).

**Conclusion:** For the treatment of cancer, we developed safe, effective treatment by combining the following 4 methods: 1) individualized optimal dose of Vitamin D<sub>3</sub> using its 10 unique, beneficial effects, 2) selective drug uptake enhancement, 3) manual stimulation of Thymus gland or its representation areas, 4) identification & removal of co-existing cancer-promoting factors. We can often save lives of hopeless terminal cancer patients by these 4-combined methods.

**Disclosure:** Nothing to declare.

<p>OP</p> <p>90</p>	<p><b>Non-invasive, early detection of cancers using 4 new, different methods were developed. Safe, effective, individualized treatment of various cancers &amp; their metastases were obtained using optimal dose of Vitamin D3 combined with selective drug uptake enhancement method, thymus gland representation area stimulation with removal of major cancer-contributing factors</b></p> <p><b>Prof Dr Yoshiaki Omura</b>, M.D., Sc.D., F.I.C.A.E., F.A.A.I.M., F.R.S.M.</p> <p>President, International Association of Bi-Digital O-Ring Test Medical Societies; President &amp; Professor, International College of Acupuncture &amp; Electro-therapeutics; Adjunct Professor, Family &amp; Community Medicine, New York Medical College; Former Director of Medical Research, Heart Disease Research Foundation</p> <p><b>Correspondence:</b> icaet@yahoo.com; 1(212)781-6262; 800 Riverside Drive 8I, New York, NY 10032, USA</p>
<p><b>Introduction:</b> In order to make non-invasive, safe, effective, rapid screening &amp; diagnosis of various cancers, as well as non-invasive rapid evaluation of any therapeutic effects, the author developed following 4 new methods of screening &amp; diagnosis.</p> <p><b>Methods:</b> 1) Visible &amp; invisible abnormalities appearing on accurate organ representation areas of face including: 1A) Visible Abnormalities include “formation of deep crease(s)”, “pigmentation”, and “protrusion” of specific organ representation areas of face, significant disappearance of hair at different organ representation areas of eyebrows; 1B) Invisible Abnormalities appearing at “Upper &amp; Lower Lips”, “Breast representation areas” &amp; “Alars of nose” of face &amp; entire hands. 2) “Mouth, Hand, &amp; Foot Writing Form” can often be used for diagnosing various cancers &amp; their metastases without any medical history of patient. 3) Detection of various cancers from rapidly changing QRS Complex of ECGs. 4) Invisible abnormal, reduced Thymosin <math>\alpha_1</math> &amp; Thymosin <math>\beta_4</math> at Thymus gland &amp; its representation areas. Condition of cancer was evaluated using Integrin <math>\alpha_5\beta_1</math> or Oncogene C-fos Ab2 and aggressiveness of cancer was evaluated by non-invasively &amp; quickly measuring 8-OH-dG which is proportional to DNA mutation &amp; DNA mutation is required for growth of any malignancy.</p> <p><b>Results:</b> Rapid non-invasive diagnosis of cancer or cardiovascular problem became possible using above 4 new diagnostic methods developed by author. 8-OH-dG increases every time cancer is</p>	



metastasized to distal area at metastasized location. In early stage of cancer where standard laboratory test often can detect, Integrin  $\alpha_5\beta_1$  is usually around 200ng & 8-OH-dG is 2.5ng but when cancer is in terminal stage, Integrin  $\alpha_5\beta_1$  often goes up over 1500ng. 8-OH-dG goes up over 60ng~80ng. When individualized optimal dose of Vitamin D<sub>3</sub> is used (in absence of inhibiting factors including Vitamin C of over 300ng), within 30 minutes, Integrin  $\alpha_5\beta_1$  goes down to anywhere between 0.002~0.004ng. 8-OH-dG goes down to often less than 0.2ng without creating any side effects with minimum expenses. This is extremely important clinical finding.

**Conclusion:** Once diagnosis is confirmed by standard lab tests or strong electro-magnetic field (EMF) resonance phenomenon between 2 identical molecules or cancers using Bi-Digital O-Ring Test (which received US Patent in 1993 for diagnosis & treatment) was detected with specific cancer tissue slide, following 4 combination of individualized, safe, effective treatment was given: 1) individualized optimal dose of Vitamin D<sub>3</sub> (based on 10 unique, beneficial effects including most effective anti-cancer effects and very significant urinary excretion of viruses, bacteria, fungi, single-cell parasites, & toxic substances), 2) "Selective Drug Uptake Enhancement Method", 3) Manual stimulations of Thymus gland representation area of back of hand (which we discovered in 2017). These manual stimulations increased Thymosin  $\alpha_1$  & Thymosin  $\beta_4$  very significantly. 4) Identification & removal of co-existing cancer-promoting factors. Using these 4 combined, non-invasive, safe, effective treatments, even when patients are considered terminal & hopeless by major university cancer hospitals, patients often improved significantly, as long as these combined treatments were given every 6~8 hours. The latter 2 methods were given more often in advanced terminal cancer patients.

**Disclosure:** Nothing to declare.

Ab 91	<p><b>Knee Infection &amp; Pain Diagnosed &amp; Treated by Portable Thermal Imaging, Bi-digital O-Ring Test &amp; Electro Acupuncture</b></p> <p><b>Harsha Duvvi MD, MPH, FICAE &amp; Tzu Moy MD, FACP</b> Clinical Assistant Prof. Dept of Family &amp; Community Medicine, New York Medical College; Visiting Associate Professor of Integrative Medicine, International College of Acupuncture &amp; Electro-Therapeutics</p> <p><b>Correspondence:</b> guruduv@juno.com, USA</p>
<p><b>Introduction.</b> Pain is an unpleasant sensory condition commonly associated with inflammatory conditions. There are usually associated signs of color, rubor, tumor and dolor. Subtle raised temperature gradients can be detected using thermal imaging cameras making it a valuable tool in diagnosis. When diseased areas are detected by the thermal imaging they can be further evaluated by the BDORT. The additional information gathered by the two non-invasive tests can be used to specifically detect the offending causative agent. This may prevent the insertion of invasive treatments such as needling techniques which may spread the infectious agent like <i>Borrelia burgdorferi</i>. <b>Patient Selection.</b> In this case study an 88y old female presented with right sided swollen 8/10 debilitating knee pain (on a 0-10 pain rating scale). She gave history of tick bite 5 years ago but series of conventional Lyme titer blood tests were negative. She was treated with local steroid injections but symptoms persisted and activities of daily living were compromised. She was told that she should consider knee replacement if she could not cope with the symptoms. <b>Material &amp; Methods.</b> Thermal imaging was performed using FLIR T-420 infrared camera that localized areas of heightened thermal activity. Using the resonance detection method of the BDORT it was determined that <i>Borrelia burgdorferi</i> at 2500ng BDORT units was present on the medial side of the thermally hot right knee. The patient was treated with Amoxicillin 500mg TID for 4 of 6 weeks as well as HANS electro-acupuncture stim unit at 2/100 Hz setting for 30min using bilateral pads at acupuncture points St 39 and Bl 64 2xwk for 4 wks. to stimulate K1 opioid pain receptors in the brain. The Lyme titer dropped from 2500ng to 1500ng. Pain was reduced to 0/10. Patient did not need knee surgery. She will continue antibiotics till titer is reduced to zero BDORT units. <b>Conclusion.</b> A combined approach of thermal imaging, BDORT and electro-acupuncture with pads and should be considered in all patients with a possible infectious etiology to prevent misdiagnosis and spread of infectious agent by needling procedures.</p> <p><b>Disclosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	



Ab 92	<p style="text-align: center;"><b>Serious Sleep Disturbances due to Premature Atrial Contractions from Lyme disease Diagnosed &amp; Treated from P-wave of ECG using the Bi-digital O-Ring Test in Seronegative Patient</b></p> <p style="text-align: center;"><b>Harsha Duvvi MD, MPH, FICAE <sup>1)</sup>, Yoshiaki Omura, M.D., Sc.D., F.I.C.A.E., F.A.A.I.M., F.R.S.M.<sup>2</sup></b></p> <p>1) Clinical Assistant Prof. Dept of Family &amp; Community Medicine, New York Medical College; Visiting Associate Professor of Integrative Medicine, International College of Acupuncture &amp; Electro-Therapeutics</p> <p>2) Adjunct Professor of Family &amp; Community Medicine, New York Medical College; President, International Association of Bi-Digital O-Ring Test Medical Societies; President &amp; Professor of International College of Acupuncture &amp; Electro-therapeutics</p> <p style="text-align: center;"><b>Correspondence:</b> guruduv@juno.com, USA</p>
<p><b>Introduction:</b> Premature Atrial contractions (PAC) or atrial ectopic beats are common form of arrhythmia found on the Electrocardiogram (ECG). Mostly they are considered a benign condition that require no treatment. Symptoms include palpitations in the chest, fatigue after exercise, shortness of breath, chest pain, lightheadedness and dizziness. Sleep disturbances due to chest palpitations at night can be quite distressing and disruptive to health. This 89-year-old female patient could not be fully rested due to lack of sleep form anxiety throughout the night. <u>Aetiology.</u> Common causes of PACs include high blood pressure, heart disease, cardiomyopathy, stress or fatigue, hyperthyroidism, caffeine, alcohol ingestion, smoking, dehydration, and various side effects of cold or asthma medications. Failure to properly diagnose and treat the underlying pathology may lead to the development of atrial flutter or fibrillation. In this case study Lyme titer was done due to history of tick bite but was found to be seronegative three times by blood tests. The Bi-digital O-Ring Test (BDORT) however detected the presence of elevated levels of the Borrelia burgdorferi (BB) of 1400ng BDORT units around the p-wave area of the ECG. Previous studies have shown that at levels greater than 1000ng BDORT units it often associated with atrial flutter or fibrillation. Atrial natriuretic peptide (ANP) was also elevated to 150ng BDORT units.</p> <p><b>Treatment Method:</b> The patient was treated with amoxicillin 500mg TID to kill the organisms. Doxycycline was avoided due to known side effects. Conduction pathway repair was expedited using calcium/magnesium butyric acid 600mg QD to cleanse the lipid bilayer. Remyelination along the atrioventricular pathways was assisted using phosphatidyl choline oil 3000mg BID oral therapy. Symptoms resolved in 2 weeks and patient is now getting restful sleep. B. burgdorferi levels dropped to less than 250ng BDORT units and ANP levels dropped to 50ng BDORT units. PACs which is commonly considered a benign condition should be screened by the BDORT and if the cause is Lyme disease it should be treated before there is progression to more serious atrial flutter or fibrillation. The BDORT is a valuable noninvasive diagnostic test that can assist in difficult and unusual case presentations.</p> <p><b>Conclusion:</b> Even though Lyme titer was seronegative by repeated blood tests, it is important to rule out BB infection in the heart using the BDORT evaluation on the ECG.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 93	<p style="text-align: center;"><b>Detection of Allergies to Dental Anesthetics and Improve Immune System, reduce uneasiness and pain by combined use of optimal dose of Vit D3, Thymus gland stimulation and selective enhancement drug uptake method through the use the Bi-Digital O Ring Test in Dentistry</b></p> <p style="text-align: center;"><b>Jose Alaniz D.D.S <sup>1)</sup>, Yoshiaki Omura, M.D., Sc.D., F.I.C.A.E., F.A.A.I.M., F.R.S.M.<sup>2)</sup></b></p> <p>1) Assistant Professor of Integrative Dentistry, International College of Acupuncture &amp; Electro-Therapeutics</p>
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	<p>2) Adjunct Professor of Family &amp; Community Medicine, New York Medical College; President, International Association of Bi-Digital O-Ring Test Medical Societies; President &amp; Professor of International College of Acupuncture &amp; Electro-therapeutics</p> <p><b>Correspondence:</b> jga212212@yahoo.com, USA</p>
<p>By using the Bi-Digital O Ring Test (BDORT), we can detect virus, bacteria, and fungus as well as toxic and heavy metals on maxillary sinuses, teeth, lips and muscles (including the temporomandibular joint disorders) in a non-invasive manner. The following are ways BDORT can be used in a dental practice to effectively treat and care for patients. Symptoms of allergic reactions to anesthetics can vary from mild to severe, mild being transient tachycardia and anxiety to severe, being anaphylactic shock. Using BDORT, we can test different anesthetics e.g., Lidocaine, Septocaine, Citanest etc. and its' effect on our patients. By asking the patient to hold the anesthetic to be tested on one hand and the other hand should be raised and completely open. If BDORT strong positive, the patient will not experience any adverse reactions. If BDORT negative, we continue testing other available anesthetics in order to put the patient at ease. Also, the patient will feel less anxious and will feel less pain when the anesthetic is administered. According to Prof. Omura Y. on the thymus gland and organ representation area on the back side of each hand and on top of each foot. By stimulating this newly discovered technique, patients who experience anxiety during dental treatment, can feel reduced anxiety before applying dental anesthetics all while increasing their immune system. The patient that requires tooth extraction, when tooth is infected or abscessed, by manual stimulation of about 50 times improve our immune system by release of Thymosin alpha 1 and Thymosin Beta 4 and the best results can be obtained by combination of optimal dose of vitamin D3 plus thymus gland representation organ area stimulation plus selective drug uptake enhancement method (This manual stimulation of the organ representation are corresponding involves teeth and oral cavity)</p> <p><b>Conclusion:</b> Using BDORT has helped tremendously in making patient relax and increasing the immune system.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 94	<p><b>Detection of Allergies to Dental Anesthetics and Improve Immune System, reduce uneasiness and pain by combined use of optimal dose of Vit D3, Thymus gland stimulation and selective enhancement drug uptake method through the use the Bi-Digital O Ring Test in Dentistry</b> <span style="float: right;">Au</span></p> <p><b>Jose Alaniz D.D.S <sup>1)</sup>, Yoshiaki Omura, M.D., Sc.D., F.I.C.A.E., F.A.A.I.M., F.R.S.M.<sup>2)</sup></b></p> <p>1) Assistant Professor of Integrative Dentistry, International College of Acupuncture &amp; Electro-Therapeutics 2) Adjunct Professor of Family &amp; Community Medicine, New York Medical College; President, International Association of Bi-Digital O-Ring Test Medical Societies; President &amp; Professor of International College of Acupuncture &amp; Electro-therapeutics</p> <p>Correspondence: jga212212@yahoo.com, USA</p>
<p>By using the Bi-Digital O Ring Test (BDORT), we can detect virus, bacteria, and fungus as well as toxic and heavy metals on maxillary sinuses, teeth, lips and muscles (including the temporomandibular joint disorders) in a non-invasive manner. The following are ways BDORT can be used in a dental practice to effectively treat and care for patients. Symptoms of allergic reactions to anesthetics can vary from mild to severe, mild being transient tachycardia and anxiety to severe, being anaphylactic shock. Using BDORT, we can test different anesthetics e.g., Lidocaine, Septocaine, Citanest etc. and its' effect on our patients. By asking the patient to hold the anesthetic to be tested on one hand and the other hand should be raised and completely opened. If BDORT is strong positive, the patient will not experience any adverse reaction. If BDORT is negative, we have to continue looking for a strong BDORT positive anesthetic. patient will feel less anxious and will feel less pain. According to Prof. Omura Y. on the back of each hand and on top of each foot He recently found new thymus gland representation areas. By stimulating some of these areas, He found significant increase of Thymosin Alpha 1 and Thymosin Beta 4 and this not only improve circulation but increase immune activity and reduce pain significantly by 50-time manual stimulation. The patient that requires tooth extraction, when tooth is infected or abscessed, by manual stimulation of about 50 times improve our immune system by release of Thymosin Alpha 1 and Thymosin Beta 4 and the best</p>	

results can be obtained by combination of optimal dose of Vitamin D3 plus thymus gland representation organ area stimulation plus selective drug uptake enhancement method (This manual stimulation of the organ representation are corresponding involves teeth and oral cavity).

**Conclusion:** Combination of optimal dose of vit D3 plus Thymus gland representation area stimulation and selective drug uptake enhancement originally discovered by Prof. Omura Y. has become very powerful means of helping patients in dentistry

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Ab 95	<p><b>Detection Rate of Cancer Found Among High Risk Group by using Bi-Digital O-Ring Test at Shimotsuura Clinic</b>  <b>Yasuhiro Shimotsuura M.D., F.I.C.A.E.</b>  <b>President, Japan Bi-Digital O-Ring Test Medical Association; Director, Shimotsuura Clinic</b></p> <p>Correspondence: e-mail : seimei@bdort.net, FAX : +81-942-36-1961</p>
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**Introduction:** The authors conduct diagnosis and treatment of cancer using the Bi-Digital O-Ring Test (Omura, Y. 1977-2018; hereinafter referred to as BDORT), but in non-cancer patients, but introduce here the cancer case studies that occurred in non-cancer patients among the BDORT high risk group.

**Methods:** 1. We have examined 1536 outpatients (639 men, 897 females) who visited Shimotsuura Clinic (Patients who visited from January 2012 to January 2017) by using BDORT. Among them, 229 cases had cancer history, so we examined and studied 1307 non-cancer cases.

**Results:** 1. One gastric cancer (0.25% (1/394) was discovered from the Low Risk Group. 2. Four cases (prostate cancer 1; bladder cancer 1; lung cancer 1; leukemia 1) were discovered from the Middle Risk Group. The discovery rate: 2.76% (4/145). 3. 60 cases found from the High Risk Group (Colon9; Prostate 8; Gastric 8; Lung 7; Liver 6; Breast 5; Kidney4; Uterus 3; Thyroid 2; Esophagus 2; Ovary1 ; Pharyngeal 1; Duodenal 1; Transitional Cell Carcinoma1; Pancreas1, Endometrial Ca1), the detection rate was 7.94% (60/768). 4. The discovery rate of 7.94% from the High-Risk Group was 52.9 times as high as the discovery rate of 0.15% in standard cancer screening.

**Conclusion:** 1. The authors reported that when Integrin □□□ is more than 10<sup>-6</sup> g (BDORT Unit), cancer will be found in 6.38±2.74 years.

2. BDORT seems to be the biggest merit of being able to accurately diagnose the risk of cancer and to prevent cancer.

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Ab 96	<p><b>Evaluation of the Detection of Pathological Areas of Patients Using Objective Measurement Apparatus (ORT Tester) –Check of Cancer, Heart Disease &amp; Pain Patients- Yasuhiro Shimotsuura M.D., F.I.C.A.E.<sup>1)</sup>, Satoru Nio<sup>2)</sup>, Hiroyuki Maezawa<sup>2)</sup></b>                  1) President, Japan Bi-Digital O-Ring Test Medical Association; President, Shimotsuura Clinic,                  2) Yasukawa Electric Mfg., FUKUOKA</p> <p>Correspondence: e-mail : seimei@bdort.net, FAX : +81-942-36-1961</p>
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**Introduction :** As Bi-Digital O-Ring Test (BDORT) is a diagnosis method on the basic theory of the physiological phenomenon called the decline of muscular power of fingers. The authors used the ORT tester by using air system to avoid the influence of electromagnetic wave and evaluated the decline of the muscle strength and open degree of the patients.

**Methods:** Patients of the Shimotsuura Clinic are checked by BDORT method. When the open degree was more than 20%, stimulated points were evaluated as abnormal. Opposite side arm of the O-Ring shaped arm was checked as control.

**Results:** ① The detection rate of the abnormality by ORT tester was 66.2% (86/130) ② The detection rate by sex were 61.9% in male (26/42) and 68.1% in female (60/88) ③ The detection rates by ORT tester were 82.5% in pain patients (47/57), 46.2% in cancer patients (6/13), 55.6% in cancer suspicion patients (15/27) and 58.0% in ischemic disease patients (18/31).

**Conclusion:** Clearly-defined groups by using ORT Tester were (A) Cancer (Integrin □5□1 positive), (B) Ischemic disease (Thromboxane B2 positive) and (C) Pain (Substance P positive) group. With comparison by using ORT tester, highest detection rate was group (C) and group (B), (A) in order. As a

result, the detection rate was high in group (C). The comparison between the strength of BDORT resonance and the open degree and muscle tone weakness detected by ORT tester might be necessary. High detection rate of the disease in young people was remarkable.  
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Ab 97	<p><b>Study on Clinical Applications of Walnut Oil &amp; Laurel Oil</b>  <b>Yasuhiro Shimotsuura M.D., F.I.C.A.E.<sup>1)</sup>, Motomu Ohki, Msc<sup>1)</sup>, Prof. Momir Dunjic M.D., Ph.D.<sup>2)</sup></b></p> <p>1) ORT Life Science Research Institute &amp; Shimotsuura Clinic, Kurume, Japan 2) Prof. School of Medicine, University of Pristina, Pharmaceutical Faculty, Novi Sad, Serbia, University Alma Mater Europea-ECM, Slovenia</p> <p>Correspondence: e-mail : seimei@bdort.net, FAX : +81-942-36-1961</p>
<p><b>Introduction:</b> We have evaluated the clinical effects of Walnut Oil (Oil 80) &amp; Laurel Oil (Oil 10) for circulatory disorders and anti-cancer effect, dementia, depression and mixed infection of virus &amp; bacteria.</p> <p><b>Methods:</b> Out-patients of Shimotsuura Clinic were subjected. 1) Distribution of drug concentration of Oils was studied by using BDORT. 2) 0.5 cc ~ 3 cc of Oils were prepared to determine the optimal dose and adopted 3) About checking the clinical effect on Oil consumption, Reference Control Substances (RCS) were measured. As RCS, we used Integrin □□□□□□ as a cancer related substance, Thromboxane B2 (TxB2) as an indicator of atherosclerosis, and HSV, CMV, Chlamydia pneumonia, Borrelia burgdorferi, etc.</p> <p><b>Results:</b> 1) The optimal dose of Oils were 0.5~2.0 cc. 2) Abnormality in the electrocardiography was improved by drinking Oil 80, and TxB2 and the Borrelia burgdorferi of the cardiovascular disease was improved by BDORT. 3) Used in combination with other supplements (Enterococcus faecalis, Cilantro, Fucoidan etc.) in patients with various types of cancer, and drunken Oil 10, synergistic effects were seen.</p> <p><b>Conclusion:</b> Optimal doses &amp; intended use of Oils were determined by BDORT such as the brain circulatory disease and heart trouble disorder by Oil 80, and possibility to help that we raised curative effect was suggested. The Oil 10 may help it to reduce the TxB2 of cerebral circulation disorders and increase the therapeutic effect &amp; anti-bacteria effect for a virus and bacteria were suggested.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 98	<p><b>Immune Activity by Dentifrice with Special Function</b>  <b>Dr. Terumasa Takeda, D.D.S.<sup>1)</sup>, Mr. Jun Iwatsuki<sup>2)</sup></b></p> <p>1) Takeda Dental Clinic  2) Executive Director, Dentifrice R&amp;D</p>
<p><b>Introduction:</b> An intraoral environment is deeply related to lifestyle diseases. As the oral cavity is close to the brain and high rank nucleus neurologically, it is associated with an important work performing communication with neurotransmitter. We have developed high quality toothpaste, called BioPaste® which produces a promotion of health and immune activity.</p> <p><b>Methods:</b> To confirm sterilization and antibacterial effect of BioPaste®, we tested it for a type A influenza virus and norovirus. Also, we conducted a quantitative measurement, such as Acetylcholine, Sirtuin 1, and Thymosin about a change and immune function of the oral mucosa before and after the brushing with BioPaste® using RCS of Bi-Digital O-Ring Test.</p> <p><b>Results:</b> 1. By use of the BioPaste®, 99.9% of a type A influenza virus and the norovirus were inhibited. 2. The result of the quantitative measurement is as follows. The alveolar mucosa had organ representative regions corresponding to various parts of the whole body. Acetylcholine showed a tendency that the high value was suppressed in the hyperactivity part of each organ representative region and the low value increased in the function depressed part. Sirtuin 1 was a region of the temporal hippocampus, and Thymosin α 1 and Thymosin β 4 showed a significant upward tendency in the thymus.</p> <p><b>Conclusion:</b> We found that mouth care was important to non-illness measures. When we put it in the oral cavity which had high susceptibility, we confirmed that we could result in health promotion, new work of the immunoreactivity by keeping a special function to everyday toothpaste.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 99	<p><b>Quantitative Analyses of Lead Poisoning with BDORT on Canine Patients</b>  <b>Dr. Noriko Shimizu D.V.M</b>                  Acacia Animal Hospital</p>
<p><b>Introduction:</b> I had some canine patients with similar instances dysbasia syndrome. In spite of several medical examinations, they had not been diagnosed correctly, so their dysbasia syndrome had not improved by the time they visited my clinic. At the first medical examination I used a bioresonance device SCIO, and found that the device often diagnosed “Lead”, “Plastic” or “Rubber”. I considered the possibility of lead poisoning, as they all had been given plastic bones or rubber toys, which they had been licking or biting every day for many hours for several months or years. As you know, lead is added to plastic and rubber as a stabilizer.</p> <p><b>Method:</b> To confirm whether the 5 patients had much lead in their body or not, I did quantitative analyses of lead on their faces. I previously took photos of their faces, then checked the quantity of lead on the bone marrow section of the upper lids with BDORT. At the same time, I checked it on other 8 normal canines, then compared the results.</p> <p><b>Result:</b> The results showed that the 5 patients had 30-90mg BDORT units and the average was 64,5mg BDORT units. As the average of the 8 normal canines was 1.85mg BDORT units, there was obviously a difference between the two groups</p> <p><b>Conclusion:</b> BDORT was an easy and useful method to diagnose lead poisoning of canine patients.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 100	<p><b>Two cases with symptom improvements after removal of dental metals (palladium alloy) in accordance with results of the Bi-Digital O-Ring Test</b>  <b>Dr. Haruki Banba DDS</b>                  Banba Dental Clinic</p> <p><b>Correspondence:</b> midori town 1-18-1 2F Banba Dental Clinic Tokorozawa City, Saitama prefecture, Email: info@banba-dc.com</p>
<p><b>Introduction:</b> In reports of metal allergies, sensitivity to palladium is nearly the same as the sensitivity to nickel.<sup>1</sup> In cases of metal contact allergy, exposure to crown restorative metals may play a role in palladium sensitization.<sup>2</sup> Generally, metal allergies in dental treatment are diagnosed on the basis of patch test results, which are provided by dermatologists. However, the mechanisms of metal dissolution and of the development of a metal allergy within the oral cavity have not been elucidated. In patients who exhibit a dental metal allergy, remission of symptoms is reported in 55% to 75% of cases after the removal or replacement of dental metals, although the results vary among reports. However, the following points have been reported: (1) remission may require <math>\geq 2</math> years after the removal of metals; (2) worsening of symptoms may occur due to metal exposure during removal; and (3) symptoms may not improve, or may even recur, after metal replacement. Whether metals in the oral cavity are related to allergy symptoms can be determined by using the Bi-Digital O-Ring Test (BDORT). Moreover, by using the BDORT, restorative treatment materials that are not harmful to the body can be identified and used for treatment. Among patients with dental metal allergy, whom we treated using the BDORT, we encountered patients whose cases exemplified (1) and (2) above. In addition, electromagnetic hypersensitivity symptoms resolved by removing the metals. Herein, we report these cases.</p> <p><b>Method:</b> The subjects were a patient whose chief complaints were electromagnetic hypersensitivity symptoms and dermatitis (Case 1) and a patient whose chief complaint was metal allergy (Case 2). After identifying the metal restorative materials that was likely the cause of the electromagnetic hypersensitivity symptoms and dermatitis, and subsequently removing the metal, we used the BDORT to select restorative materials with no irritating effects on the body in each patient. Using the BDORT, we examined the thymic reaction<sup>3</sup> to confirm whether the restorative materials elicited a negative response from the body.</p> <p><b>Result:</b> Case 1: The patient was a 32-year-old man who visited our clinic for the first time on May 9, 2014, with chief complaints of dermatitis in the fingers, a feeling of numbness in the hands, and discomfort in a train (electromagnetic hypersensitivity symptoms). The score of the severity of</p>	

symptoms on a zero-to-ten numeric rating scale was seven. In the BDORT, the metals were removed sequentially from the sites most reactive to least reactive. The electromagnetic hypersensitivity symptoms resolved in the early phase of treatment, and then entirely disappeared. Even after all metals in the oral cavity had been removed, the dermatitis remained; it required nineteen months to resolve.

Case 2: The patient was a 50-year-old woman who visited our clinic for the first time on December 10, 2014, and requested that her dentures be made without metals because she was experiencing a metal allergy. She also wanted metals in her oral cavity replaced with non-metallic restorative materials. We confirmed that metals in her oral cavity elicited a negative bodily response with the use of the BDORT. However, when we removed the metals without precautions to prevent exposure, her skin conditions worsened.

**Conclusion:** (1) Metals in the oral cavity are a cause of metal allergy, but can cause additional nonspecific complaints. In this study, electromagnetic hypersensitivity symptoms, as well as dermatitis, resolved upon removal of dental metals.  
 (2) When the BDORT indicates that the metals elicit a negative bodily response, counter-exposure precautions, such as preventing fine metal powders from scattering, should be utilized during the removal of the metals.  
 (3) Use of the BDORT, in conjunction with expert knowledge in individual medical fields, may be an effective approach for the treatment of patients.

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Ab 101	<p><b>Relationship between Depression and Pylorus Eradication</b>  <b>Toshio Tanaka LiAc</b>                  Toyo Acupuncture and Massage Clinic (Tokyo BDORT Study Group)</p>
<p><b>INTRODUCTION:</b> We report a case of a dentist who worsened his depression because of his medical knowledge. He refused to accept the diagnosis of depression and prescription for the condition and sought for other causes. The only other diagnosis was Helicobacter pylori infection and he underwent Helicobacter pylori eradication. In spite of his expectation, strong antibiotics worsened his bowel condition and he visited our clinic.</p> <p><b>METHODS:</b> Using BDORT, we found cytomegalovirus (CMV) infection in the forehead, which is a typical finding in patients with depression. CMV infection is closely related with bowel condition. Therefore, we focused on improving his bowel condition, such as abdominal massage and heating, as well as dealing with stomach distress and weight loss due to too many unnecessary drugs.</p> <p><b>RESULTS:</b> After a few months of treatment, he experienced clearer thinking; improvement of memory, motivation, and mood; and decreased fatigue.</p> <p><b>CONCLSION:</b> The key to treatment of depression is to improve the bowel condition first. The greater the improvement is, the better the outcome will be.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 102	<p><b>Myofascial Tone and Biological Water</b>  <b>Ayuzawa S., Sakuraba H. (Japan)</b>                  Faculty of Health Sciences &amp; Center for Integrative Medicine, Tsukuba University of                  Technology  <a href="mailto:sayuzawa@k.tsukuba-tech.ac.jp">sayuzawa@k.tsukuba-tech.ac.jp</a></p>
<p><b>Introduction:</b> Bi-Digital O-Ring Test (BDORT) uses the changing of myofascial tone as an indicator of the function of the body. Myofascial tone seems to be quite sensitive and responds to a subtle stimulus, but the mechanism is still unclear.</p> <p><b>Methods:</b> The effect of subtle stimulus and the mechanism of BDORT will be discussed based on the recent research of quantum physics.</p> <p><b>Result:</b> Coherence is a good candidate for the basis of this effect. Recent research indicates that the water molecules adjacent to the connective tissues and biological membranes act as a giant coherent domain, possibly incorporating quantum coherence. According to this theory biological water is not</p>	

only a solvent of chemical substances, but also an information system of a whole body involving energy transfer. Coherent water domain resonates with the subtle stimulus, and the phase of water might affect the myofascial tone directly. Biological water may have more active role than that in the conventional biology and medicine, in creating and maintaining the order of the biological system. Water itself should be a target for the treatment of some kind of intractable disease.

**Conclusion:** Biological water might act as a sensor on the BDORT, that has a clue to discovering the function of water.

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Ab 103	<p><b>Case Studies of Rolfing Structural Integration incorporated with the Art of Yield</b>  <b>Hiroyoshi Tahata<sup>1</sup>, Yasuhiro Shimotsuura, M.D.<sup>2</sup></b></p> <p>1. Japanese Rolfing Association; Faculty of Rolf Movement®, Self-employed, 2-7-805                  Daikanyamacho, Shibuya, Tokyo,1500034,</p> <p>2. Japan Bi-Digital O-Ring Test Medical Association; President, Shimotsuura Clinic 96                  Higashimachi, Kurume City, Fukuoka 830-0032, Japan</p> <p>E-mail : info@rolfinger.com</p>
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**Introduction:** Rolfing® Structural Integration (RSI) is a system of soft-tissue manipulation and movement education to enhance function by organizing the body in gravity. For further refinement, Agneessens and Mr. Tahata evolved the Art of Yield. This approach is developed on the model of the nature of the minimum unit of life that in the presence of scaffoldings, the cell can be grounded and extend itself, which is essential for survival and growth. We witness that the touch used in such scaffoldings allows the body to yield to gravity, followed by decompression of joints and core-space expansion. **Methods:** The Ten Series of RSI incorporated with the Art of Yield was given to the client according to the sequence of Ida P. Rolf's protocol through gentle touch and the somatic resonance of the Hara (center of gravity) to guide us in our particular position in the room to set up for the order of intervention. **Results:** The photo data show structural changes with some improvements of symptoms, including chronic tension, numbness, asthma and constipation/elimination. As we see in the client photos, this work based in yielding can have lasting effect on structure. **Conclusions:** Prof. Omura and Dr. Shimotsuura reported therapeutic effect of the stimulation on the Foot Gravitation Center by Bi-Digital O-Ring Test. It suggests that functioning arch of the feet can not only enhance the adaptation to gravity, but also prevent illness. We consider that relationship of the body to gravity is a key factor of our health.

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Ab 104	<p><b>A trial to search for the cause of several intractable diseases.</b>  <b>Karo Maeda M.D., Ph.D., F.I.C.A.E., Cert. ORT-MD (Hon. 5Dan)</b></p> <p>Advance Clinic Yokohama Japan.</p>
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**Introduction:** An investigation of the cause for many intractable diseases, rare diseases, intractable cancer and congenital anomalies has been left behind so far.

**Method and Materials:** I used to manipulate RCS (reference control substances) bought from office BDORT (OMURA, Y.1977-2018) to find out bacteria, and viruses caused by insect bite that can be greatly related to the above mentioned diseases and specific virus.

**Result:** The most frequent type of diseases are concerned with tick (reacted to *Borrelia Burgdorferi*). And various kinds of viruses in insects seem to be the cause of brain tumor, breast cancer, malignant lymphoma, sarcoma, scrubs' type of stomach cancer, etc. ALS, dystonia, dermal sclerosis, Basedow's disease, congenital anomalies such as Down syndrome, cleft lip and cleft palate, branchial arch syndrome, lymphangioma, hemangioma, osteochondral dysplasia, and so forth can be suggested as probably by insect-bite.

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Ab 105	<p style="text-align: center;"><b>Electromagnetic Hypersensitivity is a Symptom of Immunity Deficiency</b></p> <p style="text-align: center;"><b>Shigeyoshi Hanano</b>, D.D.S, Cert.ORT-DDS (1 Dan)<sup>1)</sup> Ikuko Hanano, D.D.S Cert. ORT-DDS (1 Dan)<sup>2)</sup></p> <p style="text-align: center;">1) Director of Medical Corporation Ikuyuukai, Osaka, Japan 2) Co-Director of Medical Corporation Ikuyuukai, Osaka, Japan</p> <p style="text-align: center;"><b>Correspond</b> to Shigeyoshi Hanano , 14-1 Nasuzukuri - Kitamachi, Hirakata city, Osaka, Japan) (e-mail: hanadental@jewel.ocn.ne.jp)</p>
	<p><b>Introduction:</b> We have many patients who have unidentified complaint. Those patients have serious misgivings about their health. They would like to know the name of their disease. This female patient was diagnosed with electromagnetic hypersensitivity by the practicing physician who used BDORT. The doctor introduced her to our dental office. We tried to complete full-mouth re-construction with BDORT. As the dental treatment effort progressed, she rarely had any symptoms of electromagnetic hypersensitivity.</p> <p>Patient's information 52years old (the first visit) Female Chief complain: Treatment of untreated teeth, Removal of metal-material She had many allergy and hypersensitivity, (For example, chemical-hypersensitivity) Treatment progress She had many allergy, chemical-hypersensitivity and electromagnetic-hypersensitivity. To begin with Removal of metal-material Establishment of occlusion with BDORT Titanium-implant is evaluated positive with BDORT by the practicing physician. Titanium-implant has no relation with electromagnetic-hypersensitivity Evaluation views She had tolerance of her many symptoms, as her exact occlusion established. She had good condition of intestinal environment. She had three implants. Consideration Department of Environment of Japan published a comment. "Everyone has his own nonspecific symptom. This is the peculiarity of electromagnetic hypersensitivity. The cause of electromagnetic hypersensitivity is undetermined. But many patients insist that they have symptoms of hypersensitivity in electromagnetic fields. The symptoms of patients interfere with something on their daily life. But there is no causal relationship." I.O. (World Health Organization) expressed its opinion about electromagnetic fields and public health in 2010. We had many patients who had true acts had unidentified complaint. Dentist can make exact occlusion with BDORT. As a result, patients have immune strength from better intestinal condition and resistance to the hypersensitivity. <b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>

Ab 106	<p style="text-align: center;"><b>A Case of Acupuncture and Moxibustion Treatment Using Bi-Digital O-Ring Test</b></p> <p style="text-align: center;"><b>Tamae Hara</b> Cert. ORT-Lac (1 Dan) <sup>1)</sup> , <b>Ryota Fujiwara</b> M.D., Cert. ORT-MD (2 Dan)<sup>2)</sup></p> <p style="text-align: center;">1) Oriental Medical Clinic Asakusa Etre • Ginza Etre, Tokyo 2) SUN PARK Nakanoshima Clinic、 Hyougo Pref., Japan</p> <p style="text-align: center;"><b>Correspondence:</b> TEL&amp;FAX : +81-3-5828-8222,03-3563-3078, e-mail : ra678tae@etre1.com</p>
	<p><b>Background:</b> 66 years old female breast cancer (ulcerative tumor) Chemotherapy treatment at Herceptin three months after the end of radiotherapy. Treatment of the illness that ulcerative breast cancer, cells that treatment was difficult tore skin, and decoction resulted from an exposure, and a limit of the everyday life occurred because of bad smell and bleeding was</p>



improved by having chosen the diseased treatment point that was the essence among application of the maximum resonance points applied of BDORT (Bi-Digital O-Ring Test, Y. Omura1977-2018).  
**Purpose:** We selected the treatment hole by using BDORT, rather than the base selected from disease from the classical acupuncture. The hole name was called the resonance hole.  
**Method:** Because the treatment method of our clinic is wave acupuncture, I invaded acupuncture in the direction of penetration, the depth examined by BDORT in the resonance hole. The same resonance hole is carried out for the wave treatment which decided the direction and the depth.  
**Result:** Although it was difficult in a hole from classical traditional medicine, application of BDORT made original treatment with immediate effect, the ulcer part had disappeared early and began to make an acne.  
**Conclusion:** We felt it when we could apply it to various disease by using BDORT for acupuncture and moxibustion fluctuation treatment or other Orient medical care.  
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Ab 107	<p><b>The research of the resonance sensitivity of fingers (Resonance Ball) on Bi-digital O-ring test</b>  <b>Ryota Fujiwara M.D., Cert. ORT-MD (2 Dan)</b></p> <p>Address: The 3rd World Bldg. 2F, 9-16 Sugahara-cho, Kita-ku, Osaka-City, OSAKA, Japan                  Postcode: 530-0046</p> <p><b>Correspondence:</b> TEL: +81-80-1427-3973, e-mail: fuji23ryo56@gmail.com</p>
<p><b>Introduction:</b> “Indirect method” is commonly used when we diagnose patients by using Bi-Digital O-Ring test (BDORT). If the third person in BDORT is sensitive, we can diagnose the patient accurately and rapidly. Therefore, we generally choose the third person who has sensitive fingers for diagnosis. We compared those who have sensitive fingers and insensitive fingers and researched their mechanism and difference.</p> <p><b>Method:</b> 1. We diagnosed patient by BDORT using “Indirect method”. One is finger-sensitive, and another is finger-insensitive. 2. We checked the third person’s finger and metal rod, specifically, the specific energy field during the examination of BDORT.</p> <p><b>Result:</b> As a result, we found out that “a special field” which resonates with neurotransmitters generated. The field is ball-shaped with a diameter of 1-2 cm. The field generates from around wrist which move to fingertips or the tip of metal rod. The field is called “resonance-sensitivity-related ball-shaped field” but will be called “resonance ball” as a shortened form in this report. In the case of a “sensitive third-person”, this “resonance ball” moved to fingertips or the tip of metal bar smoothly. While in the case of “insensitive third-person”, the “resonance ball” couldn’t continue to move and had stopped at the middle of fingers or metal rod. Furthermore, the neurotransmitters which resonate with the “resonance ball” is Acetylcholine 20 □g, Noradrenalin 10 □g, □-Endorphin 10 □g, Dopamine 10 □g, GABA 10 □g, Serotonin 10 □g.</p> <p><b>Conclusion:</b> Therefore, to diagnose patients by BDORT correctly, we should carefully check the resonance ball’s position especially if it is located at the fingertip or tip of metal rod.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 108	<p><b>Changes in the factors contributing to improvement of medically unexplained symptoms by bite plates prepared based on Bi-Digital O-Ring Test: 2. Changes in breathing</b>  <b>Nobuko Horiuchi, DDS, Ph.D, FICAE, Cert. ORT-DDS (4 Dan)</b>                  Dentistry Section Head, Japan Bi-Digital O-Ring Test Association, Shinbashi Dental Clinic,                  Minato-ku, Tokyo</p> <p><b>Correspondence:</b> e-mail: p-nobuko@cap.ocn.ne.jp</p>
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**Introduction:** At ECIM 2016 Conference in Hungary, we reported on the changes in the volume of the oral cavity as one of the factors contributing to the improvement of medically unexplained symptoms (MUS) by treatment with bite plate (BP) prepared based on the Bi-Digital O-Ring Test (BDORT). This is the report on another contributing factor, the changes in breathing.

**Methods:** We evaluated the breathing status during sleep with or without the BP in patients attending our clinic with chief complaints of MUS who were considered improved after 6- to 12-month treatment with a BP prepared based on the BDORT technique by performing polysomnography (PSG) using the WatchPAT200U system of Philips (FRBSH), a diagnostic aid for obstructive sleep apnea syndrome (OSAS).

**Result:** The use of the BP resulted in changes in the following: 1) the low oxygen state caused by apnea, 2) Apnea-Hypopnea Index (AHI), 3) the quality of sleep, 4) presence of arrhythmia, and 5) presence of other sleep disorders.

**Conclusion:** The use of the BP can increase the blood flow to the temporal areas of the brain by decreasing the pressure on the mandibular fossa, relieve nerve compression, and increase the volume of the oral cavity, which means the increased tongue space (where the continuously moving tongue is placed), leading to easier breathing and improvement of MUS.

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Ab 109	<p><b>The Role of Dental Activity of Instinctive Physiological Behavior of Saliva Swallowing</b></p> <p><b>Fujimaki Goro</b> D.D.S., Ph.D., Cert. ORT-DDS (4Dan)</p> <p>Pastoral Dental Office, Ueno, Taito-city, Tokyo, Japan</p> <p><b>Correspondence:</b> e-mail: info@Pastoral-shika.net, Fax: +81-3-3836-3418</p>
<p><b>Introduction:</b> There are cancer and dementia that are unnoticed and diseased which is difficult to recover even if it is treated. To develop in the unconscious without noticing this, the role of dentistry is examined by measuring the amount of telomere which becomes an index of the health level of the tissue cell how the disease and the oral function of the cancer and the dementia</p> <p><b>Results:</b> According to this study, it was found that lifestyle of oral function by contacting teeth and eating at unconscious saliva swallowing greatly affects increase and decrease of telomere. In BDORT conformed occlusion, while under normal living, unconscious saliva swallowing increases telomere twice.</p> <p><b>Consideration &amp; Conclusion:</b> Saliva is involuntarily swallowed 1,000–2,000 times a day as an instinctive physiological behavior. An increase or decrease in telomeres on chromosomes in cells is closely related to the involuntary swallowing of saliva and contact between the upper and lower teeth as part of masticating and swallowing during meals. This contact increases the abundance of telomeres in individuals with proper occlusion according to BDORT, it stabilizes their mental and physical state, it preserves youth, and it restores and maintains health. In individuals with malocclusion according to BDORT, however, the abundance of telomeres decreases. Aging is hastened. This silently leads to the development of depression, dementia, cancer, or an infection, and the individual's mental and physical state worsen. The involuntary swallowing of saliva is an instinctive physiological behavior that occurs involuntarily, and this behavior increases the abundance of telomeres. In a similar manner, the role of dentistry could use BDORT to correct occlusion. This would allow the elderly to live full, healthy lives.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 110	<p><b>A consideration about infections of breast cancer</b></p> <p><b>Hironori Ishii</b>, M.D., Ph.D.</p> <p><b>Advance Clinic Tokyo</b></p> <p><b>Correspondence:</b> advanceclinetokyo@yahoo.co.jp</p>
<p><b>Introduction :</b> In current Japan, breast cancer is the 1st ranked prevalence of female cancer and cancer with mortality rate 5th. However, in terms of women in their 40s to 50s age, their mortality rate is 1st. The 40s and 50s are also parenting generations, and it is also a period of fullness in life. You should</p>	

avoid it if you can avoid a major illness, and even if you suffer from it, anyone who wants to return to real life promptly thinks anyone. According to a survey by the International Agency for Research on Cancer (IARC), an external organization of the World Health Organization (WHO), the proportion of cancers arising from chronic inflammation associated with persistent infections of viruses and bacteria, it is estimated to be around 18%. However, treatment of breast cancer in modern standard medical care involves surgery, hormonal agents, anticancer agents, etc. And there is little search and treatment about infectious diseases. We report on the morbidity of infectious diseases in those who were diagnosed with breast cancer at other medical institutions from April 2014 to May 2017 and then visited our hospital.

**Methods:** This investigation against breast cancer patients who have visited Advance Clinic Tokyo during the period of April 2014 to May 2017 was conducted using the Bi-Digital O-ring Test (BDORT) method, specifically involving disease infection and exposure to heavy metals.

**Result :** The 50 cases investigated consisted of 19 right breast cancer (38%), 29 left breast cancer (58%), and 2 bilateral breast cancer (4%). There were 1, 9, 11, 9, and 12 cases for each of the stages from 0-IV respectively, with the other 8 cases with unknown stages. The Histological classifications were 31 cases of infiltrating cancer, 6 of non-infiltrative cancer, and 13 unclassified. The Subtype classifications were 23 Luminal A cases, 2 Luminal B cases, 5 HER-2 positive Luminal cases, 2 BHER-2 overexpression cases, 9 Triple-negative breast cancer (TNBC) cases, 1 TNBC+HER-2 overexpression case, and 8 unclassified. Following the confirmation of cancer activity of the above cases by the BDORT method, further investigation was done on the infections and exposures to heavy metals in the affected areas. The infections and heavy metal exposures investigated are; flea, spider, cicindela, jellyfish, centipede, nematode, fluke, Mycobacterium tuberculosis, candida, mercury, *asbestos*, *Borrelia-Burgdorferi* (*Borrelia*), Botulinum, Chlamydia trachomatis, EB virus (Epstein-Barr virus), Heavy metal, Human papilloma virus (HPV), cytomegalovirus (CMV). As a result, the infection or exposure rate to flea ticks, jellyfish, cicindela, HPV, CMV and mercury was significantly greater in Breast cancer cases.

**Conclusion:** Furthermore, when seen from the aspect of stages, the results demonstrated that the variations of infections and exposure increased as the disease progressed. Moreover, considering that the infection rate to HPV was exceptionally high in breast cancer compared to the other infections and exposures, it is possible that it effects as an aggravating factor against breast cancer.

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Ab 111	<p><b>Clinical Diagnosis of Toxoplasmosis Using Bi-Digital O-Ring Testing</b>  <b>Hirokazu Yamaguchi, M.D., Cert. ORT-MD (2 Dan),</b>                   Yamaguchi Internal Medicine Clinic, Saga Prefecture, Japan</p> <p><b>Correspondence:</b> Email: yamacli@celery.ocn.ne.jp, Tel: +81-952-62-9885, Fax: +81-952-62-9886)</p>
<p>Toxoplasmosis is a disease caused by parasites inhabiting cats as their final hosts. Congenital toxoplasmosis is considered particularly troublesome. About 30% of the world's population is believed to be infected by this disease, whereas most adults develop no symptoms even if they become infected. As a result of the Bi-Digital O-Ring Tests (aka BDORT; invented in 1977 by Yoshiaki Omura, M.D.,) conducted at our clinic, as many as 107 toxoplasmic cases were diagnosed in six months from July 1, 2017, to December 31, 2017, by utilizing microscopic images. The infections were found particularly among individuals in their 40s through 70s, probably due to their lowered immunity. The male to female ratio was approximately one to three, probably because women took care of cats and engaged in gardening more often than men in their lifestyles. Symptoms include numbness and/or pain in the limbs, joint pain, muscular pain, visual impairment, and dementia. Considering the incidence of toxoplasmosis, this disease was found to be a common and important disease in routine clinical practice. <i>Anchusan</i>, a Chinese herbal medicine, is often effective in treating toxoplasmosis. As preventive measures, it is recommended to avoid eating raw meat, wash vegetables carefully, and wash hands thoroughly after any gardening work.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab	<p><b>Does Rectal Ozone insufflation have the same BDORT evaluation effect as Ozone Auto Hemo Therapy?</b></p>
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112	<p><b>Wendy Falzoni, MD.<sup>1)</sup>, Carla Leal, MD.<sup>2)</sup></b>  1) Director of Brazilian Bi Digital O-Ring Test Association  Integrative Medicine, President of Colégio Médico Brasileiro de Ozonioterapia  2) Anesthetist, Accreditation in Pain, Medical Assistant at the Anesthesia Residence HI-SUS, Director of Colégio Médico Brasileiro de Ozonioterapia  (Correspondence: e-mail: falzoniw@gmail.com)</p>
<p>Ozone therapy is a medical treatment which uses a gas mixture of 98% oxygen and 2 % ozone that reacts with all cellular membranes with double carbon bond. Once interacting with the cell membrane promotes equilibrium of the biological functions through Nrf2. Stabilizes oxidative stress, influences the synthesis and liberation of eicosanoids, kills germs, promotes immunologic modulation, metabolism regulation, increases oxygen metabolism, increases levels of ATP, helps meliorate blood rheology. Ozone therapy can be applied through rectal insufflation, vaginal insufflation, peritoneal insufflation, major auto hemo therapy, minor auto hemo therapy, local injections and topic administration, through ozonated water baths, topical ozonated water and applying ozonated oil. To our knowledge there are no papers comparing the results obtained with Bi-Digital O-Ring Test optimal dose measured at the Thymus chest point of ozone therapy via rectal insufflation with BDORT optimal dose via Auto Hemo Therapy. Our study protocol evaluated 17 patients treated with rectal ozone therapy. BDORT measurements of mercury, telomere, thromboxane B2, acetylcholine, Candida albicans, Chlamydia trachomatis, Borrelia burgdorferi, and herpes simplex virus Type 1 were done over the patients picture taken just prior to the treatment at the hippocampus point at the patients forehead marked with hippocampus slide through BDORT test and another picture right after the ozone therapy and BDORT measurements were obtained over these pictures. We could notice that mercury BDORT measurements taken prior to the procedure were practically eliminated not only by administration of optimal dose of ozonated gas through rectal insufflation but also ralph optimal dose via rectal insufflation, but almost no effect when treated by ralph optimal dose auto hemo therapy. The effect with ralph optimal dose major auto hemo therapy was very little in improving Bi Digital O-Ring test measurements above where with rectal insufflation optimal dose had better results. When performing ozone Auto Hemo Therapy where blood is withdrawn from the patient into a sterile resistant ozone bag, ozonated and reinfused back to the patient anti-coagulant must be used. In the past the gold standard was to use heparin and lately sodium citrate has been recommended. In this study we performed auto hemo therapy using heparin 0.3 ml for every 100 ml of blood as anticoagulant for 17 patients and 11 cases with sodium citrate 10%, 520mg for every 100 ml of blood. In the heparin group the mean age was 49.3 years (31-71) while in the citrate mean age 62,4 (44 - 79 years old). All patients where from a pain clinic. The thymus representation area at the patient's chest was marked by Bi Digital O-Ring test using thymus slide as well as the hippocampus representation area using hippocampus slide at the patient forehead. The optimal dose was measured at the patient's representation area of the Thymus then a picture which showed the thymus area and the hippocampus area previously marked of each patient was taken just prior to the procedure and another right after the ozone auto hemo therapy ended. The volume of blood in the bag was the same of the volume of the mixture oxygen/ozone determined by optimal dose. We measured at each picture by BDORT: B endorphin, mercury, asbestos, telomere 1, thromboxane B2, acetylcholine chloride, Candida albicans, Chlamydia trachomatis, Borrelia burgdorferi, Herpes simplex Virus Type 1. The results obtained were compared between the ozone auto hemo therapy group in which heparin was used and the group were sodium citrate was used. Finally, we looked at the results obtained with optimal dose of ozone therapy by rectal insufflation from the paper previously presented and optimal dose of auto hemo ozonated therapy.</p> <p><b>Results:</b> For the heparin group Bendorphin had a median increase of its's parameters measured by BDORT units of 4041%, telomere of 917 %, acetylcholine of 50530%. The following decreased: thromboxane B2 of 85%, Candida albicans of 90%, Chlamydia trachomatis of 60%, Borrelia burgdorferi of 50%, asbestos of 49%, Herpes simplex virus 1 of 70%, mercury of 97% and for asbestos of 49%. For the Citrate group an increase of the parameters measured was detected for Bendorphin of 1024%, telomere of 888% and for acetylcholine 965515. A decrease for the following citrate group parameters: Mercury 86%, thromboxane B2 of 71%, Candida albicans of 87%, Chlamydia trachomatis of 53%, Borrelia burgdorferi of 43%, asbestos of 61% and for herpes simplex type1 of 66%. <b>Conclusion:</b> Optimal dose of Ozone Auto Hemo Therapy using heparin or citrate to treat pain patients meliorate the parameters studied. Although the number of patients were not large populations we may see a trend where apparently using heparin the results tend to be better except for acetylcholine and asbestos which seem to respond better in the sodium citrate group. When comparing to previous study done with BDORT evaluation on the picture taken just prior and right after ozone rectal insufflation optimal dose and even with ralph of the optimal dose showed an impressive decrease of the levels of mercury and asbestos better than the results obtained with ozonated major auto hemo therapy. Future studies should</p>	

be carried out with larger populations and also evaluate the results of combined rectal insufflation with auto hemo therapy.  
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Ab 113	<p><b>Bi-Digital O-Ring Test Selected Treatments Applied to Quantum Therapy</b>  <b>UNO, L. H., M.D.</b></p> <p>Master Degree of Medical São Paulo University <sup>(1)</sup> Cert. ORT-MD (1Dan), Gynecology, Acupuncture Specialist, Functional Medicine.  <b>Correspondence:</b> Rua Domingos de Morais, 2187, Bloco A – Paris, 4° andar, conj 408 e 409. Saúde. São Paulo City, São Paulo State, Brazil; CEP: 01311-000, Tel: +55-11-3253-9423, 3514-8502. E-mail address: <a href="mailto:luharasawa@gmail.com">luharasawa@gmail.com</a>)</p>
<p><b>Introduction:</b> Bi-Digital O-Ring Test (BDORT) was created by Professor Yoshiaki Omura in 1977. As part of Integrative Medicine, BDORT treatment transcends symptoms relief, addresses the correction of causes; aims optimize general physiology; has socio-psycho-somatic-spiritual systemic view. In forty years of multi-centric research, the worldwide BDORT practitioners have selected several efficient treatments for many medical conditions. These therapeutic agents were transformed into homeographies, electronically prepared water incorporated with frequency patterns of substances. In previous presentation, the author reported similar biological effects between homeographies and their corresponding ponderals. The goal of this study is to verify if mixtures of frequencies copies of several molecules would bring similar results compared with their corresponding ponderal formulas.</p> <p><b>Material &amp; Methods:</b> A formula with many selected compounds was created in homeography, named Restore Energy. Patients with different complains were examined by BDORT. The results before and after an optimal BDORT doses of Restore Energy were compared. On a second evaluation, in 2 to 7 days, a new BDORT was performed.</p> <p><b>Results:</b> A significant change in patient’s health condition was observed, with RCS almost at normal values at the second look. The recovery was surprisingly fast. Frequency copies mixed together had the same effect as ponderal formulas.</p> <p><b>Conclusion:</b> Further studies in quantum therapy should be done in order to reduce the amount of medicines and its doses prescribed, to lower the costs, to reduce side effects, to decrease the number of patient’s returns, achieving better and faster results.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 114	<p><b>APPLICATION OF THE BI-DIGITAL O-RING TEST ON ACUPUNCTURE AND COMPLEMENTARY (INTEGRATIVE) MEDICINE (HOLITHERAPY)</b></p> <p><b>Prof. Dr. Kemal Nuri Ozerkan, M.D., Ph.D, F.I.C.A.E.(4.Dan)</b></p> <p>Istanbul University, Faculty of Sport Sciences, Chairman of Health and Sports Sciences Department,  <a href="mailto:kozerkan@gmail.com">kozerkan@gmail.com</a></p>
<p>Yoshiaki Omura MD discovered a new medical technique using digital muscle strength. In 1977 that Yoshiaki Omura M.D., discovered the Bi-digital O-Ring Test (BDORT) which led to proposed new medical diagnostic techniques such as the “therapeutic effect” and the “resonance phenomenon” .                  BDORT can be used in various condition:</p> <ol style="list-style-type: none"> <li>1)Which acupuncture points indicate the distortion in the Body-Mind relation</li> <li>2)Effective time usage for the diagnostic process,</li> <li>3)To find which acupuncture points are more efficient for the treatment in the meridian networks,</li> <li>4)Measurements of the sensation to the external factors,</li> <li>5)Measurement of the effect of applied medications -to evaluate the accuracy of indirect Bi-Digital O-Ring Test in determination of localization acupuncture points,</li> </ol> <p>Resonance Phenomenon was tested with 2 LC resonance circuits of identical frequency. One LC circuit on was placed the palm of the hand of the O-Ring hand and one at distance. A substance outside of the body will resonate with one inside the body. Useful for detection of anatomical cells such as cancer ,</p>	

pathogens such as bacteria, elements such as heavy metals, substrates such as telomerase, and medicines such as antibiotics Used for mapping organ meridians, representation areas and acupuncture points. Used for scientific study of pathophysiologic processes using quantitative measurements of humoral elements of the body such as neurotransmitters e.g. acetylcholine in the brain or telomerase in cells A therapeutic substance will strengthen a weakened O-ring.

There are three fundamental methods developed for use by the BDORT

1)“resonance phenomenon” or using the O-ring to make the body a “scanner” to detect substances not in direct contact with the examiner.

2)“therapeutic effect “using the BDORT for detecting correct treatments,

3)“enhanced drug uptake “using the BDORT to develop methods to make remedies work better in the body. “resonance phenomenon” or using the O-ring to make the body a “scanner” to detect substances not in direct contact with the examiner.

Beside these, BDORT is useful for measuring proper dose of remedy: For choosing effective remedy, for discovering new remedies, for explaining ineffective dose or remedy. Using the BDORT as monitoring device new methods were discovered to enhance the therapeutic effects of known medicines such as antibiotics and to show that inexpensive non-medicinal substance such as fish oil had medicinal effect.

“Therapeutic effect” using the BDORT for detecting correct treatments, “Enhanced drug uptake” using the BDORT to develop methods to make remedies work better in the body.

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Ab 115	<p style="text-align: center;"><b>HOW BDORT HELPED THREE MALFORMED FETUS- PRESENTATION OF 3 CASES</b></p> <p style="text-align: center;"><b><u>IWASA, SUMIE</u></b>, M.D., Orthopedist, F.I.C.A.E, Cert. ORT-MD (4 Dan) SUKO, EMY VIVIANNE, M.D., Radiologist HONDA, MARIA IRENE, M.D., Acupuncturist, Radiologist JOJIMA, TAKASHI, M.D., Acupuncturist, F.I.C.A.E, Cert. ORT-MD (4 Dan)</p> <p style="text-align: center;"><b>Correspondence:</b> Rua Joaquim Floriano 820, cjto 21, Itaim Bibi – Sao Paulo – SP –Brazil; CEP: 04534-003 Tel: (55) (11)3168-8500 e-mail: sumie.iwasa@gmail.com</p>
	<p>Summary: Many times, we had to take care of newborns due to several clinical situations. In breastfeeding babies, we usually give herbal medicine and acupuncture to the mother in order to treat the baby’s pathology. BDORT is essential to choose the proper medication and we consider this approach as a kind of enhanced uptake method.</p> <p>We present three cases of pregnant women whose fetus had congenital malformation diagnosed in the prenatal care who were treated in this way.</p> <p>1 st. Case – Right Pulmonary cyst in the fetus, diagnosed at 26 weeks of gestation 2º. Case - Hydro nephrosis in the left Kidney of the fetus, diagnosed at 34 weeks of gestation 3º. Case - Choledochal cyst in the fetus, diagnosed at 30 weeks of gestation</p> <p>In all three cases there were signs of improvement of the anomalies presented.</p> <p>The follow-up continued after birth and all the infants had excellent vitality indexes.</p> <p>Key words - Pulmonary cyst in fetus, Hydronephrosis in fetus, Choledochal cyst in fetus, acupuncture, herbal</p> <p>References:</p> <ol style="list-style-type: none"> <li>1. Omura, Y., Practice of Bi-Digital O-Ring Test. Ido-no-Nihon-sha, Tokyo and Yokozuka, Japan, 1986.</li> <li>2. Omura Y. “A new, simple, noninvasive imaging technique of internal organs and various cancer tissues using extended principles of the “Bi-Digital O-Ring Test “without using expensive imaging instruments or exposing the patient to any undesirable radiation-Part I”. Acupuncture &amp; Electro - Therapeutics Research. The International Journal. Vol 10, pages 255-277, 1985</li> <li>3. Omura, Y., Electro-magnetic Resonance Phenomenon as a Possible mechanism Related to the Bi-Digital O-Ring Test Molecular Identification and Localization Method. Acupuncture&amp;Electro-Therapeutics Res., Int. J., Vol 11, N° 2, pp127-145, 1986.</li> <li>4. Omura Y. “Re-evaluation of the classical acupuncture concept of meridians in oriental medicine by the new method of detecting meridian-like networks connected to internal organs using Bi-Digital O-Ring Test” Acupuncture &amp; Electro -Therapeutics Research. The International Journal. Vol 11, pages 219-231, 1986.</li> <li>5. Omura Y. “Meridian-like networks of internal organs, corresponding to Traditional Chinese 12 main meridians and their acupuncture point as detected by the “Bi-Digital O-Ring Test imaging method”: search for the corresponding internal organ of western medicine for each meridian Acupuncture &amp; Electro-therapeutics Res. Int. J., vol12, pp 53-70, 1987</li> </ol>

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Ab 116	<p style="text-align: center;"><b>Comparison of NMN, NAD and Sirtuin using the Bi-Digital O-Ring Test: a Cross-Sectional Study Comparing Cancer and Non-Cancer Patients</b></p> <p style="text-align: center;"><b>Gustavo Vilela, MD</b>  <b>Correspondence:</b> Rua Barão de Capanema, 98 ap 22  01411-010 São Paulo, SP – Brazil <a href="mailto:gvilela1000@gmail.com">gvilela1000@gmail.com</a></p> <p>Nicotinamide adenine dinucleotide (NAD), is a coenzyme that plays a very critical role in a wide range of cellular reactions. It is required for DNA synthesis, is involved in cellular redox reactions and plays integral role in basic energy metabolism such as glycolysis, citric acid cycle, and mitochondrial electron transport.<sup>1</sup>The chemistry of this molecule allows it to serve both as an electron acceptor (in its oxidized form, NAD) and as an electron donor (in its reduced form, NADH) in reactions catalyzed by enzymes of the mitochondrial electron transport chain, leading to the generation of ATP during oxidative phosphorylation.<sup>ii</sup> Therefore, ATP synthesis and redox potential is directly proportional to intracellular NAD concentrations.<sup>2</sup>NAD is a substrate for many NAD-dependent enzymes and is a key substrate for signaling enzymes such as polyADPriboseyl-polymerases, sirtuins, and ADPriboseyltransferases.<sup>iii</sup> As a consequence the ratio of NAD<sup>+</sup>/NADH regulates many aspects of metabolism, including DNA repair, stress resistance, and cell death.<sup>iv</sup> NAD and its precursor nicotinamide mononucleotide (NMN) levels decline with age and NADH level increase<sup>v,vi,vii</sup> as well the incidence of many types of cancer increase with ageing.<sup>viii,ix</sup> By regulating diverse pathways<sup>x</sup> and by inducing apoptosis, DNA repair and increasing cell defense it is believed that the amount of available NAD could influence the malignant transformation. Namely, NAD is involved in molecular processes that are important early in cancer development, including DNA repair, stress responses, signaling, transcription, apoptosis, metabolism, differentiation, chromatin structure, and increased life span.<sup>xi</sup></p> <p><b>METHOD:</b> In order to confirm the the participation of NAD, NMN and sirtuin in cancer development, we measured these parameters with the Bi-Digital O-Ring Test using Reference Control Substances (RCS) provided by ORT Life Science Research Institute (Kurume City, Fukuoka, Japan) in a group of cancer patients. The results were compared to non-cancer patients. The areas where the parameters were masured were: thymus gland, periphery (biceps brachialis) and a negative area (pathological). In the cancer patients the pathological area was the tumor area.</p> <p><b>STATISTICAL ANALYSIS:</b> Non-normally distributed quantitative variables were compared between two groups by using Mann-Withney test. Non-normally distributed data was reported as median and inter-quartile range (IQR). Normality was assessed by visual inspection of histogram plots and use of Shapiro-Wilk normality test. All statistical analyses were performed with R Statistical Software (R Foundation for Statistical Computing, Vienna, Austria). All reported p-values were two-sided and p &lt; 0.05 was considered statistically significant.</p> <p><b>RESULTS:</b> a total of 207 patients were recruited, median age 45.68 ± 17.76, female (n = 111 – 53.6%) and male (n = 96 – 46.4%). Non-cancer patients (n = 78), cancer patients (n = 129). Cancer patients when compared to non-cancer patients had a significant lower NMN level in the thymus gland (75 ng vs 100 ng, p=0.038), lower NAD level in the thymus gland (90 ng vs 100 ng, p=0.009), lower level of NAD in the periphery (5 ng vs 7 ng, p=0.002), lower sirtuin in the negative area (0.3 pg vs 8.5 pg, p&lt;0.0001), lower NMN level in the negative area (0.4 ng vs 7 ng, p&lt;0.0001) and lower NAD level in the negative area (0.4 ng vs 8.5 ng, p&lt;0.0001). There was no statistical difference in the parameters when cancer patients were compared as having early (subclinical disease) or active (clinical disease).</p> <p><b>DISCUSSION:</b> Extremely low NMN, NAD and sirtuin 1 in the tumor area represents: the mitochondrial impairment normally found in cancer, high oxidative stress (high PARP and NAD consumption) in the tumor area, leading to sirtuin reduction. These abnormalities occur very early in the pathogenesis of cancer, even in subclinical (very early) cancer.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>
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**Ab 117** **HAPPINESS IS WHEN CONSCIOUS STATE AND SUBCONSCIOUS STATE MEET IN ACCORD**

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**Introduction:** Definition of happiness varies from one person to another. In the past, researches about happiness have used money, beauty prestige (social status), health, etc, as indicators but no definitive same conclusion could be drawn or found. From my personal research and observation, I feel true happiness could only be found on people when their conscious state and subconscious state are met, in another words, when both states are harmoniously in accordance. If both are in conflict, no true happiness could be found. Through several decades, some hospital resident doctors who attended my seminars have partaken the survey, using Bi-digital O-Ring Test to substantiate my hypothesis and found the true happiness exists in the people who truly enjoy what they are doing for the pure love and passion of their activities. Since all subjects were the postgraduate resident doctors, those who found satisfaction and happiness are those who have great passion for their chosen health profession, regardless of money, prestige, health etc. In order to have such a passion, the individual must have his or her conscious state and subconscious state in harmonious accord and agreement toward his or her chosen profession or task as prerequisite.

**Methods:** Fifty six subjects participated in this research, using ‘money (or potential money to make in future)’, ‘prestige’, ‘helping patients or others’, ‘passion for the health profession’, and ‘all of the above’ as indicators for data collection, and employing direct method of Bi-digital O-Ring Test (BDORT) scores with Visual Analog Scale (6 = most happy, and 0= least happy. the negative scores were unhappy) to measure their satisfaction and happiness for their chosen field in the profession. From scores of 4 to 6 meant very satisfied and happy, 4 to 2 was moderately happy, and 2 to 0 somewhat happy. Any negative BDORT scores were considered unhappy. Since all residents received base stipends from the hospitals to cover their living expenses, using the financial indicator for the most fundamental basic needs for livelihood was not included for the study. In order to avoid any manipulation or maneuver by any participant, none of them were told the mechanism how did BDORT work. Since any question-answer inconsistency will cause BDORT to open, we would disregard those inconsistent data or until they would agree to answer the question honestly.

**Results:**

Total Subject: #56	In the beginning of the post-graduate training	At the end of the post-graduate training	At the end of the post-graduate training	At the end of the post-graduate training	At the end of the post-graduate training
Entering the chosen health Profession	Most satisfied and very happy BDORT 6-4 (+)	Most satisfied and very happy BDORT 6-4 (+)	Median Satisfied and Happy BDORT 4-2 (+)	Somewhat Happy BDORT 2-0 (+)	Least Happy BDORT (-)
Mostly for the potential money to make in future	15	4	4	5	5
Mostly for prestige	9	3	3	1	3
Mainly to help people	8	5	5	1	1
Purely due to passion and love for the profession	6	5	1	0	0
All of the above	18	7	7	5	4



**Discussion:** Most fresh graduates felt happy with high degree of satisfaction upon graduation because they were proud of the degrees they earned after intensive years of schooling, and that they finally reached their life long dream to become a doctor. But the reality of the life in hospital for most residents was another matter. Being a new comer and relatively inexperienced, he or she may encounter complaint from patients, undergo criticism by the attending teaching staff, and suffer fatigue due to the long working hours as well as to be on call duty frequently as required. Therefore their feelings of happiness or satisfaction fluctuated from time to time during the hospital residency year(s). Toward the end of residency, facing unknown situation about future practice, they may unfold certain feeling of uncertainty and insecurities, therefore their senses of happiness may change. This explained why their feeling of happiness sloped off as compared at the beginning of the residency training.

**Conclusion:** There were unequivocal data from our study that supported the assertion that the utmost happiness derives from pure love and passion of the career or activities one choose to devote to, and, in order to have such a passion, the conscious state (action or undertakings) and the subconscious state (passion, attachment, devotion etc.) have to meet in harmonious accordance. If one is unhappy deep inside of heart about certain action, activities or career (unconscious state), one would not willingly do one's job in the conscientious manner (conscious state), resulted with less than desirable outcome, due to perfunctory in attitude and reluctant in effort to get things done satisfactorily. If one raise one's level of positivity, then one's brain experiences what is called Happiness Advantage that the brain at positive, performs significantly better when it does at negative, neutral or stressed. Bi-digital O-Ring Test substantiate conscious state and subconscious state in harmonious accord

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Ab 118	<p><b>Early detection of risks for developing and onset of Autism Spectrum Diseases (ASD): BDORTnon-invasive testing and Nagalase blood testing</b></p> <p><b>Momir Dunjic</b>, MD, PhD, F.I.C.A.E., Cert MD-ORT (4DAN), Ass Prof of Ob/Gyn &amp; Integrative Medicine, School of Medicine, University of Pristina, Faculty of Health Science, AMEU-ECM Maribor, Faculty of Pharmacy Novi Sad, President Serbian Medical Acupuncture Society, President Serbian Association of Integrative Medicine; Member of Executive Board of European Society of Integrative Medicine, Belgrade, Serbia</p> <p><b>Olja Njaradi</b>, Speech Specialist, BDORT Center for Functional Supplementation and Integrative Procedures, Belgrade, Serbia</p> <p>Dejan Krstic, PhD, Prof on Faculty of Environmental Safety, University of Nis, Serbia. President of Section of Non-Ionising radiation, of Serbian Association of Integrative Medicine</p> <p><b>Slavisa Stanisic</b>, MD, PhD, Cert MD-ORT (1 DAN), Acoc Prof of Ob/Gyn &amp; Integrative Medicine, School of Medicine, University of Pristina, Faculty of Health Science, AMEU-ECM, Faculty of Pharmacy Novi Sad, Vice-President Serbian Ob/Gyn Society, Vice-President Serbian Association of Integrative Medicine; Member of Expanded board of European Society of Integrative Medicine, Belgrade, Serbia</p> <p><b>Miodrag Stanisic</b>, MD, MSc, Cert MD-ORT (1 DAN), University Clinical Centar, Clinic of Surgery Pristina- Gracanica, Secretry of Serbian Association of Integrative Medicine, Serbia</p> <p><b>Bojan Rajevic</b>, DDS, BDORT Center of Functional Supplementation and Integrative Procedures, Belgrade, Serbia</p> <p><b>Katarina Dunjic</b>, Student of Medicine, School of Medicine, University of Belgrade, Serbia</p> <p><b>Correspondence:</b> +381 62 222555; e-mail: <a href="mailto:dr.momirdunjic@gmail.com">dr.momirdunjic@gmail.com</a>.</p>
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**INTRODUCTION:** Autism spectrum disorder (ASD) is a developmental disorder that affects communication and behavior. Autism is known as a "spectrum" disorder because there is wide variation in the type and severity of symptoms (Autistic disorder, Asperger's' syndrome, Pervasive developmental disorder not otherwise specified). The American Academy of Pediatrics recommends that all children be screened for autism, because the incidence increasing very fast. American Institutes prognose that 2025<sup>th</sup> every 2<sup>nd</sup> kids will be in ASD. Diagnosis usually establish at 2 years of age. Many articles show that a possible cause of ASD is non-ionising radiation which disturb metabolism and immunity during prenatal life of embryo or fetus. It is known that is one of risk factor is disorder of metabolism of vitamin D. As blood marker is enzyme Nagalase ( $\alpha$ -N-acetylgalactosaminidase) Elevated level is a marker of Autism or Cancer. BDORT non-invasive diagnostic method (Prof. Y. Omura) used for many year for diagnosis and successful treatment of autistic children.

**METHOD:** Aim of this study is to find accurate markers for early screening of children for ASD, and to develop protocol to prevent developing the symptom of ASD. We checked breast feedings newborns between 2nd and 10<sup>th</sup> month of age. We checked by using indirect BDORT standard zones (hippocampus, liver, small intestine and pancreas). In risk neonates we did blood test-Nagalase.

**RESULTS:** From 342 checked newborns, we detect 5 newborns as a risk for developing ASD, with BDORT negative zones of hippocampus, liver and small intestines and pancreas. Blood test: Vitamin D low level in all kids. From 5 kids in 4 enzyme Nagalase were over referent lab values. All kids had intolerance on food and many of these foods they did not taste or ate. We detected intolerance on mother milk in all of 5 kids. Only symptom these children had cramps in the stomach. Giving to mother elimination diet, symptom of stomach of children disappeared very fast.

**CONCLUION:** BDORT, plus Nagalase testing could be very useful screening protocol for early diagnosis of ASD, before appear symptoms. When develop clinical symptoms of ASD, in the same time developed and severe inflammation in the body of kids. Making good protocol of prevention, which include proper diet, functional supplementation and protection of EMFs could prevent ASD. To implement this protocol we need good education of doctors of pediatrics.

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Ab 119	<p><b>Non-Invasive Early Detection of Human Papilloma Virus (HPV) and Other Risk Factors of Developing Gynecological Cancers: An Possible Screening Protocol of Integrative Approach</b></p> <p><b>Momir Dunjic, MD, PhD, F.I.C.A.E., Cert MD-ORT (4DAN)</b>, Ass Prof of Ob/Gyn &amp; Integrative Medicine, School of Medicine, University of Pristina, Faculty of Health Science, AMEU-ECM Maribor, Faculty of Pharmacy Novi Sad, President Serbian Medical Acupuncture Society, President Serbian Association of Integrative Medicine; Member of Executive Board of European Society of Integrative Medicine, Belgrade, Serbia</p> <p><b>Dejan Krstic</b>, PhD, Prof on Faculty of Environmental Safety, University of Nis, Serbia. President of Section of Non-Ionising radiation, of Serbian Association of Integrative Medicine</p> <p><b>Slavisa Stanisic</b>, MD, PhD, Cert MD-ORT (1 DAN), Acoc Prof of Ob/Gyn &amp; Integrative Medicine, School of Medicine, University of Pristina, Faculty of Health Science, AMEU-ECM, Faculty of Pharmacy Novi Sad, Vice-President Serbian Ob/Gyn Society, Vice-President Serbian Association of Integrative Medicine; Member of Expanded board of European Society of Integrative Medicine, Belgrade, Serbia</p> <p><b>Miodrag Stanisic</b>, MD, MSc, Cert MD-ORT (1 DAN), University Clinical Centar, Clinic of Surgery Pristina- Gracanica, Secretry of Serbian Association of Integrative Medicine, Serbia</p> <p><b>Bojan Rajevic</b>, DDS, BDORT Center of Functional Supplementation and Integrative Procedures, Belgrade, Serbia</p> <p><b>Ratka Popovic</b>, MD, BDORT Center of Functional Supplementation and Integrative Procedures, Belgrade, Serbia</p> <p><b>Tanja Saljic</b>, MD, BDORT Center of Functional Supplementation and Integrative Procedures, Belgrade, Serbia</p> <p><b>Correspondence:</b> +381 62 222555; e-mail: <a href="mailto:dr.momirdunjic@gmail.com">dr.momirdunjic@gmail.com</a></p>
	<p><b>INTRODUCTION:</b> Recently the incidence of breast and gynecological cancers continues to increase. Absence of an organized screening program and a lack of understanding the diseases and lack of effective treatment options, is responsible for the high mortality rate.</p> <p><b>METHOD:</b> A practical approach of a combined program of integrating a clinical woman examination with screening for breast and cervical cancer and diagnostic evaluation for Ovarian cancer in symptomatic women, combined together with non-invasive diagnostic method known as a Bi-Digital O-Ring Test (BDORT) by Prof. Y. Omura is proposed in this article which can serve as a model for screening protocol for detecting the risk factors as a presence of Human Papilloma Virus (HPV), exposing to Non-Ionising Electro Magnetic Fields, detection of toxins in the body, deficiency of Vitamin D etc. By using BDORT, HPV can be detected in the different part of the body and can understanding the direction of spreading HPV by blood or by lymph system. From cervix HPV can spread on the other organs and usually goes on a both of breast. From ovary HPV spread on the breast on same side as a ovary and belonging axilla lymph nodes. Presence of HPV together with increasing level of Integrin alfa-5 beta-1 in certain organ can consider as a risk factor for developing factor in this organ.</p>

**RESULTS:** 170 female patients examined by BDORT. High level of Integrin alfa-5 beta-1 in cervix, ovary or breast followed by blood and clinical tests. All risk patients have deficiency of Vit D, chronic electromagnetic stress, and the most have inflammation due the food intolerance, high level of toxins, presence of HPV and Insulin Resistance. We will discus all data.

**CONCLUSION:** Recently many articles confirmed association of Cervical and Breast cancer as Ovarian and Breast Cancer and spreading HPV in the body in surrounding lymph nodes and spreading HPV by blood. BDORT is a very accurate method and can detect many risk factors for developing gynecological malignancy. One of these very important factors is a presence of HPV in some organ. Most commonly, HPV is spreading from the ovaries to the breast on the same side.

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Ab 120	<p><b>NOVEL REFLEX ZONES FOR DIGNOSIS AND TREATMENT OF INSULINE RESISTANCE, PREDIABETES AND DIABETES MELLITUS (DM) FOUND BY BI-DIGITAL O-RING TEST (BDORT)</b></p>
	<p><b>Momir Dunjic</b>, MD, PhD, F.I.C.A.E., Cert MD-ORT (4DAN), Assoc. Prof of Ob/Gyn &amp; Integrative Medicine School of Medicine &amp; Faculty of Pharmacy &amp; Faculty of Health Science; President Serbian Association of Integrative Medicine, Member of Executive Board of European Society of Integrative Medicine, AMEU-ECM</p> <p><b>Yasuhiro Shimotsuura</b>, MD, PhD, F.I.C.A.E., Cert MD-ORT (7DAN), Shimotsuura Clinic, President Japan BDORT Medical Society, Kurume City, Japan</p> <p><b>Slavisa Stanisic</b>, MD, PhD, Cert MD-ORT (1 DAN), Prof of Ob/Gyn &amp; Integrative Medicine School of Medicine &amp; Faculty of Pharmacy &amp; Faculty of Health Science, AMEU-ECM, Vice-president Serbian Association of Integrative Medicine</p> <p><b>Miodrag Stanisic</b>, MD, MSc, Cert MD-ORT (1 DAN), University Clinical Center, Clinic of Surgery Pristina- Gracanica</p> <p><b>Dejan Krstic</b>, PhD, Prof on Faculty of Environmental Safety, University of Nis</p> <p><b>Bojan Rajevic</b>, DDS, BDORT Center for Functional Supplementation and Integrative Procedures, Belgrade</p> <p><b>Katarina Dunjic</b>, student, School of Medicine, University of Belgrade</p> <p><b>Contact:</b> Cell. Phone: +381 62 222555; e-mail: <a href="mailto:dr.momirdunjic@gmail.com">dr.momirdunjic@gmail.com</a>.</p>

**INTRODUCTION:** Insulin resistance is when cells in human muscles, fat, and liver do not respond well to insulin and cannot easily take up glucose from blood. As a result, pancreas produce more insulin to help glucose enter in cells. During a period, pancreas can produce enough insulin to overcome cells' weak response to insulin, blood glucose levels will stay in the healthy range. Prediabetes means blood glucose levels are higher than normal but not high enough to be diagnosed as diabetes. Diabetes mellitus (DM), is a group of metabolic disorders in which there are high blood sugar levels over a prolonged period. Diabetes is due to either the pancreas not producing enough insulin or the cells of the body not responding properly to the insulin produced. In the blood glucose control, referred to as glucose homeostasis involved behind Insulin and Glucagon, many other hormones, neurohormones and receptors, minerals etc.

Recent study explains and role of opioid as beta-endorphin and endocannabinoids system in glucose homeostasis. According to the Dr Shimotsuura Y. research, Poppy Seed Oil (Oil 54 extra –Planet of Health) put on umbilicus can induce neural modulation and change pain sensitivity probably through reflex stimulation of endogenous opioid and endocannabinoids system. According to the literature surgery of fundic region of stomach in diabetic patients changed levels of hormones and glucose level, specially hunger hormone Ghrelin, which have influence on Insulin secretion. Administration of Beta-endorphin in hyperglycemic condition increase level of insulin and cause normoglycemic effect. CB1 receptors are involved in control of production of Ghrelin.

**METHODS:** By using indirect BDORT and Bottle with Poppy Seed Oil (Oil 54 extra) as a referent substance we tested patient with diabetes and with laboratory proven Insulin Resistance and DM. We found out that all of these patients have three BDORT positive zones: 1. Oval zone on the representative zone of stomach fundus below the ribs on the left side, 2. Navel, 3. Acupuncture point Feng Fu (DU 20). After we confirmed existence of these active zones, we tested 70 patients (20-40 years old) by using Oil 54 extra.

**RESULTS:** From 70 patients, 37 patients had all three zones positive. They did lab tests and confirmed Insulin Resistance in 32 patients (86.5%)  
**TREATMENT:** In patients with high level of serum glucose application of 54 extra oil 1-3 drops on skin on the all three zones decreases level of glucose within one hour even in the resistant cases.  
**CONCLUSION:** This finding open many therapeutic question and request for clinical research. Poppy seed probably cause the increase of Beta-endorphin. Using Poppy seed oil on the reflex zones as a complementary method could be used for better glucose homeostasis. Using these reflex zones for screening diagnosis could be very useful.  
 Keywords: Insulin Resistance, Prediabetes, BDORT, Poppy seed oil, Novel reflex zones  
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OP 121	<p>Studies on Several Systemic Disorders conceivably caused by oral cavity  <b>Dr. Emi Okuda, DDS EMI DENTAL CLINIC, TOKYO JAPAN</b>                  Correspondence: dongwookemi@icloud.com</p>
<p>In the long history of dental treatments, the main objectives have always been to develop functionality and aesthetic aspects, and treatments have focused on oral cavity only.</p> <p>However, while treating patients by taking into account their entire body condition, I have made the following findings:</p> <p>Impact of amalgam and resin fillings, gold-silver-palladium alloy and metal-related skin allergies, and development of an Electromagnetic Hypersensitivity (EMS) due to those dental fillings acting like an antenna;</p> <p>Links between periodontal disease and diabetes, periapical lesion/infection and auto-immune disease, occlusion and headache, lower back pain, neck pain, knee pain and walking difficulties;                  Cerebral disease triggered by over stimulation of periodontal membrane due to occlusal pressure.                  Therefore, dentists should carefully consider the effects of dental treatments on the entire body of their patients.</p> <p>Next, case reports will be about the working mechanisms of:</p> <ol style="list-style-type: none"> <li>1) Joint pain diagnosed as rheumatism, improved by occlusal adjustment of a few microns and separating the connected crowns, resulting in improvement of the blood test data.</li> <li>2) Unidentified asthenia with walking difficulties improved after the removal metal core.</li> <li>3) Improvement in walking difficulties caused by chipping.</li> </ol>	

**11th European Congress for Integrative Medicine**  
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Ab 122	<p><b>ACUPUNCTURE THERAPY IN THE AMBULANCE FOR PAIN THERAPY IN THE GENERAL HOSPITAL SLOVENJ GRADEC, 1979-2011</b>                  Prim. mag. Marija Cesar Komar, dr.med. PRAVA DIAGNOZA d.o.o.                  Šipek Metka, dr. med. Splošna bolnišnica Slovenj Gradec                  Slovenian Association of Acupuncture Ljubljana Slovenia</p>
<p><b>Introduction:</b> Acupuncture therapy we use for pain therapy of in the ambulance for pain therapy in General hospital Slovenj Gradec from the year 1979, 1 year after 1st. All Jugoslavian Symposium of</p>	

Acupunctura in February 1978, in the town of Slovenj Gradec, Slovenija. We were one of the first ambulance to use acupuncture for pain therapy in the pain ambulance. This was just after my education for acupuncture with teachers from China, Beijing in Zagreb Croatia in the year 1979, lasting 3 months.

**Methods:** Overview of the protocols and patients documentations.

**Results:** In the years from 1979-2011 were treated in the Pain ambulance General hospital Slovenj Gradec 7980 patients with acupuncture therapy.

The most frequent diagnosis were: lumboischialgia, cervicobrachialgia, migrena, other headdaches, pain at the face, poliartralgias, pains in shoulder, polinevropathies, postherpetic pains, toracalgias.

Results of improvement in the % were: lumboischialgia 40,0%, cervicobrachialgia 49,5%, migrens 59%, cefaleas 74,1%, pain at the face 20,1%, poliartralgias 52,1%, pain in the shoulders 40,0%, polinevropatias 35,0%, postherpetic pains 41,0%, toracalgias 28,2%.

The success of the therapy have had evaluated with patients satisfaction, lowering the troubles, lowering the pains, measuring with VAS (0-10). We will report of the details parameters on the Congress.

**Discussion:** Acupuncture used in our ambulance were very successfully, especially in the pain diagnosis. It is very important, that the doctor who use acupuncture, must be very good schooling- in the wright schools and with the wright teachers, because only in this way the effects of the therapy is good, patients satisfaction good and credibility of the method is achieved.

**Summary:** In almost four decades of the use of acupuncture therapy for curing pains in the pain therapy ambulance of General hospital in Slovenj Gradec, the acupuncture shows very good results. It is very effective method for the therapy especial of chronic and acute pains, the most in the osteomusculare system and all kinds of headaches.

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Ab 123	<p><b>COMPARISON OF NERVOUS SYSTEM AND SYSTEM OF ACUPUNCTURE CHANNELS</b></p> <p>Matej Serdinšek, dr. med.</p> <p>Slovenian Association of Acupuncture Ljubljana Slovenia</p>
<p>Comparison of nervous system and system of acupuncture channels is difficult, because the two entities belong to two different medical systems, that have very different perspective in understanding and dealing with human and disease.</p> <p>Nervous system consists of central nervous system and peripheral nervous system, has clear anatomic substrate, has segmental arrangement and is centrally organised. System of organospheres, which are connected with parallel running acupuncture channels, co-channels and vasculature is organised polycentrally and is without clear hystologic substrate. In both systems we can find elements of consecutive orderliness of individual components.</p> <p>Both systems participate in maintaining stability of internal milieu of human body; nervous system with stimulation and inhibition of target organs, system of organospheres through model of five elements, where dynamic equilibrium is provided through simultaneous existence of two sequences: production and supervisory sequence.</p> <p><b>Summary:</b>The consequence of all listed similarities and differences between two systems is in therapeutic approach to disease; biomedicine treats all diseases with same denominator in the same way, whereas traditional Chinese medicine treats each case of disease individually.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 124	<p><b>ANALYSIS OF ACUPUNCTURE ACTIVITY IN 125 PATIENTS WITH CHRONIC PAIN IN SPA THERMANA d.d. LAŠKO IN PERIOT FROM 2015 TO 2018</b></p> <p>prim. Jadwiga Hajewska KOSI, dr. med.</p> <p>Slavka TOPOLIĆ, dr. med.</p> <p>SPA Thermana d.d. Laško</p> <p>Slovenian Association of Acupuncture Ljubljana Slovenia</p>
<p>This is analysis of analgetic acupuncture treatment on 125 cases of patients with chronic pains in the pain relief clinic in Spa Thermana d.d. Laško. Because the application of physiotherapeutic procedures,</p>	

pharmacotherapy, electro stimulation with TENS were not effective enough, we proposed to patients to use acupuncture.

Patients were treated with classic Chinese needles in combination of local and remote points according to acupuncture atlases. Each operation lasted 20 to 30 minutes. The median age of the patient was 50 years. Women were 63.2% and men 36.8%. The average duration of pain was 10.5 years without any special differences between men and women.

results show that acupuncture was positive in 50-65% cases. The curative effects of acupuncture was satisfactory, although there were the differences between the nociceptive, neurogenic and psychogenic pains.

**Key words:** Acupuncture, point, pain, low back pain, migraine, effectiveness.

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Ab 125	<p><b>ACUPUNCTURE TREATMENT OF MICTURITION DISORDERS IN MULTIPLE SCLEROSIS PATIENTS</b> prim. Jadwiga Hajewska KOSI, dr. med. Slavka Topolić, dr. med. SPA TOPOLŠICA d.d. in SPA Thermana d.d. LAŠKO Slovenian Association of Acupuncture Ljubljana Slovenia</p>
<p>The authors described the effect of acupuncture treatment on 25 patients with micturition disorders. The disorders were: urgent incontinence, total incontinence and retention. Patients were choose from those who had undergone routine western diagnostic and therapeutic procedures (conservative treatment with medicaments, maximal electrical stimulation of the pelvic floor, intermittent or permanent catheterisation and standard treatment of the underlying disease), but showed no improvement.</p> <p>The average duration of disorders was 3 years. The patients were grouped in two major groups according to western diagnosis, a group with multiple sclerosis history (12 persons) and a group with trauma of spinal cord history (13 persons).</p> <p>They received 12 acupuncture treatments in average, the total effective rate was 85% and the over age duration of the effect was more than 3 months.</p> <p>The relations between duration of illness, duration of effects, diagnoses and former treatment are for discuses. The high therapeutic efficiency achieved suggests further studies with randomised groups of patients with similar problems. Periodic treatment with acupuncture is indicated</p> <p><b>Key words:</b> Micturition disorders, incontinence, retention, MS, acupuncture treatment.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 126	<p><b>FIBROMYALGIA PAIN TREATMENT WITH ACUPUNCTURE</b> Zmago Turk, Dušanka Mičetić-Turk Alma Mater Europaea- ECM Slovenian Association of Acupuncture Ljubljana Slovenia</p>
<p><b>Background:</b> Fibromyalgia is a chronic painful syndrome that affects up to 6% of the world population. It is associated with sleep and mood disorders, fatigue and functional disability. Its pathogenesis involves a disorder of the central modulation of pain, impairment of the descending inhibitory system and hyperactivity of substance P. Because of the extensive symptomatology of patients with fibromyalgia and its multifactorial pathogenesis, its ideal treatment requires an integrated approach combining therapies aimed at correcting structural changes caused by the syndrome, to restore the altered of these patients, influencing the behaviour towards healthy and active lifestyle. functions Therapy must cover all three levels in which this syndrome is structured: organic, functional and psychological. The structural alternations of the antinociceptive system can be contrasted with antidepressants than with electroacupuncture.</p> <p><b>Method:</b> A total of 41 patients (28 females and 13 males), mean age <math>47.57 \pm 12.20</math> years, affected by primary fibromyalgia from a mean period of <math>91.38 \pm 86.49</math> months, were treated with an integrated approach: two sessions of electroacupuncture in a week point(Lu1,GB21,P6,TW5,UB23,24,Liv 3ST36,CV6), a dose, a warm bath in the morning to counteract muscle rigidity, an hour a day of aerobic exercises with also stretching exercises(.Rimske Terme), as well as supplements of magnesium and antioxidants. A support group for fibromyalgic patients was provided once a week.</p>	



**Results:** The results show a significant decrease in pain, measured using the McGill Pain Questionnaire, which passes from the value of the total score of  $34.76 \pm 15.31$  before the therapy to  $14.19 \pm 10.54$  at the end of therapy. The pain relief lasted until the last measurement was made 6 months after the treatment.  
**Conclusion:** Acupuncture seems to be one of the effective methods for treatment of Fibromyalgia pain. However, there is still no defined clinical pathway for its treatment.  
**Keywords:** acupuncture, fibromyalgia, pain, antioxidants, physiotherapy  
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Ab 127	<b>MEDICAL ACUPUNCTURE – BASIC UNDERSTANDING FOR STUDENTS OF DENTAL MEDICINE: EVALUATION SHEET</b> Hitij T <sup>1</sup> , Vintar N <sup>2</sup> <sup>1</sup> Department of Dental Diseases and Dental Morphology, Faculty of Medicine, University of Ljubljana, Ljubljana, Slovenia <sup>2</sup> Katedra za anesteziologijo in reanimatologijo, Medicinska fakulteta, Univerza v Ljubljani
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**Aim:** To examine the attitude of undergraduate students of dental medicine towards medical acupuncture after the first ever lecture and practical demonstration of acupuncture in the Faculty of Medicine, University of Ljubljana.  
**Methodology:** The lecture was a part of the elective course in advanced endodontics in December 2016. After the lecture, an on-line link to the Google Form with 16 questions was send to all 29 participants. Statistical analysis was performed using descriptive methods, Chi-squared test of independence, and Wilcoxon Signed-Rank Test.  
**Results:** The response rate was 97 %. When presented with the theme of this lecture, 72 % of students liked the idea, 14 % were sceptical, 14 % did not have an opinion, and nobody was against it. 17 % of students had already used some form of alternative or complementary medicine for their personal medical issues in the past; only one had acupuncture. During the lecture, the proportion of students who approved medical acupuncture increased from 41 % to 76 % ( $p < 0.01$ ), others remained neutral. Before the lecture, 24 % of students perceived acupuncture as mere placebo effect and 14 % were without an opinion of its effectiveness. After the lecture none of the students perceived the effectiveness of acupuncture as a mere placebo effect ( $p < 0.01$ ); only one student failed to create an opinion of its effectiveness. The proportion of students who believe acupuncture is important or very important method of treatment in modern western medicine rose from 21 % to 90 % during the lecture ( $p < 0.01$ ). After the lecture, 21 % of students would like to master acupuncture themselves. 55 % would actively recommend it to patients but would not perform it themselves. They would most frequently recommend acupuncture to treat various types of pain conditions, mostly chronic and neuralgic pain. All of the students wished to acquire additional knowledge from acupuncture.  
**Conclusions:** Educating students of dental medicine in medical acupuncture had positive impacts on students' acceptance, perception, and interest in acupuncture as part of western medical education and treatment.  
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Ab 128	<b>ESSENCE IN TCM</b> Neva Lukanovič, dr. med. UKC Ljubljana Slovenian Association of Acupuncture Ljubljana Slovenia
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**Introduction.** Essence (Jing) is a potential for growth, development, vitality and longevity. Essence and Qi are foundation of Shen. Essence, Qi and Shen form a human being. The potential of Essence (genotype) needs optimal circumstances, to form optimal fenotype. Essence quantity is finite. Unfavourable conditions consume Essence and life duration. This can be paralleled to increased cellular apoptosis and shortening of chromosome telomeres.  
**Prenatal Essence** is defined at conception, it defines vitality and development of individual. At puberty it ripens to Kidney Essence. Yin of Prenatal Essence is stored at Ren 4, Yang of Prenatal Essence is stored at Du 4.  
**Postnatal Essence** is formed from air, food and drink, transformed into Qi. Excess of Qi restores Essence. Stomach and Spleen are source of Postnatal Essence.  
**Kidney Essence** Pre- and Postnatal Essence are stored as Kidney Yin. They circulate mostly in Eight Special Channels. Essence controls teeth, bone and hair growth, physical mental and sexual

development. Life periods follow each other in 7-year succession in women and 8-year succession in men. Gradually decrease in Essence leads to menopause, aging and death.

**Essence deficit** in children causes impaired physical and mental development. In adults it is manifested by early hair loss and greying, infertility, bone diseases, memory loss, deafness, tinnitus.

**Therapy:** Essence consumption influence appropriate life style and food. Therapy follows ways to empower Kidney Yin.

**Conclusion:** Essence determines conception, development, activity and longevity. It is finite but may be influenced by life style and food, and by methods that empower Kidney Yin.

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Ab 129	<p><b>HOMEOSTATIC ACUPOINTS IN PATIENTS WITH LOW BACK PAIN</b></p> <p>Tanja Rauter Pungartnik<sup>2</sup>, Marjan Zaletel<sup>1</sup>,</p> <p><sup>1</sup>University Clinical Center of Ljubljana, Department of Neurology, Ljubljana, Slovenia</p> <p><sup>2</sup>Medico-wellness center, Terme Ptuj, Ptuj, Slovenia</p> <p>Slovenian Association of Acupuncture Ljubljana Slovenia</p>
<p><b>Background:</b> Low back pain could represent disturbed homeostasis in local and systemic level. According to concept of interoception, nociception is part of interoceptive system, which sense the internal homeostatic condition. Studies have shown benefit of acupuncture in low back pain. Thus, we explored the most utilized acupoints for restoring the homeostasis and alleviate low back pain.</p> <p><b>Methods:</b> We were using the Pubmed system encompasses MEDLINE, life science journals, and online books. Our searching strategy implemented keywords acupuncture, low back pain, chronic back pain, acupoints. After searching procedure, we selected the most informative articles according to our hypotheses. At the end, we found three the most informative articles covered the studying topic.</p> <p><b>Results:</b> According to traditional Chinese medicine the predominant primary syndrome identified was Qi and Blood Stagnation, followed by Kidney Deficiency and then Bi. The predominant secondary syndrome was Kidney Deficiency. Standard management included 10 local acupuncture points: Yāoyángguān (DU3), Xiājīshū (EX-B5), and bilateral Shènshū (BL23), Qīhǎishū (BL24), Dàchángshū (BL25), and Guānyuánshù (BL26). The 4 distal acupuncture points are as follows: bilateral Wěizhōng (BL40) and Kūnlún (BL60). Beside the Gall Bladder channel points Huántiào (GB-30) and Yánglíngquán (GB-34) were frequently chosen. Among the Kidney channel points Tàixī (KID-3) predominated.</p> <p><b>Conclusion:</b> According to the literature, the local and distal acupoints with the highest homeostatic effects exist in low back pain. The points should be selected in patients with low back pain</p> <p><b>Key words:</b> low back pain, acupuncture, interoception, acupoints, homeostasis</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 130	<p><b>HEADACHE</b></p> <p>Alenka Spindler-Vesel<sup>1</sup>, Jasmina Markovič-Božič<sup>1</sup>, Marija Komar Cesar<sup>2</sup></p> <p><sup>1</sup>Clinical department of Anaesthesiology and Intensive Therapy, University Medical Centre Ljubljana</p>
<p>Headache is one of the most common clinical problems in health care. It is a subjective symptom that can accompany many other syndromes. By definition of International classification of headache disease (ICHD), primary headache is a consequence of independent pathophysiological mechanisms and not due to other causes, secondary headache, however, occurs at the time of acute and chronic illnesses.</p> <p>In differential diagnosis of headache according to the traditional Chinese medicine (TCM) headache occurs due to the adverse effects of internal and external factors (invasion of pathogenic wind associated with cold/heat/cold-damp, upsurge of Liver Yang, adverse rising of phlegm, blood stasis, deficiency of Qi and/or blood, deficiency of Kidney Jing). According to Channel differentiation, headaches can be separated on Tai Yang, Yang Ming, Shao Yang and Jue Yin types of headache. Headaches can be also distinguished by anatomical differentiation (frontal, temporal, the occipital and vertex headache).</p> <p>Conventional treatment with drugs is often effective to reduce acute headaches and to reduce the frequency and intensity of chronic headaches. It is even more effective in combination with the complementary and integrative medicine, especially acupuncture. Needling in acupuncture probably stimulates delta fibres, what closes the door for pain transmission in the central nervous system. So pain</p>	



stimulus could not reach the thalamus. In practice, electrical or manual stimulation technique is used. Different are time and frequency of the therapy. One can use local, regional and distal points. It can be used together with the auriculoacupuncture. TCM is an effective method to improve the symptoms of migraine headache, tension headache, headache due to neuralgia of trigeminal nerve, headache after head injury and at retroauricular pain.

In the future researches will more clearly define the effectiveness of complementary and integrative medicine and the potential side effects in the treatment of headaches. Important is the cultural acceptability of methods of treatment and standardisation of methods for research.

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Ab 131	<p><b>COGNITIVE FACTORS AND ACUPUNCTURE EFFECTS</b></p> <p>Marjan Zaletel<sup>1</sup>, Tanja Rauter Pungartnik<sup>2</sup>,</p> <p><sup>1</sup>University Clinical Center of Ljubljana, Department of Neurology, Ljubljana, Slovenia</p> <p><sup>2</sup>Medico-wellness center, Terme Ptuj, Ptuj, Slovenia</p> <p>Slovenian Association of Acupuncture Ljubljana Slovenia</p>
<p><b>Background:</b> Expectations and beliefs are important cognitive factors in pain therapy. Preprocedural learning activity and experiences getting during the procedural can significantly change the outcome. The acupuncture shows clinical effects in various pain clinical disorders such as headache, low back pain, and shoulder pain. Thus, we expected the difference in outcome after acupuncture session in acupuncture naïve and experienced patients.</p> <p><b>Methods:</b> We were using used the Pubmed system encompasses MEDLINE, life science journals, and online books. Our searching strategy implemented keywords acupuncture, cognitive, naïve patients, and expectations. After searching procedure, we selected the most informative articles according to our hypotheses. At the end, four articles was appeared to bring powerful information on our interest, answering to our hypothesis.</p> <p><b>Results:</b> In one trial, a significant association was shown between better improvement and higher outcome expectations. In addition, it has been shown that factors that influence the placebo needling include patient’s knowledge and experience of acupuncture. One study found that previous experience does not affect the people’s expectation. In recent study found that pretreatment acupuncture expectations highlighted subgroup differences in outcomes at baseline. The positive effects of acupuncture over time on anxiety, depression, pain interference and sleep disturbance was demonstrated.</p> <p><b>Conclusion:</b> According to the results, cognitive factors seems to play an important role in acupuncture. We should be aware of them in order to amplify the acupuncture effects.</p> <p><b>Key words:</b> cognitive factors, acupuncture, expectations, pain</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 132	<p><b>AURICULOACUPUNCTURE</b></p> <p>Andreja Hvalc, dr. med., specializantka družinske medicine, ZD Šentjur pri Celju</p> <p>Prim. Jadwiga Hajewska Kosi, dr. med., specialistka fizikalne in rehabilitacijske medicine,</p> <p>Zdravilišče Laško</p> <p>Slovenian Association of Acupuncture Ljubljana Slovenia</p>
<p>Auricular therapy includes acupuncture, acupressure, electroacupuncture, lasering, cauterization and bloodletting in the auricle. For 2500 years it is used for treating diseases, but the methods have been limited to bloodletting and cauterization. Only after 1957, the international scientific community became aware that the map of the ear resembles an inverted fetus, its introduction has led to auricular acupuncture (AA) becoming a more systemic approach, and, following the identification and standardization of more precise points, AA has been employed in clinical applications. There are studies that confirm mechanisms of AA have a close relationship with the autonomic nervous system, the neuroendocrine system, neuroimmunological factors, neuroinflammation, and neural reflex, as well as antioxidation. Auricular therapy has been used for example for pain relief, epilepsy treatment, anxiety, obesity, and for improving sleep quality. However, the mechanisms and evidence for auricular therapy warrant further study.</p> <p><b>Key words:</b> acupuncture, auricular acupuncture, needling, lasering, elektroacupuncture, reflex</p>	

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Ab 133	<p><b>ACUTE RHINITIS</b> Suzana Kunstek, dr. med. Prim. Jadwiga Hajewska Kosi, dr. med., specialistka fizikalne in rehabilitacijske medicine, Zdravilišče Laško Slovenian Association of Acupuncture Ljubljana Slovenia</p>
<p>A common cold usually begins as acute rhinitis with an associated feeling of a sore throat and a general feeling of general ill-health. According to the American Center for Disease Control and Prevention is a common cold the most common reason for school and work absence. Common cold is most often caused by viruses which are easily spread.</p> <p>In some aspect, the views of western and eastern medicine coincide for example, in the case of a cold, where both sides think that the cause is an external pathogen that entered the body. However, they differ only in the cause, while in Eastern medicine the cause is wind, in Western medicine the most common cause is the virus. The basic therapy of acute rhinitis in Western medicine is symptomatic, so additional help in treating a cold is very welcome.</p> <p>The efficacy of acupuncture is also confirmed by the study carried out in Japan. They performed a multicentre randomized control study was conducted, examining the effect of acupuncture to relieve the symptoms of colds and the results of which showed that the method is safe and has positive effects. [1, 2, 3]</p> <p><b>Key words:</b> acupuncture, acute rhinitis, cold</p> <p><b>Disclosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

134	<p><b>LUMBALGIA</b> Slavka TOPOLIĆ, dr. med. ZRAVILIŠČE LAŠKO – Thermana d.d. Laško Maja Jerše, dr. med. UKC Ljubljana Slovenian Association of Acupuncture Ljubljana Slovenia</p>
<p>Low back pain is a common disorder involving muscles, nerves, bones of the back. Pain can be constant or sudden sharp, according to duration can be classified on acute or chronic. Underlying cause is not identified in 80 %. Traditional chinese medicine divide categories of disharmony in low back pain into retention of cold dampness, stagnation of Qi and blood, liver Qi stagnation and kidney deficiency. Acute pain is usually due to cold and dampness or stagnation of Qi and blood in the area. In these cases the distal points are important and they should be needled first. The choice of distal points depends upon where the pain is present. In chronic lumbalgia the cause is always due to a kidney deficiency that can be combined with retention of cold and dampness and/or stagnation Qi and Blood. In these cases are more important local points in relation to distal points, and BL23 should be used in every case because of kidney deficiency.</p> <p>Acupuncture can help to rectify the pain and spasm quickly in acute cases. For chronic cases changes will occur more slowly and treatments should be less frequent for longer duration of time.</p> <p><b>Key word:</b> back, pain, cold, dampness, stagnation, deficiency.</p> <p><b>Disclosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 135	<p><b>CLINICAL AND NEUROPHYSIOLOGICAL PARALLELS BETWEEN CERVICAL GANGLIA CHAIN AND YANG VESSELS MAIN CROSSING – GV14 (DAZHUI)</b> Petar Papuga, Slovenian Association of Acupuncture, ZIMS</p>
<p>Neurophysiological research about cervical ganglia chain (CGC) and it's interactions with inner organs, especially heart, lungs, trachea, upper respiratory pathways and thyroid gland is bringing numerous facts that support theories of Traditional Chinese Medicine (TCM). In addition to above-mentioned interactions between CGC and thoracic organs, the superior cervical ganglia (SCG) also provide innervation of the structures in the head, such as pineal gland, cephalic blood vessels, the choroid plexus, the eye, carotid body and the salivary glands. Experimental removal of SCG brings about several neuroendocrine changes</p>	

in mammals, such as disruption of water balance and alteration of photoperiodic reproductive control in rodents, which are partly attributed to pineal denervation. However, it should be noted that the ganglionectomy does not always mimic pinealectomy and vice versa.

After ganglionectomy the signaling message is relayed via dorsal root ganglia to the spinal cord and subsequently through inter-neuronal pathways to the brain stem, which contains motor neurons that control the functions of gut, lung, heart, arteries and reproductive organs, all major targets of TCM and acupuncture treatment. After needling afferent signals travel to the brain stem and the brain cortex, where they interfere with the visceral and sensory afferent signaling. A functionally relevant link between SCG and hypothalamus may occur in rats inasmuch as ganglionectomy depresses norepinephrine uptake and increases the number of responses of alpha-adrenoreceptors in medial basal hypothalamus. On the other hand, SCG are also active points that receive influence of hormone signals induced by steroid and anterior pituitary hormones even in the absence of intact preganglionic connections. Therefore, we may propose that SCG represent a parallel peripheral neuroendocrine center. It is interesting that the pathologies of corresponding CGC viscerotomes typically exhibit lymphatic or blood congestion, which is demonstrated by the examination of the vertebral viscerotomes status by an ancient cupping method, which has a long tradition in TCM. Cupping therapy is a method mainly using glass or bamboo cups on patients' skin by creating warm induced under-pressure inside the cups. In TCM, this cupping method is used as an approach for diagnosis, treatment and prevention of disease.

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Ab 136	<p><b>TREATING ERECTILE DYSFUNCTION WITH ACUPUNCTURE</b></p> <p>Ordination dr. med. Olivia Krammer Pojer – Austria</p>
<p>Achieving longevity via a healthy sex life has always been a main topic in ancient Chinese medicine and philosophy. From the eldest dynasties up to the Ming period, there have always been books to tell man how to have life prolonging and joyful intercourse, passed on traditionally from generation to generation within a family to preserve this secret knowledge.</p> <p>Therefore- in times of Viagra- we can dig up this long time buried knowledge and offer our patients some different method treating male erectile dysfunction or lack of libido. There is an older way of dealing with those problems, used and proofed for thousands of years and written down in our oldest sources of Chinese medicine textbooks.</p> <p>The right time has come now to implement the treatment of life quality restricting disorders, such as erectile dysfunction and lack of libido, with Chinese medicine, so that this complementary way of treating those male problems can be offered to our patients as naturally as birth preparing acupuncture is in obstetrics.</p> <p>I would like to use my lecture time at the congress to give a small impression of the possibility of treating ED via acupuncture by shortly introducing Peter Deadmans Basic Point programme, which is very clear and hence representative...</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 137	<p><b>ACUPUNCTURE. AN ALTERNATIVE THERAPY IN DENTISTRY AND ITS POSSIBLE APPLICATIONS</b></p> <p>Doc. dr. Neli Vintar, dr. med. UKC Ljubljana Slovenian Association of Acupuncture Ljubljana Slovenia</p>
<p>The World Health Organization endorsed the use of acupuncture to treat different symptoms in dentistry (including dental pain and temporomandibular dysfunction), facial pain and postoperative pain. Acupuncture helps to relieve <b>dental pain</b> by stimulating the nerves located in muscles and other tissues, which leads to release of endorphins and other neurohumoral factors, changing processing and perception of pain in the brain and spinal cord, reducing the cardiovascular reflex elicited by toothache (this is associated with the adrenergic system), increasing the release of adenosine, which has antinociceptive properties.</p> <p>Acupuncture can act as an adjunct for achieving <b>anesthesia during dental procedures</b>. Studies have shown that the use of acupuncture shortens the onset time for regional anesthesia.</p> <p>Many researchers concluded that electro acupuncture controlled <b>postoperative dental pain</b> following mandibular third-molar surgical removal.</p>	

Various controlled trials have shown that ear acupuncture is as effective as intranasal midazolam for **reducing dental anxiety and reducing the gag reflex**.

While acupuncture therapy may not be useful for eliminating the cause of temporomandibular dysfunction resulting from structural anomalies, such as degenerative changes and disc displacement, acupuncture mainly **helps relieve the pain and discomfort** associated with the conditions of TMD. It has been documented that acupuncture can help muscle relaxation and reduce muscle spasms, if the spasms are indeed muscular in origin.

Subjects who received verum acupuncture experienced a significant **reduction in jaw pain, jaw/face tightness, and neck pain**, and also had a significant increase in pain tolerance of the masseter muscle.

**Conclusion.** Acupuncture can effectively treat different symptoms in dentistry and offers many advantages: is safe because it is nontoxic, it has minimal adverse reactions, there is no dependency as associated with narcotics and is simple and convenient if performed by a well-trained practitioner.

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Ab 138	<b>ACUPUNCTURE IN CVI</b> Vesna Papuga, dr. med. Hospital Celje Slovenian, Slovenian Association of Acupuncture Ljubljana
<p><b>Background:</b> Stroke is an acute injury by interrupted blood supply, caused by occlusion or rupture of blood vessels causing brain cell seriously damaged, thus impairing brain functions. The symptoms of stroke include motor weakness, sensations disorders, mental and emotional changes, language impairment or understand someone's speech, loss of balance, coordination, loss of memory, anxiety, depression, coma.</p> <p>Acupuncture is frequently advocated as an complementary treatment during stroke rehabilitation. The most valuable treatment of TCM is combination of scalp and body acupuncture.</p> <p><b>Methods:</b> This case aims to report the results of effect of acupuncture on functional recovery after stroke. For scalp acupuncture, two to three needles were penetrated through the top midline, the motor region (MS-6), and the sensory region (MS-7) of the lesion side. The points for the affected side of the body acupuncture were as follows: Jian Yu (LI 15), Qu Chi (LI 11), Shou San Li (LI 10), Wai Guan (SJ 5), and He Gu (LI 4) for upper extremities; Liang Qiu (ST 34), Zu San Li (ST 36), Yang Ling Quan (GB 34), San Yin Jiao (SP 6), Feng Long (ST 40), Jie Xi (ST 41), and Tai Chong (LR 3) for lower limbs. The points for dysphagia were added as follows (this group of acupoints was named "nape acupuncture"): Fengchi (GB 20), Yi Ming (EX-HN 14), Tian Zhu (BL 10), Feng Fu (GV 16), Gongxue (1 cun below GB 20), and Lian Quan (CV 23). For cognitive impairment, Bai Hui (GV 20), Shen Ting (GV 24), Ben Shen (GB 13), Si Shen Cong (EXHN- 1) were added. Acupuncture was administered 3–10 days after stroke onset, 5 times/wk, for 3 weeks.</p> <p><b>Conclusions:</b> Acupuncture is effective in stroke rehabilitation</p> <p><b>Key words:</b> stroke, acupuncture</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 139	<b>YAMMAMOTO NEW SCALP ACUPUNCTURE IN THE TREATMENT OF PATIENTS WITH STROKE</b> Jasmina Markovič-Božič, Alenka Spindler-Vesel, Neli Vintar Clinical department of Anaesthesiology and Intensive Therapy, University Medical Centre Ljubljana
<p>Stroke is the most common cause of disability, the second most common cause of death and the third most common cause of disability adjusted life years (DALYs). Ischemic stroke accounts for about 80% of all strokes and 70% of survivors experience functional disabilities.</p> <p>Acupuncture has become widely applied to stroke rehabilitation, which confirms its efficacy and impact on stroke management. The National Institute of Health (NIH) and World Health Organisation (WHO) recommend acupuncture as a complementary rehabilitation treatment.</p> <p>Many studies have shown that scalp acupuncture has a remarkable treatment efficacy on motor dysfunction in stroke patients. The nerve function has repaired better and also with longer hemiplegia and aphasia. The main cause of stroke is blood deficiency or excess. TCM treatment is based on Ying-Yang, five elements and Qi theory. Recently various scalp acupuncture schools have been developed</p>	

(Jiao, Zhu, Zhang, Tang, Fang). Yamamoto new scalp acupuncture (YNSA) was first presented in 1973. It is micro system that uses unique palpatory diagnostic YNSA Neck and Abdominal systems to determine tender points that need acupuncture. Basic points are anatomically related and ypsilon points are channel related and representative of the 12 channels. After the determination of the side and Yin-Yang, the quadrant for acupuncture is chosen to treat positive basic and ypsilon points. Treatment of brain points is used to enhance the effects of basic points. The pain is treated ipsilaterally and the paresis contralaterally. The aphasia point is located in front of the ear on the right side. It is treated in combination with the mouth point to treat dysphasia.

Each point is stimulated for 10 seconds for three times. If the disease is improving the sessions are repeated after 10 sessions. The treatment may last for two years.

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Ab 140	<p><b>ACUPUNCTURE IN PRIMARY HEADACHE</b> dr. Marjan Zaletel, dr. med. UKC Ljubljana SLOVENIA</p>
<p><b>Background:</b> Headache can be due to a disease in the head or elsewhere in the body. According to traditional Chinese Medicine (TCM), the head is the place where the yang meridians from the upper limb end and the energy channels of the lower limbs begin. TCM generally defines two main categories of headaches: exogenous, caused by the excessive influence of the external factors and endogenous - internal headaches due to metabolic disorders or excessive emotional stress.</p> <p><b>Method:</b> Appropriate treatment the treatment principle or the disease anti-picture is determined on the basis of the clinical picture according to eight principles. In the diagnosis and differential diagnosis of headaches according to TCM doctrine, details such as the nature of pain, localization of pain, frequency, duration, triggering factors or factors that worsen the headache, the time of formation (hour or predominant seasons), accompanying symptoms (vomiting, vertigo, sweating, quality pot), pulse quality and qualitative changes in the language (mucous membrane colour, quality and colour of the coating, etc.).</p> <p><b>Results:</b> Endogenous headaches; according to TKM, the brain is the brain's brain, derived from the essence and blood of the liver and kidneys. They keep it from the spleen and gastric essence. Endogenous headaches are associated with internal health problems. Emotional excitement or stress can lead to stagnation of the liver qi. After a while, stagnation of the liver causes a fire that can attack the head, interfere with the openings and causes a headache.</p> <p>Exogenous headaches; Headaches are associated with external pathogenic factors. It is usually due to a combined attack by wind's pathogens or other seasonal pathogens. The wind which, together with the cold entering the blood vessels, causes slowing of blood flow and gives the headache pattern of the wind-cold. The wind with the heat tries to irritate the whole head and cause the openings to be disturbed. Wind and moisture seal openings and impede the free movement of Qi</p> <p><b>Conclusion:</b> The headache in TKM is due to the action of endogenous and exogenous pathological factors. Therefore, each headache needs to be diagnosed according to TCM principles and treated accordingly.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 141	<p><b>SLOVENIAN ASSOCIATION OF ACUPUNCTURE</b> Prim. Jadwiga Hajewska KOSI, dr. med., Slovenian Association of Acupuncture Ljubljana Slovenia</p>
<p><b>History:</b> Acupunctura was introduced to Slovenia already in 70-s, with 1<sup>st</sup> Congress of Tradicional Medicine in 1978 year in Slovenj Gradec. It is a part of Slovenian Medical Society that has been founded already in 1863 year. We have around 50 to 70 active members.</p> <p><b>Method:</b> Our association followed some general objectives: The acupunctura should be accessible to every patient and should be performed and controlled by medical doctors, licensing should be controlled by the Slovenian Association of Acupuncture, should be equally included in medical education, we are working for the original – Tradicional Chinese Acupuncture in our country.</p> <p>Our education curriculum for acupuncture has now 400 an hours in total. The whole education process is organised by Slovenian Association of Acupuncture, held on the Medical Faculty of Ljubljana and guided by Slovenian and Chinese experts. The advanced part of education for our doctor members is</p>	

performed by WHO – appointed Beijing International Acupuncture Training Centre of Academy of Traditional Chinese Medicine, Beijing, China.

According to the current medical law, the practising of acupuncture in Slovenia is only allowed to the western trained medical doctors. We have many very significant meritorious persons.

**Conclusion:** The Slovenian Association of Acupuncture wish to cooperate and communicate in acupuncture education of the Slovenian medical doctors with our friendly republic of China in with European and world acupuncturists.

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Ab 142	<b>ACUPUNCTURE EDUCATION IN SLOVENIA</b> Prim.mag. Marija Cesar Komar, dr. med. Slovenian Association of Acupunctura Ljubljana Slovenia
<p><b>Introduction:</b> Acupuncture is a method of treating diseases with the use of acupuncture needles in the particular parts of the body/acupuncture points on the meridians all over the body. Is a part of Traditional Chinese Medicine/TCM, is based on the Taoistic philosophy. It is complete medicine, needed a long and quality education . Important is a holistic step to the patient, special investigation, looking for the very different signs and symptoms and valuation.</p> <p><b>Methods:</b> Overview of the archives and the notes of the Slovenian Association for Acupuncture.</p> <p><b>Discusion:</b> Till the year 1978 were in the Slovenia only few enthusiastic doctors who used acupuncture. Prim. dr. Drago Plešivčnik, surgeon from the General hospital Slovenj Gradec has organized the 1<sup>st</sup> Symposium of Acupuncture in Yugoslavia in the year 1978, with the attendees all authorities of acupuncture , politics and medical science from the China and all the Republics of the Jugoslavia. They accepted well known Slovenjgraška izjava -Declaration of Slovenjgradec, the basis for the future using of acupuncture with in our medical system.</p> <p>In the year 1979were in Slovenia only tree ambulances using the acupuncture-University Clinical Center Ljubljana-prim. J .Muller, General Hospital Slovenj Gradec -Prim. M. Cesar Komar , and General Hospital Maribor-prim. Z. Turk. We have had some educations in Slovenia with eminent foreign lectures in organization of the Slovenian Association for acupuncture, but we didn't have had the complete education.</p> <p>In the year 2016 began the basicSlovenian school for acupuncture in organization of the acupuncture association , with 160 hours of theoretical lessons , seminars 40 hours, and practically work 100 hours. Teachers and mentors are domestic experts for acupuncture , with ended original Chinese school and some experts from the neighbourth countries.</p> <p><b>Summery:</b> From the year 1978, we have had some short educations in Slovenia in organization of the Slovenian Acupuncture association, but till the year 2016 have had no complete acupuncture school. We are very proud of our school, which is very important for the future scientific acupuncture in Slovenia.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 143	<b>SINUSITIS IN ACUPUNCTURE</b> Mirjana Maslar, dr.med. Hospital Celje Slonenian Association of Acupuncture Ljubljana
<p>Sinusitis is an inflammation or swelling of the tissue in the sinuses. It is successfully treated according to the principles of Western medicine. In addition, sinusitis can also be treated with acupuncture as a method of TCM.</p> <p>Acupuncture involves a holistic approach to the patient as a whole. correct differentiation of patterns and, based on this correct diagnosis, lead to the right choice of acupuncture points and successful treatment.</p> <p>Acupuncture treatment of sinusitis is different and in relation to the pattern. In particular, it focuses on expel and cleaning of pathogenic factors: wind, dampness, and heat.</p>	

In addition, it is necessary to tonify the biopotential of the lungs, and especially spleen, because the strong spleen biopotential inhibits the production of dampness, improves the immune system as a whole, thereby reducing the possibility of sinusitis.

**Key words:** Acupuncture, fever, sinusitis, pains, rhinitis, headache

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Ab 144	<b>POSSIBILITY THAT INTERSTITIUM (A NEW ORGAN) IS AN ANATOMICAL SUBSTRATE OF THE SYSTEM OF ACUPUNCTURE CHANNELS NETWORK</b> Jani Osojnik, M.sc., TCM, psychologist – Slovenia – Ljubljana
<p>A team of researchers (Benias et al., 2018) has only recently identified that certain layers of the human body long thought to be connective tissues — below the skin’s surface, lining the digestive tract, lungs, and urinary systems, and surrounding arteries, veins, and the fascia between muscles — are actually interconnected, fluid-filled compartments, categorizing them as an organ.</p> <p>Newly discovered interstitium is a set of compartments that are supported by a meshwork of strong (collagen) and flexible (elastin) connective tissues proteins that can be found below the skin surface and other inner tissues and internal organ's mantle. It represents a layer that is a path of moving fluid all over the entire body and drain lymph into lymphatic system which is of vital importance to the functioning of immune cells in the process of inflammation response (Benias et al., 2018). This makes this layer a main candidate for channel system in acupuncture in the theory of TCM where the defending biopotential (weiqi) is circulating throughout the surface of the body.</p> <p>The discovery is of special excitement because it identifies until now hidden micro-anatomy with the help of which among explaining other anatomical and physiological mechanisms we can start to research microanatomical substrate of acupuncture channels that was so far hiding for so long.</p> <p>Needle puncturing reach through epidermis into dermis where three communicative anatomic system (nervous, blood and lymph vessels) are to be found that could incompletely help to explain certain needling curative effects, near and far.</p> <p>Interstitialium is located in dermis but not epidermis or subdermis and not in subcutaneous connective tissue (Benias et al. 2018) but it is still not obvious its location in epi-fascial layer as it again appears in muscle and intermuscle fascia.</p> <p>The skin is known to be divided in six layers: epidermis, dermis, subdermis, subcutaneous tissue, epifascia in fascia, which are all layers that can be reached by needle puncturing. These 6 layers can be divided among 3 yang (greater, minor in bright) and 3 yin (greater, minor and terminal) layers accordingly. Stimulating each of the layers has its own specific curative effect.</p> <p>If interstitium is a separate and distinctive organ it is proximally-distally connected along the upper and lower limbs and throughout the torso which make it possible to have different and distinctive paths along and inside the body what makes them similar to acupuncture channels system. Recent advances in research techniques could prove or disprove more of it.</p> <p>Next step in the research could be a detailed look into how outer pathogens enter through the skin layer by layer. This could reveal some new tactics and strategies that could prevent their entrance and support inner defense of the body.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 145	<b>BRIEF INTRODUCTION TO THE CONCEPT OF HEALTH IN TCM</b> Osojnik, M.sc., TCM, psychologist – Slovenia - Ljubljana
<p>The opening chapter of Huangti neijing starts with the question of longevity (at average 100 years) and how to achieve such an age. In this way it introduce the main concern of the medicine subject.</p> <p>According to TCM nature and human are holistic unity based on the equilibrium of two in harmonious sempercirculus of five elements. Health is a stable condition of human individual’s life so it is also based on the equilibrium and sempercirculus of two and five elements.</p> <p>Dunn (1976) in his article introduces concept “of health as dynamic, constantly varying condition of the individual or the group. This approach emphasizes the idea that the 'level' of health may change from one point in time to the next, and that the quantity and quality of health changes as the level changes. Health is therefore viewed as scalar quantity subject to measurement.</p> <p>An open ends 100 degrees scale is introduced in this lecture, modified on the base of Dunn's illustration of health as a scalar quantity that enables us to measure current health of an individual against such a scale. This way we have introduced health as a scalar continuum, with health at one pole and the other with ill-health (disease) and at their extremes immortality (100°) and death (0°).</p>	

In TCM the level of health e.g. equilibrium of two elements (yin&yang) is illustrated with equilibrium diagrams and sempercirculus harmony with the diagrams of tuning level of five elements (5E: wood, fire, earth, metal and water). Both levels determine different level or degree of health from weak, strong and firm to theoretical immortality, and different level of disease from modest, chronic, serious and terminal to finally death.

Theory of two elements (yin&yang) represents many different aspects of constitutional and physiological contradictory and opposite agency that sustain healthy organism. Short introduction of equilibrium relation between pathogenic (xieqi) and sanogenic (zhengqi) is given in this lecture.

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Ab 146	<p><b>Effect of acupuncture on body resistance and reactance of breast cancer survivors</b></p> <p>Rinaldi Massimo<sup>°^</sup>, Di Blasio Andrea<sup>°</sup>, Morano Teresa<sup>°</sup>, Grossi Simona*, Tavoletta Saveria*, Caldaralo Francesco*, Cianchetti Ettore*</p> <p><sup>°</sup>Department of Medicine and Aging Sciences – “G. d’Annunzio” University of Chieti- Pescara, Italy</p> <p>*Breast Unit – “G. Bernabeo” Hospital of Ortona, Italy</p> <p><b>Correspondence:</b> <a href="mailto:drmassimorinaldi@gmail.com">drmassimorinaldi@gmail.com</a></p>
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**Introduction:** Recently, prof. Gerald Pollack stated that body water content may be as high as 99%, according the percentage of individual water molecules in the body, compared to the total number of molecules. Therefore, it is conceivable to argue about the role of body water in the onset, progression and diffusion of several diseases. Are they linked with non-coherently-oscillating clusters of water? As acupuncture gives the possibility to reset and properly coordinate bodily oscillations, starting from little stimuli, the needles, the aim of our study was to verify and quantify the effect of acupuncture on body resistance and reactance of breast cancer survivors (BCS).

**Methods:** 80 BCS (54.46 ±7.98 yrs) were randomly assigned to a PRE-POST electrical bioimpedance analysis (BIA 101 new edition, Akern, Italy) with (A<sup>+</sup>) and without acupuncture (A<sup>-</sup>), under standardized conditions, at the Breast Unit of the “G. Bernabeo” Hospital (Ortona, Italy). The A<sup>+</sup> group was treated with new Pionex 1.2 mm (Seirin, Japan) and Hwato (China) 0.25x25 mm needles.

**Results:** The A<sup>+</sup> group showed a major increase, respect to A<sup>-</sup> group, of the resistance (Rz) (p<0.001), reactance (Xc) (p<0.001), and of the phase angle (Pa) (p=0.003), also independently from their starting values (Xc, p<0.001; Rz, p<0.001; Pa, p=0.001). When the analysis was repeated considering the measurement error of the used instrument, i.e. excluding the participants showing a variation, of both Xc and Rz, comprised between -2% and +2%, 46 BCS remained in the A<sup>+</sup> group and only 15 in the A<sup>-</sup> group. The A<sup>+</sup> group significantly increased Xc (p<0.001), Rz (p<0.001) and Pa (p<0.001) while the A<sup>-</sup> group not.

**Conclusion:** As Rz mainly represents extracellular fluids, Xc cellular density in body fluids and Pa cellular integrity, our results suggest that acupuncture could have a significant active role in body water redistribution and cellular health.

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Ab 147	<p><b>Inflammatory duodenal pseudostenosis acupuncture treatment</b></p> <p>Gilda Carvajal M.D</p> <p>SESMI (Sociedad Española de Salud y Medicina Integrativa)</p> <p><b>Correspondence:</b> <a href="mailto:gigicarvajal@gmail.com">gigicarvajal@gmail.com</a></p>
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**Introduction:** Chinese medicine and conventional western medicine appear to be two unreleated and uncompromising paradigms. In this clinical case, acupuncture treatment had positive results where conventional medicine could find no satisfactory remedy.

**Methods:** As result of a surgical extirpation of a Gastrointestinal Stroma Tumor (GIST) in duodenum, a large numbers of diferents complications were present, the most patient’s life threatening one was Inflammatory Duodenal Pseudostenosis because the patient was emaciated, western medicine did not offer an efective treatment. 10 acupuncture sessions were scheduled and both local points (dermatome) and distal points were used.

**Results:** The patient regained the normal gastrointestinal peristalsis funtion, disapperance of vomiting and the fullness sensation, improving his nutricional status and body mass index (BMI).



**Conclusion:** Acupuncture proved effective promoting gastric peristalsis in subjects with low initial gastric motility and suppresses peristalsis in those with active initial motility. Both sympathetic and parasympathetic nervous systems relay the impulses to the effectors of the gut via motor and secretory fibres. Acupuncture should be part of the armamentarium of each physician treating patients.

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Ab 148	<p><b>Determination of Efficiency of Acupuncture Treatment in Patients with Knee Osteoarthritis, Using Infrared Thermal Imaging System</b></p> <p>Mehmet Tuğrul Cabioğlu Prof. Dr.          Medical Faculty of Başkent University, Traditional and Complementary Medicine Application Center          Çağrı Cabioğlu,          Başkent University, Faculty of Engineering, Department of Computer Engineering</p> <p>Kemal Saltuk Cabioğlu,          Specialist of Emergency Medicine, Avcılar Government Hospital, <b>Healty Minister of Turkey</b>          Pzt. Tuğçe Bayram, Başkent University, Faculty of Health, Department of Physical Therapy and Rehabilitation</p> <p><b>Correspondence:</b> Mutlukent Mah. 1963 Sok. No: 17, Ümitköy/ANKARA, TURKEY          e-mail address: tugcab@gmail.com</p>
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Acupuncture treatment method goes beyond 3000 years. It can be used in diagnosis and treatment of diseases. Recently, it became popular in treatment of inflammatory diseases like sinusitis, allergic rhinitis (AR) and osteoarthritis (OA). In recent years, infrared thermal imaging system (ITIS) has gained importance in diagnosis of diseases. The sensitivity and resolution of these devices have extremely improved. Infrared radiation is emitted from skin surface. ITIS measures the temperature over the skin. In particular, when a tissue is inflamed, the increase in temperature according to normal conditions can be detected by ITIS. Since osteoarthritis is a major chronic inflammatory disease, grading of inflammation can be detected by ITIS. This presentation, in three patients knee osteoarthritis, we planned to conduct pre-assessment, comparing to thermal images and clinical findings of patients acupuncture treatment before-after. We think that measurement of heat on acupuncture points using infrared thermal imaging system would enable establishing new algorithms particularly in the acupuncture treatment of patients with inflammation. To this end, we will develop data processing methods on images of OA patients taken via a ITIS. We will perform the segmentation of images according to temperature fields and the assessment of exact temperature using regression analysis over color features. According to this preliminary study, in this subject we plan to study a randomized control group.

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Ab 149	<p><b>Opinions of medical students and medical doctors regarding studying and applying acupuncture</b></p> <p><b>Ramona Jurcău<sup>1*</sup>, Ioana Jurcău<sup>2</sup></b></p> <p><sup>1</sup>Department of Pathophysiology, „Iuliu Hatieganu” University of Medicine and Pharmacy, Cluj-Napoca, Romania  <sup>2</sup><b>Emergency Clinical Hospital for Children, Cluj-Napoca, Romania</b></p> <p>E-mail: ramona_mj@yahoo.com          *The corresponding author</p>
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**Introduction:** Acupuncture (AC) is studied in many countries in the world in various forms of organizing training courses. The objective was to assess the opinion of some medical students (MS) and medical doctors (MD) regarding AC.

**Methods:** Voluntary subjects (NS=40, MD=49) had participated, according to the study. Questionnaire relating AC had different questions, eg.: 1) I don't know anything about AC and I am not interested in it; 2) I don't know anything about AC, but sounds interesting; 3) I learned something on my own about AC and it is enough; 4) I learned something on my own about AC, and I would like to study more; 5) I have followed no AC treatment; 6) I followed AC treatment, with good results; 7) I followed an initiation course in AC, but I would not want to study further; 8) I followed an initiation course in AC, and I would like to continue studying.

**Results:** Answers to questions, eg.: 1) MS=7%, MD=10%; 2) MS=17%, MD=24%; 3) MS=19%, MD=12%; 4) MS=8%, MD=15%; 5) MS=71%, MD=73%; 6) MS=4%, MD=6%; 7) MS=3%, MD=10%; 8) MS=4%, MD=13%.

**Conclusions:** 1) For the majority of the evaluated MS and MD, AC is yet little known domain. 2) A small percentage of MS and MD followed an AC treatment. 3) Some of the MS and MD evaluated were pleased with the AC results. 4) The interest in AC study was higher in MD.

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Ab 150	<p style="text-align: center;"><b>Observational study on auriculotherapy in the treatment of pain in musculoskeletal disorders</b></p> <p style="text-align: center;">Baccetti Sonia*, Cortesi Elisabetta Barbara*, Monechi Maria Valeria*, Mariella Di Stefano*, Cucca Barbara*, Picchi Marco **, Conti Tommaso*, Traversi Antonella*, Terranova Filippa*, Roberto Montelatici*, Sylvie Yvonne Barberousse*, Sabatini Federica*, Vuono Catia*, Bini Christian*</p> <p style="text-align: center;">* <i>Centre of Complementary Medicines Fior di Prugna - Local Health Unit Tuscany centre, Florence (Italy)</i></p> <p style="text-align: center;">** <i>Clinic for Complementary Medicine and Diet in Oncology, Campo di Marte Hospital, Local Health Unit Tuscany North-West, Lucca (Italy)</i></p> <p style="text-align: center;"><i>Correspondence: Baccetti Sonia <a href="mailto:sonia.baccetti@uslcentro.toscana.it">sonia.baccetti@uslcentro.toscana.it</a></i></p> <p><b>Introduction:</b> Pain in musculoskeletal disorders is a common problem that involves high social and individual costs. Systematic reviews and randomized controlled trials show that a number of treatments usually applied in this field are not effective. On the other hand, there is clinical evidence of the effectiveness of physical exercise, acupuncture and auriculotherapy. Side effects of current medication limit their use. The aim of this observational study is to evaluate the effectiveness of auriculotherapy on the pain of patients suffering from chronic musculoskeletal disorders (non-oncological pain).</p> <p><b>Methods:</b> From February 2010 to April 2017, in the Centre of Traditional Chinese Medicine Fior di Prugna - Local Health Unit Tuscany centre, 1,180 questionnaires were analyzed (835 females, 345 male, mean age 65,7 years, median age 68). After the first visit with anamnesis and objective examination, patients underwent 6/8 sessions of auriculotherapy, once a week, according to a <i>pre-established</i> protocol that includes the search for painful points in the ear through baresthetic diagnosis and adding general points (analgesic, antiphlogistic, myorelaxing and psychic points). Points in the ear were treated unilaterally by needles left in situ for 20 minutes, afterwards permanent Vaccaria seeds or pyonex were applied and left in situ for a week.</p> <p>The effectiveness in pain at rest and during movement was evaluated by a verbal scale Present Pain Intensity (PPI) and a Numeric Pain Intensity Scale (NRS) self-administred before and at the end of treatment.</p> <p><b>Results:</b> We report the preliminary results of this study that show a reduction of the pain after the treatment. No relevant side effects were registered.</p> <p><b>Conclusions:</b> Auriculotherapy can be an effective and simple method to reduce pain in musculoskeletal disorders, also in combination with usual care. Randomized controlled trials are needed to verify the efficacy of this protocol of treatment.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>
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Ab 151	<p style="text-align: center;"><b>The influence of ear acupuncture and physical training, on acute mental stress</b></p> <p style="text-align: center;"><b>Ramona Jurcău<sup>*1</sup>, Ioana Jurcău<sup>2</sup>, Nicolae Colceriu<sup>3</sup></b></p>
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	<p><sup>1</sup>Department of Pathophysiology, „Juliu Hatieganu” University of Medicine and Pharmacy, Cluj-Napoca, Romania</p> <p><sup>2</sup><b>Emergency Clinical Hospital for Children, Cluj-Napoca, Romania</b></p> <p><sup>3</sup>University of Agricultural Sciences and Veterinary Medicine, Cluj-Napoca, Romania</p> <p>E-mail: ramona_mj@yahoo.com</p> <p>*The corresponding author</p>
<p><b>Introduction:</b> Ear acupuncture (EAc) is an anti-stress therapeutical method. The objective was to highlight EAc and physical training (PT) action, on blood sugar (BS) and anxiety (A), in acute mental stress.</p> <p><b>Methods:</b> Sedentary subjects (n=24 males) were organized into 3 groups: 1) control (C=8) no EAc, no PT; 2) with EAc, no PT (EA=8); 3) with EAc and PT (EAPT=8). Study steps: a) EAc (P1) for EA and EAPT: 21days, at physical rest - the needles were placed on the points liver, lungs, kidney, shen men and sympathetic; b) PT (P2) for EA: pedaling on a cycloergometer, a week, 12 min/day; c) mental stress (P3) for all groups: a difficult mathematical exercise. BS and A measurings: T1=before P1; T2, T3, T4 = at the end of P1, P2, P3 respectively. Assessments: BS, with a portable glucometer; A, with visual facial anxiety scale. Statistical evaluation was based on Student test.</p> <p><b>Results:</b> T4 comparison: BS and A decreased at EAPT: intensive significantly, versus C (BS, p=0.004; A, p=0.002); moderate significantly, versus EA (BS,p=0.03; A,p=0.01).</p> <p><b>Conclusions:</b>1) EAc acted more intense on A than on BS. 2) Under the EAc and PT influence, BS and A had a similar evolution. 3) EAc and PT together had a more intense effect on HT and A. 4) EAc and especially EAPT, may be useful to modulate BS and A on acute mental stress, in sedentary persons.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

<p>Ab 152</p>	<p style="text-align: center;"><b>Maharishi Ayurveda in the treatment of sterility: natural way to healthy progeny</b></p> <p style="text-align: center;">Gordana Marković Petrović, MD, PhD Dom zdravlja Zemun, Belgrade, Serbia</p> <p style="text-align: center;"><b>Correspondence:</b> <a href="mailto:gm5rovic@gmail.com">gm5rovic@gmail.com</a>, +381638963331</p>
<p><b>Introduction:</b> According to the definition of the World Health Organization infertility is “a disease of the reproductive system defined by the failure to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse.”</p> <p>The possibility of conception, the flow of pregnancy and baby's health all depend on the quality of spermatozoids and the ovum, that is, the reproductive health of men and women, which reflects their overall health.</p> <p><b>Methods:</b> There is a worldwide decrease in sperm quality of men, as well as an increased incidence of women with endometriosis, polycystic ovarian syndrome and other diseases that reduce the possibility of pregnancy.</p> <p>According to Maharishi Ayurveda, the main etiological factors that negatively affect the reproductive health of men and women, which lead to hormonal imbalances, are a stressful way of life, toxins present in the environment and food, an overall disrespect for the principle of healthy eating, as well as poor daily routine.</p> <p><b>Results:</b> An Ayurvedic treatment before planning a pregnancy includes individually created detoxification of both partners, hygienic -dietary regime, treatments of imbalances found by pulse diagnosis and stimulation the regeneration of the reproductive system.</p> <p><b>Conclusion:</b> Case Study: An Ayurvedic treatment of sterility of a married couple (35-year-old woman, 37-year-old man). After two years of trying to get pregnant naturally and 2 unsuccessful <i>in vitro</i> fertilizations, a treatment according to the principles of Maharishi Ayurveda was recommended. The treatment included a detoxification process, therapy with Ayurvedic supplements, prescribed pre-conception and post-conception diets. Five months after the first Ayurvedic examination, pregnancy by natural conception was confirmed. .</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 153	<p><b>AN AYURVEDIC APPROACH TO ALZHEIMER'S DISEASE (AD)</b></p> <p>Prof. Dr. Anand V. Kalaskar</p> <p>Deputed as AYURVED CHAIR, by the Ministry of AYUSH, Govt. of India, to the University of Primorska, Koper, Slovenia</p> <p>Email: dranand.kalaskar@gmail.com</p>
<p><b>Introduction:</b> Ayurvedic medicine is a 5000 year old Indian system of traditional medicine. An entire body of literature in the Ayurvedic texts deals with the nervous system and disorders associated with it. Nervous system disorders, called 'Vatavyadhi' in Sanskrit, are thought to be brought on by imbalances of Vata. Hence, Vata derangements always involve some weakness, disturbance, or hypersensitivity of the nervous system. Included in ayurved texts are direct references to age-associated memory loss (Smriti bhransh), its preventive care, and therapeutic interventions. These texts explain the use of several herbs and their qualities and energetics for nervous system disorders, including memory loss typically seen in older adults as is seen in Alzheimer's Disease. Thus Alzheimer's disease can be compared to Smriti bhransh according to Ayurved. Certain herbs that serve as nerve tonics are mainly used in treating the disease through the science of Ayurveda. They are viz. Ashwagandha, Turmeric, Brahmi, Shankhapushpi, Mandukparni etc. along with certain panchakarma treatments like Nasya, Shirodhara etc.</p> <p><b>Methods:</b> Dhi Vibhrama, Satva pariplava, Akula drishti, Adhirta, Abodh vakyam etc. are some of the symptoms, which are similar to Alzheimer's disease found in Ayurved. Ayurveda attributes this to faulty lifestyle &amp; dietary habits viz: Viruddhahara, Ashuchi bhojan, Ati chinta, Atibhaya etc. leads to Vata vriddhi &amp; dushti which in turn causes manodushti (Increase &amp; vitiated Vata dosha &amp; mind involvement) &amp; brain as a favourable ground to accumulate the vitiated Vata. This further leads to Roopa (Clinical Manifestations) viz: Mental vacuity (Hridaya shunyam), Insomnia (Nidranasha) &amp; Forgetfulness/Loss of memory (Smriti bhransha). Ayurvedic management includes Daiva vyapashraya, Yukti vyapashraya &amp; Satvavajay chikitsa to deal effectively with Alzheimer's disease.</p> <p><b>Results:</b> Certain herbs that serve as nervine tonics are mainly used in treating the disease through the science of Ayurveda. They are viz. Ashwagandha, Turmeric, Brahmi, Shankhapushpi, Mandukparni etc. They have a soothing effect on the nerves, act as nervine tonic, anti-inflammatory, antioxidant, free radical scavenging, inhibit cholinergic degeneration &amp; exhibit nootropic effects.</p> <p><b>Conclusion:</b> Alzheimer's Disease can be compared to Smriti bhransh in Ayurved. Ayurvedic treatment principles of Daivavyapashraya chikitsa like Mantra, Yuktivyapashraya chikitsa of making use of many herbs viz: Ashwagandha, Vacha, Haridra, Jatamansi, Brahmi etc along with the panchakarma treatments viz. Nasya &amp; Shirodhara and Satvavajaya chikitsa like counselling &amp; reassurance &amp; moral support can definitely help to effectively treat Alzheimer's disease patients.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 154	<p><b>Managing an authentic Ayurveda clinic and treating 25.000 patients with Panchakarma at the Maharishi Ayurveda Health Center in Bad Ems, Germany</b></p> <p>Lothar Pirc</p> <p>Maharishi Ayurveda Gesundheits- und Seminarzentrum Bad Ems GmbH Am Robert Kampe Sprudel * D-56130 Bad Ems GERMANY Telephone +49 2603 9407-0 * Fax +49 2603 3122 <a href="http://www.ayurveda-germany.com">www.ayurveda-germany.com</a> lothar.pirc@<a href="mailto:ayurveda-badems.de">ayurveda-badems.de</a> HRB Koblenz 4569 • USt.-Ident-Nr.: DE149321178</p>
<p>Maharishi Ayurveda Private Clinic in Bad Ems Germany has treated 25,000 people since it opened 26 years ago, and is one of the largest dedicated residential Ayurveda clinic outside India. It has official status as a private hospital, has 90 staff, has been featured in 1200 favourable press reports and 300 TV appearances; and has received more than 20 significant awards and honours, from India as well as from Germany and elsewhere.</p> <p>The average stay in the clinic is ten days, and 70% of the patients have attended the clinic before.</p>	

We will share our experience and insights into what makes a clinic successful, and how to overcome the many challenges faced by any Ayurveda clinic in the West. These include: extremely labour-intensive treatment in countries where labour costs are high; treatments are not yet reimbursed by health insurance; high expenses from consumables and laundry; legal restrictions in some countries preventing the presentation of research to the general public.

The most common conditions that are benefited include: diabetes 2, hypertension and heart disease, obesity, fibromyalgia, intestinal problems.

A brief presentation of published research on the Maharishi Panchakarma programme (though not conducted at our clinic) will include: a 58% elimination of environmental toxins including pesticide residues and heavy metals (which would normally take decades to leave the body), improvements in 16 parameters of physical and mental health, reduction in aggressive oxygen free radicals, and decrease of total cholesterol.

We offer a lively optional supporting programme at the clinic, which offers added attraction and tends to enhance the patient's long-term benefit, with health education on diet and daily routine, yoga exercise, gem-light therapy, Gandharva music therapy, lectures on Transcendental Meditation.

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Ab 155	<p><b>A check on lifestyle makes the path of menopause Smoother</b></p> <p>Madhu Pandey, Dr. Bhri Gupta Pandey International Academy of Ayurved Correspondence: bhrigupati.pandey52@gmail.com</p>
<p><b>Introduction:</b> Present day economic and social conditions of women contrasted with those of centuries ago. The social and political environment, status and economic conditions of women years ago led them to a simple life; they were not subjected to the same pressures that burden the women in all walks of life today. She now has to do the double work of having to meet financial pressures and maintaining harmony in the family. In the hustle and bustle of life, she has no time for herself. When mid age knocks she is not prepared to welcome it.</p> <p>Sometimes it is hard to know if the hormonal changes of menopause impact on our life or if our life impacts on how you experience menopause. So creating awareness for menopause among women is the aim of my project.</p> <p>Though some risk factors and symptoms linked with menopause can't be changed but good nutrition can help, prevent or ease certain conditions that may develop during and after menopause.</p> <p>Crow's feet, sagging skin, thinning hair, weak bones, emotional roller coaster etc are the symptoms of middle age crisis or menopause.</p> <p>Eating right food that her body needs each day is the best thing, she can do for her health. But even she is eating a mix of fruits, vegetables, whole grains and lean proteins all of which are essential for maintaining good health, chances are that she is still making mistakes with her food choices without even realizing it.</p> <p><b>Methods:</b> Conceptual study</p> <p><b>Conclusion:</b> To cultivate right food habits among women is the objective of this project, so that nobody can call her 'cry jags', 'happy happiest', or 'cranky crankiest'.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 156	<p><b>Herbal Medicine Today: Clinical and Research Issues My Organization runs a Medical</b></p> <p>Prof: Mohammed Al-Bassir Rahamani Pharmacy College in India by the name of MAK College Of Pharmacy <a href="http://www.makpharmacollege.ac.in/">http://www.makpharmacollege.ac.in/</a> Collaborate Company: Mak Labs Pvt Ltd.</p>
<p>Demonstrate our indigenous medicines that are made by 1000 years old Herbal &amp; Ayurvedic medicines practicing field in the spectrum of finding remedies for Asthma, Tuberculosis, Cancer and various other ailments.</p>	

Allopathic practitioners in India are outnumbered by practitioners of traditional Indian medicine and homeopathy (TIMH), which is used by up to two-thirds of its population to help meet primary health care needs, particularly in rural areas. India has an estimated 2.5 million HIV infected persons. However, little is known about TIMH use, safety or efficacy in HIV/AIDS management in India, which has one of the largest indigenous medical systems in the world. The purpose of this review was to assess the quality of peer-reviewed, published literature on TIMH for HIV/AIDS care and treatment. Of 206 original articles reviewed, 21 laboratory studies, 17 clinical studies, and 6 previous reviews of the literature were identified that covered at least one system of TIMH, which includes Ayurveda, Unani medicine, Siddha medicine, homeopathy, yoga and naturopathy. Most studies examined either Ayurvedic or homeopathic treatments. Only 4 of these studies were randomized controlled trials, and only 10 were published in MEDLINE-indexed journals. Overall, the studies reported positive effects and even "cure" and reversal of HIV infection, but frequent methodological flaws call into question their internal and external validity. Common reasons for poor quality included small sample sizes, high drop-out rates, design flaws such as selection of inappropriate or weak outcome measures, flaws in statistical analysis, and reporting flaws such as lack of details on products and their standardization, poor or no description of randomization, and incomplete reporting of study results.

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Ab 157	<p><b><i>Herbal Medicine Today: Clinical and Research Issues Rare diseases</i></b></p> <p>Dr Mohammed Taque Ansari</p> <p>Medical Pharmacy College in India by the name of MAK College Of Pharmacy</p>
<p>Alzheimer's disease (AD) is a progressive neurological disease of the brain named after German physician Aloes Alzheimer, who first described it in 1906. Alzheimer's is the most common form of dementia and affects an estimated 10 million people worldwide.</p> <p>The most common form of dementia is AD, which demolishes the vital brain cells, causing trouble with memory, thinking, and behavior, brutal enough to affect work, lifelong hobbies, and social life. Recognized factors in Alzheimer's disease include acetylcholine deficiency, free radicals, and inflammation of the brain tissue.</p> <p>Many of the current drugs taken to treat the disease, such as donepezil, have unpleasant side effects and doctors are keen to find alternatives. There is no cure for Alzheimer's disease, but drugs designed to slow disease progression are available. Some herbs may help to improve brain function, but scientific evidence to prove that they can treat Alzheimer's disease, is limited.</p> <p>Memory impairment is the hallmark symptom of Alzheimer's disease and usually involves behaviors such as forgotten appointments, away from home, misplaced items, and repetitive questions. Along with memory problems, AD can be recognized by insomnia, anxiety, depression, disruptive behavior, and hallucinations. Several studies have found evidence that Alzheimer's disease is a disease that is caused by or is a result of decreased metabolic activity in the brain.</p> <p><b>Disclosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 158	<p><b>Diabetic foot management with science-based evidence-based Ayurveda treatment.</b></p> <p>Prathamesh Karpe</p> <p>Bachelors in Ayurveda medicine and surgery, masters in shalyatantra.</p> <p>Correspondence: Internet</p>
<p>Diabetic foot is an ulcer caused on the foot due to peripheral neuropathy, angiopathy and presence of infection in the diabetic individuals. The majority (60–80%) of foot ulcers will heal, while 10–15% of them will remain active, and 5–24% of them will finally lead to limb amputation within a period of 6–</p>	

18 months after the first evaluation. Neuropathic wounds are more likely to heal over a period of 20 weeks, while neuroischemic ulcers take longer and will more often lead to limb amputation. It has been found that 40–70% of all nontraumatic amputations of the lower limbs occur to patients with diabetes. The risk of foot ulceration and limb amputation increases with age and the duration of diabetes. Diabetic foot ulceration is a major health problem and its management involves a multidisciplinary approach. *Sushruta Samhita* has mentioned the diabetic wound care management in the chapter “*Prameha pidaka*” where he mentions about 10 types of diabetic ulcers and their pathogenesis. The modern wound care is too costly and immunosuppression drugs also deteriorates the health of the patient leading to more complications. The ayurvedic wound care not only takes care of wound but also with its systemic approach, it improves the metabolism and immune status and helps in better wound healing and improvement of the general health status of the patient. Also, it reduces financial burden of the patient as wound management can be done on out patient basis and without much surgical intervention. This paper explains the case study of successful management of diabetic foot with science based evidence based Ayurveda.

**Methods:** Patients were selected from the OPD of GAM&RC Shiroda Goa. The treatment was carried out on out patient basis.

**Result:** Significant healing of the wound was observed with any morbidity and mortality,

**Conclusion:** With proper science based evidence based ayurveda, many infectious conditions can be very well managed with minimum medicines and scientific diet. It also prevents complications of the irrational treatment.

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Ab 159	<p><b>Nanomedicine In Ayurveda: Concept Of Bhasma</b>                  Priyanka Chorge M .D. (Ayurveda),                  Rasashastra, Pune, India M .A. Scholar (Sanskrit)                  University of Hamburg</p>
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Ayurveda is considered to be the most ancient system of medicine with a complete holistic and medical approach. Ayurveda system was so advanced that it comprised all the branches that a modern medicine industry is comprised of, including medicine formulations and pharmacies. The medicine formulations involved not only herbs but also metals and minerals. Several metallic preparations and formulations of Ayurveda have been used clinically since 8<sup>th</sup> century A.D. These formulations are considered superior due to their efficacy and potency. Bhasma is a specific art of Ayurveda pertaining to the preparation of medicines using metals. The metals used to prepare Bhasmas are reduced to nano particles by using organic materials and biological methodology.

This is possible with the help of traditional Puta system of Ayurveda. Prior to the processing, the metals or minerals have to be purified organically (Shodhana) and made suitable for Marana (incineration) process. The metals are then heated to high temperatures and then quenched in suitable organic media. This process not only helps in getting rid of chemical impurities but also helps in making them more assimilating/adapting to humancells. The process of trituration and Marana reduces the metals to Nano sizes. Several modern day researches claim the presence of Nano-particles in Bhasmas, which are biocompatible and possess similar properties to that of nano-crystalline materials. Nanomedicine is the application of knowledge and tools of nanotechnology using biologically active nanoparticles. Nanotechnology deals with particles at atomic or molecular levels, in the range of 1 to 100 nanometers and has vast applications in drug delivery field. Nano drug delivery systems can reduce the drug dose and side effects by lowering the deposition of the active agent in the non-targeted sites. Thus, a complete overview of Ayurvedic Bhasma preparation and traditional ways to reduce its toxicity with special reference to Tamra (Copper) Bhasma is provided.

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Ab 160	<p><b>Stress management in cardio-vascular disease</b>                  Dr.med. Rainer Picha, Cardiologist                  Chairman, International Maharishi Ayurveda Foundation</p>
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Cardio-vascular disease is the leading cause of death world-wide even though 90% of heart attacks could be prevented by modifying risk factors according to the Interheart Study. In order to handle the



main risk factors such as hypertension, smoking, and cholesterol, the focus has shifted to psychosocial stress as the cause of the causes so to say. Psychosocial stress has been shown to play a major role in the development of these risk factors. I will present research papers showing how a stress management program through Transcendental Meditation has a positive effect on hypertension, lipid profile, and cigarette smoking.

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Ab 161	<p><b>Applied Uses O f Panchakrma And Shaman Therapy In Psoriasis – Case Study</b> Sachin Patil<sup>1</sup> + Sai Patil<sup>2</sup> bachelors in Ayurveda medicine and surgery, masters in Panchkarma<sup>1</sup> bachelors in Ayurveda medicine and surgery, masters in Sanhita Siddhnaat<sup>2</sup> Correspondence: Internet</p>
<p><b>Introduction:</b> Psoriasis is one of the commonest skin disease characterised by scaly papules and plaques. Prevalence of psoriasis in different parts of the world varies from 0.1 to 3 percent. A high familial occurrence of psoriasis (7 – 36 %) suggest that genetics factors plays a role in its aetiology. Psoriasis occurs with almost equal frequency in males and females. Psoriasis is a chronic disease marked by periods of remissions and exacerbations. Remissions may last for a few weeks to many years. Triggering factors responsible for psoriasis according to modern science is it may be local or systemic and included trauma ( koebner phenomenon ), season ( worsens in winter ) , emotional stress, upper respiratory tract infections and drugs like beta blockers .withdrawal of systemic steroids can leads to precipitation of pustular psoriasis. Psoriasis is characterised by the development of erythematous, well-defined, dry , scaly papules and plaques of size ranging from pinhead to palm-sized or larger. The scales are abundant, loose, dry and silvery white or micaceous. In Ayurveda all skin diseases explained under the “<i>Kushtha</i>”, 18 types of <i>kushtha</i> are found in <i>samhitas</i>. As per Ayurveda sing and symptoms of psoriasis are resembles with Eka Kushtha and <i>Kitibha Kushtha</i> which is included in <i>Kshudra kushtha</i>. Mainly vitiation of Vata- Kapha dosha is found in Eka Kushtha and <i>kitibha kushtha</i>. <i>Shodhana</i> karma is mandatory in <i>bahudoshavastha</i>. In charaka sutra 24 Kushtha is included in Raktapradoshaja vyadhi<sup>6</sup> and Virechana<sup>7</sup> is best treatment for this. Hence, we have given <i>shaman</i> chikitsa followed by <i>virechana</i>. In this article case study has been explained.</p> <p><b>Methods:</b> Patients were selected from the OPD of LKR Ayurveda college Gadhinglaj. The treatment was carried out on out patient basis.</p> <p><b>Result:</b> Significant result found in Psoriasis.</p> <p><b>Conclusion:</b> <i>Ayurveda panchakram shodhan</i> and <i>shaman</i> therapy are very much beneficial in Psoriasis.</p> <p><b>Disclosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 162	<p><b>APPLIED USES OF RISHYAGANDHA FRUIT (WITHANIA COAGULANS DUNAL) IN PANCHAKRMA AS WELL AS IN ORAL MEDICINE TO TREAT TYPE 2 DIABETES</b> <b>DR SACHIN RAMKRISHNA PATIL</b> <b>MD PANCHAKARMA MBA HCS</b> Asst. Professor LKR Ayurveda Medical College Gadhinglaj Dist Kolhapur, Maharashtra, INDIA <a href="mailto:drsachinayurved@gmail.com">drsachinayurved@gmail.com</a></p>
<p>As we know Diabetes patients are increasing day by day but there is no any promising treatment or therapy to control it effectively. Aim is to treat type 2 Diabetes Mellitus with Ayurveda Panchakrma and oral treatment which will be easy to administer and cost-effective.</p> <p><b>Research method:</b> Patient of type 2 Diabetes Mellitus were selected for study and the before and after treatment result were assessed. Method was oral decoction of Withania Coagulans dunal as well as Medicated enema of oil prepared with Withania Coagulans dunal. And result were assessed. Empty stomach 100ml decoction were administered in the morning and 60 ml medicated oil enema at night was given.</p>	



**Results:** Tremendous result were found after these treatments. Significant reduction in BSI fasting and PP. As you can see in attachments.  
**Conclusion:** Panchakarma as well as oral medication treatment with Withania Coagulans dunal is very much beneficial as well as cost effective treatment for type 2 Diabetes Mellitus  
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Ab 163	<p><b>Reduced Health care costs using Integrative medical approach</b>                  Tomaz Klojcnik, M.Sc.                  Alma Mater Europaea – ECM, Maribor, Slovenia  <b>Correspondence:</b> tomaz.klojcnik@almamater.si ; +386 59 333 079</p>
<p><b>Introduction:</b> Health care costs are strongly age dependent. Annual costs for the elderly are approximately four to five times those of people in their early teens. Some research shows that there is a possibility to reverse this trend by introducing the Transcendental Meditation as one of the multimodal therapies od Maharishi Ayurveda.  <b>Methods:</b> Systematic review of independent scientific research.  <b>Results:</b> In most populations, a small fraction of people account for the majority of health care costs. People with consistently high health care costs experienced significant cumulative decrease in physician fees after an average five-year period practicing the Transcendental Meditation technique.  <b>Conclusion:</b> Societies faced with aging problems, such as the increase in health care costs, can benefit from introducing the Transcendental Meditation to the aging population.  <b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 164	<p><b>Ayurveda and Geriatric Care: Clinical Perspective</b>                  Dr Vidhu Sharma                  Ayurveda for Wellness                  Correspondence:</p>
<p><b>Introduction :</b> Ayurveda, the science of life is an ancient healing system. It states that ageing is a natural process, but by following and practicing the Ayurvedic norms and principles, we can experience healthy ageing, encouraging independence in elderly in accomplishing their activities of daily living.  <b>Results:</b> According to Ayurveda, health is not achieved at just physical levels but also on emotional, mental, spiritual grounds. An individual is considered to be a triangle involving Body, Mind and Spirit. Ayurveda pays special attention to the elderly, promoting healthy ageing, and not merely adding years to life with nil quality!                  Each individual has a unique body set-up including Dhatus, and also a unique combination of subtle energies or Tridoshas namely Vata, Pitta, and Kapha. The imbalance in this order of Tridosha existence is the root cause for all ailments in a human body. Ayurveda has much to offer in terms of positive influence on the Ageing process, and some ailments that might arise as a result.  <b>Conclusion</b> I would also like to share my personal experience with elderly clients at my clinical practice in Australia, where just firm Ayurvedic routine, practices, therapies, and counselling have brought forward remarkable results in the field of Elderly health and related issues.                  I also lecture and train students in Australian Government recognised courses in Age Care. I would like to share my experience and input with Ayurveda and the Age Care Industry, and amalgamation of the two in order to achieve a Healthy Ageing process.  <b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 165	<p><b>An Ayurvedic Multi Modality Approach to Health and Sustainable Weight Reduction</b>                  Dr. med. Wolfgang Schachinger, Arzt für Allgemeinmedizin;                  Director, Maharishi Ayurveda Health Center Ried; Postgraduate Lecturer, Maharishi College of Perfect Health; Bahnhofstr. 19, 4910 Ried im Innkreis,                  AUSTRIA</p>
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This pilot study examines the effect of an Ayurvedic multi modality treatment protocol aiming at sustainable weight control. Overweight as part of metabolic syndrome is one of the main risk factors for cardiovascular disease and premature mortality.

As opposed to other methods of weight reduction, the emphasis in this protocol is not on diet, but on eating habits and on daily routine. The protocol also includes ayurvedic herbs and spices, an ayurvedic purification therapy, awareness practices, yoga asana and breathing exercises, an ayurvedic massage technique, behavioral instructions and basic knowledge of the principles of Maharishi Ayurveda.

The format of the program was a 25 day treatment period for out patients with 11 webinar lectures. The parameters taken are BMI, lab tests (ESR, CRP, total cholesterol, GGT), a questionnaire and heart rate variability measurements.

This lecture reports about the first preliminary results of a study carried out in collaboration with the Institute of Physiology of Medical University Graz, Austria.

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Ab 166	<b>Ayurveda, a Foundation for Integrative Medicine</b> Dr. med. Walter Mölk, Austria
<p>Some physicists describe the basic building blocks of creation in terms of qualities similar to those attributed to our inner core of personality, the Self (<i>Ātma</i>) according to Vedic science (Hagelin 1989). A deeper analysis of the concepts of Āyurveda shows that they are more in tune with the latest theories and principles of modern physics, self-organising systems, chaos theory, system biology, epigenetics, pharmacogenetics, stem cell research and regenerative medicine, placebo research etc., than with the concepts of classical physics and biochemistry that are presently still taught and used in the practice of modern medicine.</p> <p>Maharishi AyurVeda integrates these modern theories with ancient Vedic knowledge, and presents Āyurveda as a scientific prevention-oriented system of health care that can be easily implemented and integrated with every existing system of medicine.</p> <p>Furthermore, the research of Tony Nader MD, PhD (1994, 2012) has shown that the self-interacting structures of consciousness available to us as the sounds of the Vedic literature are expressed in material form in the human physiology, thereby opening a completely new understanding of the human physiology, and new possibilities for prevention and therapy.</p> <p>All Āyurvedic terms and concepts can be finally understood in terms of their origin in consciousness, e.g. the three <i>Doshas</i> have their origin in the relationship between the three fundamental constituents of consciousness – the observer (<i>Rishi</i>), the process of observation (<i>Devatā</i>), and the observed (<i>Chhandas</i>).</p> <p>Numerous studies in peer-reviewed international journals have shown far-reaching health benefits resulting from repeatedly experiencing one's own SELF (<i>Swa-stha</i>) during the practice of the Transcendental Meditation technique. The ancient texts of Ayurveda (Charaka Samhita Sa. 3.20-21) advises every physician to meditate i.e. collect his mind and senses and be established within himself (<i>Ātma</i>) before seeing patients.</p> <p>The theory and practice of Āyurveda includes basic approaches that are now becoming popular in modern medicine, such as:</p> <ol style="list-style-type: none"> <li>1) Evidence-based medicine: Āyurveda uses a systematic evidence-based approach (<i>Parīkshā</i>) to acquire valid knowledge, such as: expert opinion, authoritative textbooks (<i>Āptopdesha</i>), direct observation and perception including diagnostic tests (<i>Pratyaksha</i>), inference (<i>Anumāna</i>), reasoning (<i>Yukti</i>), and also <i>Kārya-Kāran siddhanta</i> (cause and effect theory).</li> <li>2) Personalised/predictive/precision medicine: Personalised prevention and therapy based on constitutional types (<i>Prakriti</i>) and precise classification of all influences on health (diet, medicines, behaviour, climate, age, etc.) according to the three <i>Doshas</i> is one of the great strengths of Āyurveda.</li> <li>3) Integrative medicine: Āyurvedic texts also advise us to also take into consideration other areas of expertise, and integrate this knowledge, as it might not be possible to get the best solution by only considering one field of knowledge.</li> </ol> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab	<b>Capoeira as cultural and physical activity in treatment of depression</b> Goran Gumze PhD
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167	Alma Mater Europea ECM, Maribor, Slovenia
<p><i>Capoeira</i> is a Brazilian martial art and Afro-Brazilian cultural institution that in Brazilian state of Bahia is present at many levels of social interactions, relations and functioning. Being considered as <i>healthy physical activity</i> it is in many cases and contexts applied as a therapy coping with both, physical and psychological problems. As depression represents the worldwide most widespread psychological problem according to (WHO facts 2018), coping with this problem is of great importance and one of the biggest challenges of medicine. Western bio-medical approaches are based on use of pharmaceutical means to cope depression, however complementary approaches are showing good, if not better results, regarding long term treatment of and coping with depression. However, also the short term effects of complementary treatment methods with acute episodes of depression, has been proved to be effective.</p> <p>The following contribution presents <i>capoeira's</i> beneficial effects in treatment of depression and is based on the anthropological field research performed in Salvador Bahia, between 2005 and 2007, that was partly executed in the psychiatric hospital Juliano Moreira. To support the basic supposition that therapy with <i>capoeira</i> can effectively cope mental disorders, especially depression, we will present two case studies where <i>capoeira</i> was applied as a treatment means. Also the methodology of therapy with different groups of patients will be descriptively presented in this contribution. The findings are confirming the beneficence of such treatment method, yet the level of efficiency has to be evidenced and measured on the bigger sample applying the medical research approach.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab	<b>The Integrated Bio-Logical Sciences</b>
168	<b>An Integrative Medicine towards a dynamic science</b> Prof. Mark Ulrich Pfister, Dr. Natale Petti Professional School on 5 Biological Laws and Bio - Logical Integrated Science
<p>We consider the human organism in its totality and in its fundamental relationship with the environment. The study of the emotional impact, the definition of brain areas involved and their connection with the neuronal activation system and, therefore, with its precise physiological and behavioural response, provides the scientific basis for an integral vision, based on strict biological observation, both in medicine and in psychology. As stated by the Nobel Prize Eric Kandel in his book "Principles of Neurosciences" neuroscience seeks to explain behaviour in terms of brain activity, how the brain directs millions of nerve cells to produce behaviour and how the environment can influence them. It seeks to understand the biological basis of consciousness and the mental processes through which we perceive, act, learn and remember. In recent decades, neuroendocrine research has revealed the existence of such kind of connection, as demonstrated by world-renowned scientists, including Nobel Prize candidate Candace Pert with her studies on neurotransmitters. With the Psycho-Neuro-Endocrine-Immunology (PNEI: study of bidirectional relationships between psyche and biological systems) a research model and interpretation of health and disease that sees the human organism as a structured and interconnected unit arises where psychic and biological systems are reciprocally conditioned. This provides the basis for considering other integrated approaches that allow us to go beyond the historical contrast between mind and body. The Integrated Bio-Logical Sciences propose the application of several therapeutic instruments that, based on the exact correspondence between the biological-cognitive-emotional experience that involves the person in its entirety and the use of the 5 Biological Laws as an assessment instrument, allow to the professional to optimize the therapeutic intervention, supporting the person in rediscovering the tools towards their ownwell-being and their own health. At the basis of new scientific research, the new vision of reality provided shows the inconsistency of the static science and directs us more and more of a dynamic science. The EBM (Evidence Based Medicine) gives us the possibility to verify the results empirically, based on objective data, not hypothesized. This innovative scientific approach, based on the investigations that make the criteria of verifiability, repeatability and predictability, represents a renewed medical science directed to the integrated and respectful support of every single person. It involves a new professional figure, willing to change the approach to the person and his problem, offering unique and appropriate methods of intervention specifically to the single person. In the Convention, we will expose the above-mentioned themes with a particular deepening of the relationship between Emotion-Brain-Organ according to the Five Biological Laws.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 169	<p style="text-align: center;"><b>The 'BioPsicoQuantistica' (BPQ) in therapeutic practice: An innovative, integrated and person-centered approach</b></p> <p style="text-align: center;">Dr. Natale Petti</p> <p style="text-align: center;">Professional School on 5 Biological Laws and Bio - Logical Integrated Science</p>
<p>Our body is made up of billions of cells that exchange billions of pieces of information per second; billions of frequencies pass through it simultaneously in a magnetic field that occurs in our perception at different levels within our body, our thoughts, our energies and our person! Prof. Rubbia, winner of the Nobel Prize, has provided us with a formula that demonstrates that we, with our senses and other tools at our disposal, can only observe one billionth of the characteristics of an object, and this also applies to human endeavours: we are able to observe and evaluate only a billionth of the features and expressions of our patients, the rest escapes us! I now understand that we are almost blind to the possibility of evaluating our patients and that whatever we can interpret starts only from the perception we have of him, filtered through our interpretation of their story and the result of an instrumental analysis made by machines created by man (therefore fallible): an interpretation which is further greatly conditioned by our personal experience. What can be done? We have no chance of understanding our patient if we do not believe in "his" perception of "his" reality: how he feels and perceives the world, finding a system that allows us to understand what are the real causes of his discomfort, as classical organic medicine cannot always determine the fundamental causes of an illness and may only identify the superficial symptoms ! Doctor Viktor Von Weizsäcker, the German anthropologist and philosopher founder of Anthropological Medicine and fundamental promoter of Psychosomatic Medicine, highlights the limits of Positivistic medicine stating in mid-1900: "Every day, during the hours of surgery, I find myself daily fighting against classical organic Medicine. Scientific Medicine has in fact actually prevented the realization that the understanding of the disease consists in leading those affected by it towards a meaning of life" BPQ arises from the need to consider, holistically, all the aspects that contribute towards generating a specific situation, following the principle that every event is the result of multiple forces that have combined to create it. The simple act of walking may seem obvious and easy to implement: a thought and you walk! But then, we know that walking involves an engagement of multiple forces, we start with thinking of wanting to walk, the retrieval and implementation of brain and behavioural patterns, the engagement of various muscles, the engagement of the skeletal system, the mechanisms of coordination and balance, environmental references and a whole series of other inter-related components. Towards this end, we can consider 'BioPsicoQuantistica' as that discipline that starts with an approach that is Biological, Evolutionary, Anthropological, Psychological and Quantitative, which tries to explain the mechanisms involved in the onset of so-called diseases or discomforts and wants to provide a solution that is useful for the body, the psyche and the world of energy, the latter being understood as a subtle part of matter and therefore invisible to our eyes. The 'BioPsicoQuantistica' therefore arises as the discipline that takes into consideration the multidimensionality of human existence and deals with the discomfort of the subject holistically. To meet these goals, 'BioPsicoQuantistica' uses numerous means, all validated scientifically or already under consideration by scientific bodies, in various countries of the world; these include PNEI (PsychoNeuroEndocrinoImmunologia), the Integrated Biological Sciences, various disciplines of the Naturopathic matrix, Psychology, BPQ strategies, Emotional Dialogue and Magnetic and Quantum Sound Therapy. As participants of this conference we will analyze the difficulties in communication in the Therapist/Patient relationship, as the careless communication of a diagnosis can activate a deterioration in the health of the patient (Placebo and Nocebo effects) We must consider the importance of communication between therapists of different disciplines and backgrounds, the biological and fundamental relationships between emotion, brain and organs, and the need for an integrated approach considering the biological, psychological and quantum informational aspects of the human being. We will provide a new point of view, a new approach to the client, an integrated one in which the therapist, while not changing his approach to the treatment, sets the stage for a new interpretation of the cause of discomfort and a conduct of excellence towards a new and innovative manner of intervention in the interest of the customer.</p> <p><b>Dislosure:</b> Author of abstracts, with publication of this abstract, hereby claims that is not a plagiarism and that it is not related with any commercial, propaganda or advertising purposes.</p>	

Ab 170	<p style="text-align: center;"><b>SOMATO BIO-LOGICA</b></p> <p style="text-align: center;"><b>Succesfull Integrated healing support system in relation with quality of therapeutic setting</b></p> <p style="text-align: center;">Dr. Natale Petti</p> <p style="text-align: center;">Professional School on 5 Biological Laws and Bio - Logical Integrated Science</p>
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**Introduction:** We are introducing a new approach, which tries to integrate many therapeutic skills in order to facilitate health practitioners and their clients along the way of personal growth, evolution and healing. The idea is not just to offer a bunch of methods put together in a »new age« manner but to acknowledge the art and knowledge of any health practitioner and to empower it. The name SOMATO BIO-logica tells by itself that we deal with a somatic approach, but it goes far beyond this... This integrated healing support system is based upon knowledge of five biological laws- therefore »bio-logica«, counselling –appropriate non nocive verbal communication and somatics that includes various types of bodywork.

**Background:** Clients that visit our private praxis physiotherapy suffer from various somatic disfunctions which often present emotional manifestations that severely interfere with their health condition. Many of them wander from specialist to specialist in search of solution for their health problems. So far we were able to observe that it is not the healing method that counts, but it is more about how clients resonate with operator and the healing strategy. Science proved that interconnection of emotions and soma is very intimate. The clinical need to support our clients in a specific holistic manner nowadays is obvious. This means that we have to work out clinical measures that respect client's belief system in correlation with emotional and somatic manifestations. Since we are talking about relation between health practitioner and client, it is obvious that they should both be equally considered in terms of hearing verbal and non-verbal information in therapeutic session. One study on cognitive psychotherapy indeed revealed that »high levels of satisfaction with therapy are not contingent on good clinical outcomes and are instead associated with positive therapy expectations and perceptions of the therapist.«

**Objective:** Objective of our experiments is to work out a dynamic and highly adaptive Integrated healing support system that matches the request of multi-dimensional character of human being in case of musculoskeletal disorders. Moreover our objective was to find out if the observation we made - »it is not the method that counts but it is more how the method is applied and the quality of bond between health facilitator and client« - has a clinical value in holistic medicine.

**Materials and methods:** In order to test the suggested healing support system we focused on musculoskeletal disorders. **Evaluation methods:** Clients were evaluated by Cyriax orthopaedic medicine functional testing system which uses selective tension functional tests a Strategic and counselling procedure which uses naturopathic standardised SKEDA PASS questionnaire method. Functional Testing was repeated at the beginning of each session and after each therapeutic intervention. Therapeutic interventions (TP) were individually chosen in respect of counselling evaluation: Clients were treated with counselling (COU), active exercises(AE), orthopaedic medicine manipulations (MT) and craniosacral therapy(CST). A simple system for observing the quality of therapeutic setting (SQ) was established in a scale from 1(poore), 2(ambiguous),3(good), 4(very good), 5(excellent). Therapy outcome(TO) was defined in objective and subjective manner with common final index in a scale from 1 (no improvement), 2( slightly better 20% improvement), 3 (50% better) 4(function restored but pain remains on certain movements) 5 (complete restitution of function without pain). Number of sessions (NO) is indicated in each case and could be a relative indicator of successful treatment and is evaluated in a scale from 3 to 5 : 1-3 sessions / = 5 (excellent), 3-8/=4(very good) 8-12/ =3(good) **Results:** the most successful therapy outcome was relived in clients with high quality of therapeutic setting (SQ).

**Conclusion:** Although the therapeutic application included complex therapeutic interventions with more or less scientific credibility and high level of co-factor dependency, our experimental work is able to raise the question of how the relation between the health practitioner and client determine the outcome in Integrated therapy of musculoskeletal disorders. Moreover, our experimental work pointed out different issues that should be considered when evaluating any health system or method: communication skills of practitioner, evidence-based intervention versus interventions that incorporate and respect client's belief system.

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Ab 171	<p align="center"><b>Effect of Music 3 (Effect of Music on Sleeping Hormon Melatonin)</b>                  Hirobe C. PhD Retired Professor of Seisen University, Tokyo, Japan BDORT 4 Dan                  (Contact: Hirobe C. Tel: 819056416911, e-mail:cactus@me.com)</p>
<p><b>Introduction:</b> Effect of music on telomere, substance P, dopamine, adiponectine, oxytocin level was reported in the 7th and 9th Congerss. In this Congress, music for increasing melatonin level is prepared.</p>	

**Method:**Effect of music on sleeping hormon, melatonin was checked using BDORT RCS of melatonin. As I reported in the 7th and 9th Congress, dominant chord of g minor is only effective for increasing melatonin level. Using dominant and tonic chords are effective for all hormones etc., (refer to 7th and 9th abstract)

**Result:** The music consists of scales and chords in 12 majors and 12 minors were measured as I reported in the 7th and 9th Congress. In addition, among 24 scales and their chords, only one scale (g minor) : its dominant motion was effective to increase melatonin level. If we hear the music in some scale and its dominant motion, it will increase some hormon. However, if we hear another music, the effect is easily canceled as I reported in the last 2 Congress.

**Conclusion:** Dominant motion of g minor music is effective for in creasing melatonin level if we use only dominant motion. Some music prepared is uploaded to YouTube(YouTube name is Chieko H.)

**Reference:** BDORT Method was by Dr. Omura

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