

ABSTRACT BOOK

Global Virtual Summit on Traditional Medicine and Integrative Health (TMIH Summit 2026)



August 27-28, 2026



Virtual Conference

COLLABORATING ORGANIZATION



More Details: <https://akamaiuniversity.online/>

Organized by
Scientific Alerts

COLLABORATION PARTNER



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Conference Chairperson

Angela Sanda Tudor

Society of TCM from Romania
Romania

Chairperson Message

Welcome to the **Global Virtual Summit on Traditional Medicine and Integrative Health (TMIH Summit 2026)**. It is both an honor and a privilege to serve as Chairperson for this distinguished international summit that brings together researchers, healthcare professionals, academicians, practitioners, and innovators from across the globe. I extend my warm greetings and sincere appreciation to all participants, speakers, and organizers who are contributing to this meaningful scientific gathering. Traditional medicine and integrative health continue to play an increasingly important role in modern healthcare systems. As the world faces complex health challenges, the need for a more holistic, patient-centered, and interdisciplinary approach has never been greater. This summit offers a valuable opportunity to exchange knowledge, present groundbreaking research, and encourage collaboration between diverse medical traditions and contemporary scientific advancements.

TMIH Summit 2026 serves as a global platform for open dialogue, academic excellence, and professional networking. Through thoughtful discussions and shared experiences, we have the opportunity to deepen our understanding of integrative healthcare practices and explore innovative solutions that can improve the well-being of communities worldwide. I strongly believe that by fostering cooperation between traditional healing systems and evidence-based modern medicine, we can contribute to a more inclusive, sustainable, and compassionate future for global healthcare. The exchange of ideas during this summit will undoubtedly inspire new perspectives, research collaborations, and advancements in the field. I would like to express my sincere gratitude to the organizing committee for their dedication and hard work in making this event possible. I also thank every participant for your enthusiasm, expertise, and commitment to advancing healthcare and scientific knowledge.

I warmly welcome you all to **TMIH Summit 2026** and wish you a highly enriching, engaging, and successful conference experience.

With warm regards,

A handwritten signature in black ink that reads "Tudor".

Angela Tudor

Society of TCM from Romania, Romania





Conference Honorary Chairperson

Dr. Mary Jo Bulbrook

Akamai University
USA

Honorary Chairperson Message

Welcome to online global, cultural, & academic exchanges of scientific knowledge conducted voice-to-voice and heart-to-heart, with worldwide experts in Traditional Medicine and Integrative Health practice, education and research.

This networking opportunity will enhance your commitment to serve worldwide through collaborative relationships that assist everyone in the journey to enhance health and well-being with mutual respect and honor for each person's contributions.

Build your future with others committed to the same or similar values and goals sharing expertise infused with light, love and laughter. Together, let's expand our reach through collaborative innovations creating a revolutionary approach to health that activates the healing power within to balance all aspects controlling our health, wellness and inner peace. Expand your vision and contributions with others through participating at this scientific summit.

With warm regards,

Mary Jo Bulbrook

Akamai University
USA





Angela Sanda Tudor

Society of TCM from Romania, Romania

Title: The Importance of Integrating TCM Diagnosis and Treatment into the approach of Osteoporosis

Abstract

Osteoporosis is a debilitating disease whose allopathic treatment is extremely expensive and sometimes results in adverse side effects that can exceed the severity of the disease being treated. Our study aimed to rigorously classify osteoporosis cases according to TCM diagnostic criteria.

Materials and Methods

Osteoporosis is one of the possible manifestations of energy imbalances. Specifically, we identified 10 different TCM syndromes that can associate osteoporosis with other pathologies. These are 10 main syndromes, some of which can co-occur and develop into complex syndromes.

What are the advantages of this analysis?

- If there are 10 diagnosed syndromes, then there are 10 different therapeutic principles requiring 10 different treatments!
- If a TCM syndrome can manifest itself, depending on the affected body part, in the form of several different allopathic pathologies, then a thorough history identifying a sequence of a patient's diseases can help prevent osteoporosis by treating the TCM syndrome generating these pathologies.
- Knowing the TCM diagnosis can help determine whether to include allopathic

medications, avoiding the administration of medications whose side effects constitute one TCM syndrome or another.

- The treatment proposed through the prism of TCM theory combines acupuncture, TCM herbal medicine, injections of certain homeopathic solutions into acupuncture points (the points and solutions selected differ for each syndrome), and TCM dietary therapy. We have chosen to illustrate the approach and the results obtained through a clinical case presentation.

Discussions and Conclusions

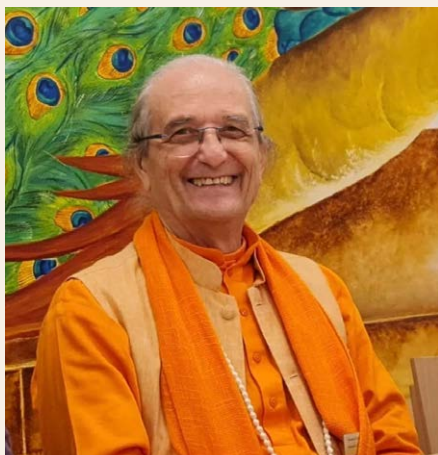
The diagnostic and therapeutic approach of TCM is distinguished primarily by the elimination of generalization. The diagnostic and therapeutic approach of TCM addresses both osteoporosis and the comorbidities of the person being treated.

The diagnostic and therapeutic approach of TCM offers significantly superior results to conventional medicine, both in terms of quality of life benefits and cost-effectiveness.

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3. Yang A., Yu C., You F., He C., Li Z. (2018b). Mechanisms of zuogui pill in treating osteoporosis: perspective from bone marrow mesenchymal stem cells. Evid. Based Complement. Altern. Med. 2018, 3717391. 10.1155/2018/3717391 [DOI] [PMC free article] [PubMed] [Google Scholar]
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Biography

Angela Sanda Tudor graduated in 1986 with a Medical Doctor degree from UMF Targu Mures, Romania. Ten years later, in 1996, she completed her specialization in acupuncture at the National Center for Health Training in Bucharest, Romania. By 2002, she had further advanced her medical career by becoming a Family Medicine Specialist, certified by the Ministry of Health in Bucharest, Romania. In 2007, she received a certificate qualifying her as an acupuncture teacher from the National Center for Health Training, Bucharest. In terms of professional memberships, she served as the Vice President of the Romanian Society of Acupuncture from 2006 to 2008, and in 2008, she was appointed as the President of the Romanian Society of Traditional Chinese Medicine. Additionally, in 2016, she took on the role of Director of the Complementary Medicine Department at the Romania Medical Association.



Amadio Bianchi

European Yoga Federation, Italy

Title: Living with Art to Prevent Illness and Develop the Joy of Living

Abstract

During my talk, I'll talk about prevention through lifestyle, daily routines, and seasonal changes. I'll also discuss the importance of the joy of living, which is no longer present in modern civilization, yet I believe it's fundamental to good health.-.

Biography

Amadio Bianchi - Swami Suryananda Saraswati - (ITALY)

Is the Founder of the World Yoga and Ayurveda Community, President of the World Movement for Yoga and Ayurveda, of the European Yoga Federation, Founding member of the European Ayurveda Association, Advisor of the United Consciousness Global.

In January 2014 in Dubai for an important international conference, he was awarded the title of Ambassador of Yoga and Ayurveda.

He operated in Italy, India, Greece, France, Latvia, Lithuania, Slovenia, Spain, Switzerland, Croatia, Portugal, Argentina, Romania, Poland, Brazil, Bulgaria, Germany, U.S.A., Slovakia, etc. He is often present in major congresses as a speaker. His numerous books dedicated to yoga and Ayurvedic disciplines are widespread and used in many schools and associations



Akamai University

Dedicated to improving human and planetary health

Dr. Mary Jo Bulbrook

Akamai University, USA

Title: Simple Healing Energy (SHE) Tools and Resources: Achieve Wellness for All!

Abstract

More than ever, leadership is needed to assist with the worldwide crisis impacting everyone, everywhere in all aspects of their lives. Safety, Security, Caring for Self, Caring for Others, Professional Contributions, Professional Blocks are all dynamics facing many leaders worldwide. What is needed however is those who can overcome the daunting crisis facing us and step up to the plate, share their expertise and become a model for others to achieve what is needed for the world to get to a new place now and provide the pathway for others to follow and activate their soul through inspired leadership. This workshop is designed to be a voice 2 voice, heart 2 heart, Soul 2 soul engagement to awaken within Spiritual Guidance that will relight the fire within to guild yourself and others to health and well-being for ALL – not just those with money, prestige and leverage – but average citizens needing help now – to be safe, survive and thrive.

Biography

Dr. Bulbrook's career expansion covers over 52+ year's primarily serving higher education in leadership positions in academia starting in community college education in nursing, then higher education at Texas Woman's University to University of Utah. Then she was guided to move out of country to Memorial University of St. John's Newfoundland, Canada, and from there to Edith Cohen University in Perth, Western Australia. On the side her role was a practitioner, educator, and researcher in a range of energy therapies starting with Therapeutic Touch, Healing Touch, Touch for Health, Transform Your Life through Energy Medicine

(TYLEM) her own creation blending her profession as a psychiatric mental health clinical specialist with energy therapies. This expansive background of energy therapies was not only taught throughout USA and Canada but also taken to Australia, New Zealand, South Africa and Peru where she worked with traditional healers while education professors, nurses, and other health care and lay people. Her journey served to capture the worldwide perspective on education, health and healing to address local, national and international ways to improve the human condition where she gained first hand perspectives on worldwide needs, values and challenges. The issues of “what if”, “why” and “how” dominated her search to understand the broader perspectives of world strategies, cultural norms, and expectation how to prepare individuals, families, and communities for being in the world, surviving and thriving. We are not alone and need each other standing as equals became her trademark and motto in search how to prepare educators in different cultures regarding the blending cultural needs with innovative strategies and techniques of national heroes of health and healing with native traditions. She stood alongside those she served as equals not as “I am better than” or “have all the answers” to a “we are one”, “united by our humanness as equals” “each with different perspective on the meaning of life”, living in this world in a cooperative way with a win-win perspective as her personal guiding light which serves as the philosophy in her new role leading Akamai University as their first woman president and innovator holding the light for the faculty and students to shine their light.



Daniela Scaltritti

Asd Samadhi Centro Yoga, Italy

Title: Ayurveda and Marma Therapy for the Functional Recovery of the Lower Limb and Knee

Abstract

In the field of holistic wellness and rehabilitation, the functional recovery of the lower limb represents a complex challenge that demands a synergistic body-mind approach. This presentation analyzes the effectiveness of Ayurveda and, specifically, Marma Therapy as complementary tools to accelerate the restoration of mobility and stability in the leg and knee, drawing from the analysis of an applied case study.

The session will delve into the therapeutic role of key Marma points of the lower limb—with particular attention to Janu Marma (associated with the knee joint), Ani, Urvi, and Indrabasti—and how their targeted stimulation positively influences the circulation of Prana (vital energy), the reduction of inflammation, and muscular proprioception. Alongside the manual stimulation of energy points, it will illustrate how integrating traditional treatments with specific, adapted movement sequences allows for a personalized recovery path that respects physiological healing times and improves tissue elasticity.

The objective of this talk is to provide professionals with a clear, theoretical, and practical overview of how ancient Ayurvedic science can be integrated into modern functional rebalancing protocols, offering concrete tools to support structural well-being and motor autonomy.

Biography

Daniela is a professional yoga instructor, Ayurvedic therapist, and the president of Samadhi Centro Yoga. She holds a degree in Foreign Languages and Literatures from the Catholic University of Milan and a postgraduate diploma in Human Studies from ISUR Rimini. Fully embracing her passion for holistic wellness, she completed a comprehensive 640-hour diploma under Master Amadio Bianchi. Daniela is also highly specialized in Ayurveda, having earned two Advanced Marma Course diplomas with Dr. Shishir Prasad. Her integrative approach beautifully blends Hatha, Vinyasa Flow, and Yin Yoga with clinical Ayurvedic treatments, Marma Therapy, and planetary gong sound healing. Committed to guiding others toward deep balance, Daniela creates a mindful environment through her center, empowering individuals to cultivate vitality, harmony, and lasting well-being.



Ine-Mari Bredekamp

IMB Leadership, UAE

Title: The Mind-Body Workplace: Integrating Emotional Intelligence, Aromatherapy, and Movement to Redefine Innovation and Mental Health in the workplace by Leadership

Abstract

In today's high-pressure work environments, mental health challenges, emotional exhaustion, and creative stagnation are increasingly prevalent. Traditional wellness programs often focus on surface-level stress management rather than addressing the mind-body connection that underpins human performance. This presentation introduces The Mind-Body Workplace — an integrative framework that combines Emotional Intelligence (EI), aromatherapy, and movement-based practices to foster psychological resilience, creativity, and sustainable work-life balance.

Drawing from both neuroscience and traditional integrative medicine, this approach highlights how sensory and emotional regulation directly influence innovation and decision-making. The use of aromatherapy — such as citrus oils to elevate mood and cognitive clarity, lavender to reduce stress, and peppermint to enhance alertness — demonstrates measurable effects on workplace focus and creativity. Coupled with 20-minute walking or movement breaks and structured EI training for leaders, organizations can transform high-stress cultures into emotionally intelligent, energy-balanced ecosystems.

Through practical case studies and applied models, the session showcases how blending ancient wisdom with modern psychology can create workplaces that breathe — where well-being fuels innovation, empathy strengthens leadership, and success is defined by balance rather than burnout.

Biography

Ine-Mari Bredekamp is a Cape Town-based Corporate Trainer, Keynote Speaker, Emotional Intelligence Specialist, and Wellness Practitioner dedicated to bringing humanity back into modern leadership and workplace culture. Originally from South Africa and after many years working in Dubai, she brings over two decades of experience in leadership development, emotional intelligence, wellness, aesthetics, and communication training to organizations seeking resilient, people-centered growth.

As a Certified John Maxwell Leadership Trainer, certified NLP Practitioner, and CIDESCO-qualified therapist, Ine-Mari integrates neuroscience, emotional intelligence, and integrative wellness principles into transformative leadership and workplace training experiences. Her work focuses on emotional resilience, workplace communication, leadership development, customer experience, and the connection between well-being and sustainable performance.

Her passion for balanced and emotionally intelligent workplace environments is deeply personal. As a mother navigating the realities of ADHD within her family, she witnessed firsthand how traditional systems often overlook the emotional and neurological needs of individuals. In addition, the passing of her husband following prolonged exposure to unhealthy workplace cultures and delayed medical intervention profoundly shaped her belief that workplace well-being is not a luxury, but a human necessity. These experiences continue to inspire her mission to help organizations create cultures where people are supported emotionally, mentally, and physically.

Through her brand, IMB Leadership, Ine-Mari advocates for emotionally intelligent leadership, psychologically safe workplace cultures, and creating environments where innovation thrives through empathy, connection, and human-centered leadership. Known for her warm yet impactful approach, she has worked with professionals across corporate, healthcare, education, hospitality, and wellness industries throughout the UAE and South Africa.



Nisrine Tarraf

Nisrine Tarraf, USA

Title: The Most Valuable Asset You Will Ever Manage: Your Biology — Integrating Precision Medicine, Systems Biology, and Global Perspectives on Health

Abstract

Healthcare is rapidly evolving from a reactive model of disease management toward one that is predictive, preventive, and personalized. Advances in precision medicine, nutrigenomics, epigenetics, and systems biology are transforming our understanding of how genetics, metabolism, the gut microbiome, hormonal regulation, inflammation, and lifestyle interact to influence health span, resilience, cognitive performance, and healthy aging.

This presentation explores the interconnected nature of these biological systems and highlights the importance of individualized, evidence-informed approaches to health. Rather than treating symptoms in isolation, a systems-based perspective recognizes each person's unique biological, genetic, environmental, and lifestyle factors, enabling more precise strategies for disease prevention, health optimization, and long-term human performance.

Drawing on international experience and an appreciation for diverse cultures and healthcare traditions, this session also examines how scientific innovation can complement established integrative and traditional health practices. By combining advances in precision medicine with culturally informed approaches to wellness, healthcare professionals can better address the complex and evolving needs of individuals and populations.

Participants will gain insight into the role of biomarker-guided assessment, personalized interventions, and lifestyle medicine in supporting health span and improving clinical outcomes. The presentation will encourage clinicians, researchers, and healthcare leaders to embrace a more holistic, patient-centered model of care that integrates scientific evidence with personalized strategies to advance the future of healthcare.

Ultimately, this session invites attendees to view human biology not merely as the subject of medical care, but as our most valuable lifelong asset—one that, when understood and optimized through personalized, evidence-informed care, has the potential to transform health, performance, and longevity..

Biography

Nisrine Tarraf is an entrepreneur, investor, and advocate for precision health whose work bridges biology, longevity science, nutrigenomics, epigenetics, and human performance. With a background in pharmaceutical sciences and years of experience in functional and integrative medicine, she is dedicated to translating complex scientific research into practical, evidence-informed strategies that optimize health, resilience, and decision-making.

Her work explores how personalized medicine, genetics, metabolism, and lifestyle interventions influence health span, disease prevention, and long-term human performance. She is particularly interested in the convergence of precision medicine, preventive healthcare, and systems biology, emphasizing that human biology is the most valuable asset we manage throughout life. Having lived and worked internationally, Nisrine brings a global perspective to health and wellness, drawing insights from diverse cultures, healthcare systems, and traditional healing practices.

Her work reflects an appreciation for both scientific innovation and the wisdom of culturally rooted approaches to health, encouraging greater integration between precision medicine and holistic care. Through her speaking and research, Nisrine inspires healthcare professionals, researchers, and leaders to reimagine the future of health through the lens of personalization, scientific innovation, and longevity.



Cynthia Husted

Science and Spirit Institute, USA

Title: The integration of Tibetan and functional medicines with applications to the clinical care and research of neurological disorders

Abstract

Current concepts in Tibetan medicine have been in practice for over 1500 years. We have previously shown that Tibetan medical theories are consistent at the microscopic molecular level and macroscopic whole-body level for the understanding of myelin lipids and multiple sclerosis. We have since added functional medicine system biology theories and approaches for an integrative approach in the clinic and find that the use of functional labs provides an optimal outcome for assessing the effects of Tibetan medicine in the clinic and in clinical research. This includes evaluations of the gut microbiome, genetics, and gene expression. We share the overlap of Tibetan and functional medicines as relates to nervous system disorders by comparing and contrasting multiple sclerosis, amyotrophic lateral sclerosis, and Parkinson's disease. We share how the use of functional labs correlates with Tibetan medical theories to provide optimal outcomes for monitoring the effects of Tibetan medicine. Similarly, the theories of Tibetan medicine can help simplify complex laboratory data into meaningful patterns and we provide examples of a variety of functional labs that are utilized to help determine Tibetan herb and herb/mineral formulations. This also allows targeting of nutritional supplements to help stabilize nervous system imbalance. In addition, we review the integration of the Neubie direct current device for helping to restore nerve conduction and function in amyotrophic lateral sclerosis and atrial fibrillation. The integration of Tibetan and functional medicines and the Neubie direct current electrical stimulation device provide a synergy that optimizes clinical healing outcomes. We believe this approach is also beneficial for other Traditional medicines.

Biography

Dr. Cynthia Husted, PhD, is a medical researcher and the founder and president of the Science and Spirit Institute. She earned a Ph.D. in physical chemistry with a focus on nuclear magnetism and quantum mechanics as a possible link to the energy concepts of traditional medicines. Over the past 40 years, she has conducted interdisciplinary research on neurological disorders, integrating perspectives from physics, neuroscience, traditional medicine, integrative medicine, and functional medicine. Her work explores the role of energy in healing, particularly through the lens of Tibetan medicine. Through the Science and Spirit Institute, a 501(c)(3) non-profit organization, she focuses on healthy longevity and restoring balance in neurological disorders and chronic illnesses, including autoimmunity, mood disorders, cardiovascular disease, cancer, and atrial fibrillation. Her approach emphasizes the connection between mind, body, and spirit through a deeper understanding of universal energy.

Website:

scienceandspirit.institute



Lothar Pirc

Maharishi Ayurveda, Germany

Title: Maharishi Ayurveda: Reviving the Ancient Science of Life for Modern Healthcare - A Consciousness-Based Approach to Disease Prevention, Rejuvenation, and Collective Health

Abstract

Ayurveda, meaning “science of life,” is one of the world’s most ancient holistic healthcare systems. Revived in its full and authentic form by Maharishi Mahesh Yogi in the late 20th century, Maharishi Ayurveda offers a consciousness-based approach that addresses disease prevention, rejuvenation, and the promotion of individual and collective health. Objective: This paper aims to present the core principles, preventive methodologies, and public health implications of Maharishi Ayurveda, highlighting its relevance for modern healthcare systems.

Methods:

The approach of Maharishi Ayurveda is rooted in restoring natural balance within four domains: mind, body, behavior, and environment. Diagnostic and treatment methods focus on early identification of imbalances, particularly through pulse diagnosis—a technique that detects disorders before physical symptoms manifest. Therapeutic strategies include individualized herbal formulations, Panchakarma detoxification, dietary and seasonal routines, Yoga, and Transcendental Meditation. Panchakarma, in particular, is a gentle purification method known to remove fat-soluble toxins such as pesticides.

Results:

Research on Maharishi Ayurveda has shown improvements in sleep quality, brain coherence, stress reduction, vitality, and immune function. These outcomes indicate its

effectiveness in both preventing and reversing disease processes. Furthermore, studies suggest that group practice of consciousness-based techniques can yield measurable benefits in collective health, supporting its applicability in public health policy.

Conclusion:

Maharishi Ayurveda represents a scientifically validated, cost-effective, and holistic healthcare model. Unlike conventional medicine, which typically detects disease at later stages, this system facilitates earlier intervention without negative side effects. Its integrative approach restores balance to the fundamental regulatory principles of physiology—the three Doshas: Vata, Pitta, and Kapha. By aligning individual health with natural law, Maharishi Ayurveda promotes longevity, mental clarity, emotional resilience, and societal well-being. Given its depth, clinical potential, and sustainability, it merits serious consideration by healthcare policymakers and institutions worldwide.

Biography

Lothar Pirc has dedicated his life to the study and global promotion of Vedic knowledge. For many years, he worked closely with Maharishi Mahesh Yogi, who revitalized and systematized this ancient tradition in a scientific framework. Since 1984, Mr. Pirc has focused intensively on Ayurveda, the Vedic system of natural healthcare. A certified teacher of Transcendental Meditation (TM) since 1978, he has personally instructed several thousand individuals. In 1992, together with his wife, Dr. Karin Pirc, he founded the Maharishi Ayurveda Health Centre in Bad Ems, Germany. The clinic has treated over 30,000 patients and received multiple national and international awards for excellence in holistic medicine. Mr. Pirc is a founder and board member of several key organizations, including the International Maharishi Ayurveda Foundation (Netherlands) and ADAVED, the Ayurveda umbrella association in Germany. He also established the Foundation for the Promotion of Vedic Heritage, which supports 90 Pandit schools in Nepal. As an internationally recognized speaker, he regularly presents at conferences on Ayurveda and Vedic science. He serves as a Professor of Practice at Dr. D. Y. Patil Vidyapeeth (DPU) in Pune, India, where he has taught approximately 12,000 students through the Centre for Online Learning. Mr. Pirc has received numerous international awards in recognition of his decades of dedicated service to holistic healthcare and his efforts to promote Ayurveda as a comprehensive, integrative medical system



Lori Costantino

Get Healthy, USA

Title: Building authentic collaborative communities for healing and transformation

Abstract

As healthcare continues advancing toward precision medicine, AI integration, and biomarker-driven interventions, one of the most influential determinants of human health remains under-measured and often overlooked: meaningful human connection. Emerging research continues to demonstrate that isolation, chronic stress, emotional disconnection, and lack of community contribute significantly to inflammation, accelerated aging, immune dysregulation, burnout, and chronic disease progression.

This presentation explores the concept of “social wellness” as a critical yet missing biomarker in modern healthcare and examines how authentic relationships, collaborative communities, and emotionally safe environments may positively influence resilience, healing outcomes, and long-term wellbeing. Through the lens of integrative and lifestyle medicine, attendees will examine how connection-centered care supports whole-person healing across physical, emotional, and behavioral health domains.

The session will also highlight innovative approaches to building intentional health ecosystems using collaborative digital platforms such as Prysm.io to foster meaningful engagement, interdisciplinary communication, patient empowerment, and global wellness communities. By bridging technology with human-centered care, healthcare professionals and wellness leaders can create scalable environments that support education, accountability, belonging, and sustainable behavior change.

Attendees will gain practical strategies for integrating relational wellness into clinical practice, community initiatives, and wellness programming while exploring how connection itself may become one of the most powerful preventative and restorative tools in healthcare.

This presentation is designed for healthcare practitioners, integrative medicine professionals, wellness advocates, researchers, and organizational leaders seeking to redefine health through the intersection of science, community, technology, and human connection..

Biography

Lori is dedicated to raising awareness around nutritional health through advanced biohacking tools that support cellular purification, energy, vitality, and metabolic health. She holds a PhD in Holistic Nutrition and utilizes non-invasive technology to establish personalized baselines for building strong immune systems. Collaborating with passionate healthcare professionals, Lori works with technology originally funded by the NIH.



Coach Lee Johnson

Coach Lee Fitness LLC, USA

Title: Connection and Communication as Medicine for Emotional Wellbeing

Abstract

In today's fast-paced and increasingly disconnected world, many individuals struggle with stress, anxiety, loneliness, emotional exhaustion, and strained relationships. While traditional approaches to wellness often focus on physical health, one of the most overlooked contributors to overall wellbeing is the quality of our human connections and the way we communicate with ourselves and others.

This presentation explores how authentic communication, meaningful relationships, and emotional connection can serve as powerful tools for healing, resilience, and personal transformation. Drawing from nearly two decades of coaching experience in personal development, wellness, and human behavior, Coach Lee Johnson will share practical insights into how communication influences emotional health, relationship satisfaction, self-awareness, and life balance.

Participants will discover how stronger connections foster emotional wellness, reduce feelings of isolation, and create a greater sense of purpose and belonging. Through relatable stories, coaching principles, and actionable strategies, attendees will learn how to cultivate healthier communication patterns, deepen relationships, and strengthen their overall wellbeing.

This session highlights the idea that connection is not merely a social need—it is an essential component of holistic health and emotional wellness.

Biography

Coach Lee Johnson is a transformational coach, wellness advocate, speaker, and entrepreneur with nearly 20 years of experience helping individuals create positive change in their physical, mental, emotional, and spiritual lives. His work focuses on emotional wellness, self-awareness, communication, relationship building, and personal empowerment.

*Drawing from both professional experience and personal growth, Coach Lee helps people overcome obstacles, strengthen human connection, and live with greater purpose and resilience. He is currently developing *The Bonding Game*, a relationship-building conversation tool, and completing his forthcoming book, *Ordained but Unhealed*.*

Through coaching, speaking, and community engagement, Coach Lee inspires others to cultivate stronger relationships, emotional wellness, and purposeful living as essential components of overall health and wellbeing.



Farah Ganjei Gron

New Life Homeopathy, Inc., USA

Title: The misunderstood individuals on the autism spectrum and how to help them with a multi-modality holistic process

Abstract

This presentation will include not only a body of research on methods of healing, but also offers a process of self-care and inner development for the special children. It offers a multi-modality approach for these children and adults to heal and to creatively express themselves.

These special children and adults are here as teachers. Classical Homeopathy is a holistic method that works on the many and varied root causes of autism and goes far beyond attempts to detox or eliminate particular symptoms. It recognizes each person as a unique individual. The remedies are chosen so they match the child on the physical as well as the emotional level. My method will be described in broad strokes for practitioners that use homeopathy as an adjunct.

The presentation will include information on how to provide the best educational settings for their high level of intelligence, how the family can create an environment to support creativity, information on nourishment, grounding, EMF, and more.

I will share the results of a retrospective study of 25 children with a formal diagnosis of autism in my practice. Each of them on average has improved 48.5% based on the Autism Evaluation Checklist provided by the Autism Research Institute. Other children with various challenges that are either undiagnosed or have other diagnoses such as PANS/PANDAS are evaluated separately in this study.

Biography

Farah Ganjei Gron received the degree of Bachelor of Arts in Computer Science in 1984. After working for several years at major software companies, she found her calling in 1996 when she attended an introductory talk on homeopathy presented by Luc De Schepper, M.D., Licensed Acupuncture Practitioner and a world-renowned homeopath. She studied with him for 14 years and wrote her post-fellowship thesis in 2011 on her particular method of using homeopathy to help the children with a diagnosis of autism in her practice. In 2009, Dr. De Schepper asked her to become his successor when he retired. In the past 20 years, she has been helping the general population and particularly children and adults on the autism spectrum and others with special needs. Farah Ganjei Gron has a degree in Computer Science. She found her calling in 1996 when she attended an introductory talk on homeopathy by the world-renowned homeopath, Dr. Luc De Schepper, M.D. She studied with him for 14 years and wrote her post-fellowship thesis in 2011 on her particular method of using homeopathy to help the children with a diagnosis of autism. In 2009, Dr. De Schepper asked her to become his successor when he retired. In the past 20 years, she has been helping the general population and children on the autism spectrum and others with special needs.



Julie E

Julie E Health, USA

Title: Beyond Hormones: Solving the Health Mysteries of Women 45–60

Abstract

Many women feel like they had their health dialed in for years—until their mid-40s, when everything seems to change. Despite eating well, exercising, and even balancing their hormones, they may still struggle with fatigue, poor sleep, dry skin, hair loss, brain fog, weight gain, or simply not feeling like themselves. Too often, they're told, 'It's just menopause,' when the real picture is often more complex."

In this engaging presentation, Julie E, MPH, RD, will explore why so many women continue to experience frustrating symptoms even after addressing the usual suspects. Drawing on nearly 40 years of experience in nutrition, functional health, and BioField-based approaches, she'll share simple, practical strategies that help uncover hidden roadblocks to healing and support the body in regaining energy, resilience, and vitality. Attendees will leave with a fresh perspective on women's health after 45 and actionable steps they can begin implementing immediately.

Attendees will learn:

- Why hormones aren't always the whole story.
- Common hidden factors that can contribute to persistent fatigue, brain fog, poor sleep, and other midlife symptoms.
- Simple, practical strategies to help restore energy, resilience, and overall well-being.

Biography

Julie E., MPH, RD, is a functional medicine practitioner, Registered Dietitian, and educator who helps women 45–60 uncover the hidden reasons they still feel exhausted, inflamed, and "off"—even when their labs are normal and they've tried everything. Through her Next Level Health® methodology, she helps identify overlooked stressors that can interfere with energy, hormones, and overall well-being while creating personalized strategies that support the body's natural ability to heal. For more than four decades, Julie has worked with thousands of clients by blending nutrition, functional medicine, and emerging biofield-based approaches into practical, individualized care. She is passionate about helping women stop guessing, understand what their bodies are trying to communicate, and regain the energy and vitality to fully enjoy life.

www.JulieEHealth.com



Kenneth R Pelletier

University of California School of Medicine, USA

Title: Change Your Genes – Change Your Life: Epigenetics of Longevity

Abstract

Biology is no longer destiny. Our DNA doesn't determine our health and disease prospects, as geneticists once believed. According to the new science of epigenetics, the vast majority of our genes are fluid and dynamic—and their expression is shaped by what we think and what we do. Our genetic profile may signal an inherited vulnerability to a disease, but our choices and behaviors determine whether these genes will be switched on or off. Each of us can influence our genes to create optimal health and longevity. Dr. Pelletier will discuss the latest epigenetic research, including progress on the \$ 101 Million X Prize, and share timely media coverage including details of the "Blue Zone" communities around the world and its potential impact on science. He will also cite the cutting-edge technologies that will forever change the landscape of optimal aging and longevity. We encourage you to attend and to engage with Dr. Pelletier in learning how to incorporate these new findings into your own lives.

Biography

Kenneth R, Pelletier, PhD, MD is a Clinical Professor of Medicine Department of Medicine; Department of Family and Community Medicine; and Department of Psychiatry at the University of California School of Medicine, San Francisco (UCSF). At the UCSF School of Medicine, he is Director of the Corporate Health Improvement



Rachel Shackleton

Green Key Health, UK

Title: Pycnogenol for the Treatment of Type 2 Diabetes

Abstract

Type 2 diabetes mellitus (T2D) is a chronic disease costing global healthcare systems approximately US\$800 billion annually. According to the WHO Global Report 2022, an estimated 830 million people are living with diabetes and complications such as kidney disease accounted for two million deaths in 202. Around 11% of cardiovascular deaths are attributed to high blood glucose. Left untreated, persistently high blood glucose can result in cardiovascular disease, kidney disease, neuropathy, and vision loss.

T2D is considered preventable and, in some cases, reversible by the WHO and Diabetes UK through lifestyle modification, including at least 150 minutes of exercise per week and weight loss to improve glycaemic control, supported by healthy long-term habits(2). Glucose-lowering medication or insulin therapy may be required initially to reduce risk while lifestyle changes are established under medical supervision. What alternatives are there to conventional medication?

Pycnogenol is a standardised plant-based extract from the bark of the French maritime pine (*Pinus pinaster*), native to the French coast. Medicinal use dates to Hippocrates around 400BC and later Hans Minner in 1479 for wound treatment. The standardised extract contains phenolic compounds and phenolic acids which provide antioxidant, anti-inflammatory, neuroprotective, and oxidative stress-reducing effects, as well as improving blood flow through enhanced endothelial function, raising the question of whether PBE could prevent or reverse T2D and/or support conventional medication in reducing risk factors.

Biography

Rachel Shackleton is the founder of Green Key Personal Development and Green Key Health. She is a business trainer, corporate health specialist, and practicing kinesiologist, herbalist, and naturopath, with more than 30 years' experience delivering leadership and development programmes for national & international organisations. Rachel specialises in leadership, customer service, communication, and workplace wellbeing. Her approach combines commercial expertise with integrative health principles, recognising that sustainable performance comes from supporting people as whole individuals rather than simply treating symptoms. As an Integrative Health Practitioner, Rachel believes lasting health and vitality are achieved by addressing the physical, emotional, and spiritual aspects of wellbeing. She applies the same philosophy to organisations, helping businesses build healthier workplace cultures by tackling the root causes of performance and wellbeing challenges. Rachel has been featured in Thrive Global, Authority Magazine, UpJourney, and The Entrepreneur's Journey, and interviewed on UK Health Radio and My Future Business Show. She has also spoken internationally, including at the 2nd International Health Congress in Geneva (2020) and the Global Scientific Guild Conference (2025).



Cloe Couturier

IAHP.com, USA

Title: CranioSacralQigong®: A Salutogenic Integration of medical Qigong and Chinese Energetic Medicine with Osteopathic Craniosacral Principles – Nourishing Life (Yangsheng) Insights from the Harvard Osher Center Presentation

Abstract

This presentation introduces CranioSacralQigong® (CSQ) as a contemporary expression of 養生 (Yangsheng) — the classical art of Nourishing Life — that embodies salutogenesis, the science of health creation formalized by Aaron Antonovsky.

CSQ integrates medical Qigong and Chinese Energetic Medicine with osteopathic craniosacral principles, placing the intelligent potency of the craniosacral mechanism as the core link between structure, Qi, and consciousness. At its heart is the Yi Qi Li framework (Mind Intent • Vital Energy • Potentialized Health Intelligence), where dynamic posture serves as gateway, breath regulates Qi flow, and the craniosacral “Breath of Life” potentializes innate healing intelligence.

Presented at Harvard Medical School’s Osher Center (2026), CSQ offers a practical, low-risk, scalable self-care model that cultivates the source of health through Yangsheng principles, enhances coherence and resilience, and proactively reduces the emergence of stress-related and chronic conditions, while honoring traditional master-to-student transmission in medical Qigong.

Biography

Dr. Cloe Couturier DMQ, CO, CST-D, EHP-C, Medical Qigong Doctor, Certified Osteopath, Craniosacral Diplomate. USA Dr. Cloe Couturier is a Medical Qigong Doctor, Chinese Energetic Medicine Practitioner and Professor, Certified Osteopath, and Craniosacral Diplomate. She is the developer of CranioSacralQigong® (CSQ), a pioneering integration of medical Qigong and Chinese Energetic Medicine with osteopathic craniosacral principles. With over 37 years of dedicated clinical practice, Dr. Couturier has been a faculty member of the World Congress on Qigong since 1997 and was awarded Medical Qigong Master of the Year in 2023 by four governing bodies. In 2026, she presented her work at Harvard Medical School's Osher Center for Integrative Medicine. As the creator of the Yi Qi Li framework (Mind Intent • Vital Energy • Potentialized Health Intelligence), she bridges Eastern medical Qigong traditions with Western osteopathic and craniosacral science to cultivate the source of health, coherence, resilience, and whole-person vitality. She offers selective master student training and certification programs through craniosacralqigong.com and cloecouturier.com.



Dr. Francisco Martinez Robles

Regenerative health clinic, Mexico

Title: Protective effects of methylene blue on the liver and positive impact on ascites

Abstract

It is a synthetic organic compound belonging to the thiazine dye class. It has a long history as both a textile dye and a versatile medication

Ascites:

In cancer patients is an abnormal accumulation of fluids in the peritoneal cavity. It is common in advanced malignancies, especially those affecting the liver, peritoneum, or causing portal hypertension. It significantly impacts quality of life through abdominal distension, discomfort, shortness of breath, and reduced appetite/mobility. Due to an imbalance in fluid production vs. reabsorption in the peritoneum Portal Hypertension (most common in liver-related cancers):

- Tumors in the liver or cirrhosis obstruct blood flow through the portal vein.
- This raises pressure in the portal system, forcing fluid out of vessels into the peritoneal space.
- Reduced liver synthetic function lowers albumin, decreasing oncotic pressure that normally pulls fluid back into vessels.
- Peritoneal Carcinomatosis:
- Peritoneal carcinomatosis involves cancer spreading to the peritoneal lining, leading to inflammation, increased vascular permeability, lymphatic obstruction, and fluid accumulation.
- Common in ovarian, colorectal, gastric, pancreatic, and breast cancers.
- Tumor deposits on the peritoneum cause inflammation and increased vascular

- permeability via cytokines (e.g., VEGF, which promotes leaky blood vessels and fluid leakage).
- Cancer cells can obstruct lymphatic drainage, preventing fluid reabsorption.
- Malignant Ascites (fluid contains cancer cells):
- Direct exudation from tumor surfaces or inflammation.
- Lymphatic blockage by tumor or enlarged nodes.

Portal vein:

Its primary relevant action is as a nitric oxide (NO) signaling inhibitor, which interacts with the complex “NO paradox” of cirrhosis/PH. MB inhibits soluble guanylate cyclase (blocks cGMP-mediated vasodilation downstream of NO) and can inhibit nitric oxide synthase (NOS). This can theoretically counteract excessive systemic NO effects but might not help (or could theoretically worsen) the intrahepatic NO deficiency. Peritoneal carcinomatosis and malignant ascites: Antioxidant/mitochondrial support: Reduces oxidative stress and protects hepatocytes (as discussed in prior responses on chemo toxicity like doxorubicin/cisplatin), potentially helping maintain liver function in patients with peritoneal/liver mets. Anti-inflammatory/NO modulation: May mitigate excessive vasodilation or inflammation contributing to malignant ascites. In related complications: Benefits in hepatopulmonary syndrome or vasodilatory shock in advanced cancer/cirrhosis patients (improves oxygenation or hemodynamics via NO/guanylate cyclase inhibition).

MB effect:

Methylene blue shows protective or beneficial effects on the liver, particularly against oxidative stress, mitochondrial dysfunction, and various forms of toxic or cholestatic injury

It does this by:

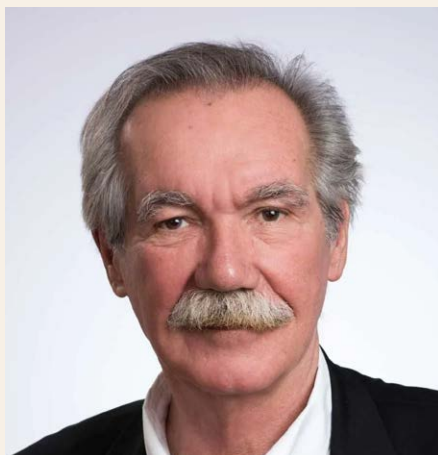
Bypassing damaged mitochondrial complexes (e.g., Complex II) to restore ATP production. Reduce oxidative stress by scavenging reactive oxygen species (ROS), restoring glutathione (GSH), and modulating antioxidant pathways Inhibit inflammatory and apoptotic pathways Activate protective signaling like SIRT1 → AMPK, which promotes mitochondrial biogenesis, fatty acid oxidation, and inhibits lipogenesis Impact on hepatotoxicity caused by chemotherapy: Significantly lowers elevated liver enzymes (ALT, AST, γ -GT), restores antioxidant status (total antioxidant capacity, Nrf2), reduces ER stress markers (PERK, GRP78, CHOP), and decreases apoptosis/inflammation. Improves histopathology (less necrosis, better architecture) when given post-chemo. Mechanisms include OS attenuation and coordinate modulation of stress pathways

Side effects:

Risks include hemolysis in G6PD deficiency or interactions..

Biography

Throughout his career, Dr. Martinez has researched the benefits and potential of combining both conventional and alternative medicine to achieve quicker and better outcomes for patients. He believes that peace of mind plays a major role in patient recovery, dedicating time to personally explaining each patient's situation, treatment protocol, and expected outcomes.



Dr. Robert Kempenich

President of AREMA, France

Title: Anthroposophic medicine presentation

Abstract

Anthroposophic medicine is an integrative, multi-professional medical system which emerged in Europe in 1920 and is now widespread throughout the world. It is taught in several universities (reference to the "criteria for training in anthroposophic medicine" published by the WHO in 2023), and is practiced in 12 hospitals and private practices. It is based on a specific image of the human being and nature, of disease and therapy, and on solid pre-clinical and clinical research into the quality, safety, efficacy and cost of its treatments (HTA). In view of the multifaceted and heterogeneous characteristics of anthroposophic medicine, a narrative form has been chosen for the presentation, drawing on the numerous publications, clinical studies and books concerning its methodology and practice. Anthroposophic medicine proposes a broadening of the art of healing. It expands conventional medicine with a holistic vision of the human being and nature, of illness and treatment, based on scientific investigation of the supra-sensible aspects of the human being and nature. In addition to specific drug therapies, it also offers non-drug treatments (biographical work and psychotherapy, art therapy, eurythmy, etc.) which involve the active participation of the patient. As a conclusion, anthroposophic medicine, with its integrative approach based on an innovative scientific approach to the human being and nature, offers a multi-modal therapeutic approach which should open up new perspectives for the healthcare system.

Biography

President of AREMA (Association for Research and Teaching in Anthroposophic Medicine). Member of the Board of Directors of GETCOP (Evaluation Group for Complementary Therapies and Innovative Practices). Member of the Board of Directors of the SNMHF (French National Union of Homeopathic Doctors). Former member of the Board of Directors of the IVAA (International Federation of Anthroposophic Medical Associations). Former member of the advisory board of the European CAMbrella project. Former President of the ECPM (European Council of Doctors for Plurality in Medicine).



Andrea Darsana

Darsana Ayurveda, Spain

Title: Integrative Ayurveda Medicine: A New Framework for Digestive and Metabolic Health

Abstract

Ayurveda has described the central role of digestion, daily rhythms, and individualized healthcare for thousands of years. Today, advances in microbiome science, chronobiology, systems biology, and psychoneuroimmunology provide a growing body of evidence that supports many of these traditional concepts.

This presentation introduces Integrative Ayurveda Medicine, an innovative framework that translates the classical principles of Ayurveda into the language of contemporary biomedical science. Rather than viewing traditional and modern medicine as separate disciplines, this approach identifies their points of convergence to create a more comprehensive model for preventive and therapeutic healthcare.

The lecture will present the fundamental pillars of Integrative Ayurveda Medicine, including the relationship between Agni and digestive physiology, the gut microbiome as a modern interpretation of intestinal ecology, circadian biology and Dinacharya, chronic low-grade inflammation, metabolic regulation, and personalized nutrition.

As a practical clinical application, the Monodiet Method will be presented as a structured digestive reset protocol designed to optimize gastrointestinal function, support microbiome balance, reduce inflammatory burden, and promote metabolic resilience. Clinical observations and the physiological rationale behind the method will be discussed within the context of current scientific understanding.

This presentation aims to demonstrate how integrating the wisdom of Ayurveda with modern scientific evidence can contribute to a more effective, preventive, and person-centered healthcare model capable of addressing many of today's chronic health challenges.

Biography

Andrea Darsana is a pharmacist born in Madrid, Spain, with more than 10 years of experience integrating pharmaceutical science with traditional medicine. She began her career in the pharmaceutical industry, where she worked for eight years in Clinical Research with internationally recognized pharmaceutical companies, building a strong scientific foundation. In 2014, she began her training in Ayurvedic Medicine at the California College of Ayurveda, specializing in Ayurveda, Yoga Nidra, Ayurvedic Yoga

Therapy, Panchakarma, and Marma Therapy. In 2017, she traveled to India, where she obtained the Government of India's ISO certification to practice Panchakarma. She further expanded her expertise through studies in Clinical Phytotherapy, Integrative Medicine, and a Master's degree in Nutritional Supplementation. In 2025, she founded Integrative Ayurveda Medicine, an innovative methodology that bridges scientific evidence with the principles of Ayurveda, and published her first book, Monodieta: Returning to the Origin.



Natascha Polomski

Turn up the Frequency Vibrational Wellness, Canada

Title: Rebuilding Self-Trust Through Awareness: A Practice-Informed Perspective from BioEnergetic Wellness

Abstract

Prolonged stress affects more than physical and emotional well-being. It can gradually diminish an individual's ability to notice, interpret, and respond to their own internal experience. As this communication with self becomes less accessible, confidence in one's own experience may begin to erode, often resulting in overthinking, second-guessing, and increasing reliance on external validation.

This presentation shares the evolution of a practice-informed perspective that emerged through the intersection of personal healing, graduate study in Complementary Integrative Health with a specialization in BioEnergetic Wellness, and years of professional practice supporting individuals experiencing stress and overwhelm.

During BioEnergetic Wellness training, learning to use muscle biofeedback became a turning point in the presenter's own healing journey. Rather than remaining caught in persistent mental overanalysis, it offered a way to reconnect with bodily awareness and gradually rebuild confidence in lived experience. This personal insight later evolved into a recurring professional observation. Across a diverse range of individuals experiencing prolonged stress, many were able to describe their thoughts in detail. Still, they found it much more difficult to recognize or trust the signals arising from their own bodies.

For the purpose of this presentation, communication with self is described as the ongoing ability to notice, interpret, and respond to one's internal experience, including

bodily sensations, emotions, thoughts, needs, and values.

Building on these observations, the presentation explores awareness as a foundation for restoring communication with self and considers how this process may contribute to the gradual rebuilding of self-trust. It discusses how the BioEnergetic Wellness Formula of Noticing, Recognition, Regulation, and Re-alignment, developed by Dr. Michelle Greenwell, provides a valuable framework for supporting awareness.

Rather than presenting a completed theory, this presentation offers a practice-informed perspective that invites interdisciplinary dialogue and future research into how awareness may support communication with self and contribute to the gradual rebuilding of self-trust and resilience within integrative health..

Biography

Natascha Polomski, MSc CIH (BioEnergetic Wellness), is a Self Trust and Awareness Guide, BioEnergetic Wellness professional, and doctoral researcher whose work is informed by both lived experience and professional practice. Following her own healing journey during her Master's studies, she began exploring how prolonged stress influences the relationship individuals have with themselves. Her current work focuses on awareness, communication with self, and the gradual rebuilding of self-trust through BioEnergetic Wellness and other awareness-based approaches. She is committed to advancing interdisciplinary dialogue and research that bridges practice, education, and integrative health.



Bernd Blobel

University of Regensburg, Germany

Title: Managing Healthcare Transformation towards Personalized, Preventive, Predictive, Participative Precision Medicine

Abstract

For realizing pervasive and ubiquitous health and social care services, health and social care system have to undergo an organizational, methodological and technological transformation towards personalized, participative, preventive, predictive precision medicine. For designing and managing the resulting highly complex, distributed and dynamic ecosystem, we must consistently and formally represent the system and its components from the perspective of all actors from different domains including the subject of care, using different methodologies, knowledge, language and experiences. The granularity level of the considered components may range from elementary particles up to the society and universe. This must be done, using a system-theoretical, architecture-centered, ontology-based and policy-driven approach. Over the last 30 years, the author developed the necessary model and framework, which is meanwhile standardized as ISO 23903 Interoperability and Integration Reference Architecture. The approach has been defined as mandatory for any specification or project at ISO, CEN, IEEE, etc. addressing more than one domain. The presented approach enables design, implementation and management of intelligent and ethical health and social care systems as well as knowledge-based communication and cooperation of all actors involved. Thereby, it manages also security, privacy and trust in detail. The Keynote introduces necessary standards and methodologies for designing and managing 5P medicine ecosystems as well as practical examples.

Biography

Dr. Bernd Blobel studied Mathematics, Technical Cybernetics and Electronics, Bio-Cybernetics, Physics, Medicine and Informatics at the University of Magdeburg and other universities in the former GDR. He received his PhD in Physics with a neurophysiological study. Furthermore, he performed the Habilitation (qualification as university professor) in Medicine and Informatics. He was Head of the Institute for Biometrics and Medical Informatics at the University of Magdeburg, and thereafter Head of the Health Telematics Project Group at the Fraunhofer IIS in Erlangen. Thereafter, he acted until his retirement as Head of the German National eHealth Competence Center at the University of Regensburg as well as Head of the globally unique International Interdisciplinary PhD and PostDoc College. He was and is still leadingly involved in many countries health digitalization as well as electronic health record strategy. He published more than 600 papers, published/edited many books and supervised a big number of PhD students from all around the world. He was German Representative to many SDOs such as HL7, ISO, CEN, OMG, IEEE, ASTM, SNOMED, etc., also chairing the national mirror groups. Furthermore, he still engaged in international higher education. He is Fellow of several international academies and played specific roles in global organizations such as WHO, European Commission, UNESCO, etc. His extended publication list is available at

<https://epub.uni-regensburg.de/view/people/Blobel=3ABernd=3A=3A.html>.



Mercedes Tristan

TransMed Center, USA

Title: Understanding Medical Thermography: How Infrared Imaging Supports Breast Health and Whole-Body Wellness

Abstract

Medical Thermography is a non-invasive infrared imaging tool that records temperature patterns on the skin and may offer valuable insight into inflammation, circulation, and breast health. This presentation introduces thermography as an adjunctive wellness and screening support method, with emphasis on how it can be used to observe physiologic patterns without radiation or compression.

*I will review the basic principles of infrared thermography, its common applications in clinical and integrative settings, and the importance of understanding its proper place in care. Special attention will be given to breast health education; thermography is used responsibly alongside appropriate medical follow-up. The presentation will also explore broader whole-body uses, including assessment support for vascular concerns, pain, and inflammatory patterns. *

*I expect that attendees will leave with a clear understanding of what thermography can reveal, what it cannot diagnose, and how it may contribute to a more informed, preventative approach to wellness..

Biography

Mercedes Tristan is a certified clinician thermographer and holistic wellness provider based in Conroe, Texas, with a focus on non-invasive imaging and whole-body wellness support through medical thermography and related holistic services. She helps clients better understand patterns of inflammation, circulation, and breast health by using a thermal wellness approach.



Zhenhuan LIU

*Nanhai Maternity and Children Hospital Affiliated
to Guangzhou University of Chinese Medicine,
China*

Title: Neuromodulation of Scalp Electroacupuncture in the Treatment of Autism Spectrum Disorder.

Abstract

Background:

Autism spectrum disorders (ASD) are a series of neurodevelopmental disorders characterized by social disorders, rigid behaviors and narrow interests. The World Health Organization (WHO) estimates that the prevalence of ASD has been increasing over the past 50 years. With one in 48 children, ASD has become a global public health problem. Currently, there is no effective drug treatment for children with ASD, and there is no effective medical treatment. Education of these ASD children by special education methods alone has a poor outcome, with 75% of ASD children failing to achieve normal or cure. And 80% of ASD children suffer from mental retardation, ADHD, epilepsy, emotional sleep disorders and so on. It can cause pain and suffering for ASD children and their parents. The effects may persist into adulthood.

Objective:

The purpose of this study was to investigate the effect of scalp acupuncture of painless therapy on core symptoms, quality of life and communication ability of children with ASD. Our team conducted a controlled study of scalp acupuncture therapy in 198 children diagnosed with ASD. The clinical diagnostic criteria of children with ASD who were selected for met the DSM-5 criteria. Each child and parent signed an informed consent form.

Methods:

198 children with ASD were randomly divided into two groups. One group 89 cases received painless scalp electroacupuncture therapy and the other group 89 cases received Pediatrics rehabilitation care and special education for 6 months. Clinical evaluation methods were ATEC, ABC, CARS and Gesell developmental scales. Pre- and post-treatment assessments were performed. The age of the two groups was 3-7 years old, and the gender, degree of illness, comorbidities, family education and rearing methods, course of disease and other factors were statistically analyzed. There was no significant difference between the two groups, and there was a certain comparability between the two groups. Painless scalp electroacupuncture therapy method, acupuncture and precise scalp surface projection in functional language area of cerebral cortex were selected for scalp acupuncture. Broca and Wennicken area were simultaneously stimulated by acupuncture. Painless scalp acupuncture is performed every other day. After Painless scalp acupuncture acupuncture, electrical acupuncture was given to stimulate the language area for 15 minutes, every 10 times of acupuncture, rest for 15 days. A second clinical evaluation was conducted 6 months after painless scalp acupuncture.

Results:

The improvement of core symptoms in the painless scalp electroacupuncture treatment group was better than that in the control group. The initial clinical improvement was in abnormal visual communication, improvement of sleep and mood, and the following clinical effects were alleviation of rigid behavior, improvement of attention, and improvement of verbal and social communication ability. Assessment of these scales reflects a gradual improvement in these core symptoms. But these changes were not significant in the control group.

Conclusion:

The research results showed that painless scalp acupuncture therapy could significantly improve the core symptoms of ASD children, such as extreme loneliness, eye contact disorder, language repetition, compulsive agreement, and indifference, significantly regulate the abnormal EEG of ASD children, and positively promote the cognitive level of low-functioning ASD children. The clinical efficacy of the treatment of ASD was not closely related to age. Painless scalp electroacupuncture can be used as an effective supplement and alternative medicine therapy in the clinical treatment of ASD. The popularization and application of painless scalp acupuncture therapy can improve the quality of life of ASD children and reduce the economic burden of society and family.

Since 2004, Nanhai Women's and Children's Hospital Affiliated to Guangzhou University of Chinese Medicine has applied our original pediatric neurorehabilitation scalp acupuncture therapy to treat ASD and achieved good clinical efficacy. In order to further promote the application, our research group obtained the exact clinical effect

confirmed by scientific evaluation through the clinical validation study and clinical follow-up of 1000 cases of ASD. We also receive pediatricians from all over the world who come to our hospital in China to study head acupuncture therapy for ASD. Doctors and rehabilitation therapists from Switzerland, Australia, the United States, Germany, Egypt, Russia, Kazakhstan and other countries have come to our hospital to study the clinical application of head acupuncture therapy in ASD.

Biography

Zhenhuan LIU professor of pediatrics, Pediatric acupuncturist Ph.D. tutor. He has been engaged in pediatric clinical and child rehabilitation for 40 years. Led the rehabilitation team to treat more than 40,000 cases of children with intellectual disability, cerebral palsy and autism from China and more than 20 countries. More than 26800 children's deformity returned to school and society and became self-sufficient. The rehabilitation effect ranks the international advanced level. Vice-chairman of Rehabilitation professional committee children with cerebral palsy, World Federation of Chinese Medicine Societies. Visiting Professor of Chinese University of Hong Kong in recent 10 years. He is most famous pediatric neurological and rehabilitation specialists in integrated traditional Chinese and Western medicine in China. He has edited 20 books. He has published 300 papers in international and Chinese medical journals.



Dr. Gene Bruno

Nutraland, USA

Title: Exploring Human Clinical Research on Black ginger (*Kaempferia parviflora*) Polymethoxyflavones' Impact on Visceral Fat: A Narrative Review

Abstract

Background

- Black ginger (*Kaempferia parviflora*), also known as “Thai ginseng”, a plant in the Zingiberaceae ginger family, is a traditional herbal medicine of Thailand. The primary active constituents of black ginger are its naturally occurring methoxyflavones, collectively referred to as polymethoxyflavones. Research has demonstrated that black ginger polymethoxyflavones offer a range of benefits, including fat reduction, promoting physical fitness, and supporting sexual health in men. The primary objective of this narrative review is to evaluate available human clinical research investigating the effects of black ginger polymethoxyflavones for fat reduction, with a focus on the reduction of visceral fat.

Methods

- This narrative review utilized searches across PubMed, Google Scholar, Europe PMC and a private database to identify studies published ginger polymethoxyflavones' impact on visceral fat. Inclusion criteria prioritized clinical trials and detailing plant bioactive compounds, dosing, and outcomes with regard to visceral fat.

Results

- There were three human clinical trials that met the inclusion criteria, including two randomized controlled trials and one unpublished pilot study. All studies lasted 12 weeks and utilized 12 mg of polymethoxyflavones from black ginger extract.

The randomized controlled trials demonstrated a statistically significant reduction in visceral fat area as well as reduction as in subcutaneous fat. The pilot study demonstrated a modest reduction in visceral fat area relative to baseline and other body composition changes.

Conclusion

- The studies reviewed in this article indicate that black ginger extract, providing a 12 mg daily dose of polymethoxyflavones may help promote the reduction of visceral fat area. The results were statistically significant in the randomized controlled studies. The pilot study was too small to be powered for statistical significance but nonetheless demonstrated a notable reduction in visceral fat area. Overall, the research suggests that supplementation with black ginger extract and its polymethoxyflavones may represent a potential adjunctive strategy for supporting reductions in visceral adiposity in overweight individuals.

Biography

This 28-day study was conducted as an interventional, open label, pilot trial to examine the effects of plant-based melatonin (phytomelatonin) from Somato® tomato extract (Nutraland USA) on key physiological and psychological domains associated with sleep quality, autonomic function, and health-related quality of life (HRQoL). Twenty-two healthy men and women (mean age: 42 years) received 2 mg of phytomelatonin daily from Somato® (a tomato extract). Using a decentralized, real-world evidence (RWE) design, the study integrated objective biometric data from Oura ring wearable devices with validated participant-reported outcomes (e.g., Pittsburgh Sleep Quality Index (PSQI) and HRQoL using Short Form 36 Health Survey (SF-36)) to explore tolerability, early efficacy signals, and mechanistic trends. Results were that supplementation with Somato® phytomelatonin resulted in significant improvement in: sleep latency (33%, PSQI, $p=0.005$; 11.55%, Oura ring, $p=0.016$), time awake (Oura ring, 10.08%, $p=0.002$), sleep efficiency (Oura ring, 1.21%, $p=0.011$), and the global PSQI score (14.22%, $p=0.025$). Significant improvement was also demonstrated in HRQoL using SF-36 for emotional well-being (8.22%, $p=0.02$). Other SF-36 variables showing improvements included: general health (3.22%), energy & fatigue (15.12%), limitations due to emotional problems (15.22%), pain (5.83%), social functioning (6.11%), physical function (2.81%), and limitations due to physical functioning (-9.33%). In conclusion, this pilot study found that 2 mg/day of phytomelatonin from Somato® tomato extract improved physiological and psychological domains associated with sleep quality, autonomic function, and HRQoL. Consequently, conducting a randomized controlled trial with a larger sample size is warranted to confirm beneficial findings demonstrated in the current pilot study.

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<https://gvsphh2026.scientificalerts.org/>

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(GVSHWIM 2026)**

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