PROCEEDINGS

4th WORLD HEALTH CONGRESS 2025 PRAGUE

Prague 3–5 October 2025

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Held under the auspices of the Capital City of Prague

Institute for TCIM/CAM
4th World Health Congress 2025 Prague

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with the motto:
"Health knows no boundaries – let us seek what unites us – it is time to start cooperating."

We would like to thank all speakers, poster presenters, exhibitors, sponsors, media partners, and, last but not least, the visitors to this congress – everyone who contributed to this event and this publication.

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- Ing. Adolf Inneman, PhD
- Doc. PhDr. Eva Křížová, PhD
- Prof. Dr. Suresh Swarnapuri, MD
- Prof. Dr. rer. nat. Katharina C. Wirnitzer

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Preface

The World Health Congresses, organized by the Institute for TCIM/CAM under the auspices of the Capital City of Prague, rank among the most significant events in the field of TCIM not only in the Czech Republic, but their impact has been steadily growing on the international stage with each successive year.

The tradition of these congresses began in 2020. However, due to the COVID-19 pandemic, it was not possible to hold an in-person meeting in Prague, and the inaugural congress took place online on June 20, 2020 [1]. The second congress was held in 2021, already in person in Prague [2], as was the third edition two years later [3]. The most recent event was the 4th World Health Congress 2025 Prague, held on October 3–5, 2025, once again under the auspices of the Capital City of Prague and several members of the Parliament of the Czech Republic. The congress had a global impact on both the professional and general public.

The congress featured presentations from a wide range of TCIM disciplines as well as conventional medicine, with participants from 50 countries across all continents. It followed the motto: "Health knows no boundaries – let us seek what unites us – it is time to start cooperating." This vision was fully realized through the high standard of contributions across diverse fields of TCIM and conventional medicine. Representatives of prominent organizations, research centers, and universities were also in attendance.

The ceremonial opening evening of the congress received exceptional recognition from His Excellency Shri Raveesh Kumar, Ambassador of the Republic of India to the Czech Republic, to whom we would like to express our special thanks for his participation.

As with previous editions, this congress concludes with proceedings containing all contributions, which you now hold in your hands. Through this publication, we aim to further strengthen cooperation across TCIM and conventional medicine, with a shared interest in exchanging knowledge and creating space for its application in healthcare interventions.

[1] Pfeiffer, T. (Ed.). (2020). World Health Congress 2020 Prague: Proceedings from the Video Congress. Prague: Dimension 2+2 Publishing House. ISBN 978-80-85238-49-5. https://publisher.dimension2plus2.org/en/library/academic-literature/proceedings-whc-2020-prague/

[2] Pfeiffer, T., Zahradník, M. (Eds.). (2021). World Health Congress 2021 Prague: Proceedings. Prague: Dimension 2+2 Publishing House. https://publisher.dimension2plus2.org/en/library/academic-literature/proceedings-whc-2021-prague/

[3] Pfeiffer, T., Zahradník, M. (Eds.). (2024). 3rd World Health Congress 2023 Prague: Proceedings. Prague: Dimension 2+2 Publishing House. ISBN 978-80-85238-55-6. https://publisher.dimension2plus2.org/en/library/academic-literature/proceedings-whc-2023-prague/

Saturday, 4 October 2025 – Hall 1

Saturday, 4 October 2025 – Hall 1

Presentation video:

Mag. Maria Walcher

Austria

Expert in intangible cultural heritage; member of the UNESCO Global Facilitators Network; advisor to the board of ANME (Association for Natural Medicine in Europe)

Intangible Cultural Heritage and Traditional European Medicine – Proposals for Greater Visibility of TEM through Inclusion in the Three UNESCO Lists

The adoption of the Convention for the Safeguarding of the Intangible Cultural Heritage in 2003 by UNESCO has set new standards in dealing with living traditions. Based on a broad perception of culture, it led to a paradigm shift. All at once, culture included much more than artistic disciplines or social practices and rituals. Especially fields such as Traditional Craftsmanship and Knowledge and Practices Concerning Nature and the Universe—including traditional medicine systems—brought new perspectives.

In correlation with the highly appreciated World Heritage List concerning tangible monuments and landscapes, UNESCO opened three lists for ICH:

- The Representative List of the Intangible Cultural Heritage of Humanity
- The List of Intangible Cultural Heritage in Need of Urgent Safeguarding
- The Register of Good Safeguarding Practices

To get accepted on these international lists, member states to the convention have to nominate traditions from their national lists. The establishment of such a national inventory/list/register in close cooperation with the bearers of tradition is one of the major tasks in safeguarding intangible heritage. Some European States—for example, Austria, Finland, Germany, and Switzerland—can already refer to entries concerning TEM elements in their national registers.

In light of the various threats which living traditions are facing, especially in the field of TEM, a further step in raising awareness could be a multinational inscription in one of the three lists of UNESCO. The successful application of eight states for Midwifery for the Representative List can already be considered exemplary. Looking for more topics in this field could be helpful and motivating in view of further activities and cooperation.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/lDyf1uV6TSk?t=248

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Saturday, 4 October 2025 – Hall 1

Presentation video:

Isabelle Wachsmuth, MSc, MPH

Switzerland

Communication and project manager at the World Health Organization, Headquarters, Geneva; scientist and artist

Art and Creativity to Humanize Health Care and Services: A World Map View

Across the globe, art and creativity serve as powerful tools to humanize health care by:

- Enhancing emotional well-being and reducing stress
- Improving communication between patients and providers
- Promoting community engagement and health education
- Creating healing environments that reflect cultural identities

Art therapy is performed on a large scale in hospitals to reduce stress (for patients and health providers) today in many countries, with spectacular impacts specifically in mitigating health disparities and inequalities, as well as contributing to social cohesion and wellbeing at individual and collective levels. An example is music and dance therapy programs in clinics and hospices. Advanced initiatives in healthy design and architecture (including Indigenous art in Australia and New Zealand) are being considered more and more, as well as patient art installations and murals to create welcoming environments.

The use of art and creative activities directly improves health communication through creative storytelling projects, in addition to supporting well-being among patients themselves, through patient partnership initiatives, between patients and health providers, and also among providers. Examples include art-based workshops for patient and

staff well-being. At the community level, community-based murals and street art promote health awareness. Interactive art projects, such as living museums, support mental health and social inclusion. In Asia, for example in Japan, Zen-inspired art and meditation practices are used in patient care; traditional art forms such as Rangoli and calligraphy are incorporated into healing spaces; and digital art and virtual reality therapies are used for rehabilitation. More broadly, nature-inspired art installations promote calmness.

This session will provide an opportunity to review and reflect on all these emerging practices in the field of TCIM and integrated health.

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https://youtu.be/lDyf1uV6TSk?t=1463

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Saturday, 4 October 2025 – Hall 1

Presentation video:

Prof. MUDr. Julius Špičák, CSc.

Czech Republic

Emeritus director of Hepatogastroenterology Department at IKEM (Institute of Clinical and Experimental Medicine), Member of the Czech Parliament

An Alternative Approach to the Treatment of Common Gastroenterological Diseases

Acupuncture

Acupuncture, an important component of traditional Chinese medicine, has gained growing attention around the world in the past decades. Both manual and electroacupuncture are commonly used in clinical practice, especially by patients with gastrointestinal disorders seeking

symptoms control due to disease recurrence and/or lack of effective treatments. Currently, patients with functional gastrointestinal disorders, constipation, gastroesophageal reflux disease, inflammatory bowel disease, ileus, acute pancreatitis, and gastroparesis may benefit from acupuncture treatment, as clinically evident. The most frequently used acupoints are chosen from the large intestine, stomach, bladder, and spleen meridian.

The underlying mechanisms of acupuncture involve neuromodulation, adjustment of gastrointestinal motility and visceral hypersensitivity, anti-inflammatory effects, repair of the gut microbiota, and strengthening of the intestinal barrier. As methodologies have advanced, a cumulative number of well-designed clinical trials has been established, which may help elevate clinicians‘ and gastroenterologists‘ awareness and perception of acupuncture for the management of gastrointestinal diseases.

Medical herbs

Despite the wide empirical use and demand for traditional Chinese medicine (TCM) herbs worldwide, high-quality clinical trials of TCM herbs in oncology remain limited. To address this, we developed recommendations for rigorous clinical trials to evaluate their safety and efficacy in oncology patients. For this purpose, the TCM & Cancer Research Committee of the Chinese Pharmaceutical Association convened a working group of oncologists, TCM experts, clinical researchers, biostatisticians, and industry/government representatives to establish principles and approaches for TCM cancer drug clinical trials. They identified two categories of herbal drugs based on therapeutic intent: survival improvement and symptom management.

The most commonly used TCM products are Huaier Granule, Huachansu, and Icaritin. Beyond oncology, these herbs also show high potential in the treatment of other common diseases, such as ulcerative colitis, chronic gastritis, gastric ulcer, fatty liver disease, Crohn disease, and functional

dyspepsia. Further well-designed studies in diverse ethnic communities are needed to bridge the gap between Western and Chinese approaches.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/lDyf1uV6TSk?t=2994

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Saturday, 4 October 2025 – Hall 1

Presentation video:

Tomáš Pfeiffer

Czech Republic

Philosopher, biotronicist; director of the professional chamber Sanator – the Union of Biotronicists of Josef Zezulka; founder and director of the Institute for TCIM/CAM

Council for Integrative Medicine

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Saturday, 4 October 2025 – Hall 1

Presentation video:

Amarjeet S Bhamra

UK

Officer of the British Complementary Medicine Association (BCMA); advocate for access to traditional medicine in Europe; lecturer and author on India's traditional sciences

APRIL Trial

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/lDyf1uV6TSk?t=7157

* * *

Saturday, 4 October 2025 – Hall 1

Presentation video:

Prof. Dr. Madan Thangavelu

UK

Genome biologist, Cambridge, general secretary and research director of the EUAA – European Ayurveda Association

Integrating Systems of Medicine, Health and Wellbeing

The world's systems of medicine, health and wellbeing are many. The recently established World Health Organization's Global Centre for Traditional Medicine (WHO-GCTM) in Jamnagar, Gujarat, India is recognition of this diversity. The Jamnagar facility will work on many of these systems – from Ayurveda, Unani, Siddha or Sowa-Rigpa of India, to traditional medicines and therapies used in Africa, Arabic, Islamic and Chinese practices. This diversity in systems of medicine, health and wellbeing raises an unavoidable question: is there a thread that runs through, connects and brings together these diverse systems of medicine, health and wellbeing?

One possible approach to answering this question is to re-visualize a continuum in the states between health and disease, as against the current descriptions where and overemphasis on cures dwarfs or neglects the significance of other states. By having at least four states namely health promotion, health maintenance, and disease prevention, and finally cures, it is possible to expand the states of health and disease and in turn the spectrum of natural states in between.

Recognition for the three states, health promotion, health maintenance and disease prevention, can be found in all systems, but is most explicitly described in Ayurveda. Swasthavrittha , one of the sub-disciplines of

Ayurveda, identifies these three states and procedures to be followed for achieving these three states. Swasthavritta deals with health promotion, the maintenance of the health and the prevention of diseases through diet, yoga, hygiene, and naturopathy. Dinacharya (daily regimen) and Ritucharya (seasonal regimen) involve procedures to be practiced daily and for the seasons. Among the systems from India, such similarities are also described in Siddha.

Ritucharya , of swasthavrittha , describes how the human system responds to the changing seasons and in turn makes recommendations for procedures, including dietary changes, for preparing the body for the different seasons. Data available in contemporary scientific literature reveals how a complex system like the human body responds to the environment and in turn mirrors some of the concepts and principles for the basis of appreciating and deciphering these complex processes. I will present results of one such study (Dopico et al.

https://www.nature.com/articles/ncomms8000) of how the human body responds to subtle environmental changes that happen over the year.

By drawing on similar principles of traditional medicine and seeing how they align with 'speechless languages' of contemporary cell and molecular biology one can construct unbiased explanations for many of the practices in wisdom traditions. Such procedures that combine molecular markers from contemporary biology ratifying procedures from the wisdom traditions should form one if not the main basis of integration of systems. This will provide for an unbiased approach for integrating the diverse systems of medicine, health and wellbeing in the future. The nature of the modifications and how this impacts fully health and wellbeing across the changing seasons will come from further studies.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/lDyf1uV6TSk?t=8513

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Saturday, 4 October 2025 – Hall 1

Presentation video:

Nora Laubstein

Germany

President of ANME (Association for Natural Medicine in Europe); executive board member, German Association for Natural Healing (DNB); Heilpraktikerin

Traditional Medicine – Today and Tomorrow

Traditional medicine is an intangible cultural heritage on all continents of this planet. Everywhere and at all times, humankind has treated pain, insanity, and organic or psychological deficits within a cultural framework. Today, modern technical and scientific standards raise questions about tradition. Experience vs. clinical evidence? The new WHO Global Strategy for Traditional Medicine 2025–2034 has cut the connection to the earlier strategies. Out of concern for disinformation, fake news, and alternative facts, only evidence-based medical procedures are expected to survive. But what does this mean for patients and practitioners?

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/lDyf1uV6TSk?t=10093

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Saturday, 4 October 2025 – Hall 1

Presentation video:

Akshay Bhambri

USA

ICS–Harvard-Yenching Doctoral Fellow and STS Fellow at the Harvard Kennedy School; TCIM policy researcher

Co-author: Dr. Bhaswati Bhattacharya, MPH, MD, PhD, Clinical Assistant Professor of Medicine, Weill Cornell Medical College, New York

Pluralistic Pathways to Health: Comparing Policies in Traditional and Integrative Medicines between Taiwan, India, China, and the USA

As health systems worldwide grapple with access to health, rising healthcare costs, aging populations, and the growing burden of chronic diseases, there is increasing interest in the potential of TCIM to supplement mainstream healthcare. Four diverse national health policies—Taiwan, India, China, and the USA—have integrated TCIM to varying levels into their formal healthcare systems. The health economics and policy analysis reveal a strong, yet contested, rationale for integrating TCIM within health systems still dominated by biomedical models.

Our analysis provides evidence for the often-polarized debate between biomedical orthodoxy and tradition-based medical systems by offering a nuanced evaluation of integrative health models using economic data and policy-based metrics. In Taiwan, TCM is institutionally recognized and embedded within the National Health Insurance system, providing robust reimbursement mechanisms for TCM and exemplifying the use of cost-effective traditional therapies such as acupuncture and herbal

remedies. India's AYUSH system is pluralistic yet fragmented; however, the widespread use of traditional medicine remains institutionally peripheral to the mainstream healthcare system. China offers a long-standing model of co-existence, in which TCM is deeply interwoven with the biomedical system under state oversight in public hospitals. In the USA, TCIM operates within a largely privatized system shaped more by demand than by coordinated federal policy.

Comparison between these four national contexts identifies key enablers and constraints for effective TCIM integration from policy and health economics standpoints. Implications for equity, access, and sustainability can be found in different integration models, from parallel coexistence to full systemic integration. TCIM can be a valuable adjunct in the pursuit of Universal Health Coverage goals, provided it is incorporated through evidence-informed, economically sound, and culturally sensitive policies. TCIM should be seen as a vital resource in reimagining resilient, affordable, and holistic healthcare systems within the coming decades.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/lDyf1uV6TSk?t=11565

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Saturday, 4 October 2025 – Hall 1

Presentation video:

Prof. Dr. rer. nat. Katharina Wirnitzer, BEd

Austria

Sports scientist and senior lecturer in sports science and sports didactics at the University College of Teacher Education Tyrol

Prevention First by School Curricular State Mandate – The Potential of School Health Promotion as a Key Building Block to Improve (Child) Public Health in Nations like the Czech Republic, or: How to Unlock the Dual HEAL Approach to Lifelong Health?

Health is the natural state from birth, but it has to be earned over a lifetime. Consequently, children´s health is a nation's greatest wealth, since health behaviour and habits track from childhood to senior ages. While health is free, the costs to treat the skyrocketing numbers of NCDs are unaffordable for nations. Therefore, and because (i) children/adolescents in the Czech Republic spend 40% of their daily waking time at school, (ii) complete 9 years of mandatory school attendance, and (iii) 19% of the population (1.8 million) are under 18 years of age, health policies that exclude schools are doomed to fail.

Simultaneously, according to ChatGPT, vegan/vegetarian eating (booming across all ages and social groups) is forecasted to be considered the norm by 2075, with youth as key drivers in the global shift towards healthier and more sustainable lifestyles. Also, the IPCC 2022 Summary Report for Policymakers reminds us of the fact that the greatest shift potential for sustainable health comes from plant-predominant diets.

However, since food and physical exercise are considered “medicines“, their continuous interrelated application is a highly effective yet simple tool for improving health. The dual HEAL approach to lifelong health with (1) Healthy Eating—ideally whole-food, plant-predominant, preferably vegetarian/vegan diets—permanently linked and interwovenly related to (2) Active Living—ideally daily outdoors, in nature, with physical activity, sports, and exercise—serves as the minimum recommendation and starting point to well-informed lifestyle choices, conscious decisions, and lifestyle changes. The HEAL approach serves to unlock the potential of the Power of Lifestyle to improve individual health over a lifetime. It is time to consider the fact that better public health in the Czech Republic will result from improved child public health only, with a snowball effect on society.

However, nationwide-determined school health promotion by curricular state mandate via the overarching educational goal holds huge potential left untapped to contribute to better public health for future generations, to match: (i) the need for improved vertical permeability of evidence-based health information, knowledge, and transfer to unfold the Power of Lifestyle to empower the young (with fourfold greater impact than the healthcare system) as the individual holds the greatest influence over one‘s health, and (ii) the “Prevention First” and “Prevention over Treatment” appeal of the European Commission that calls for actions across all levels and settings.

This keynote sheds light on a highly underestimated and mostly neglected body of evidence, providing insights into (1) youth health behaviour, spanning from school to university; and (2) a systematic review focusing on school curricula to identify the school health (promotion) potential. It further uncovers gaps and untapped potentials with urgency to be addressed and delivers potential solutions, including “why” and “how” the (child) public health mission is key for human development.

Based on the Health in All Policies strategy with its intersectoral action capacities, i.e. decision and policy makers at federal, governmental, and intergovernmental bodies including role models/multipliers in education, health, and care, this is a call to nations to set tracks for better public health by benefitting from the advantages of various synergistic effects

resulting from the joint forces of inter- and transdisciplinary cooperation across scientific areas to engage relevant peer groups and sub-populations.

Keywords: child; adolescent; school health; health promotion; prevention; vegan; vegetarian, plant-predominant; physical activity; physical exercise; sport

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/lDyf1uV6TSk?t=13550

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Saturday, 4 October 2025 – Hall 1

Presentation video:

Dr. Bhaswati Bhattacharya, MPH, MD, PhD

USA, India

Clinical assistant professor at Weill Cornell Medical College; Fulbright Specialist in Global Public Health, specializing in integrative medicine

Strategies for TCIM Harmonization – Bridging Modern Politics of Medicine with Ancient Systems of Wellness, Health, Vidya, and Kindness

When we discuss strategies to harmonize TCIM into society, we must first observe our belief systems, as they determine our values. Our belief in institutional power as more valid than individual power will determine how we shape TCIM policies.

Our belief in evidence as the basis for a medicine's validity requires us to help more people understand foundational tenets created by Sackett and epidemiology colleagues about EBM (Evidence-Based Medicine), which state that good evidence is a combination of individual clinical expertise, a patient's values and expectations, and the best available clinical evidence in the published literature, all to improve patient outcomes.

To harmonize, examine evidence showing that modern medicine with its medical errors, misdiagnosis, and pharmaceutical side effects are the third leading cause of death in the USA; that only 18% of the recommendations in primary care practice are actually strongly evidence-based, that large data studies tend to produce false results and are subject to misinterpretation and separation from real-world medicine.

How we can develop better models for evidence and for BS (belief systems) for good medicine?

1) Bring healing of the non-physical body back into the definition of medicine, as it exists in many ancient medical traditions.
2) Create metrics to assess health and wellness in the conventional medical setting, emphasizing well-being.
3) Compare health and medicine by examining wellness vs. illness, subtle energy changes vs. physical biochemical changes, and parameters important to the well-person vs. sick person conversation.
4) Acknowledge the emerging evidence in various modern sciences validating ancient wisdom traditions principles in ayurveda, biotronics, homeopathy and herbal medicines.
5) Reexamine the toxic effects of modern living, especially the processes of food production, safe water, electricity and non-ionizing radiation.
6) Utilize the efficiency in today's tools to create models of whole health systems.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/lDyf1uV6TSk?t=15259

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Saturday, 4 October 2025 – Hall 1

Presentation video:

Massimo Bonucci, MD

Italy

Director of Integrative Oncology at Villa Benedetta, Nuova Villa Claudia, and Villa Anna Maria Hospitals in Rome; president of the ARTOI Foundation

State of Integrative Oncology Research in Italy and across Europe

Integrative Oncology is understood as the complement to primary cancer care—such as chemotherapy, radiotherapy, and immunotherapy—through methods including Herbal Medicine, Homeopathy, Anthroposophic Medicine, Traditional Chinese Medicine (TCM), and related approaches aimed at improving patients' quality of life and ultimately their survival. Globally, it is now well established that integrative medicine is recognized as medicine. In more than 100 countries, this approach is considered standard.

In Italy, both public and private entities are scientifically advancing this field. We also provide education and training in Integrative Oncology for physicians, nurses, and other healthcare professionals. As Past Co-Chair of the Global Commission for Integrative Oncology of the Society for Integrative Oncology (SIO), and as Italian Ambassador—together with my colleague Dr. Eran Ben-Arye, Ambassador of the same organization—we are working to spread this approach across Europe, promoting the integration of traditional and complementary therapies in all countries.

It is essential to establish a solid scientific basis for integration in every European country and to lay the foundation for open dialogue with other

scientific societies engaged in oncology, all for the benefit of patients' health.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/lDyf1uV6TSk?t=17134

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Saturday, 4 October 2025 – Hall 1

Presentation video:

Prof. Faadiel Essop, FAPS, FRASSAf

South Africa

Director of the Centre for Cardio-Metabolic Research in Africa and full professor in the Division of Medical Physiology at Stellenbosch University

The Decolonization of Medical Practice and Education With Consideration to Indigenous Knowledge Systems

There is an increased impetus to decolonize medical teaching, research, global healthcare systems, and practice. The process of decolonization is complex and multifaceted. For example, colonialism contributed to and perpetuated false beliefs about racial hierarchies and differences in physiology based on race. Such ideas historically influenced medical research efforts, education, and practice, resulting in discriminatory treatment of some research subjects and patients. Moreover, attempts to address such issues can be challenging, as existing medical and biomedical sciences curricula are rooted in Eurocentric perspectives and historical traditions. The harms of colonialism and systemic racism remain, as they are often structurally embedded in populations, thereby perpetuating inequity in access to healthcare.

This talk will provide insights into the decolonization of medicine by focusing on three key aspects: curricula, research, and medical practices. It will highlight the importance of addressing historical legacies when training medical, allied health sciences, and biomedical students. Medical and allied health sciences curricula should therefore be reconsidered and remodeled to include reference to the role of medicine and science as part of the colonial project, as well as the impact of scientific racism and linked medical practices on Indigenous peoples and contemporary marginalized communities.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/lDyf1uV6TSk?t=18345

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Saturday, 4 October 2025 – Hall 1

Presentation video:

Kiran Vyas

France

Founder and director of Tapovan Open University, a bridge between East and West

The Future Medicine for Humanity Based on Yoga and Ayurveda

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/lDyf1uV6TSk?t=20378

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Saturday, 4 October 2025 – Hall 1

Presentation video:

Ing. Klára Doláková, MBA

Czech Republic

PhD student in Applied Ethics at Charles University and a researcher at the Royal London Hospital for Integrated Medicine

Models of Collaboration Between Health Professionals, Researchers, and TCIM Practitioners: Findings From a Qualitative Study in the UK

Theoretical background: Traditional, Complementary, and Integrative Medicine (TCIM) approaches are of interest to the general public, and in some countries selected methods are available through the health care system. In the UK, changes in National Institute for Health and Care Excellence (NICE) recommendations have led to the integration of selected TCIM into health services. However, there is no systematic integration of TCIM into the health service, and therefore this study explored models of collaboration between TCIM practitioners and health professionals in the National Health Service (NHS) clinical practice setting.

Aim of the study: This qualitative study explored practitioners' experiences of integrating TCIM interventions into the NHS clinical setting. The main aim was to identify what models of collaboration are currently in practice and what UK practitioners believe are the mechanisms and circumstances for their implementation.

Methods: Semi-structured interviews were conducted with selected participants. Field notes and recordings of the interviews were taken. Audio recordings were transcribed verbatim. The transcripts were thematically analysed using the framework methodology.

Results: Twenty-one participants, identified as researchers/academics, TCIM practitioners, and physicians, took part in the study. Several unique models of collaboration between TCIM practitioners and health professionals were described (e.g., an acupuncturist in a general practitioner's office, an herbalist in a hospital ward, or a healer collaborating with a physician on research). Collaborations were found to emerge through passionate individuals who are able to establish and build relationships in the health care sector. Thus, interpersonal relationships, openness to other approaches, and knowledge of the potential use of TCIM approaches are important.

Conclusion: This study has revealed models of collaboration in primary and secondary care that allow for the integration of certain TCIM interventions within and beyond current NICE recommendations into the NHS. Further research is needed to determine whether these models can be applied in systematic integration nationally or in other countries.

Keywords: traditional medicine; integrative medicine; complementary medicine; integration; NHS

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/lDyf1uV6TSk?t=21833

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Saturday, 4 October 2025 – Hall 1

Presentation video:

Nandu Goswami, MD, PhD, MME

Austria

Acting head, Division of Physiology, Medical University of Graz

Integrating Complementary and Integrative Medicine Education into Western Medical Universities: Challenges and Perspectives

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/lDyf1uV6TSk?t=22900

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Saturday, 4 October 2025 – Hall 1

Presentation video:

Prof. Dr. Radko Tichavský

Nuevo León, Mexico

Academic director, researcher, and professor of holohomeopathy, Comenius Centro Universitario (Ecomenius)

Holohomeopathy – Health Begins in the Soil

Holohomeopathy is an advanced agricultural method that integrates biophysical, fractal, and biochemical principles to assess and improve the health of plants, fruits, and soil. A key tool in this approach is the crystallization by evaporation of drops (CED) method, which allows for analysis of the vitality of plant extracts and soil through patterns formed after a drop evaporates on a controlled surface. The fractal local dimension (FLD) of these patterns is calculated using software and serves as an indicator of structural and biochemical complexity.

Results show that crops treated with holohomeopathy exhibit significantly higher FLD values than those from conventional agriculture, indicating better cellular structure organization, higher microbial activity, and improved ability to retain water and nutrients. Examples include comparisons of hydrosols and sap from pepper and wheat seeds grown under different cultivation methods. The importance of polyploid plants, such as Kamut (Triticum turgidum ssp. turanicum), is emphasized—these plants demonstrate greater stress resistance, improved germination, and superior nutritional value. The fractal structure of fruits also contributes to increased resistance to pathogens, better water retention, and enhanced nutritional quality.

There is a circular relationship between soil, plants, fruits, and human health: living soil supports healthy plants, which yield high-quality

fruits that contribute to population health—leading, in turn, to greater investment in sustainable agriculture. Additionally, holohomeopathy has been shown to reduce agricultural input costs by up to 70%. As plants are not susceptible to the placebo effect, they serve as objective indicators of the effectiveness of homeopathic applications.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/lDyf1uV6TSk?t=24265

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Saturday, 4 October 2025 – Hall 1

Presentation video:

Santhosshi Narayanan, MD

United States

Associate professor, Palliative, Rehabilitation & Integrative Medicine, The University of Texas MD Anderson Cancer Center

Integrative Therapies in Cancer Symptom Management

Background: As guidelines and interest in integrative and complementary approaches for cancer symptom management grow, there is an increasing incorporation of various integrative oncology (IO) modalities into cancer care. Our integrative medicine service at MD Anderson provides consultations to patients across the continuum of cancer care in an evidence-informed manner.

Content: The presentation will begin with definitions of complementary, alternative, and integrative medicine, as well as a definition of integrative oncology. We will then discuss the MD Anderson Integrative Oncology model, highlighting evidence-based data on how we assess patients

in our clinic, reasons for referral, patient concerns, and treatment recommendations. We will provide an overview of various integrative therapies, including acupuncture, oncology massage, yoga, meditation, health psychology programs, and music therapy. This will be followed by an explanation of how different therapies are selected based on individual patient symptoms. The presentation will also cover NCCN and ASCO-SIO guidelines on integrative therapies for managing symptoms such as fatigue, pain, and anxiety. Finally, we will briefly address the approach to herbs and supplements based on current evidence.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/lDyf1uV6TSk?t=26182

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Saturday, 4 October 2025 – Hall 2

Presentation video:

Dr. Dilip Ghosh

Australia

Consultant and researcher, WHO Global Centre for Traditional Medicine; NutriConnect & NICM Health Research Institute, Western Sydney University

Global Regulatory Landscape of Dietary Supplements, Nutraceuticals, and Herbal Medicines

The number of individuals using dietary supplements (DS), nutraceuticals, and herbal medicine (HM) products is continuously increasing globally. The WHO reports that this consistent surge is due to limited access to safe, affordable, and high-quality modern medical care. Definitions and usage vary widely from country to country: in some, these products are limited to general health and well-being, while in others their use for therapeutic benefits is permitted.

To date, there is little consensus among countries on the scope, requirements, definitions, or even the terminology by which dietary supplements, nutraceuticals, and herbal medicine categories should be classified. Transparent, science-based quality standards for ingredients across regulatory frameworks are therefore especially important. Data analytics methods may play a significant role in the development of robust quality-evaluation methodologies to enhance assessments of natural products classified either as “supplements” or “medicines”.

Existing surveillance systems implemented in various countries provide useful information resources on the adverse events of herbal products. Example include the ADR reporting system in China and Australia, the FDA MedWatch program in the United States, Medsafe in New Zealand, and pharmacovigilance systems such as the EMA database and the Rapid Alert System for Food and Feed of the European Commission.

This presentation will summarize key information from a longitudinal comparison of the status of dietary supplements, nutraceuticals, and herbal medicines across different national jurisdictions, including India, Japan, USA, Australia, Canada, and Europe.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Ad2W0Wn8CQA?t=259

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Saturday, 4 October 2025 – Hall 2

Presentation video:

Federico Palla

Italy

Project manager, Fondazione Interanzionale LUMEN;
coordinator of the European Network SALUS

Integrating Traditional and Complementary Medicines into European Health Systems: The SALUS European Strategy 2025–2029

The growing unsustainability of European healthcare systems — exacerbated by an aging population marked by increasing frailty and a general rise in non-communicable diseases — calls for an urgent paradigm shift: from a treatment-centered model to the active promotion

of health. The SALUS European Strategy 2025–2029, developed by a European network of experts and stakeholders, proposes an innovative model that builds bridges between conventional medicine and traditional and complementary medicines (TEM, Ayurveda, TCM, Naturopathy, Bio-Natural Disciplines).

Through a transversal, holistic, and evidence-based approach, the strategy promotes healthy lifestyles, integrates health promotion into clinical pathways, experiments with innovative remuneration models linked to healthy longevity, and recognizes new professional roles such as the Health Promoter.

This presentation will illustrate how this integrated vision can not only improve citizens‘ health but also reinforce the economic, social, and environmental sustainability of European healthcare systems, contributing to the construction of a true Health Union.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Ad2W0Wn8CQA?t=2253

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Saturday, 4 October 2025 – Hall 2

Presentation video:

Prof. Bruno Renzi

Italy

Director at Maharishi College for Perfect Health International in the Netherlands and co-director of the Maharishi AyurVeda Health and Prevention Center in Milan

DNA, Temperament, and the Existential Project

The new frontiers of cosmology and knowledge in the physical–quantum field are revolutionising a series of paradigms that have conditioned the perception of humanity's position in the cosmos. This presentation will attempt to answer the following questions: Is it possible that temperament can be determined by morphogenetic fields at the DNA level? Is it possible that a dimension of DNA represents a personal memory? How is this memory manifested in individual life? Can this type of morphogenetic configuration influence the "evolutionary flow" of the individual?

In this work, knowledge relating to wave genetics will be introduced, and the hypothesis of a transmission of configured memories and psychological aspects in the form of holographic content in DNA morphogenetic fields will be addressed. In this regard, the theory of formative causality and the morphogenetic fields hypothesised by the molecular biologist Rupert Sheldrake will be presented. Finally, the role of this quantum dimension of DNA will be emphasised in order to gain a better understanding of the factors that determine its expression in terms of temperament and the individual existential project.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Ad2W0Wn8CQA?t=3574

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Saturday, 4 October 2025 – Hall 2

Presentation video:

Mgr. Miloslava Rutová

Czech Republic

Facilitator, therapist, and instructor of One Brain Kinesiology, Elpida Plzeň; former member of the Czech Parliament

Transformations in Kinesiology

The applied method of kinesiology Proměny works with the body, conscious mind, and subconscious with the aim of relieving stress and achieving full realization of personal potential. Kinesiology is a method that relieves negative emotions and stress so that we can make free decisions and achieve our full potential. All negative experiences from the past are stored in the subconscious mind and cells of our body, which influences our current decision-making. Stress from the past can block communication between different areas of the brain and prevent the retrieval of knowledge from memory. The method helps with dyslexia and learning difficulties, improves self-confidence, and eliminates fears, anxiety, and depression. It solves problems caused by emotional stress. It leads to responsible creative thinking. Nowadays, even doctors admit that unprocessed emotions are often the cause of many diseases. Kinesiology is based on asking the body questions and obtaining answers through muscle testing. It does not address the problem, but rather works to dispel negative emotions that prevent success. The Proměny method is simpler but has the same effect as classic One Brain Kinesiology.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Ad2W0Wn8CQA?t=5359

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Saturday, 4 October 2025 – Hall 2

Presentation video:

MUDr. Andrea Málková

Czech Republic

General practitioner specializing in myoskeletal and integrative medicine, Brno

Disease as a Meaningful Program in Human Evolution

New German Medicine (NM) was discovered in 1981 by physician and theologian Dr med. Geerd Hamer. It represents the first causal therapy based on the simultaneous study of the psyche, the brain, and the affected organ of the human body. It is founded on five natural laws that reveal the biological meaning of our diseases. The entirely logical foundations of NM enable the professional community to understand the course of diseases in a completely new way, while also being accessible to laypersons, offering them the possibility to comprehend their own bodily processes – and thereby often enabling subsequent healing.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Ad2W0Wn8CQA?t=6363

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Saturday, 4 October 2025 – Hall 2

Presentation video:

MUDr. Hana Váňová

Czech Republic

Medical doctor specialized in acupuncture and homeopathy, Litovel; former president of the Homeopathic Medical Association (HLA)

Return to Rhythms and Homeopathy

Our inner rhythm, cosmic rhythms, the rhythm of a homeopathic remedy.

How are they all connected? In 2017, the Nobel Prize in Physiology or Medicine was awarded to three American scientists — J. C. Hall, M. Rosbash, and M. W. Young — who clarified further details of the circadian rhythm. According to the Nobel Committee, they "explained how plants, animals, and humans regulate their biological rhythms so that they are synchronised with the rotation of the Earth." Modern science today is confirming what traditional cultures around the world have always known.

At the centre, holding the baton, is our inner Sun — the HEART. Blood circulation reflects the great cosmos in its effective connections and creates, in the microcosm, its cosmic image. In the pulsation of breath and circulation, we are connected to the solar cosmic rhythm. Is this coincidence? Certainly not! The rhythm of breath and heart, linked to cosmic rhythms, sets the pace for all other processes in the body — from thought to metabolism. And how does homeopathy relate to rhythms? In a fundamental way. For a remedy to be homeopathic, it must be prepared through two processes: dilution and dynamisation. Instead of the word "dynamisation," we could also use the word "rhythmisation." This creates

a new and essential quality. Behind potency lies another effective force — one that is awakened by RHYTHM!

The realm of living nature follows the laws of life, as Goethe already emphasised. For the realm of living nature we use the collective term organism. The second realm is governed by the laws of physics and molecular chemistry — this we can summarise by the term mechanism. When assessing the effectiveness of homeopathic remedies, it is necessary to be guided by the laws of life, not the laws of the mechanical world. There is research demonstrating the biological effectiveness of homeopathic remedies (https://vedecke-dukazy.svethomeopatie.cz or www.pubmed.com). I will also present practical examples from life.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Ad2W0Wn8CQA?t=7972

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Saturday, 4 October 2025 – Hall 2

Presentation video:

Prof. RNDr. Anna Strunecká, DrSc.

Czech Republic

Former professor of physiology at Charles University in Prague; publicist, author, and researcher focusing on autism spectrum disorders

Panacea for Life and Health: Discoveries of Contemporary Science and the Transformation of Consciousness

The search for the elixir of life runs throughout the history of humankind. In this presentation, I will reveal newly discovered connections that

may be useful in the current stage of humanity's transformation. To the surprise of many researchers, it has been found that human cells use the pigment melanin to break down water in much the same way that plants do during photosynthesis. Melanin decomposes water and uses it as a source of energy. In this way, cells obtain up to 90% of their energy from water. Hydrogen is nature's most widely used energy carrier, and melanin transforms water into biological fuel. This unexpected discovery opens a new era in biology. It may fundamentally reshape biochemistry, where glucose has long been regarded as the central energy molecule, stored in ATP.

How, then, can melanin levels in humans be increased? Melanocytes are stimulated to produce melanin by the herb Artemisia vulgaris (mugwort). Sunlight triggers the body's production of vitamin D3. At present, 85–95% of the population in developed countries is at risk of vitamin D3 deficiency. The best proof of its necessity for the human body is that all cell types are equipped with receptors for this vitamin. Through them, vitamin D3 regulates 2,000 genes in the human genome and affects up to 500 different disorders and diseases. Melanin and vitamin D3, together with water and sunlight, represent a modern panacea.

We are living in an extraordinary time of consciousness transformation. Within a short span, humanity is undergoing a quantum leap into a new way of being. People are aging, healing, and dying in new ways. Yet 2.5 billion of our fellow human beings still lack access to clean water, and every hour 650 children in the world die of hunger. The state of our consciousness reflects the state of our overall health, and consequently the health of our planet. It is time to turn away from material dogmas and accept the fact that we are spiritual beings having a human experience. We are all one. Everything on this planet can be changed.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Ad2W0Wn8CQA?t=9381

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Saturday, 4 October 2025 – Hall 2

Presentation video:

Mgr. Jan Frank

Czech Republic

Astrologer, homeopath, quantum sonogeneticist, and conductor focusing on the integration of astrology, hermetics, medicine, and music

Co-authors: Ing. Hrbáčková Hana, Ing. Kabelka Petr

Enhancing Human Resilience Against the Negative Effects of Electromagnetic Smog Using Sonofractal Essences

The presentation will focus on areas most sensitive to electromagnetic fields and the pathophysiological effects of their impact on the brain and nervous system, neurohumoral regulation, the heart and circulatory system, digestion, intracellular processes and membrane transport in somatic cells, individual cell organelles and biochemical processes – such as the respiratory chain in mitochondria and the production of cellular fuel ATP, damage to the gene pool of the human population (gene mutations) and damage to the psyche and cognitive functions, such as post-traumatic stress disorder and memory disorders.

The above examples demonstrate the positive effects of certain sonofractal essences, which lead to increased resistance of the organism and elimination of the consequences of long-term exposure to electromagnetic fields. Electromagnetic fields most often affect the nervous system. We present an example of therapy that eliminated serious problems with memory, attention, dizziness, and persistent headaches in a 70-year-old woman.

Other examples come from the field of digestion – the elimination of tertiary diabetes, which is caused by irritation of the pancreas by electromagnetic fields, and from a number of other areas of influence, such as increased sensitivity of the heart atria, higher incidence of tachycardia, bradycardia, dysrhythmia, asystole, extrasystole, and others.

Given that these fields are physically and technically difficult to detect and measure, it is not easy to prove the specific destructive effects of these fields on the human population. However, experience shows that sonofractal essences provide effective protection and thus optimal opportunities for improving the quality of life of people sensitive to electromagnetic smog.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Ad2W0Wn8CQA?t=10959

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Saturday, 4 October 2025 – Hall 2

Presentation video:

Ing. Adolf Inneman, Ph.D.

Czech Republic

Cosmic engineer collaborating with ESA and NASA, popularizer of science and ancient civilizations' knowledge, and promoter of the spiritual traditions of Jan Amos Comenius

Ayurveda – The Key to Health

AYURVEDA – THE PATH TO LONGEVITY

Ayurveda is one of the oldest cultural heritages related to health. Ayur means life and vedas is a science, i.e. the science of life. Life is like a fairy tale in which a golden-haired maiden is sought, and the persons of

this story represent the basic archetypes of Ayurveda. The knowledge of Ayurveda deals with the human typology of KAF (Broad), PITH (Sharp-sighted) and VÁT (Long), these doshas are basically deviations from the optimal constitution of SAM (Successor of the King). The constitution is related to the mahadbutas – the movers of the elements: KAF (earth-water), PITH (fire) and VÁT (air-ether). Each human constitution requires a different lifestyle according to the elements. In general, man naturally tends to gravitate towards that which is most harmful to him: KAFA likes to overeat and likes to sleep, PITHa suffers from workaholism and has an exaggerated order and system in everything, VÁTa finds it difficult to keep any order and suffers from sleep disorders, but lives in the power of the present moment and is highly unreliable. Each person is an individual and practically not of pure constitution, but most often a combination of two doshas together, KAF-VÁT, PIT-VÁT, PIT-KAF. Ayurveda has methods to bring these disturbances into balance – SAM.

- The first rule of Ayurveda is – be with those who love you!
- The second rule of Ayurveda is – adjust your lifestyle according to doshas!
- The third rule of Ayurveda is – follow the rhythm of the organ clock!
- The fourth rule of Ayurveda is – avoid tamasic activities!
- The fifth rule of Ayurveda is – do good things and develop spiritually!

According to Ayurveda, we have five qualities in common with animals: 1.EATING FOOD, 2.SLEEPING, 3.REPRODUCTION, 4.FEAR-DEFENCE, 5.ATTACK. The mastery of these five qualities of life is making us Human. Self-control is the way to uplift the whole human society. It is in limitation that the true master is known.

Ayurveda does not prohibit anything to anyone, it is universal and is not the prerogative of a selected section of society. Its tool is the use of natural remedies, treatments and oil massages. All the Ayurvedic practitioners all over the world, do not forbid meat to anyone, though they themselves are vegetarians. We are all at different stages, and we have to respect that. The Russian writer Leo Tolstoy, who wrote the novel War and Peace, said, "As long as there are slaughterhouses in the world, there will be wars!" In his time, Tolstoy was chairman of

the worldwide Esperanto-vegetarian movement. Tolstoy influenced, for example, Mahatma Gandhi, who named his first ashram after him and founded a movement of non-violence – active resistance – in India called the Fortress of Truth (Satyagraga). Respecting the natural biorhythms: the cycles of the day, the phases of the moon, the seasons and the climatic zones leads to a full and rich life at every age. Every plant has five stages of growth: PRE-SPRING – Seedling germination, SPRING – Growth and Flowers, SUMMER – Fruit ripening, AUTUMN – Seed dropping into the soil, WINTER – Plant death. Like plants, we too are subject to these immutable laws. But life does not end with death, our soul – ATMA – the light within us continues its evolution even after death in the realm of souls. With the new Spring, we take on again, as a soul, a material form and continue with a new chance to realise a better life anew. Just as when we go to sleep and wake up in the morning refreshed and full of strength, so we die and then are reborn, to new opportunities where our one life is but a mere day in the great cosmic year. We are born at an extraordinary time when we can influence the world around us in a creative spiritual way. We are no longer at the mercy of superstition, religion, politics, ideologies and errors. If we learn from the wisdom of our ancestors, based on our knowledge of history. If we turn to Mother Earth, submit to the cosmic laws of the Universe and open the Heart within us. A peaceful world awaits us, favourable to all manifested and unmanifested beings. It is up to us what kind of world our children will live in. Therefore, accept the message of peace from Prague:

- "Do not fight evil where the Light is brought – the Darkness disappears itself!"
- "Let everything flow by itself – no violence – this is a solution!"
- "SAT-CHIT-ANANDA" °°°°°°"CONSCIOUSNESS-BEING-GOOD"
- "OM – SHANTI"

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Ad2W0Wn8CQA?t=11929

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Saturday, 4 October 2025 – Hall 2

Presentation video:

Dr. Jayvant Bhagattjee, BUTM, CMA

South Africa

Physician practicing Unani-Tibb, Chinese medicine, and acupuncture in Cape Town; member of the Allied Health Professions Council of South Africa

TCIM in Bali Indonesia

Indonesia's TCIM landscape is deeply interwoven with its rich cultural diversity, particularly exemplified by the distinct practices found in Bali. Rooted in centuries-old traditions, TCIM ("Pengobatan Tradisional, Komplementer, dan Integratif") remains a vital component of healthcare, often serving as the primary or preferred option for many communities, especially in rural areas and on islands such as Bali, where cultural preservation is key. Cultural heritage: TCIM in Indonesia encompasses a vast array of systems, most notably Jamu (empirical herbal medicine), Bali Usada (Balinese traditional medicine based on Hindu philosophy, massage and herbs), Sinshe (Traditional Chinese Medicine), and various indigenous ethnic practices. In Bali, TCIM is inseparable from Hindu Dharma and Tri Hita Karana (harmony with God, nature and others). Healing involves spiritual elements (mantras, offerings), physical therapies (balur massage), and complex herbal formulations (loloh) prepared by Balian healers. This system is not merely a form of medicine but a core aspect of Balinese cultural identity and daily life.

Regulatory framework: Regulation is evolving but remains fragmented. The primary national authority is the National Agency of Drug and Food Control (BPOM RI), responsible for ensuring the safety, efficacy and quality standardisation of traditional medicines (Jamu, OT – Obat Tradisional). Key regulations include Regulation of the Minister

of Health No. 003 of 2010 concerning the Saintification of Jamu, which encourages evidence-based research, and Law No. 36 of 2009 on Health (Articles 48–49), which recognises traditional health services alongside conventional medicine. Integrative medicine practices in hospitals are guided by specific ministerial decrees. However, regulating the vast number of informal healers and ensuring consistent quality across diverse traditions remains a significant challenge, particularly for deeply spiritual practices such as Bali Usada.

Research and development (R&D): R&D efforts are increasing but face resource constraints. Key areas of focus include:

1. **Pharmacological validation:** Identifying active compounds and mechanisms of action in Jamu herbs (e.g. Curcuma spp., Zingiber officinale) and Balinese plants (e.g. Brotowali – Tinospora crispa).
2. **Clinical trials:** Assessing the efficacy of specific Jamu formulations (e.g. for diabetes, hypercholesterolaemia) and Balinese therapies (e.g. for pain or post-stroke recovery).
3. **Ethnomedical documentation:** Systematically recording indigenous knowledge, especially from remote communities and Bali's unique practices. Institutions such as the Research Centre for Traditional Medicine and Medicinal Plants (B2P2TOOT) in Tawangmangu and universities (e.g. Udayana University in Bali) lead research, often in international collaboration. However, research on the holistic, spiritual and ritualistic aspects of Balinese medicine lags behind phytochemical studies.

Public perception and accessibility: TCIM enjoys exceptionally high public trust and utilisation. Surveys indicate that a majority of Indonesians, including urban populations, use Jamu regularly for wellness and illness management. In Bali, traditional healers (Balian Usada , Balian Sehat) remain highly sought after, often consulted first or alongside conventional doctors, particularly for culturally specific illnesses or spiritual imbalances. Accessibility is generally high:

- **Affordability:** TCIM is significantly cheaper than conventional care.

- **Availability:** Jamu is ubiquitous (street vendors, markets, modern packaged products), and traditional healers practise widely, especially in villages.
- **Cultural acceptability:** TCIM aligns deeply with local beliefs and worldviews, particularly in Bali. Challenges include variable quality control, limited scientific information for consumers, and geographical or economic barriers for some marginalised groups, despite overall affordability. Integration into the formal health system (Puskesmas/community health centres and hospitals) is progressing but remains uneven.

Conclusion: TCIM, particularly Jamu and the unique Bali Usada system, forms a cornerstone of Indonesian healthcare and cultural heritage. While regulatory frameworks are strengthening and R&D is expanding, effectively integrating diverse traditional systems such as Bali Usada into a standardised regulatory structure, advancing research on holistic practices, and ensuring equitable access and quality remain critical tasks. Public perception remains overwhelmingly positive, driving continued reliance on these culturally resonant healing traditions.

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The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Ad2W0Wn8CQA?t=14267

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Saturday, 4 October 2025 – Hall 2

Presentation video:

Prof. Dr. Dušan Vešović

Serbia

Professor of Occupational Medicine at the Sanitary Medical School of Applied Sciences VISAN, Belgrade; founder of the OPTIMA FORMULA Centre

Health Implications of Endocrine-Disrupting Chemicals (EDCs): Is Clinical Medicine Addressing the Risk Adequately?

Endocrine-disrupting chemicals (EDCs) are exogenous substances that interfere with the body's hormonal balance, contributing to a wide spectrum of health disorders. Found in plastics, pesticides, cosmetics, personal care products, and industrial pollutants, EDCs have been linked to hormone-dependent cancers, thyroid dysfunction, reproductive abnormalities, immune suppression, metabolic disorders, and neurodevelopmental issues. Despite mounting scientific evidence, the clinical relevance of EDCs remains under-recognised. This presentation aims to raise awareness among healthcare professionals by summarising key findings and emphasising the importance of EDCs in preventive and clinical practice.

EDCs act through multiple mechanisms: they can mimic, block, or alter hormone synthesis, secretion, or transport. Even in small doses, they may significantly affect endocrine-sensitive tissues such as the breasts, uterus, prostate, thyroid, and brain. The effects of diethylstilbestrol (DES), highlighted as early as the 1970s, reveal the transgenerational impact of EDCs, with links to reproductive abnormalities and neurobehavioural disorders such as ADHD.

Common EDCs include bisphenol A (BPA), phthalates, dioxins, PFAS, PCBs, triclosan, and pesticides such as glyphosate. They enter the body via ingestion, inhalation, or skin contact, and many persist in the environment due to poor biodegradability. Ongoing international research focuses on developing improved diagnostic models, high-throughput testing methods, and tools to assess neuroendocrine disruption. Clinical attention to EDC exposure is crucial in the evaluation of patients with unexplained metabolic, hormonal, or reproductive issues. Healthcare providers should educate patients on reducing exposure: replacing plastic with glass or ceramic, avoiding microwaving in plastic containers, choosing phthalate- and BPA-free products, and promoting dietary detoxification strategies and adequate hydration. Integrating EDC awareness into clinical education and public health policy is essential. Medical professionals must take an active role in recognising, preventing, and managing EDC-related risks to improve long-term health outcomes.

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Saturday, 4 October 2025 – Hall 2

Presentation video:

Dr. Peter Kath

Germany

Member of the EUAA Executive Committee; member and consultant of the Executive Board of the registered association Santulan-Veda; lawyer

What Would Hippocrates Say Today?

Nature knows no boundaries. There are no English, German, European or Indian elements. Air, fire and water increasingly reveal their global

character. Borders are human constructs that draw artificial lines through undivided nature. All methods that serve health aim for the healing of the human being. According to the teachings of Ayurveda, we are all composed of the same elements that shape both nature and humankind. Ayurveda was created by sages to serve all humanity, not individuals of a particular nationality. The knowledge (Veda) of life (Ayur) concerns the human being as such.

The 2017 Geneva Pledge of the World Medical Association, a modern version of the Hippocratic Oath, recalls the central ethical principles of the profession:
"I solemnly pledge to dedicate my life to the service of humanity. (…) I will share my medical knowledge for the benefit of the patient and the advancement of health care. (…) I will respect the autonomy and dignity of my patient. (…) I will attend to my own health, well-being and abilities in order to provide care of the highest standard."

It is therefore important to emphasise four key aspects: service to humanity; sharing knowledge for the benefit of patients and health care; respect for the patient's right to self-determination; and care for one's own well-being. All healing methods can be integrated into a system founded on these pillars. What this means for a shared strategy, and what role music can play within it, will be the focus of the lecture.

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https://youtu.be/Ad2W0Wn8CQA?t=17529

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Saturday, 4 October 2025 – Hall 2

Presentation video:

Dr. Maria Peneva, PhD

Bulgaria

Public health manager at the MC Evrozdrave-Bulgaria Health Center and technologist at Daflorn; researcher

Co-authors: Rositsa Nedeva[2], Nadezhda Vladimirova[2], Boyan Mednikarov[2], Petko Ginev[3], Maria Yakova[3], Miglena Angelova[1], Georgy Alexandrov[1], Anna Petkova[4], Ioannis Misopoulos[5], Marieta Georgieva[6]

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The Effects of Lactobacillus bulgaricus DWT1 as a Psychobiotic During the Bulgarian Antarctic Expeditions and on Post-COVID Syndrome

Psychobiotics are live bacteria that, by improving the gut microbiome, benefit the host's mental health. The aim of the study is to establish the effect of a probiotic formula with Lactobacillus bulgaricus DWT1 on the mental well-being of both the crew of Research Vessel 421 during the first and second Bulgarian Military Antarctic Expeditions and of post-COVID syndrome patients.

The maritime profession puts the crew under high stress. During the two Antarctic expeditions (2022–2024), the crews (25–28 individuals) were divided into two groups – those taking and those not taking the probiotic. Research methods included measuring anxiety and depression using Zung questionnaires and a survey to assess sleep quality. Individuals taking the probiotic showed no statistically significant differences in anxiety and depression levels before and after the voyage. They maintained sleep quality under the extreme conditions of the expeditions. Individuals not taking the probiotic showed a significant increase in anxiety and depression symptoms, which correlatively worsened their sleep. The probiotic used supports the crew's mental stability by protecting against depression and anxiety and by improving sleep. The voyage of Research Vessel 421 to the Antarctic is a model for studying the effects of the psychobiotic Lactobacillus bulgaricus DWT1 on the mental health of people under extreme stress.

After the COVID epidemic, a new nosological class was formed – post-COVID syndrome, which is expressed not only through somatic disorders but also through various deprivations in the human psyche – sleep and social adaptation disorders, and high levels of anxiety. For the period 2022–2024, 98 post-COVID syndrome patients, including 15 women with children up to 2.5 years old, were examined using applied practical psychology methods (analytical, dynamic, ecopsychological, situational, systemic). Clinical observation shows that the application of nutritional therapy with a probiotic formula containing Lactobacillus bulgaricus DWT1 and psychological consultations leads to behavioral stabilization, control of emotional reactions, and improvement in social adaptation and sleep quality. By improving the gut-brain axis, this probiotic formula with Lactobacillus bulgaricus DWT1 is an effective psychobiotic both for people under extreme stress and for post-COVID syndrome patients.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Ad2W0Wn8CQA?t=18805

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Saturday, 4 October 2025 – Hall 2

Presentation video:

Dr. Francesco Marino

Italy

Former director of the Scientific Department of the Italian Homeopathic Federation (FIAMO); working with the ARTOI Foundation

Homeopathy, the Second Worldwide Medical System: Clinical Evidence in Integrative Oncology

Introduction: In the last 20 years, more and more patients in Europe have chosen to integrate validated oncology protocols with homeopathy. The results obtained have led a growing number of oncologists to transform initial skepticism into genuine clinical interest. This work aims to highlight the clinical and pre-clinical evidence published in biomedical literature about the use of homeopathy in oncology.

Materials and methods: The most significant sources of evidence have been the main search engines (Pubmed, Embase, etc.) and a homeopathic database which includes only studies published and indexed from 1949 to the present. It is updated twice a year and contains 1,146 entries of reliable evidence, catalogued in nine different research fields.

Results: From 2005 to 2024, six observational studies, four RCTs, two prospective studies, two retrospective studies, two case series, and three preclinical studies have been published. Most of them reported highly significant improvements both on primary (QoL and survival time) and secondary outcomes (weakness, hair loss, nausea, anxiety/depression). In all these studies, homeopathy was prescribed in addition to validated protocols.

Discussion and conclusions: In recent decades, a large number of positive studies have been carried out in homeopathy, with surprising results even in oncology. Many oncologists have noted improvements in compliance, quality of life, and survival in patients who integrated homeopathic therapies into standard protocols. In 1999, the NCI (USA) recognized the complete regression in a number of cancer patients treated with a homeopathic protocol from India. They concluded that "the evidence collected justifies the development of research in this field". Studies confirming this positive trend have multiplied in the last decade. Further and larger studies in the field of integrative research are required in order to provide even more effective strategies in oncology.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Ad2W0Wn8CQA?t=19954

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Saturday, 4 October 2025 – Hall 2

Presentation video:

Diane Miller, JD

USA

Attorney and legal and public policy advisor, National Health Freedom Coalition (NHFC) and National Health Freedom Action (NHFA)

Health Care and Healing Practitioners, and the Law

Diane Miller is an attorney in the United States and co-founder of the National Health Freedom Coalition and National Health Freedom Action. She will present information to the attendees of the WHC about the laws that impact health care practitioners, professionals, and healers of all kinds from a United States perspective. Miller views the universe

as having and offering many forms of healing for health seekers. She is aware that cultures and governments approach healing and health care in many different ways. Diane will share how her work has involved protecting healing practitioners so that they can share and utilize what they know, whether it be considered indigenous, contemporary, integrative, complementary, or alternative. At the same time, she works to pass laws that protect the rights of health seekers, in order to protect their options and keep them informed about their practitioners and what those practitioners have to offer.

Attorney Miller is an educator, lobbyist, and advocate for collaboration, and works to implement the principles of health freedom in all areas of health. From helping to protect the human right of all people to make their own health choices including the right to choose and access non-toxic health options and the right to decline or avoid medical treatments that they do not want, to promoting laws that protect all health care practitioners, whether licensed or not. Miller is a strong advocate and supports and brings together leaders who are working to impact health decisions, including decisions by international forums. She does this in order to protect health freedoms around the world. Diane Miller is co-founder and moderator of the United States Health Freedom Congress and author of Health Freedom: The Greatest Freedom of All, and her seminal book, The Principles of Health Freedom.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Ad2W0Wn8CQA?t=21364

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Saturday, 4 October 2025 – Hall 2

Presentation video:

Antoni Przechrzta, M.A.

Poland

Chairman of Polskie Stowarzyszenie Duchowych Uzdrowicieli (Polish Association of Spiritual Healers) and director of Instytut Realizacji Siebie (Institute for Self-Development)

Complementary Meets Conventional: Poland's Journey Toward Integrated Medicine – Challenges and Achievements in a Global Context

Complementary and alternative medicine (CAM) plays an increasingly important role in public health worldwide. In Poland, the development of CAM has faced significant challenges, including legal uncertainty, marginalization by conventional medical institutions, and a lack of will for systemic integration. Despite this, professional organizations, ethical codes, and practitioner training programs have developed, bringing structure and credibility to the field. The WHO has called for the integration of TCM into national health systems, but implementation remains limited.

In Poland, CAM was historically practiced openly—coexisting with academic medicine and, in some areas, supported by universities and medical chambers. However, after Poland's EU accession in 2004, many remedies and therapies were excluded due to strict pharmaceutical regulations favoring large international corporations. Efforts to integrate CAM into the healthcare system include a 2018 legislative proposal I submitted to the Prime Minister, aiming to allow doctors to incorporate CAM methods with patient consent—without being penalized. Despite initial support, the proposal was never processed. Currently, physicians

in Poland risk losing their licenses for using or recommending CAM therapies. More than 200 doctors are facing disciplinary proceedings for raising concerns about the safety of COVID-19 vaccines.

Nonetheless, organizations such as the Polish Association of Spiritual Healers and citizen-led movements like STOPNOP, among others, continue to advocate for integrative and holistic medicine. The recent implementation of a new PKD (Polish Classification of Business Activities) code (86.96.Z) for traditional and complementary medicine, from January 2025 and aligned with EU classifications, confirms that this field has the right to exist and develop as part of international healthcare system. While integrative medicine in Poland still faces serious challenges, it offers great potential. Progress depends on open dialogue, clear regulations, respect for patient autonomy, and therapeutic diversity—goals that we, as TCIM practitioners and advocates, are actively working toward.

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Saturday, 4 October 2025 – Hall 2

Presentation video:

Dr. med. Sepp Fegerl

Austria

President of the International Society for Mayr Medicine; vice president of GAMED; consultant for complementary medicine at the Austrian Medical Association; lecturer

F. X. Mayr Medicine – A Shared Cultural Heritage as a Potential Gift to the World

The Mayr Method, founded by Austrian gastroenterologist Dr. Franz Xaver Mayr (1875–1965), emphasizes the central role of the digestive system in overall health. Drawing from decades of clinical observation and systematic research, Mayr developed a diagnostic and therapeutic approach that integrates anatomy, physiology, and functional medicine. His concept of Sanology highlights the gut as the "root system" of human health, and his clinical principles remain highly relevant within the field of Traditional, Complementary, and Integrative Medicine (TCIM/CAM). Mayr diagnostics focus on visible and palpable signs such as abdominal shape, posture, and tone, which provide immediate insights into digestive function. Subtle manual palpation allows the physician to detect irritation, dysmotility, or dysbiosis beyond the reach of imaging or laboratory tests. This clinical approach strengthens the therapeutic alliance, fosters patient self-awareness, and promotes self-efficacy.

Therapeutic interventions are guided by four classical principles: rest of an overstrained digestive tract, cleansing to reduce toxic load and support autophagy, retraining of eating habits and mindful self-regulation, and substitution to correct deficiencies and optimize metabolism. A core element is the manual abdominal treatment, which enhances circulation, lymphatic flow, motility, and vagal tone while also stimulating the oxytocin system—an effect with profound implications for the gut–brain axis and psychosomatic wellbeing. Nutritional therapy is individually tailored, beginning with fasting or light, easily digestible foods and progressing towards a balanced, constitutionally appropriate diet. This flexible, functional framework allows effective integration with other TCIM modalities, particularly Ayurveda.

The Mayr Method represents a practical, evidence-informed, and patient-centered approach that enriches the diagnostic and therapeutic repertoire of integrative medicine. It offers physicians and therapists a structured yet adaptable system that combines traditional insights with modern relevance, thereby contributing a valuable cultural and medical heritage to the global dialogue in TCIM/CAM.

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Saturday, 4 October 2025 – Hall 2

Presentation video:

Dr. Dominique Eraud

France

Founder of the Ecomedicine, Green Intelligence, and CNMSE conferences; co-president of the NGO Solidarité Homéopathie

Humanism, Mindfulness, and Acupuncture

I have been practicing acupuncture for over 30 years, and I have also been practicing meditation for 30 years. I was fortunate to become interested in alternative medicine thanks to my father, Dr. Henri Eraud, a wonderful humanist physician and acupuncturist, and the founder of the Union of Acupuncturist Physicians of France. Little by little, I came to understand that there are many bridges between these techniques, and among other things, each of them speaks of "emptiness"...

We are seeing more and more scientific publications in the medical field that show the therapeutic effects of meditation. Pioneering physicians include Drs. Jon Kabat-Zinn, David Servan-Schreiber, Thierry Janssen, Christophe André, and the biologist Matthieu Ricard. Many examples in the scientific literature show that combining meditation with treatments such as acupuncture is particularly effective. Acupuncture offers us an original framework for understanding the human body: the body is seen as a constantly transforming whole, connected to all living things, to Heaven and Earth, in mutual interaction with the universe. It is a matter of harmonizing the flow of Qi within the human being and between the individual and the Qi of the universe—at that precise moment.

Traditional Chinese medicine texts state that the acupuncturist's presence is essential: their attitude and state of mind matter. This resonates with

what is taught in meditation practices. Around the world, more and more "integrative medicine centers" are opening, where Western medicine, alternative medicine, and meditation are brought together.

The full presentation video is available at the URL and via the QR code by the photo:
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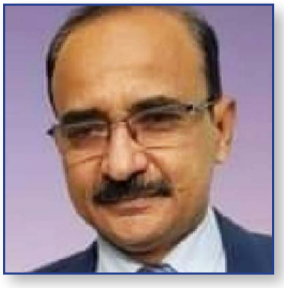

Saturday, 4 October 2025 – Hall 2

Presentation video:

Dr. Rakesh Kumar Sharma, MD, PhD

India

Physician and Ayurveda educator at Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University

Marma Therapy: An Effective Ayurveda Treatment Modality

Ayurveda has been a holistic and scientific system for the health and medical concerns of mankind since the Vedic era. It is a life science that heals human beings through the treatment of the mind (Mana), body (Sharir), and soul (Aatma) in the form of harmless therapy. This ancient wisdom incorporates various treatment modalities, viz. Panchakarma, Ksharsutra, Jalouka (Leech Therapy), Agnikarma etc. Similarly, it has developed a treatment modality known as Marma Therapy. Marma Therapy involves the application of specific pressure techniques on different Marma points (vital places) for quick relief from various diseases. Marma points are specific locations in the body where Mamsa (muscles), Sira (vessels), Snayu (ligaments/tendons), Asthi (bones), and Sandhi (joints) converge. Acharya Sushruta described a total of 107 Marmas in the human body, having different prognostic values, ranging

from sudden fatal outcomes to severely painful conditions. The human body is controlled by Prana, Oja or Soma, and Tejas or Agni in their subtle forms. Marma Therapy works to maintain this triad intact. In earlier eras, warriors used to protect these Marma points (vital points) with specialized metallic wearable outfits against assaults during wars.

Research in Ayurveda has significantly gained momentum in the last few decades. However, as far as research regarding Marma Therapy is concerned, there is still a long way to go. A considerable amount of literature regarding Marma and Marma Therapy is available in the Sushruta Samhita and in the Siddha system of medicine as Varmam therapy. Nowadays, Marma Therapy is gaining recognition for its quick relief benefits. Moreover, it is a drugless therapy, which is also a reason for its growing popularity among the masses.

At the 4th World Health Congress, this presentation will make an effort to explore the efficacy of Marma Therapy and its importance in detail.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Ad2W0Wn8CQA?t=24985

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Saturday, 4 October 2025 – Hall 2

Presentation video:

Stephan Hein

United Kingdom

German Heilpraktiker, CAM practitioner, therapeutic yoga teacher, and lecturer at UCL Medical School (London)

TGL – The Medicine of Creative Consciousness: How to Stay Positive in Challenging Times

Introduction: In the rapidly changing scenarios of our times, this health education workshop series asks: What is the potential of human consciousness to create and maintain well-being in body, mind, and soul? Is there a healing recipe for what troubles us during these uncertain times? The project is an unfolding enquiry—using the timeless, and often poetic, healing wisdom of traditional Indian Ayurveda and Yoga medicine, philosophy, and science.

Methods: Drawing from treasures of ITS (Indian Traditional Sciences) related to vibrational subtle body work through Nada Yoga (Yoga of Sound), Yoga Nidra (Yogic Sleep), energy centres, and Rasa (the vibrational core of aesthetics & beauty)—as part of a more general rasayana (revitalisation from within) healing approach—these workshops provide opportunities for individuals to connect with an experience of the creative Source within, allowing letting go, trust, inspiration, hope, and empowerment to arise from deep within.

Results: Started in January 2024, the study continues, and has been offered to people in different environments, including medical schools, spiritual communities, and the health charity sector. Constructive feedback from participants allows the project to evolve into new creative possibilities. So far, 160 people have taken part.

Conclusions: Research shows that such creative interventions may be helpful for the long-term management of physical and mental health challenges, including fatigue, burnout, insomnia, stress, anxiety, depression, PTSD, trauma, chronic pain, fibromyalgia, MS, and dementia, while fostering resilience and trust in the events of life's ever-changing circumstances. Traditions like Ayurveda, Yoga, and meditation—especially in a more subtle and spiritual context—lend themselves well to addressing deeper layers of healing in body, mind, and soul. This makes them particularly suitable during challenging times such as these, helping to guide people "back home to themselves," where they may once again rest in a state of balance, inner peace, and joy.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Ad2W0Wn8CQA?t=26169

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Saturday, 4 October 2025 – Hall 3

Presentation video:

Joerg von Bergen

Switzerland

Expert in medicinal mushrooms (mycotherapy); coordinator of the German MykoTroph Institute for Switzerland; coach

Focus on the Power of Medicinal Mushrooms

Mycotherapy is one of the oldest and most effective natural healing methods in the world. It is based on the healing power of medicinal mushrooms, which have been used for centuries in alternative medicine to treat numerous illnesses. These mushrooms are rich in essential vital substances such as trace elements, vitamins, minerals, enzymes, and amino acids, and also contain a variety of other bioactive compounds.

The MykoTroph Institute is dedicated to the comprehensive research and application of mycotherapy. Its central tasks include providing free, personalised advice on health and nutrition issues, scientifically analysing and documenting the therapeutic effects of medicinal mushrooms and providing well-founded information for experts and interested parties.

MykoTroph contributes significantly to the dissemination and further development of mushroom medicine through regular training courses, specialist articles, and lectures. A particular focus is on the training of mycotherapists. The MykoCampus offers structured training courses, webinars, and practice-oriented advanced training programmes that provide therapists with compact and targeted knowledge about mycotherapy. The training covers both the scientific principles and the practical application of medicinal mushrooms in preventive healthcare

and therapy. Through the combination of traditional knowledge and modern scientific findings, MykoTroph makes a valuable contribution to the development of the field.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=113

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Saturday, 4 October 2025 – Hall 3

Presentation video:

Dr. Pratibha Shah

United States

Founder and president of the Wholistic Health Alliance and the Global Council for Ayurveda Research; senior faculty at the Sai Ayurvedic Institute and the Yoga Veda Institute

Ancient Life Philosophies – An Overlooked and Untapped Source for Deeper Wellness

In today's fast-paced and hyper-digital world, wellness is often reduced to a checklist of habits or commercial trends, alienated from its deeper roots in meaning, connection, and balance. This presentation will explore how traditional worldviews—such as those found in Ayurveda, Indigenous knowledge systems, and Eastern philosophies—offer timeless, holistic frameworks for living well. These systems view health not just as the absence of disease but as a state of harmony within oneself, with others, and with nature.

A central theme of this talk is the importance of embracing a "two-eyed seeing" approach—originally articulated by Mi'kmaq Elder Albert Marshall—where we view the world through the strengths of both Indigenous and Western perspectives. Applied to health and wellness,

this dual lens invites us to value empirical science alongside intuitive wisdom, and to integrate traditional healing practices with modern healthcare in respectful, synergistic ways.

Drawing on examples from Ayurveda and other ancient global systems, the presentation highlights how these philosophies cultivate inner awareness, seasonal living, purposeful action (dharma), and a reverent relationship with the environment—all essential components of sustainable well-being. By reframing wellness as a way of being rather than a set of outcomes, these traditions remind us that true health is cultivated from within and in alignment with the rhythms of life.

Ultimately, this presentation invites a reconnection with ancestral wisdom not as nostalgic revival, but as a vital resource for addressing today's mental, emotional, and ecological crises. Through a two-eyed view, we can build a more inclusive and profound model of wellness—one that honors both ancient teachings and contemporary insights in the shared journey toward wholeness.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=1050

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Saturday, 4 October 2025 – Hall 3

Presentation video:

Sanjay També

Germany

Group director at Santulan Veda e.V.; president of Das Indien-Institut in Munich; life coach

Co-authors: – Dr. Nikhil Dongarkar (MD-Ayu) – Head of Pulse Diagnosis at Santulan Kurzentrum, Germany
– Thomas Trinter – SOM Trainer, Frankfurt

SOM Program – 5 Modules for a Stable Mind and Healthy Sleep

The SOM research project aims to determine whether the subjectively experienced benefits can be objectively substantiated by measurable data points. This could help further disseminate the positive implications of the SOM program and make it accessible to a larger number of people with positive social impact.

Jnana Prabodhini's Institute of Psychology in Pune, India, in collaboration with the German Institute for Holistic Healing (Santulan Veda), has investigated the effects of the SOM program on various psychological aspects such as mental and emotional well-being, quality of life, and resilience. In addition, medical specialists will examine the effects on physiological parameters such as blood pressure, body temperature, pulse rate, respiration, blood sugar, and others.

The SOM program was developed by renowned spiritual master and Ayurveda expert Dr. Balaji Tambe (Padmashree) as a series of daily practices. It aims to promote excellent physical health and reduce mental stress, as well as to facilitate spiritual progress through a process

of "communication with the self." It includes mantras or positive self-affirmations, flame gazing, Santulan Kriya Yoga, mudras (specific hand and finger postures), relaxation with music, and yoga nidra (a specific deep sleep technique). The program was developed over a period of 40 years and has been practiced in its current form as the SOM program for 10 years.

The entire SOM program is described in detail in the book "Communication with the Self – The SOM Program" by Shreeguru Dr. Balaji Tambe. The book has also been translated into German under the title "OM – The Prime Language of the Soul," and has already sold over a thousand copies. The SOM program is practiced by a large number of people worldwide, many of whom have provided extremely positive and diverse feedback about the benefits they have experienced.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=1976

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Saturday, 4 October 2025 – Hall 3

Presentation video:

BSC Stina Andersson

Sweden

Founder and vice president of the Ayurveda Sweden Association; director and lead teacher at Sweden's oldest Ayurvedic school; runs a private clinic in Ängelholm

Healing the Past and Understanding the Future – Insights from Plant Medicine

As a trained engineer with a scientific mindset, my path took an unexpected turn later in life when I began exploring Ayurveda and,

eventually, Shamanism and the world of traditional plant medicine—most notably, Ayahuasca. This journey, both personal and professional, has revealed profound layers of insight into healing, consciousness, and human potential.

Through carefully guided ceremonies, I have experienced states of awareness strikingly aligned with the descriptions found in the Upanishads: moments of deep inner silence, dissolution of ego, ancestral memory, and non-dual awareness—"the fourth". These insights have helped me process past family trauma, release inherited emotional burdens, and uncover a clearer understanding of my own purpose and direction. In the current global context, the field of psychedelic research—especially involving DMT, the active compound in ayahuasca—is one of the most dynamic and promising areas of neuroscience and psychiatry. Studies suggest significant potential for treating depression, PTSD, and addiction. Beyond clinical outcomes, these substances are catalyzing deeper questions about the nature of consciousness itself.

This presentation seeks to bridge ancient spiritual frameworks with modern scientific inquiry. Drawing from Vedic philosophy, systems thinking, and personal integration practices, I will offer a grounded perspective on how these experiences can support both individual and collective evolution, and how the methods support each other. As humanity faces complex existential challenges, we must rise to a higher level of consciousness. Psychedelic-assisted insight, when approached with reverence, structure, and proper integration, may play a key role in this awakening. My aim is to contribute to an open, respectful dialogue that unites science, spirit, and healing—guiding us not only to heal the past but also to consciously co-create a wiser, more compassionate future.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=2897

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Saturday, 4 October 2025 – Hall 3

Presentation video:

MUDr. Santóš Samuel Rajpoot

Czech Republic

Gastroenterologist at the IBD Centre and the Department of Gastroenterology, KNL Turnov; lecturer at the University of Ayurveda Prague (AUP)

Bridging Two Worlds: Integrating Ayurvedic Wisdom into Modern Ambulatory Medicine

Born into a traditional Ayurvedic family in Prague and trained in Western medicine at Charles University, I stand at the intersection of two medical paradigms. This presentation explores how Ayurvedic knowledge, grounded in thousands of years of observation and systemic thinking, can be practically and respectfully incorporated into daily outpatient allopathic practice. Using clinical examples from gastroenterology and inflammatory bowel disease, I will illustrate how Ayurvedic concepts such as dosha, gunas, and agni can support the choice of therapeutic treatment, patient communication, and lifestyle counselling — all while staying within the ethical and professional boundaries of evidence-based care.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=3817

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Saturday, 4 October 2025 – Hall 3

Presentation video:

Dr. Anton Janse van Rensburg, MBChB (UP), MSc (UP), AMP (MBS)

Czech Republic

Lecturer, researcher, consultant, and physician specializing in integrative medicine; Asnatek

The Safe and Effective Application of Silver in Clinical Practice

Silver has been used in medicine for over two millennia, with historical references by Hippocrates and widespread application across ancient civilisations. In modern integrative practice, silver is re-emerging as a safe, evidence-informed adjunct with broad-spectrum antimicrobial properties. Its ability to disrupt bacterial, viral, and fungal integrity without inducing resistance makes it highly relevant to the growing challenge of chronic and treatment-resistant infections.

Recent research highlights silver's multi-targeted mechanisms, including disruption of microbial membranes, interference with replication pathways, and inhibition of biofilm formation. Clinically, practitioners report benefits from topical, oral, and nebulised silver, particularly in upper respiratory tract infections, skin conditions, and gastrointestinal infections. Silver's immunomodulatory effects may also assist with inflammation control and tissue repair. Emerging research includes its role in eczema, resistant fungal and parasitic infections, and potential anticancer activity demonstrated in preclinical models.

Concerns about safety, particularly argyria and microbiome disruption, are often overstated. These risks are primarily associated with unregulated or inappropriate forms of silver, such as high-concentration colloidal

silver, banned nano-silver formats, and silver compounds manufactured without proper oversight. In contrast, pharmaceutical-grade ionic silver (Ag^+) in purified, deionised water presents a fundamentally different safety profile. Produced under validated Good Manufacturing Practice (GMP) conditions, it contains no stabilisers, excipients, or carriers, and is typically used at ultra-low concentrations below 0.003%. Studies in lung cell lines, human oral use, and inhalation models support its low toxicity, even at elevated exposure levels. Microbiome studies confirm no disruption at standard doses.

This presentation will review silver's historical foundations, clinical applications, evidence base, and safety profile. It advocates for a responsible, patient-centred approach to its use. Importantly, clinicians must distinguish between nanoparticulate silver and GMP-certified ionic silver. While nano-silver may carry risks of accumulation and toxicity, properly formulated ionic silver remains a safe and versatile option in integrative care.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=5014

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Saturday, 4 October 2025 – Hall 3

Presentation video:

Dr. Vikram Chauhan

India

Ayurvedic physician, author, and entrepreneur; CEO and founder of Planet Ayurveda Pvt Ltd.

ITP – A Rare Disease Curable with Ayurveda

Immune Thrombocytopenia (ITP) is an autoimmune condition in which the body's immune system mistakenly attacks and destroys its own platelets, leading to a lower-than-normal platelet count, which may result in easy bruising, bleeding, or a feeling of fatigue. While conventional treatments can offer temporary relief, they frequently come with side effects and relapses. Ayurveda, the ancient science of holistic healing, offers a groundbreaking, natural alternative for managing and overcoming ITP.

In Ayurveda, ITP is closely linked with "Teeryak Rakta-Pitta", a bleeding disorder where in which the Rakta (blood), vitiated by the Pitta dosha, flows out of the orifices of the body, leading to blood tissue depletion and immune dysfunction. Rather than simply addressing symptoms, Ayurveda dives deep into the root causes and provides excellent treatment by restoring balance, detoxifying the system, and strengthening the body's natural ability to produce healthy platelets. Using time-tested herbs like Ashwagandha, Giloy, Moringa, Amalaki, Vasaka, papaya leaves, etc., helps in rejuvenating the bone marrow, boosting immunity, and enhancing overall vitality. Personalized dietary plans, yoga, and stress management techniques are integrated to support complete healing at the body, mind, and spirit levels.

Clinical success stories are emerging worldwide, showcasing remarkable platelet count improvements, sustained recoveries, and enhanced quality of life through Ayurvedic care. Unlike aggressive chemical treatments, Ayurveda's gentle yet powerful approach offers hope and results without harsh side effects. Today, Ayurveda stands as a beacon of hope for ITP warriors seeking a safe, effective, and sustainable path to wellness. As modern research continues to validate ancient wisdom, Ayurveda is fast becoming a preferred choice for holistic ITP treatment, transforming lives naturally.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=5956

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Saturday, 4 October 2025 – Hall 3

Presentation video:

Dr. Gábor Pék

Hungary

Assistant professor at the CrySyS Lab, Budapest University of Technology and Economics; yoga instructor

Co-author: Gejza. M. Timčák (Slovak Yoga Association)

Svādhyāya Meets Technology: Can AI Assist Self-Study for Wellbeing?

Svādhyāya refers to the study of scriptural sentences as well as the silent recitation (i.e., japa) of a purificator mantra such as OM to lead oneself to complete wellbeing: liberation. According to yoga, wellbeing is rooted in one's state of mind which shapes not only our reactions and how we engage with the world, but also preserves how the world affects us. This way, there is a deep interconnection between the world outside and inside. Traditionally, the purpose of loud and silent recitation of scriptural sentences is to engrave new pathways into the devastating desert of misconceptions and misbeliefs that undermine one's physical and mental health, as well as to unveil new perspectives about our true nature. Furthermore, these texts are not only profane words, but sacred syllables resonating with frequencies that reshape one's rigid inclinations.

Today, AI extends and in certain cases pursues to replace existing approaches to how we attempt to solve the challenges of humanity, including our wellbeing. While the extent of convenience offered is seemingly indisputable, we already experience that there is a lot to lose—for example, the willpower we invest in our self-study and self-exploration. Without such drive, our scope of agency depletes, and such dependency

fosters laziness and sluggishness that slowly deteriorate our wellbeing and health.

In this presentation, we first discuss the traditional meaning of svādhyāya, or self-study, for mental and physical wellbeing. Then, we explore the pros and caveats of using AI in such a process, as well as suggest how contemporary technologies can help an aspirant's initial efforts, while highlighting their limited scope. Approaches such as transhumanism and human-machine interoperability are also touched upon, which are certainly envisioned by many as an optimal solution for our ailments.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=6920

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Saturday, 4 October 2025 – Hall 3

Presentation video:

Dr. Revathy Prasad

India

Medical officer at the Government Ayurveda Hospital, Piravom (National AYUSH Mission), Kerala, India, with a focus on palliative care

Co-author: Dr. Asha Karunakaran K, Associate Professor, Department of Kayachikitsa, Government Ayurveda College, Thiruvananthapuram, Kerala, India

Effect of Ksheeradhooma Nasya in the Management of Facial Palsy Associated with Stroke – A Case Report

Stroke is the fourth leading cause of death and the fifth leading cause of disability in India. Acute facial palsy is one of the most common aftereffects of ischemic and hemorrhagic strokes. In the former, oxygen deprivation causes facial nerve damage, while in the latter, pressure on the facial nerve from leaking blood leads to facial palsy. As the face is an important medium for communication and expression, facial palsy greatly impairs a person's quality of life. A 52-year-old male patient suffering from facial palsy following an ischemic stroke was effectively managed with Ksheeradhooma Nasya, Karnapurana, Marsha Nasya, and Shiropichu.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=7901

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Saturday, 4 October 2025 – Hall 3

Presentation video:

Dr. Priyanka Chorge

Lower Saxony

Founder and medical director at Ayuryogalaya, Hamburg; Ayurveda lecturer at the Medical University of Graz; board member of IFAD

Treatment of Neurological Diseases from the Perspective of Ayurveda

Ayurveda is a holistic science, or system of medicine which has addressed neurological problems since its origin. There are more than 600 known neurological disorders, and up to 6% of the world population suffers from these conditions. Neurological disorders are classified under the umbrella of Vata Vyadhi in Ayurveda. Although there are different types of Vata

Vyadhi, the current mainline treatments for managing these diseases are aimed at symptom management, as there is currently no known cure or treatment that can slow down the progress of the disease.

Ayurveda's perspective and line of treatment differ significantly from conventional therapies and have shown promising results in the treatment and control of the progress of the disease. In this paper, we will discuss the Ayurvedic perspective, diagnosis, medicines, different modes of treatment, and food as medicine to prevent the progression of the disease. Also, we will shed light on the Ayurvedic constitution (Prakruti) of the body and its application in diagnosing the type of neurological disease and its treatment.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=8321

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Saturday, 4 October 2025 – Hall 3

Presentation video:

Yehuda Tagar

Slovakia

Founder of Psychophonetics and Methodical Empathy; director of the Psychophonetics Institute International; psychotherapist and trainer

Participatory Medicine – The Client as the Expert in Their Own Experience

The greatest source of real psychosomatic diagnosis and healing options is the patient themselves—if we can only build a bridge between their life system and their consciousness. Psychophonetics is a modality of counselling, psychotherapy, and consultancy based on a new level of patient participation in the healing process.

It achieves this by engaging the deep intelligence of the body, together with Methodical Empathy, spontaneous gesture and movement, visualization, and the sounds of the universal human alphabet. Through Psychophonetics, the patient and therapist become a team of equals in a participatory process of self-awareness, personal responsibility, and healing.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=9350

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Saturday, 4 October 2025 – Hall 3

Presentation video:

Jean-Paul Ngueya

France

Sexual health advisor and human rights advocate, Jeunesse du Monde en Action and Afrique Avenir

Co-authors:
- Marie France Nkuitcheu (Jeunesse du Monde en Action)
- Jennifer Joy Abah (Jeunesse du Monde en Action)
- Annie Chiwanza (Jeunesse du Monde en Action)
- Mireille Kamdem (Jeunesse du Monde en Action)
- Geradin Françis Bamou (Jeunesse du Monde en Action)
- Lady Berenice Bissemb Dimodi (Jeunesse du Monde en Action)
- Lidam Elizabheth Juanita (Jeunesse du Monde en Action)
- Richard Nkunzumukiza (Jeunesse du Monde en Action)

HIV Prevention in the Fan Zones of Africa Cup of Nations 2024 Host Cities in Ivory Coast

Issues: Promote behavior change by raising questions and discussions on prevention. Raise awareness of the risks incurred in these moments of strong emotions. Modify collective representations of negative behavior in relation to the transmission of HIV and social representations (examples: "Whatever happens, effective treatments against HIV exist"; "Condom

reduces pleasure"; "It is used by sexual vagabonds"; "We no longer die of AIDS"; "You only live once"; "I have difficulty supporting condom use").

Project: Identify fan zones. Train volunteers on the essential themes to be addressed as well as the attitudes and strategies to adopt. Coordinate actors to get messages across. Cleverly approach supporters in order to discuss, distribute prevention materials, put up posters in strategic places. Simply ensure a presence by reminding them of the legitimacy of experiencing their emotions while preserving health.

Lessons learned and their implications: Around twenty actions will be planned. Thousands of people will be exposed to prevention messages. The visibility of prevention tools and discussions with volunteers will increase awareness of risk-taking. Preserving the health of a human being means giving their dreams and resolutions a chance. Despite their different configurations, living spaces are conducive to health promotion.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=9927

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Saturday, 4 October 2025 – Hall 3

Presentation video:

Dr. Elif Erbay

Turkey

Research assistant at Ankara University, working in health management and healthcare administration

Co-authors:
- Canan Cengiz, MSc (Health Institutes of Türkiye, Türkiye Health Care Quality and Accreditation Institute, Ankara)
- Gökçen Çeliker, MSc (Ankara University, Faculty of Health Sciences, Department of Health Management, Ankara)
- Gözde Yalçın Ulutaş, PhD (Yüksek İhtisas University, Vocational School of Health Services, Department of Medical Services and Techniques, Ankara)
- İrem Şengün, MSc (Ankara University, Faculty of Health Sciences, Department of Health Management, Ankara)
- Sinem Sarıçoban, PhD (Sivas Cumhuriyet University, Faculty of Health Sciences, Department of Health Management, Sivas)
- Şükran Hiçdurmaz, MSc (Ankara University, Faculty of Health Sciences, Department of Health Management, Ankara)

Mapping Drug Reimbursement Deductions Across Public Hospitals in Türkiye: A Nationwide Analysis

Reimbursement policies play a critical role in ensuring the sustainability of health services. The Social Security Institution (SSI), which plays a central role in financing health services in Turkey, imposes deductions in reimbursements to hospitals for various reasons. These deductions affect the financial structure of hospitals and the delivery of health services. Therefore, analyzing reimbursement deductions across the country may provide valuable information.

In this cross-sectional and descriptive study, deductions in drug reimbursement to public hospitals over a one-year period were analyzed in terms of inpatient and outpatient services. The study aimed to identify areas for improvement in terms of health policies by revealing the distribution and determinants of deductions in reimbursement processes. Annual deduction data obtained from hospitals across the country were evaluated.

Total annual deductions for inpatient services (EUR 4,009,125.79) were almost twice as high as those for outpatient services (EUR 1,987,639.00). Deduction amounts for both inpatient and outpatient services were higher in the first months of the year but decreased significantly between June and August. In tertiary hospitals, both inpatient (EUR 261,444.82) and outpatient (EUR 128,050.22) deductions were significantly higher than in secondary hospitals, as expected.

In inpatient services, the highest deductions were for Eptakog alfa (rFVIIa) (EUR 380,844.77) and human normal immunoglobulin (IVIg) (EUR 234,553.00). In outpatient services, cetirizine (EUR 580,232.13) was the drug with the highest deduction. High deductions were also applied to oncologic monoclonal antibodies such as trastuzumab (EUR 331,713.03) and rituximab (EUR 177,603.75). Deductions were mostly on antineoplastic and immunomodulatory agents affecting the immune system and nutritional supplements.

The study concluded that fluctuations and differences in deductions may be associated with regional differences in audit mechanisms as well as differences in practices in billing processes. Policy recommendations were

developed for SSI and health managers for transparency, standardization, and quality improvements in drug reimbursements.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=10950

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Saturday, 4 October 2025 – Hall 3

Presentation video:

MUDr. Martin Zulák

Czech Republic

Holistic physician focusing on trauma-related illness and remote psychotronic diagnostics, Horské lázně Karlova Studánka

Does Illness Take Away the Meaning of Life – or Reveal It?

In my holistic medical practice, I meet people every day who ask: “Why me? Why did I become ill?” They are successful, caring, responsible – and yet they are sick. Their pain is not only physical but also existential. They lose their families, jobs, plans, and often their very sense of self. And yet, many of them paradoxically discover through illness what they had been missing all along – meaning. Based on conversations with recovered patients and my experience in oncology and hospice care, I have come to see that suffering itself is not the enemy. It is the language of the soul, calling for change. Illness often becomes a gateway – an initiatory crisis that forces a person to reconsider what truly constitutes the value of life.

Often, what patients had considered their “meaning” – success, achievement, caring for others – was merely a compensation for unmet developmental needs. I draw inspiration from the work of Viktor Frankl,

who survived a concentration camp and taught that suffering ceases to hurt once it is given meaning. Similarly, researcher Kelly Turner, in her study of spontaneous cancer remissions, identified nine key factors – with discovering deeper meaning and cultivating spirituality among the most essential (K. Turner, 2014). The significance of spirituality is further confirmed by Koenig's meta-analysis (2012), which demonstrates its positive impact on survival, resilience, and quality of life in patients.

In this presentation, I will offer a perspective on illness – not as an enemy, but as an intelligent process that invites transformation. Together, we will reflect on what "the meaning of life" truly is, and how connecting with nature, spirituality, and one's inner self can influence the path to healing.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=11854

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Saturday, 4 October 2025 – Hall 3

Presentation video:

MSc. B.A. Radovan Dluhý

Czech Republic

Independent researcher and journalist engaged in public education and outreach

Geoengineering and Its Effects on Human Health – Possible Ways of Detoxification

Governments and private companies are launching experiments with geoengineering technologies aimed at blocking sunlight. Among these is the method of Solar Radiation Management (SRM), i.e., the dispersal of chemical particles into the lower stratosphere. Proposals include the use

of sulfur oxides, aluminum, or even diamond dust. The Group of Chief Scientific Advisors to the European Commission recently recommended a moratorium on the use of geoengineering technologies. In their report, the group stated that the benefits and risks of SRM remain highly uncertain. According to the report, geoengineering technologies could negatively impact the environment. Some experts also warn that geoengineering—and in particular the SRM method—may adversely affect human health. For example, Italian pediatrician Giovanni Chirga, a member of the International Society of Doctors for the Environment (ISDE), has warned that the release of geoengineering chemicals into the atmosphere could increase cases of diseases such as autism or dementia.

In this presentation, I would like to focus on analyzing the SRM method, its current applications, and its threats to human health, and to propose possible methods for detoxifying the human body from the above-mentioned and other hazardous chemicals identified in the air and drinking water.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=12753

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Saturday, 4 October 2025 – Hall 3

Presentation video:

Ing. Andrea Kestlerová, Ph.D.

Czech Republic

Director of the Reproductive Immunology Clinic (AREPIM); immunologist

Effectiveness of Treatment in Infertile Women with Activated Cellular Immunity

Clinical Sample: The study included only couples (n = 338) in which the woman tested positive for specific cellular immunity using the MIF test at the initial examination, and the male partner tested negative for antisperm autoantibodies using the MAR test. Of these women, 303 presented with infertility and 35 with recurrent miscarriage.

Methods: Specific cellular immunity was measured by the leukocyte migration inhibition test under agarose (MIF test) using antigens from the partner's sperm, a mixed donor sperm sample, and trophoblast cells. Results were statistically evaluated using the Shapiro–Wilk test, ANOVA, Kruskal–Wallis test, and the Dwass–Steel–Critchlow–Fligner post hoc test. Statistical significance was set at p < 0.05.

Results and Discussion: All 338 women underwent standard immunological treatment, which included management of any gynecological infections, temporary avoidance of contact with ejaculate, and immunomodulatory therapy with low doses of corticosteroids. Based on treatment outcomes, patients were classified into four groups: (A) live birth within two years of the initial immunological examination; (B) live birth within 2–3 years; (C) live birth within 3–4 years; and (D) no live birth within four years. Of these, 208 patients (61.5%) conceived and delivered a healthy infant within two years of the initial examination (group A). Within four years, 264 women (78.1%; groups A + B + C) had delivered a viable infant. In group D (74 women; 21.9%), persistent MIF test positivity at follow-up appeared to be, to some extent, a predictor of reproductive failure. Overall, the immune response to treatment varied considerably between individuals, although no statistically significant differences in initial test values were found between groups.

Conclusion: The study findings suggest that the chosen diagnostic approach was appropriate and the applied treatment method highly effective, as a relatively high proportion of couples achieved reproductive success following treatment.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=13666

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Saturday, 4 October 2025 – Hall 3

Presentation video:

MUDr. Soňa Hájková

Czech Republic

General practitioner specializing in holistic treatment, preventive medicine, and energy medicine

Energy Medicine and Essential Nutritional Supplements

Through energy medicine, I help clients achieve holistic health by supporting changes in their energy, nutrition, and lifestyle. I work within a sacred protected space according to the healing traditions of the Q'ero people, who share their healing wisdom with everyone through the path of Munay-Ki (the power of love) in thinking, feeling, and action.

I have prepared a case study on the extraction of foreign toxic energy. After the death of his cousin, the client developed a blocked cervical spine, fatigue, and atrial fibrillation with a rapid ventricular response. I performed a decoupling, and the neck blockage immediately subsided. To extract the foreign energy, I used a Vogel crystal. This was followed by an illumination to remove additional heavy energy from the chest and abdomen. The client's difficulties subsided, and he returned to a sinus rhythm.

In two further case studies, I highlight the potential of nutrition for health and the use of pharmaconutrition supported by clinical studies, showing changes in supposedly "incurable" diseases. Every seven years, the cells of the entire body are renewed—this is an opportunity for healing for everyone; we can create a new body. The body needs natural essential nutrients. A disabled man with the genetic condition ichthyosis and bleeding skin used to apply hydrophobic ointments to his skin twice daily.

He now takes supplements to support the renewal of cell membranes, his skin has become intact, his pain and infections have subsided, and he has begun to live socially again.

A 5-year-old child with ADHD, mild cerebral palsy, and mild to moderate intellectual disability (IQ 60, mental age 2.5 years) had problems with balance (frequent falls), could not maintain attention, lacked fine motor skills, slept poorly, had frequent temper outbursts, and recurrent infections. According to doctors, his mental development would stop at the age of 9. His omega-6:3 ratio was 39.2:1. He has been taking essential nutrients with nootropic effects and for the regeneration of cell membranes. At the age of 6, he was already speaking, doing puzzles, running without falling, sleeping calmly, and the temper outbursts had stopped. His IQ increased to 68 and his omega-6:3 ratio improved to 4.9:1. At 13 years old, he is attending primary school, achieving some abilities of children his age, learning English, and skiing. His omega-6:3 ratio is now 1.5:1.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=14593

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Saturday, 4 October 2025 – Hall 3

Presentation video:

Mgr. Karolína Kunftová

Czech Republic

Director of the Clinic of Applied Naturopathy; practicing naturopath, lecturer, and clinical supervisor

A Naturopathic Approach to Mental Well-Being: The Role of Nutrition, the Microbiome, and Calming the Nervous System

The rising prevalence of anxiety disorders, depression, and chronic stress poses a major challenge to public health. Naturopathic medicine offers a comprehensive approach to mental well-being that integrates nutrition, the microbiome, inflammatory processes, hormones, and nervous system regulation. This presentation will highlight current scientific findings on the gut–brain axis, the impact of dietary inflammation on neurotransmitters, and the role of adaptogenic and tonic plants.

Clinical outcomes from practice will be shared, illustrating the use of natural interventions such as omega-3 fatty acids, L-theanine, curcumin, and fermented foods, all of which play an important role in supporting patients with mild to moderate anxiety, chronic fatigue, or nervous exhaustion. Special attention will be given to non-pharmacological tools from the field of mind–body medicine—such as breathing exercises, HRV biofeedback, and mindfulness techniques—and their integration with naturopathic protocols. The presentation will focus on practical approaches applicable in both primary care and preventive settings, with the aim of offering supportive tools for patients seeking a natural and sustainable path to improved psychological balance.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=15505

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Saturday, 4 October 2025 – Hall 3

Presentation video:

RNDr. Vladislav Šíma, Dr.

Czech Republic

Guidance for those in need: astrology, numerology, tarot card readings

Health Astrology – Houses and Planets

Medical astrology can predict possible diseases in a person and thus help prevent their onset. From this perspective, it is essential to evaluate not only the interconnections between planets and bodily organs but also to take into account the position of celestial bodies in the houses of the individual's horoscope. Furthermore, it is necessary to assess health risks according to the inherent nature of the planets themselves. In the future, all this will need to be complemented by fractal perspectives on the horoscope of the given individual.

The lecture "Medical Astrology – Houses and Planets" expands upon the congress presentation of 2023. It supplements the astrological positions of several other important organs, explains the meanings of astrological houses related to health, and for the first time presents a comprehensive overview of the health influences not only of traditional but also of newly discovered planets. This is complemented by an example of the statistical evaluation of a total of 1,719 astrologically recorded cancer cases, demonstrating the connection between the occurrence of this disease and the position of Pluto in astrological houses. The lecture shows the possibilities and direction of further development of medical astrology—so that one day it may become a discipline helping to improve people's lives.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=16563

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Saturday, 4 October 2025 – Hall 3

Presentation video:

Ing. Přemysl Jirák

Czech Republic

Researcher and mycotherapist specializing in novel foods based on mushrooms and mushroom mycelium, Anna Food s.r.o.

The Use of Mushrooms in the Treatment of Civilization Diseases and Modification of the Gut Microbiome

Mushrooms represent a possible solution in the prevention and treatment of most lifestyle diseases, as proven by more than 7,000 scientific studies on the subject. They point to the fundamental influence of our microbiome on our health. This involves strengthening the body‘s own regenerative capabilities and supplementing a healthy diet with natural supplements rich in microbiome, vitamins, and minerals. They influence gut-brain communication via the nervous and immune systems and hormonal balance. This is a realistic option for the prevention and treatment of many lifestyle-related conditions, such as depression and chronic fatigue syndrome, as well as other disorders, including Lyme disease, intestinal problems, and neurodegenerative conditions such as neuropathy, Alzheimer’s disease, and Parkinson’s disease. They are also important in the treatment of cancer, either as a standalone treatment or as a supportive treatment that enhances the ongoing treatment itself. This offers a suitable combination with conventional medicine, without increased financial demands on patients or the healthcare system, and a significant reduction in morbidity with appropriate prevention of these diseases, which can be avoided or their impact on health significantly reduced.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=19256

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Saturday, 4 October 2025 – Hall 3

Presentation video:

Ing. Jan Hlaváč

Czech Republic

Active in the pharmaceutical industry; development of detoxification protocols; IML spol. s r. o.

The Need for Detoxification of the Human Body in the Context of Increasing Chemical Burden and Possible Links to Autism Spectrum Disorders

Modern living environments are increasingly burdened with a wide spectrum of chemical substances—from plastics and pesticides to so-called “forever chemicals” (persistent organic pollutants), whose impact on human health is the subject of intensive research. Our focus was to describe the sheer number of chemicals present worldwide, their possible toxic effects, and the pathways through which the body’s natural detoxification processes can be supported.

The product Gimmexin® contains components that have shown the ability to bind to certain toxic complexes and facilitate their elimination. An important impulse for deeper analysis came from the case of a mother of a child with autism, who observed improvements in her son’s health after starting this preparation. This led us to systematically examine possible connections, including in collaboration with Professor Anna Strunecká, who has drawn attention to the risks of fluoride and aluminum combinations and their potential neurotoxicity. We identified studies documenting the ability of Gimmexin® components to bind and eliminate these substances from the body. In specific case reports, we documented how the overlap of early childhood immunization and the administration of fluoride tablets could be associated with the onset of

autism symptoms. In another case, there was suspicion of a link between pesticide exposure (which can degrade into trifluoroacetic acid) and changes in a child's neurodevelopment. These are only case reports, not evidence-based medicine (EBM). Trifluoroacetic acid belongs to the category of "forever chemicals," which hardly degrade in nature, making their presence in the environment a long-term burden.

In conclusion, the presentation will broaden the discussion to the wider context of chemical contamination, particularly plastics, pesticides, herbicides, and other toxic substances—their presence in the human body and their potential consequences for neurodevelopment. In this light, detoxification is becoming increasingly relevant, not only from the perspective of preventive medicine but also as a possible complementary approach to supporting individuals on the autism spectrum. Unfortunately, such chemical coincidences are likely to become more frequent in the future.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=20239

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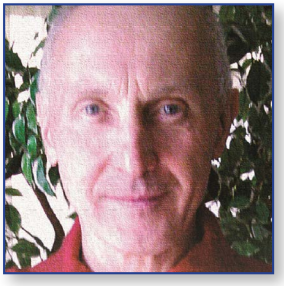

Saturday, 4 October 2025 – Hall 3

Presentation video:

RNDr. Vladimír Hricík, CSc.

Slovakia

Scientific research and commercial activities in nitric oxide (NO), including development of certified medical products; L-Complex s.r.o.

Co-author: MUDr. Renáta Hriciková

Presentation of Nitric Oxide-Based Dietary Supplements Recognized as Food for Special Medical Purposes

Our company is engaged in developing new technologies applied in products intended for medical use. We offer a unique product based on nitric oxide (NO). The discovery of this molecule in the human body and the description of its role were recognized with the Nobel Prize in Medicine. Thanks to our proprietary technology, developed and applied in this product, it achieves such exceptional results that it has been registered as food for special medical purposes. Our goal is to present this unique NO-based product to you.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=21199

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Saturday, 4 October 2025 – Hall 3

Presentation video:

Mgr. Antonín Kunický

Czech Republic

Therapist and lecturer in informational medicine, sports physiotherapist, nutrition consultant, fitness and health coach; Joalis

Information Medicine

The **information method Joalis** is a holistic method. The balancing functions of the body are activated thanks to the elimination of toxins that occurs during the use of Joalis products. This not only has an effect on emotional stability, but also improves immunity and the overall condition of the body. Joalis products are purely natural food supplements containing herbal extracts or vitamins. The main advantage of Joalis products is that they are processed using unique information technology, which helps to target the effects of a specific product in the body more accurately.

We carry our health within us. The body is a perfect organism capable of healing itself. It just needs a little help. Our health begins to deteriorate when large amounts of specific natural or non-natural substances accumulate in our body. In most cases, it is not the accumulation of a single toxic substance in the human body, but a diverse cocktail of commonly occurring toxins from the environment. If there is a way to intoxicate the human body, there must also be a way to detoxify it – in other words, a path to health.

Toxins, as perceived by Joalis, are substances of organic or inorganic origin which, due to their increased presence in the human body, have a negative effect on the healthy functioning of organs and cells in the

body. Toxins in the body not only cause defects in neighboring cells, but also block natural communication pathways in the body and themselves emit various amounts of harmful misinformation. And when you look at a person holistically, you realize that some harmful deposits can also be found in the psyche. They are sometimes more hidden, but their danger is no less than that of toxic metals, for example. Joalis‘ approach to health strives for the perfect functioning of our organism and thus for lasting health. For 25 years, Joalis food supplements have been combining the power of information with the effects of herbs.

www.joalis.cz

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=22177

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Saturday, 4 October 2025 – Hall 3

Presentation video:

Gabriela Miková, CGP, C2P2-EI advocate

Czech Republic

Autism spectrum disorders (ASD) consultant, certified GAPS practitioner and C2P2-EI advocate; E.L.A.consulting and ELA Consulting s.r.o.

Saving a Generation – An Interdisciplinary Approach to Health

In a world where chronic conditions, developmental disorders, and psychological difficulties transcend the boundaries of countries, languages, and disciplines, it is essential to seek paths that connect us—not only as professionals, but above all as human beings. The E.L.A.

Consulting Health Center offers a holistic approach to health, based on the integration of developmental neuroscience, psychosocial work, GAPS therapy, and the principles of functional and orthomolecular medicine. We draw on an evidence-based concept rooted in the initiative "Defeat Autism Now!" (later MAPS) founded by Dr. Bernard Rimland. Its goal was to understand the deeper causes of neurodevelopmental disorders—from immune dysregulation and toxic burden to dietary and metabolic factors.

In this lecture, we will present our interdisciplinary model of care, complemented by laboratory testing, clinical case studies, and research findings. We will focus on dysfunction of the gut–brain axis, neuroinflammation, dysbiosis, disorders of autonomic regulation (e.g., the vagus nerve), as well as the importance of gene polymorphisms, such as COMT Val158Met and rs4818, in the metabolism of catecholamines in the brain. An important part is the analysis of metabolic abnormalities (mitochondrial dysfunction, detoxification disorders, oxidative stress) and environmental influences (toxins, stress, digital overload). We attach particular importance to prenatal care as a key form of prevention—physical, emotional, and environmental conditions during pregnancy fundamentally affect a child's health and early development. Our goal is not only therapy, but primarily education and the building of professional support networks. Practical experience shows that change is possible—if we perceive the human being as a whole and join forces across disciplines.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/9oP4sNbAQcU?t=23142

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Saturday, 4 October 2025 – Hall 4

Presentation video:

Louis Hutter

Switzerland

Certified TEN naturopath, co-president of the TEM Forum and co-director of the TEN Institute and Dryas Phytotherapy

Traditional European Medicine on the Rise

Traditional medical systems such as TCM, Ayurveda, Tibetan Medicine (TTM), and European Medicine (TEM) make significant contributions to holistic healthcare. This lecture introduces Traditional European Medicine and explores its historical roots and diverse expressions. The focus lies on its independent methodology, which defines it as a comprehensive, integrative, and nature-philosophy-based medical system.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/wVMGT2PELSk?t=183

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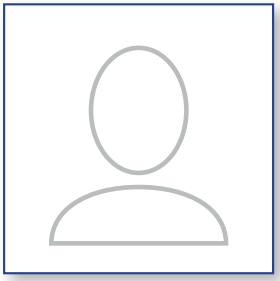

Saturday, 4 October 2025 – Hall 4

Presentation video:

William Douglas

United States

Founder of World Tai Chi & Qigong Day and the Global Transformation Project; mind–body teacher and author

The Global Transformation Project – Mind Body Saving Society Trillions

After 25 years of globally organizing World Tai Chi Day and collecting the science on Mind Body, World Tai Chi Day organizers founded The Global Transformation Project, a global Mind Body, Science, Education, and Health Experts and Organizations campaign for a (non-binding) United Nations Resolution advocating "Mind Body Education for Public Education (K-12th grade) Worldwide."

This would solve social, crime, economic, and global health challenges, saving the world trillions annually in future health and social costs, while bringing education to a new paradigm. Mind Body science reveals Mind Body Education can increase IQ, test scores, verbal fluency, math proficiency, creativity, and problem-solving skills in students, while profoundly boosting global immunity, and reduce bullying and violence in schools and society.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/wVMGT2PELSk?t=1405

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Saturday, 4 October 2025 – Hall 4

Presentation video:

Kyle Ciullo

USA

Bioengineer and co-founder of ventures focused on integrative health solutions; Elisa Ciullo – clinical trial manager and patient advocate

Navigating Pediatric Cancer Through the Lens of Wholeness: A Family's Journey Into Root Causes, Integrative Healing, and the Spiritual Unknown

When our son Enzo was diagnosed with high-risk neuroblastoma at age 3, we entered a world of uncertainty—clinically, emotionally, and spiritually. We followed standard protocols: aggressive induction chemotherapy, surgery, and stem cell transplant. But as the protocols advanced, so did our questions: What caused this? Will it come back? What more can we do—not just to treat it, but to understand it?

We integrated Ayurvedic insights, Taoist healing, and energy medicine—including BioGeometry harmonization, BodyTalk therapy, and environmental detoxification. Our home was transformed into a living, harmonized space—from soil and landscape to electromagnetic balancing. Still, questions persisted: Could ancestral trauma, in utero stress, or Elisa's COVID vaccine have played a role? Was it the water, the air, the unseen toxins in our built environment? Is this cancer an epigenetic echo?

The medical system saved Enzo's life in the moment, and we're deeply grateful. Yet it rarely looks upstream. Root causes, patterns, and spiritual energetics were left to us to explore—often in isolation, without a roadmap. This gap has left many integrative families like ours feeling both empowered and overwhelmed.

We offer this story not as experts, but as parents-turned-investigators—navigating cancer's mystery with equal parts science, soul, and surrender. We believe a new model of care is needed: one that embraces complexity, honors ancestral and environmental context, integrates conventional and ancient healing systems, and most importantly, invites families into true partnership.

This is our heartbreak, our hope—and our invitation.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/wVMGT2PELSk?t=2449

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Saturday, 4 October 2025 – Hall 4

Presentation video:

Lothar Pirc

Germany

CEO of the Maharishi AyurVeda Health Centre Bad Ems; president of the Foundation for the Promotion of Vedic Cultural Heritage in Nepal; IMAVF board member

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

Ayurveda, the "science of life," is one of the world's oldest holistic healthcare systems, aimed at creating balance in mind, body, behavior, and environment. Revived by Maharishi Mahesh Yogi, its primary goals are disease prevention, physiological rejuvenation, and the promotion of enlightenment and collective health.

Central to Ayurveda are the three doshas—Vata, Pitta, and Kapha—representing fundamental metabolic forces. Health thrives when these are balanced; imbalance leads to disease. Ayurveda recognizes six stages of disease, while modern medicine typically detects illness only from the fourth stage onward. Maharishi Ayurveda, through techniques like pulse diagnosis, allows early detection and gentle intervention without harmful side effects.

Unlike conventional medicine, Maharishi Ayurveda focuses on restoring inner balance rather than fighting disease. It offers practical lifestyle recommendations in four areas: mind, body, behavior, and environment. Treatments include herbal remedies, dietary guidance, yoga, Transcendental Meditation, daily and seasonal routines, and detoxification techniques. One such therapy, Panchakarma, gently eliminates deep-seated toxins and restores dosha equilibrium. Maharishi Mahesh Yogi emphasized Ayurveda's consciousness-based, holistic approach, making it prevention-oriented, cost-effective, and free of side effects.

Scientific studies support its benefits, including improved sleep, reduced anxiety, better memory, enhanced brain function, lower blood pressure, and reduced stress. Research also shows reduced side effects from chemotherapy, lower healthcare costs, and enhanced collective health through group practice of consciousness-based techniques.

With its comprehensive, time-tested principles, Ayurveda offers valuable tools for modern healthcare systems. Policymakers and healthcare providers are encouraged to explore integrating this ancient science into public health strategies to foster a healthier, more harmonious society.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/wVMGT2PELSk?t=3091

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Saturday, 4 October 2025 – Hall 4

Presentation video:

Sarah Lascano

United States

Recognized mind–body expert and master energy medicine practitioner; founder of RayZen Energy and creator of the RayZen Lightwork Technique

Transforming Patient Outcomes: The Role of Energy Medicine in Integrative Healthcare

Chronic conditions are a growing global health challenge, responsible for 74% of deaths worldwide. The body's natural healing ability is hindered by various stressors, which contribute to persistent symptoms. The body's energy system offers a powerful tool to uncover the root causes of these symptoms, restore the body's innate ability to heal, and improve patient outcomes—particularly for chronic conditions that resist conventional or integrative treatments.

In this session, we will explore how to leverage the body's energy system to promote healing and improve responses to integrative, holistic, and medical therapies. You will gain insight into the common energetic blocks that hinder recovery and learn actionable strategies to help patients overcome them. Additionally, you will discover different methods of delivering energy medicine and how to effectively integrate these practices into treatment plans to accelerate patient recovery.

Key Takeaways:

- Gain a deeper understanding of how the mind–body-energy system influences the effectiveness of medical care.

- Identify common energetic blocks contributing to treatment-resistant illness and learn strategies to address them.
- Learn how to seamlessly integrate energy medicine into existing treatment plans to improve patient outcomes.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/wVMGT2PELSk?t=4373

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Saturday, 4 October 2025 – Hall 4

Presentation video:

Dr. Radhika Injamuri, M.D. (Ayu), MBA

India

Ayurvedic pediatrician and associate professor, Postgraduate Kaumarabhritya Department, SJG Ayurvedic Medical College, Karnataka; EAA lecturer, France

Co-authors: – Dr. Durga Prasad Dash, Deputy Dean; Professor and H.O.D, Department of Kaumarabhritya, Sri Sri College of Ayurvedic Science and Research Hospital, Sri Sri University, Cuttack, Odisha, India.
– Dr. Suryanarayana Mudadla Professor, Postgraduate Department of Kaumarabhritya, Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College and Hospital, Koppal, Karnataka, India.

Enhancing Cognitive Outcomes in Cerebral Palsy: Integrating Traditional Medicine

Cerebral palsy (CP) is a neurodevelopmental disorder affecting motor, cognitive, and sensory functions. Despite advances in modern medicine, cognitive impairments in CP patients pose significant challenges, impacting their quality of life and social integration. While conventional

therapies focus on symptomatic management, traditional medicine offers a promising avenue for holistic and sustainable improvements. This study explores the potential of Ayurvedic therapies in enhancing cognitive outcomes in children with CP, emphasizing their complementary role alongside contemporary interventions.

Ayurveda, an ancient Indian medical system, provides a comprehensive approach to health through personalized treatments targeting mind–body harmony. Key therapeutic interventions such as Panchakarma (detoxification) and Medhya Rasayanas (nootropic herbs) have demonstrated neuroprotective, adaptogenic, and cognitive-enhancing properties, while Ayurvedic massage (Abhyanga), Shirodhara, and Nasya therapies promote relaxation, improve circulation, and facilitate neural regeneration. The study adopts a single-intervention approach to evaluate the efficacy of these traditional Ayurvedic therapies.

Quantitative measures, including Mayes Motor-Free Scale, and qualitative data from caregivers and clinicians highlight changes in cognitive function, attention, and emotional well-being. A systematic review of the literature and case studies further substantiate the findings, providing insights into the mechanisms underlying these benefits. Preliminary results indicate significant improvements in attention span, memory retention, and emotional stability among participants undergoing combined traditional and modern therapeutic protocols.

The integrative approach not only enhances cognitive outcomes but also fosters better adaptability to environmental challenges. This paper underscores the importance of bridging traditional knowledge with scientific rigour, paving the way for evidence-based integrative models in managing complex neurodevelopmental disorders like CP. Future research should focus on large-scale clinical trials, bioactive compound isolation, and cross-disciplinary collaborations to establish standardized protocols for effective implementation.

Keywords: cerebral palsy, Ayurveda, cognitive outcomes, traditional medicine, Nasya

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/wVMGT2PELSk?t=5616

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Saturday, 4 October 2025 – Hall 4

Presentation video:

Amy Swan

United Kingdom

Registered nutritional therapist specializing in fertility and hormone health; founder of Amy Swan Nutrition

Co-author: Miranda Harris MSc, SFHEA, BANT, CNHC

A Systematic Literature Review and Meta-Analysis Exploring the Role of Dietary Supplements on Oxidative Stress and the Impact on Sperm Parameters in Infertile Men

Introduction: Male fertility is declining faster than expected, with links between oxidative stress and infertility increasing, and evidence to suggest dietary supplements may improve sperm oxidative stability. This systematic review and meta-analysis investigated dietary supplement effects on oxidative stress and their role in enhancing sperm parameters.

Methods: Registered on PROSPERO (CRD42024585107), the inclusion criteria were humans, male adults of reproductive age, and studies evaluating dietary supplements, oxidative stress, and sperm parameters. Four databases were searched from inception to May 2024. Cochrane's Risk of Bias tool assessed quality, and random-effects meta-analysis with standardised mean differences and 95% confidence intervals were conducted using Review Manager.

Results: Five studies involving 359 participants examined the effects of 12-week supplementation on sperm parameters. Significant improvements were observed in sperm concentration (mean difference = 3.93, p = 0.004), forward/progressive motility (mean difference = 4.07, p = 0.05), total sperm motility (mean difference = 5.75, p = 0.003), total sperm count (mean difference = 11.50, p = 0.03), total antioxidant capacity (mean difference = 0.67, p = 0.02), and malondialdehyde levels (mean difference = –0.12, p = 0.001). Sperm concentration saw the greatest effects with 200mg of coenzyme Q10 and 25mg of lycopene; forward/progressive motility with 465mg of DHA, 600IU of vitamin E and 25mg of lycopene; total sperm motility, total sperm count and total antioxidant capacity with 600mg of alpha-lipoic acid and 25mg of lycopene; malondialdehyde levels with 465mg of DHA, 600IU of vitamin E and 600mg of alpha-lipoic acid. Results showed mixed heterogeneity and GRADE assessment revealed variability in study quality.

Conclusion: Sperm concentration, forward/progressive motility, total sperm motility, total sperm count, total antioxidant capacity, and malondialdehyde saw enhancements following antioxidant supplementation, identifying some preliminary antioxidant benefits in reducing oxidative stress and enhancing male fertility parameters, which may be confirmed with further research.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/wVMGT2PELSk?t=6217

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Saturday, 4 October 2025 – Hall 4

Presentation video:

Prof. Dr. Suresh Swarnapuri

Ireland

President, Europe Ayurveda Academy (France); executive director, Association Ayurveda Academy (London, UK); president, Croatian Ayurveda Association

Ayurveda and Its Effects on the Mind

Ayurveda, the ancient system of medicine from India, emphasizes the interconnectedness of the body, mind, and spirit. It views mental health as integral to overall well-being and offers various practices to promote mental clarity, emotional balance, and spiritual health. In this presentation, I will focus on the 16 psychological constitutions and their role in balancing the mind.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/wVMGT2PELSk?t=7261

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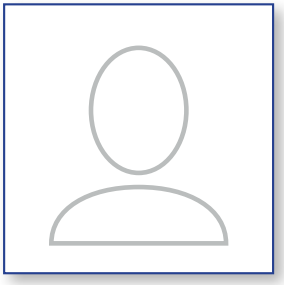

Saturday, 4 October 2025 – Hall 4

Presentation video:

Dr. Alexandros Tilikidis

Greece

Acupuncture and Chinese herbal medicine practitioner and lecturer; founder of the Academy of Ancient Greek & Traditional Chinese Medicine in Athens; author

Timaeus of Plato: The Trinity of Human Nature

Plato's Timaeus and the Trinity of the Human Body

Timaeus by Plato is one of the most important philosophical works of antiquity. It focuses primarily on analyzing human nature, which is why it may also be regarded as a philosophical-medical text. One of the most important ideas regarding human nature presented in this book is the concept of the trinity of the human body and the human soul.

The human body, according to Plato, consists of three parts or basic substances: marrow (medulla), blood, and intestine. Correspondingly, the human soul is also made up of three parts:

- Logic (consciousness), related to the marrow.
- Emotions, related to the blood.
- Desires, related to the intestine.

This crucial idea about the human body and soul, as described in Plato's Timaeus, will be the focus of my presentation.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/wVMGT2PELSk?t=9158

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Saturday, 4 October 2025 – Hall 4

Presentation video:

Sweta Vikram, AD

United States

Ayurvedic doctor, author, international speaker, podcast host, professor, trauma-informed yoga teacher, and certified grief coach

Ayurvedic Tips for Anxiety

According to WHO, approximately 4% of the global population has an anxiety disorder. Anxiety can significantly disrupt a person's day-to-day life. It may cause racing thoughts, constant worry, or a sense of dread that interferes with focus and decision-making. Physical symptoms like fatigue, headaches, digestive issues, and sleep disturbances are common, making even simple tasks feel overwhelming. Social interactions may be avoided, and productivity at work or school can decline. People with anxiety often feel on edge, leading to irritability or emotional exhaustion. Over time, chronic anxiety can impact relationships, self-esteem, and overall well-being. Without support or tools to manage it, anxiety can make daily functioning feel like a constant uphill battle.

From an Ayurvedic perspective, anxiety results from an imbalance in Vata Dosha, one of the three main doshas. Typical causes driving imbalance include overstimulation, lack of routine, cold foods, and trauma. Ayurveda reminds us that Vata can be thrown off balance by diet, lifestyle, routine, seasons, and environment. With anxiety (which Ayurveda views as an overload of upward-moving energy), one tends to feel ungrounded and unfocused. Simply put, pacification of Vata will help in lowering anxiety.

Anxiety is a complex problem and therefore there are no simple solutions. That said, Ayurvedic diet, lifestyle, therapy, and herbs can help. That

is what this talk aims to do--offer people holistic solutions rooted in Ayurveda to navigate anxiety.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/wVMGT2PELSk?t=10230

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Saturday, 4 October 2025 – Hall 4

Presentation video:

Maria Leoni Georgopoulou, ND

Greece

Naturopath, flower essence counsellor, family constellation facilitator, and energy healer; board member of ANME and ambassador of Ancient Greek Medicine

Flower Essences for Depression

Flower essences are well known from Dr. Edward Bach, who discovered their balancing benefits in mental and psychological health issues such as depression, melancholy, loneliness, stress, etc. Flower essences are made mainly by the sun method: placing the flowers in clear water and leaving them for several hours under sunlight. Their energetic imprint remains in the water and is preserved by the alcohol base added after the procedure. Only a few drops are enough, taken two to four times daily for a period of one month. In this presentation, it will be explained which flower essences are most helpful in cases of depression, even when combined with allopathic antidepressants.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/wVMGT2PELSk?t=11457

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Saturday, 4 October 2025 – Hall 4

Presentation video:

Dr. Nikhil Dongarkar, MD Ayu

Germany

Senior Ayurveda consultant and clinical supervisor providing evidence-based Ayurvedic care, Santulan AUM Kurzentrum GmbH, Baden-Württemberg

Co-authors: – Sanjay També (MBA)
– Brigitte Heinrich (HP)

Effectiveness of Ayurveda Panchakarma Therapy in the Management of Migraine

Migraine is a chronic neurovascular disorder marked by recurrent, pulsatile headaches, typically affecting one side of the head and often accompanied by photophobia, phonophobia, nausea, and vomiting. In Ayurveda, migraine closely correlates with the condition Ardhavabhedaka, described in classical texts as severe one-sided head pain involving Vata and Pitta doshas. Modern pharmacological treatments focus on symptomatic relief but may be associated with side effects and do not always prevent recurrence. Ayurveda, through its Panchakarma therapies, offers a holistic and root-cause-based approach. This study aims to evaluate the clinical efficacy of Ayurveda Panchakarma therapy in managing migraine.

Primary Objective:

- To evaluate the efficacy of Panchakarma therapy in reducing the intensity and frequency of migraine attacks.

Secondary Objectives:

- To assess improvement in quality of life post-intervention.
- To evaluate the reduction in the use of allopathic pain medications.
- To assess Ayurvedic parameters such as dosha balance and prakriti alignment.

Expected Outcomes:

- Significant reduction in the frequency, severity, and duration of migraine episodes.
- Decrease in dependency on allopathic medications.
- Improvement in overall well-being and quality of life.
- Achievement of dosha balance through Panchakarma therapies

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/wVMGT2PELSk?t=12420

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Saturday, 4 October 2025 – Hall 4

Presentation video:

Dr Pannaga N Teragundi

India

Doctoral researcher in Rasashastra & Bhaishajya Kalpana at IMS, Banaras Hindu University; Ayurvedic physician, educator, and researcher

Co-authors: – Anchoring author: Dr Namrata Joshi (Professor & Head, Department of Rasashastra, Faculty of Ayurveda, Institute of Medical Sciences, Benaras Hindu University, Varanasi)
– Second author: Dr. Bhaswati Bhattacharya

The Alchemy of Responsibility: The Future of Rasashastra Use under the Minamata Convention

The Minamata Convention on Mercury, led by the United Nations, was established to safeguard human health and the environment after the organic methyl mercury poisoning disaster in Minamata, Japan. This global treaty regulates the use and release of mercury across various sectors. India became a signatory and, since 2020, has implemented a prior informed consent (PIC) system to restrict mercury imports. Notably, the Convention permits the continued use of mercury in traditional systems like Ayurveda, Siddha, and Unani (ASU), under specified guidelines.

To align with international standards while preserving traditional practices, the Ministry of AYUSH has circulated UN guidelines on the safe handling of mercury, supplementing existing environmental laws. Many ASU pharmaceutical manufacturers now operate with Good Manufacturing Practices (GMP) and Good Laboratory Practices (GLP),

ensuring safer processing and mercury waste management. However, smaller and local pharmacies often face challenges such as outdated infrastructure and a lack of full traceability of mercury from procurement to final product.

The classical Ayurvedic maxim — “Even the most dangerous poison, when used with wisdom and the right method, becomes a powerful medicine” — captures the essence of Rasashastra, where mercury is made pharmaceutically safe through elaborate purification (Shodhana) and transformation (Samskara) processes.

Looking ahead, novel solutions could strengthen this integration, such as publishing a Research Dossier on the safety and efficacy of mercury in Ayurveda backed by rigorous research, establishing a Government PIC Gateway for regulated mercury procurement, standardizing traditional processing protocols, enforcing mandatory certification for mercury handling, ensuring complete product traceability, and creating an exclusive, dedicated pharmacovigilance system to monitor mercurial products.

Rather than limiting traditional medicine, the Minamata Convention presents an opportunity. By blending ancient knowledge with modern safety protocols, India can lead in demonstrating the responsible and therapeutic use of mercury through the AYUSH ministry.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/wVMGT2PELSk?t=13679

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Saturday, 4 October 2025 – Hall 4

Presentation video:

Neil Bindemann, PhD

UK

Executive director at the Person-Centred Neurosciences Society; developer of emotional health solutions (SmartTracker.org.uk)

How Correcting an Imbalance of Emotional Health Can Rebalance Our Immune System

This presentation will review the science and the evidence-based research, to illustrate how the nature of a person's response to emotions can lead to the diagnosis of illnesses such as migraine and fibromyalgia. Included in this presentation will be:

- Data from a large survey that generated responses from over 650 people, including more than 300 who had experienced at least one significant life event.
- Data from scientific research (some of which is published) that focused on the neuropeptide CGRP, both after nerve injury and in connection with migraine attacks.

The observations made from the data will be presented to explain:

- Why and how the neurochemical nature of emotions can lead to untimely triggering of the immune system, causing changes in the body linked to conditions such as migraine and fibromyalgia.
- How rebalancing emotional health can help to rebalance the immune system, enabling a person to return to a balanced health status.

This presentation will review the science and evidence-based research illustrating how the nature of a person's emotional responses can

contribute to illnesses such as migraine and fibromyalgia. Included in this presentation will be: Data from a large survey of more than 650 participants, including over 300 individuals who had experienced at least one significant life event; Data from scientific research (some already published) focusing on the neuropeptide CGRP, both in the context of nerve injury and its association with migraine attacks.

The observations derived from these data will be presented to explain why and how the neurochemical nature of emotions can lead to untimely triggering of the immune system, causing changes in the body, linked to the likes of migraine and fibromyalgia, and how by rebalancing emotional health, it can help to rebalance the immune system, for the person to return to balanced health status.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/wVMGT2PELSk?t=14803

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Saturday, 4 October 2025 – Hall 4

Presentation video:

Diana Cantu-Reyna, RN

USA

Registered nurse case manager at UCSF Health, integrative health educator; founder of Cultivating Self, reconnecting healthcare providers with the natural world

Co-authors:
- Dr. Bhaswati Bhattacharya, MD (Cultivating Self, Advisor)
- Indy Rishi Singh (Cultivating Self, Executive Director),
- Dr. Charles Trinh, DAOM (Cultivating Self, Program Director)

Cultivating Self: Integrating Spiritual, Cultural, and Ecological Wisdom to Transform Healthcare Providers and Systems

Cultivating Self was founded in 2018 by an ICU nurse who experienced the hidden toll of modern healthcare on its providers—compassion fatigue, burnout, and moral injury. In a system where clinicians are expected to heal others while disconnecting from their own needs, this program began with simple yet profound interventions: therapeutic yoga, nature walks, sound therapy, self-care workshops, and nutrition planning. It has since evolved into a formal Fellowship that empowers healthcare professionals to integrate spiritual, cultural, and ecological wisdom into both their personal well-being and patient care. Cultivating Self does not approach these practices as “alternative” or secondary to conventional medicine. Instead, it works from within the mainstream, uniting these worlds to form a more complete model of healing.

Fellows engage with practices drawn from global healing systems—such as energy medicine, chakra theory, biomagnetic fields, astrological sciences, and the bridging of emotional and spiritual selves. These tools are not watered down for acceptability. When cultural and spiritual practices are diluted, their essence—and their power to heal at scale—is lost. Cultivating Self restores these practices with integrity, ensuring they remain sources of meaning, connection, and transformation.

The program is grounded in the philosophy of Ecological Medicine, which views personal health, community wellness, and planetary stewardship as deeply interconnected. By tending to the healer's internal ecosystem, Cultivating Self fosters resilience that radiates outward—to patients, families, and entire healthcare systems. This is medicine as it was meant to be: compassionate, integrative, and whole. By restoring the healer, Cultivating Self contributes to healing the system itself—one clinician, one community, and one sacred act of care at a time.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/wVMGT2PELSk?t=15651

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Saturday, 4 October 2025 – Hall 4

Presentation video:

Amrutha Allalath

Kerala

Ayurvedic doctor; academic and clinical researcher in autism, geriatrics, and cancer care; certified yoga therapist and healthcare advocate

An Open-Label Clinical Trial to Evaluate the Efficacy of Matra Basti with Sukumara Ghrita Followed by the Administration of Vaishwanara Churna in the Management of Vibandha vis-à-vis Constipation in the Geriatric Age Group

Constipation is a frequently reported bowel symptom in the elderly, with considerable impact on quality of life and healthcare expenses. In Ayurveda, constipation (Vibandha) is not described as a single disease entity, but is referenced in various clinical contexts through altered stool patterns. This study aimed to evaluate the efficacy of Matra Basti (medicated enema) using Sukumara Ghrita, followed by oral administration of Vaishwanara Churna (Internal Medicine) with Ghrita, in managing geriatric constipation.

A pre-post clinical study was conducted on 32 elderly subjects. Interventions included Matra Basti for 8 consecutive days (60 ml daily), followed by internal administration of Vaishwanara Churna (12 g/day in two divided doses) with Ghrita for 22 days. Assessment was done before intervention (0th day), mid-intervention, after Matra Basti (9th day), and after the completion of the intervention (31st day). The total duration of the study was 30 days. Evaluation tools included the Bristol Stool Form Scale (BSFS) and the Patient Assessment of Constipation-Quality

of Life (PAC-QOL). Statistical analysis was performed using descriptive statistics, paired t-test, and chi-square test via SPSS software. Overall assessment showed significant improvement in all 32 subjects.

In conclusion, Matra Basti with Sukumara Ghrita, followed by internal administration of Vaishwanara Churna, showed significant results in improving symptoms of constipation and overall well-being in elderly individuals. This integrative Ayurvedic approach offers a promising therapeutic option for managing geriatric constipation.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/wVMGT2PELSk?t=16473

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Sunday, 5 October 2025 – Hall 1

Presentation video:

Jesper Odde Madsen

Denmark

Science journalist and communication consultant focused on TCIM; professional affiliate of The Galileo Commission and the Scientific and Medical Network

TCIM and the Media

"I may need some kind of unconventional treatment. Where can I get reliable information?" The answer is not always at hand. Sometimes we hear about research in TCIM treatments—on television, in newspapers or magazines. But in the mainstream media, this does not take up much space compared to research in conventional pharmaceutical products. In addition, TCIM issues are often given a tendentious negative treatment in the media, for example through interviews with doctors who are known to have a strong aversion to TCIM.

In 2023, I presented a new initiative, The Frontier Journalists' Network (FJN). Since then, we have made quite considerable progress. One of my main tasks was to prepare a "Topic Brief" for journalists (a systematic overview of a topic) on the issue of "Covering Traditional, Complementary & Integrative Medicine (TCIM)". We are working to provide resources to improve mainstream coverage on TCIM/CAM, as well as on other topics within our scope, e.g., the relationship between mind, body, and spirit.

However, the challenges differ depending on the specific issue at stake. Thus, when it comes to TCIM, we must take into account the opinions,

interests, and scientific questions related to media coverage of TCIM when we cooperate with journalists and scientists.

All this is definitely not a piece of cake. The media is a billion-dollar industry, the FJN is mostly a non-profit project, but even small advances will be useful. The public deserves decent information about their health, without bias and independent of commercial interests. www.frontiernet.org

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/uNR1LA5eKO0?t=134

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Sunday, 5 October 2025 – Hall 1

Presentation video:

Dr. rer. nat. Uwe Peters

Germany

Medical ecologist and moderator; board member, scientific advisory board member, and former vice president of ANME (Association for Natural Medicine in Europe)

The New Holistic Concept of Microbiome Therapy

In its origins, Microbiological Therapy, understood as a form of symbiosis control, was essentially a regulatory therapy. As knowledge advanced, its impulses on the immune system became increasingly evident. By the early 2000s, Microbiological Therapy had shifted toward substitutional therapy, primarily with lactobacilli. This coincided with a growing scientific fascination with the role of microbiota in health and disease, accompanied by a change in terminology. From that point, probiotics were seen as the supply of lactic acid bacteria within a mechanistic model of action.

In recent years, however, the picture has broadened. Signaling pathways and gene regulation of host gut epithelial cells are playing a more prominent role. The impact of phytotherapeutic remedies on the intestinal bacterial community has received increased attention. The influence of acupuncture and laser acupuncture on the microbiome has been demonstrated in several studies. Growing evidence has also emerged for the role of mindset techniques. Furthermore, a study with Okoubaka provided evidence that homeopathic stimuli can influence the microbiome. Another approach is the use of cyanobacteria, which, through their surface structures, can trigger modulating immune impulses.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/uNR1LA5eKO0?t=1687

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Sunday, 5 October 2025 – Hall 1

Presentation video:

Dr. Ana Moreira

Portugal

Founder of the Center for Integrative Medicine; president of the Portuguese Society of Integrative Medicine; executive committee member, ESIM

Advanced Medicine: Let's Unify Health!

The future of medicine is unfolding before our eyes, driven by an urgent demand for more effective, personalized, and sustainable healthcare solutions. Under the theme "Advanced Medicine: Let´s unify Health!", this text explores a forward-looking medical model grounded in the principles of integrative and regenerative medicine.

At its core, this approach views the human body as an interconnected, self-regulating system capable of healing when given the proper internal and external conditions. Functional and integrative medicine provide a foundational philosophy for advanced medical practice, combining the best of conventional medicine with scientifically validated complementary therapies to treat the whole person—body, mind, and spirit. Integrative medicine places emphasis on the patient–practitioner relationship, personalized treatments, and a proactive approach to health maintenance and disease prevention. Root cause analysis, lifestyle interventions, nutritional optimization, stress management, and detoxification strategies are central components. This supports the belief that chronic disease cannot be resolved through symptom management alone, but requires a deep understanding of systemic imbalances.

Regenerative medicine aims to restore structure and function to damaged tissues and organs. This field encompasses cellular therapy,

tissue engineering, gene editing, and biologically active compounds that stimulate the body's intrinsic repair mechanisms. The ultimate goal is not merely disease management, but healing and rejuvenation. Regenerative strategies hold a particularly valuable place in advanced medicine due to their biochemical and systemic effects.

In conclusion, advanced medicine—beyond futuristic technologies—is characterized by a shift in mindset: toward biological optimization, system-based care, and empowering the body's healing intelligence. Integrative and regenerative medicine offer potent and versatile tools that bridge the gap between conventional interventions and the body's inherent capacities. By embracing such modalities, clinicians are not only treating disease but also redefining health—and the very future of medicine itself. Let us unify the concept of health worldwide, through clear demonstrations of science in the field of advanced medicine.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/uNR1LA5eKO0?t=2949

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Sunday, 5 October 2025 – Hall 1

Presentation video:

Tomáš Pfeiffer

Czech Republic

Philosopher, biotronicist; director of the professional chamber Sanator – the Union of Biotronicists of Josef Zezulka; founder and director of the Institute for TCIM/CAM

Biotronics – Hope in Disease for the 21st Century

Tomáš Pfeiffer[1,2,*], Josef Zezulka[1]

[1]Professional Chamber Sanator – the Union of Biotronicists of Josef Zezulka, Soukenická 21, 110 00 Prague 1, Czech Republic
[2]Institute for TCIM/CAM, Soukenická 21, 110 00 Prague 1, Czech Republic
**tomas.pfeiffer@sanator.cz*

Introduction: Energy therapy is an established branch of complementary medicine, which has shown efficacious supportive treatment in various diagnoses. Studies usually report on improving the quality of patients' life and facilitating the conventional treatment. Here, we would like to present a new non-invasive method of spiritual energy therapy – Josef Zezulka Biotronics [1] – that exhibits a unique potential to further advance the application of energy therapy in integrative healthcare, it showed to be able to heal even patients hardly curable by conventional medicine.

Methods: Biotronics is a new method of energy therapy based on the assumption that the human organism consists of three basic components – somatic, psychic and vital. Biotronics works in the area of vital, biological forces, which are used by a biological instrument – a biotronicist (a therapist). The biotronicist applies a specific force structure, which is targeted according to the diagnosis. Via such targeting, in contrast

to other fields of energy therapies, the biotronicist's intervention can be more effective and successful.

Results: Case series in oncology included several patients who experienced unsuccessful treatment by conventional medicine. They were for example a woman, aged 52, with a large inoperable stomach adenocarcinoma in terminal stage; or a woman, aged 70, with a small cell bronchogenic carcinoma with metastasis in mediastinal and throat nodes. After termination of unsuccessful oncological treatment and consequent biotronic treatment, a long-term survival for many years with high quality of life was observed in all these patients.

The statistics of treated diseases further shows that beside cancer diseases (33.8 %), biotronics is most frequently used for cardiovascular diseases (27.5 %), neurological diseases (10.7 %), joint diseases (7.1 %), and others. One of the highlights has been published in a recent report, showing a unique closure of a patent foramen ovale after biotronic treatment [2]. Such therapeutic outcome of this congenital cardiac lesion without surgical intervention has never been observed before.

Conclusion: These results demonstrate a potential significant benefit of Josef Zezulka Biotronics in integrative healthcare. This new discipline and its possible therapeutic potential should therefore be subjected to a more detailed research.

References:

[1] Pfeiffer, T. (Ed.). (2015). Zezulka's Biotronics. Prague: Dimension 2+2 Publishing House. ISBN 978-80-85238-37-2. https://publisher.dimension2plus2.org/en/library/books/zezulkas-biotronics/

[2] Pfeiffer, T., Slavíková, M. Cerebrovascular Accident in Patent Foramen Ovale: A Unique Case Report of a New Therapeutic Method – Biotronics. July 2025, Preprint available at Research Square [https://doi.org/10.21203/rs.3.rs-6997959/v1]

Keywords: Biotronics, energy therapy, integrative oncology, stomach carcinoma, cardiovascular diseases

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/uNR1LA5eKO0?t=4557

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Sunday, 5 October 2025 – Hall 1

Presentation video:

Dr. Harsha Gramminger

Germany

President of EUAA (European Ayurveda Association); founder of an Ayurveda Academy educating physicians and therapists, and of Ayurvedic medical practices in Italy and Germany

Integrating Ayurveda Into Acute Psychiatric Care in Germany

This presentation marks a pioneering initiative in the integration of Ayurveda into an acute psychiatric hospital in Zschadraß, Germany, led by Prof. Dr. Dr. Stefan Brunnhuber. As a leading figure in the field, Prof. Brunnhuber has placed his trust in Ayurveda—an ancient holistic medical science—to offer cost-effective solutions and bring lasting benefits to patients by reducing the need for allopathic medications. One significant aspect of cost reduction comes through the implementation of Shodana procedures, which promote detoxification and reduce the frequency of hospitalizations for patients. A unique feature of this initiative in Zschadraß is that the entire hospital staff has undergone Ayurvedic training, creating a cohesive and supportive environment for holistic patient care.

This presentation will illustrate how Ayurveda's personalized, preventive approach, encompassing lifestyle modifications, herbal treatments, mind–body therapies, and detoxification practices, can complement and enhance conventional psychiatric care. Practical aspects of integrating Ayurvedic protocols, collaboration between Ayurvedic practitioners and psychiatric teams, and the challenges encountered during implementation will be discussed. Clinical outcomes, patient feedback, and initial pilot data

will provide insights into the transformative potential of this integrative approach. By demonstrating the application of Ayurveda in this setting, the presentation aims to show how similar integration can be successfully achieved in other psychiatric hospitals, ultimately improving patient well-being and healthcare sustainability.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/uNR1LA5eKO0?t=6779

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Sunday, 5 October 2025 – Hall 1

Presentation video:

Nat. Milena Simeoni

Italy

Founder and director of the European SALUS Initiative; co-founder and teaching director, LUMEN School of Naturopathy; vice president of LUMEN APS

Traditional European Medicine: Ancient Roots for the Health and Resilience of Today's Citizens

Traditional European Medicine (TEM), referred to in Italy as Traditional European and Mediterranean Medicine (MTEM), has its roots in Hippocratic wisdom and represents a cultural and scientific heritage that remains undervalued in contemporary health policies. At the core of its approach is the promotion of health—distinct from health prophylaxis—pursued through healthy lifestyles, the nurturing of social relationships, harmony with the environment, and the enhancement of individuals' intrinsic resources.

In alignment with the new WHO Traditional Medicine Strategy 2025–2034, TEM can offer a meaningful contribution today by reducing the

impact of non-communicable diseases and immunosenescence—a factor that also increases vulnerability to infections—while strengthening citizens‘ resilience and promoting sustainable healthy longevity.

Within this framework, the paradigm shift promoted by SALUS, which places health promotion at the center of European policies, acknowledges the recovery and integration of TEM—in dialogue with modern science—as an innovative pillar for building a healthier, longer-living, and more resilient Europe.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/uNR1LA5eKO0?t=8370

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Sunday, 5 October 2025 – Hall 1

Presentation video:

Prof. Dr. Ricardo Ghelman, MD, PhD

Brazil

President of the 3rd World Congress on TCIM; founder of the Brazilian Academic Consortium for Integrative Health; pediatrician and TCIM researcher

Integrative Pediatrics in Brazil

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/uNR1LA5eKO0?t=10187

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Sunday, 5 October 2025 – Hall 1

Presentation video:

Ralf Dissemond

Germany

Heilpraktiker; chair, Verband klassischer Homöopathen Deutschlands e.V. (VKHD); officer, European Central Council of Homeopaths (ECCH); ANME extended board member

ECCH: The Voice of the Homeopathy Practitioner in Europe

Over the last thirty-five years, ECCH has focused on ensuring the availability of high-quality homeopathic treatment to all members of the European public. In his presentation, Ralf Dissemond, ECCH's Treasurer and Executive Committee member, will outline ECCH's work in recent years. With sixteen member associations across Europe, ECCH is the voice of the homeopathy practitioner through its membership of ANME, EUROCAM, EPHA, as well as its close collaboration with ECH and the European Patients' Association: EFHPA. ECCH is also represented on several working groups in EUROCAM. ECCH is also an active member of the International Homeopathy Stakeholders' Group where global matters are discussed.

As a follow-up to the recently adopted Traditional Medicine Strategy 2025–2034, ECCH, through its membership of EUROCAM, will support advocacy to implement the strategy in Member States. Particular focus over the last few years has been on the revision of the EU Pharmaceutical Directive and ECCH works closely with colleagues in ECHAMP, ECH, EUROCAM, IVAA and EFHPA to monitor the progress of the revision, contacting relevant MEPs, and responding as and when needed.

Working closely with member associations, ECCH has also agreed on a Standards Strategy which is being implemented over ten years. This strategy enhances the comprehensive Standards Guidelines in the ECCH Portfolio. ECCH was represented at relevant European events in 2025, including the ANME AGA, the LMHI conference and the HRI conference, and welcomes the opportunity to present on ECCH at this prestigious conference in Prague. Events like these remind us that the strength of our field lies not only in knowledge but also in collaboration and connection with our community.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/uNR1LA5eKO0?t=11884

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Sunday, 5 October 2025 – Hall 1

Presentation video:

Rupert Koopman, BSc

South Africa

Expert on Western Cape floral diversity, with an emphasis on fynbos; science communicator, nature advocate, and tour guide

Co-author: Dr Jimmy Symmonds BSc BVSc (owner and founder of HAPPY BY NATURE)

Looking after Nature by Using it Wisely, Lessons from Cape Town's Fynbos Region

Spending time in Nature is beneficial for your physical and mental wellbeing, which should support the protection of biodiversity. South Africa, as one of the 17 mega-diverse countries in the world which

contain 70% of earth's species, has long negotiated the tensions between development and protection of Nature. Our population is a complex mix of indigenous African and Asian, European and Creole diaspora, each with their own tradition of plant use. South Africans also wrestle with the legacy effects of colonialism and apartheid, where the majority of people are black and poor and have insufficient access to land and Nature. More than 70% of South Africans still use indigenous plants for food, medicinal, spiritual and cultural purposes. Some of the ways to reconnect with Nature are community first-aid gardens, restoring locally indigenous plants to urban open spaces, and the integration of traditional medicine and western medicine. I intend presenting two case studies which I have supported as a fynbos specializing botanist: bringing locally indigenous Nature back into the Northern suburbs of Cape Town and the Indigenous Herbal Medicine courses run by Cape Town enterprise Happy by Nature. These courses seek to heal the divides in medicine by bringing together traditional health practitioners and western trained medical professionals to learn about indigenous medicine plants and practice.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/uNR1LA5eKO0?t=13714

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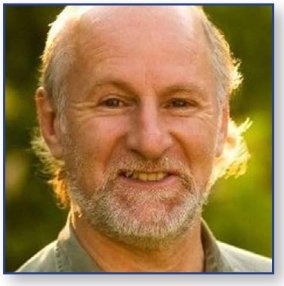

Sunday, 5 October 2025 – Hall 1

Presentation video:

Roy Upton, RH, DipAyu

United States

President, American Herbal Pharmacopoeia; co-founder and former president, American Herbalists Guild; trained in Ayurvedic, Chinese, and Western herbal traditions

Botanical Medicine in World Health

Botanical medicines are central to a large number of TCIM disciplines, yet their use carries with it a tremendous amount of controversy regarding safety, efficacy, interactions with conventional medications, use in children and pregnancy, and concerns about quality control. As the World Health Organization calls on member nations to fully integrate TCIM practices into national health care systems, challenges for how botanicals should be integrated emerge. This presentation will discuss the critical role botanicals play in human and planetary health and present different strategies for a unified approach to herbal medicine.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/uNR1LA5eKO0?t=15511

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Sunday, 5 October 2025 – Hall 1

Presentation video:

Dr. Yogita Loya

Germany

Homoeopathic practitioner and clinical psychologist; board member of the Meißner Hahnemannzentrum; certified nutritionist and dietitian; yoga teacher

Integrating Homeopathy Into Primary Healthcare: Global Policy Models and Ethical Communication in the Age of Misinformation

The integration of homeopathy into primary healthcare remains a contentious yet increasingly relevant topic in global health systems, particularly in regions striving for equitable, pluralistic, and patient-centered care. This presentation explores successful and emerging models of homeopathy integration within national healthcare systems, drawing comparative policy insights from India and Switzerland. These countries illustrate a spectrum of approaches—ranging from government-funded services and educational inclusion to regulation of homeopathic pharmaceuticals and insurance coverage.

However, as homeopathy gains institutional recognition in certain regions, it concurrently faces intensified scrutiny due to concerns about scientific validity and public misinformation. The second part of this study critically examines the ethical obligations of homeopathic practitioners to ensure accurate, transparent, and evidence-informed communication. In an era dominated by digital misinformation and polarized medical debates, the integrity of health communication is paramount.

The presentation proposes a framework for ethical discourse rooted in principles of informed consent, outcome reporting, and patient

autonomy, while advocating for research methodologies that respect the individualized nature of homeopathy. This dual-focus approach underscores that responsible integration of homeopathy into primary healthcare must go hand in hand with ethical and evidence-aware communication.

The findings aim to contribute to policy dialogues, foster interdisciplinary collaboration, and support a balanced, well-regulated pluralism in global health systems.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/uNR1LA5eKO0?t=17097

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Sunday, 5 October 2025 – Hall 1

Presentation video:

Derrick Tanous, MSc

Austria

PhD candidate and researcher in Sports Science, University of Innsbruck, specialising in diet and physical activity

The Extraordinary Yet Real Potential of Plant-Dominant Diets as Medicine — Subtitle: The Fundamental Basis for the HEAL Approach, as Proposed by Prof. Dr. K. C. Wirnitzer

Health is limited primarily by the cultures we are raised in. The behaviors we develop from socialization (by our parents/family, teachers, and society) ultimately decide the fate of our health if we are fortunate enough to avoid other tragedies (genetic predispositions, environmental threats/pollutants, healthcare malpractice, poverty). The behaviors

that our cultures impress on us during youth that are most influential in preventable disease development and early death are cigarette and alcohol use, physical activity, and nutrition.

Interestingly, nutrition by itself is the only area of behavior capable of reversing the most dangerous, life-threatening diseases known to humankind (heart attack, stroke, cancer), but not just any form of nutrition is capable of reversing heart disease (the globe's leading killer). Nutrition science has revealed the only option to prevent, stop, and reverse heart disease: a whole-food, (low-fat) plant-dominant diet.

Only two options to reverse heart disease through plant-dominant diets exist: (1) a change to the patient's diet, which includes following a vegan diet, or (2) the minimal consumption of explicitly low-fat dairy products (e.g., milk, yogurt) as part of a plant-predominant diet (loads of fruits, vegetables, legumes, and whole grains daily); in the latter case, extensive lifestyle changes are additionally required (i.e., physically demanding aerobic exercise, stress management practices, smoking cessation, and group psychological counseling). Therefore, consuming minuscule animal foods/products in moderation (low-fat dairy) creates a setback for heart health that can only be compensated with an intensive lifestyle versus the most effective and safe vegan option, without any additional lifestyle changes required. Likewise, not a trace of meat (red, white, or fish) as part of either plant-dominant diet is capable of heart disease reversal.

Conclusively, the medicinal potential of the vegan diet vastly outperforms an (optimized) Mediterranean diet, and minimal or moderate animal product consumption will have major consequences for health—particularly heart health.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/uNR1LA5eKO0?t=17970

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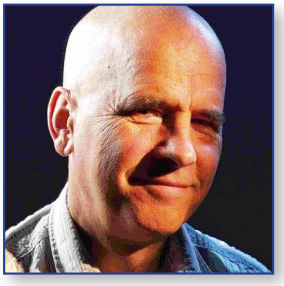

Sunday, 5 October 2025 – Hall 2

Presentation video:

Prof. Gejza M. Timčák, PhD

Slovakia

Co-founder, Association for the Advancement of Yoga; co-founder and president of the Slovak Yoga Association; honorary member of the European Union of Yoga

Co-author: Dr. Gábor Pék, PhD. (M.Sc. diploma in computer science – 2011, Ph.D. – 2015 from the Budapest University of Technology and Economics, Hungary; assistant professor at the CrySyS Lab, Budapest University of Technology and Economics; yoga teacher of the AAY Košice)

Health, Yoga Sadhana, and AI

From the point of view of yoga, health is related to hælþ – "wholeness," in the sense of "jivan mukti" – a life of real freedom. For the last 50 years, the Association for the Advancement of Yoga has been working to direct attention to full-scale yoga training for the 60,000 trainees who attended AAY courses. When selecting an effective yoga learning strategy, one must also consider broader questions such as: what is the goal of living a wholesome life? Is a life of satisfaction (santosha) possible? Can it be amplified to ananda?

The key to life becoming fruitful is dharma, or living according to the prompts of the information flow of the ritambhara ("universal information flow"). The task of how to achieve this is defined by yoga in a simple,

consistent, and fruitful approach. Still, simple does not mean easy, due to the personality traits of each individual (ahamkara and its databases – karmashaya).

The presentation offers a number of solutions, e.g., apart from the yamas and niyamas, a potent system called “Sri Chakra Sadhana”. As yoga has by now become a globally known system with countless interpretations, it has created a fuzziness regarding its main tools and aims. The application of yoga as an “end-of-the-pipe” solution may be one of the reasons why yoga practitioners often lack true wholeness and integrity.

Artificial intelligence (AI) is increasingly used as a source of information in many soft areas. It is often conceived as a quick and good source of knowledge that is easy to obtain. In yoga, however, this may be problematic, as it can lead to misinformation regarding yoga sadhana and AI-generated advice that lacks transcendence and carries the danger of deception due to the way it is trained.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Mv_Pfa_ChIk?t=123

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Sunday, 5 October 2025 – Hall 2

Presentation video:

Paul Golden

Aotearoa

Independent midwife; specialist in neonatal and paediatric care; educator and lecturer; mediator and expert witness in reproductive and human rights

Holistic Childbirth and Newborn Care

I'm a holistic, independent global midwife, neonatal specialist, mediator, legal advocate, and naturopath. My presentation will include lessons from over forty years of work with birth, human rights, and natural therapies. I studied and worked for many years in Asian and Oriental countries and brought CAM into hospitals. My work includes both home and hospital births, as well as in intensive care units (adults, children, and babies). I have specialised in breastfeeding and frenulotomy, including extremely premature and sick babies (under 500 g).

During my presentation, I will invite audience participation in simple exercises with breath and touch. My work focuses on the needs of the mother and baby—and the whole family. We are all born, and how we are born matters for our connections with ourselves and with others. I show how physiological upright birth helps mothers and babies (especially breech babies) and how to achieve the best possible birth, including caesarean sections and births with medical interventions.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Mv_Pfa_ChIk?t=1736

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Sunday, 5 October 2025 – Hall 2

Presentation video:

Dr. Sarita Shrestha

Nepal

First female MD in Ayurveda in Nepal; senior Ayurveda consultant specialising in women's health and infertility; founder of the Devi Ma Kunja Foundation

Health Knows No Boundaries: Embracing Conscious Progeny

Ayurveda, the science of life, is an ocean of knowledge and skills that has been bestowed upon humankind by Lord Dhanvantari and the great Rishis, whose ambrosial drops have continued on the earth for more than five thousand years. Procreation has always been part of life, and Ayurveda makes it auspicious through samskaras, while progeny is celebrated as a ceremony in which a woman is honored for her warm womb, a home for a tiny new life until it transforms into a little baby ready to face the world.

The process of conception leading to birth brings enormous changes in both mother and fetus, where anatomical, physiological, and emotional upsurges occur. Hence, loving care is equally important for both mother and new life during pregnancy and after birth. Individual parents, as well as family and community, carry a huge responsibility for raising conscious, healthy progeny.

Garbha Samskar offered by Ayurveda transcends to embrace this Conscious Progeny, which can establish a new pathway for the offspring

to lead the world into a new age. The time has come to explore this wonderful gift of Ayurveda.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Mv_Pfa_ChIk?t=3260

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Sunday, 5 October 2025 – Hall 2

Presentation video:

Prof. Dr. Michael Frass

Austria

Specialist in homeopathy and internal and intensive care medicine; president of the Austrian Umbrella Organisation for Medical Holistic Medicine; chair of WissHom

Periodic Fever Syndrome (PFAPA) – Another Example of Inflammatory Processes Responding Well to Classical Homeopathy

Background: Periodic fever, aphthous stomatitis, pharyngitis, cervical adenitis (PFAPA) syndrome is increasingly diagnosed. In these young children, fevers may recur periodically every three to eight weeks. PFAPA is considered an acquired autoinflammatory disorder, recurring in association with at least one of the above-mentioned signs. The aim of this lecture is to present the success of individualized homeopathic treatment in these children.

Methods: The history and symptoms of 10 PFAPA patients were reviewed. The individually chosen homeopathic medicinal products (HMPs) were compiled, and the course of the disease described. Selected cases will be presented in more detail.

Results: Except for one, all children recovered completely within one to five months of treatment. Evaluation by modified Naranjo criteria resulted in a score of eight in seven children, a score of nine in four children, a score of ten in one child, and in a score of minus two in another child.

Conclusion: These cases suggest that individualized homeopathy works successfully in patients with PFAPA. There was a time-dependent improvement with regard to frequency of flares as well as the intensity of symptoms, up to complete disappearance of the disease. Several parents reported improvement in behavior concomitant with physical improvement.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Mv_Pfa_ChIk?t=5323

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Sunday, 5 October 2025 – Hall 2

Presentation video:

Dr. Dilip Ghosh

Australia

Science facilitator; adjunct-industry Fellow, NICM HRI; visiting professor; international author and speaker; consultant to the WHO Global Traditional Medicine Centre

Globalisation of Ayurveda Through the Evidence-Based Nutraceutical Route

We are increasingly realising that the 'One disease–one target–one drug' concept does not always lead to successful disease control. This concept has led to new developments in drug discovery including systems-based approaches using the principles of multitarget pharmacology.

It is generally accepted worldwide that modern pharmaceuticals will remain out of reach of many people and “health for all” may only be realised by the use of adequately assessed nutraceutical/phytomedicinal products including Ayurvedic medicines. Ayurveda can be considered as a complex intervention, which includes maintaining a healthy lifestyle and using Ayurvedic therapies and medicines and, lastly, the spiritual intervention. The globalisation of Ayurvedic medicines and their spread to the postmodern West is a paramount challenge. The integration of contemporary biomedical subjects like biochemistry, pathology, pharmacology, emergency medicine, etc. with Ayurvedic medicine in terms of practice and education (bilateral) may be the most important reforms towards globalising Ayurveda. Embracing modernity by the Ayurvedic community does not mean blind acceptance of Western logic and reductive methodologies. We need a very balanced and evidence-based integrative model of the two systems of medicine and through the nutraceutical route. One of the most successful examples of integration of traditional knowledge with modern medicinal concept is fenugreek. It has been scientifically studied for chemistry, pharmacology, clinical, and health-promoting benefits. Fenugreek, with its bioactive phytoconstituents such as amino acids, alkaloids, glycosides, soluble fibres, and phenolic compounds, could be a good candidate for herbal/botanical drugs with the support of all modern randomised clinical studies. The search on online scientific databases results in a large number of scientific publications on the efficacy and safety of fenugreek and its derived phytoconstituents.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Mv_Pfa_ChIk?t=6205

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Sunday, 5 October 2025 – Hall 2

Presentation video:

Dr John Hughes, PhD, BSc (Hons), Lic. Ac.

UK

Head of research, Royal London Hospital for Integrated Medicine (UCLH NHS Foundation Trust); associate professor of Integrated Medicine, University of West London

Acupuncture in Supportive Oncology: UK perspective and current research

Abstract: The presentation will provide an overview of the practice of acupuncture within oncology in the United Kingdom, and Traditional Chinese Medicine Diagnoses in cancer. The presentation will also provide an overview of recent research conducted by the Royal London Hospital for Integrated Medicine expanding the evidence base for acupuncture in oncology. Presented research will include a randomised controlled trial of acupressure for chemotherapy-related nausea; a feasibility trial of auricular therapy and acupressure for insomnia in cancer patients; a feasibility trial of acupuncture in cancer patients undergoing radiotherapy treatment; and a feasibility trial of self-acupuncture for chemotherapy cancer patients.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Mv_Pfa_ChIk?t=7277

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Sunday, 5 October 2025 – Hall 2

Presentation video:

Joerg von Bergen

Switzerland

Expert in medicinal mushrooms (mycotherapy); coordinator of the German MykoTroph Institute for Switzerland; coach

Identifying Solutions for Interference Fields and Blockages through Radionics – for Individuals, Groups, Companies, and State Governance

Radionics works with subtle energy fields to detect blockages, imbalances, and energy deficiencies. Together, we bring unconscious issues to awareness and harmonize them. Using advanced technology, we transmit targeted affirmations into the energy field, activate self-healing abilities, and enhance overall quality of life on an energetic level. These imbalances cannot be identified or treated through blood tests or MRI scans. That is why I advocate for interdisciplinary collaboration to achieve a holistic understanding. Companies and governments alike can benefit from recognizing and addressing disharmonies and misinterpretations. Once understood, the way is open to take the right steps forward.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Mv_Pfa_ChIk?t=8461

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Sunday, 5 October 2025 – Hall 2

Presentation video:

Dr. Antonietta Rozzi

Italy

Professor of pedagogy and yoga at the universities of Bologna and Bolzano; president, Sarva Yoga International; honorary president, Federazione Italiana Yoga

Greeting Message to the Congress Participants

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Mv_Pfa_ChIk?t=9438

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Sunday, 5 October 2025 – Hall 2

Presentation video:

Miranda Ruchtie

Netherlands

President of marketing at EFHPA (European Federation of Homeopathic Patients' Associations); board member of the executive committee of EUROCAM

Patients = Power

Abstract for Practitioners Across Different TCIM/CAM Modalities: The Importance of Patient Involvement

Across Europe and the world, the future of homeopathy and other TCIM/CAM modalities depends on the active participation of patients. As the voice of over 10,000 patients using homeopathy through the European Federation of Homeopathic Patients' Associations (EFHPA), we emphasise the critical need to engage patients in advocacy, research, and policy-making processes for homeopathy and the whole TCIM/CAM sector.

For over 26 years, EFHPA has worked to create a network of patient organisations in 15 European countries, fostering connections and amplifying the voices of those who benefit from homeopathic treatments. In a world where homeopathy and other TCIM/CAM therapies often face criticism or doubt, it is the patients who keep them alive and growing. They're not just receiving care—they are the most passionate advocates, powerful voices, and key contributors driving TCIM/CAM forward.

Their personal stories help shift public and political perceptions, break through resistance, and influence healthcare policies. When patients are organised, they have a far greater impact—mobilising resources, engaging decision-makers, and amplifying awareness. Whether you practice

acupuncture, herbal medicine, naturopathy, chiropractic, osteopathy, homeopathy, or another TCIM/CAM modality, one thing is clear: patients are practitioners‘ most powerful allies.

Empowering patients—through health literacy, advocacy, and financial support—ensures the growth and sustainability of homeopathy and other CAM modalities as a valuable healthcare choice. The strategic creation of patient associations can turn challenges into opportunities. Together, we can build a future where homeopathy and other TCIM/CAM modalities thrive globally, with patients at the heart of every effort.

Imagine what is possible when patients and practitioners stand together:

- Stronger public and political recognition
- Greater healthcare access and legitimacy
- More funding for research and public awareness
- A broader cultural shift toward holistic health

Patients are not optional partners—they are essential stakeholders.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Mv_Pfa_ChIk?t=9989

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Sunday, 5 October 2025 – Hall 2

Presentation video:

Prof. Dr. Michael Frass

Austria

Specialist in homeopathy and internal medicine; president of the Austrian Umbrella Organisation for Medical Holistic Medicine; chair of WissHom

Additive Homeopathy Improves Quality of Life and Prolongs Survival in Patients With NSCLC: A Prospective, Randomized, Placebo-Controlled, Double-Blind, Three-Arm, Multicenter Study

Background. Patients with advanced non-small cell lung cancer (NSCLC) have limited treatment options. Alongside conventional anticancer treatment, additive homeopathy may help to alleviate side effects of conventional therapy. We wanted to investigate the effect of additive homeopathy on quality of life (QoL) and survival in NSCLC patients.

Methods. In this prospective, randomized, placebo-controlled, double-blind, three-arm, multicenter phase III study, we compared additive homeopathic treatment and placebo in patients with IV NSCLC with respect to QoL in two randomized groups, and survival time in all three groups. A total of 150 patients with stage IV NSCLC were included in the study. Ninety-eight received either individualized homeopathic medicinal products (n=51) or placebo (n=47) in a double-blinded fashion. Fifty-two control patients (third group) without any homeopathic treatment were observed for survival only.

Results. QoL as well as functional and symptom scales showed significant improvement with homeopathy compared to placebo after 9 and 18

weeks of homeopathic treatment (p<0.001). Median survival time was significantly longer in the homeopathy group (435 days) vs. placebo (257 days; p=0.010) as well as vs. control (228 days; p<0.001). Survival rate in the homeopathy group differed significantly from placebo (p=0.020) and from control (p<0.001).

Conclusion. QoL improved significantly in the homeopathy group compared to placebo. In addition, survival was significantly longer in the homeopathy group versus placebo and control. The study suggests that homeopathy positively influences both QoL and survival. Further studies including other tumor entities are warranted. These findings confirm results of a previous open pragmatic study regarding QoL and a retrospective study regarding prolonged survival. The interval of 9 weeks between appointments is compatible with the financial resources of public health services as well as with the time resources of the patients. Therefore, we believe that additive homeopathy fits perfectly into the health programs of public health services.

The full presentation video is available at the URL and via the QR code by the photo:
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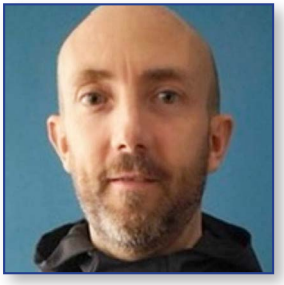

Sunday, 5 October 2025 – Hall 2

Presentation video:

Mark Taylor, MBA

United Kingdom

CEO and founder of Patient Led Oncology, an integrative oncology research company working alongside leading integrative physicians and alternative healers

The Endgame for Cancer

After spending two years researching and looking at cancer as a math problem, we have designed a concept called the Endgame. It provides a summary of what the frontiers of cancer science suggest about how cancer can be treated. We present a summary of our research and include how concepts in naturopathy and innate healing contribute to the perfect immunotherapy solution, indicating how the emotional state influences many aspects of the tumor microenvironment.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Mv_Pfa_ChIk?t=12258

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Sunday, 5 October 2025 – Hall 2

Presentation video:

Nicky Pawan Kaur

India

Founder and CEO of Chandigarh Spinal Rehab, a non-profit rehabilitation clinic focused on holistic neurorehabilitation

Co-author: Tejinder Saluja – Head of Operations, Chandigarh Spinal Rehab

Chandigarh Spinal Rehab – Empowering Lives Through a Standalone Model of Neurorehabilitation in India

Background: Chandigarh Spinal Rehab, established in 2016, is a pioneering, not-for-profit centre offering multidisciplinary neurorehabilitation to individuals affected by spinal cord injury (SCI) and other neurological conditions. Its mission is to enable independent living and enhance quality of life through world-class, affordable care. The centre offers a comprehensive rehabilitation framework that integrates physiotherapy, occupational therapy, psychological counselling, specialized yoga, assistive technology, bladder and bowel management, wound care, peer mentorship, and vocational training. In addition, it promotes community reintegration through caregiver training, inclusive sports, cultural expression, and purposeful employment pathways.

Impact on Rehabilitation: With an in-patient capacity of 30 beds and dedicated outpatient services, Chandigarh Spinal Rehab has rehabilitated over 800 individuals and impacted more than 17,500 lives through awareness programs, outreach activities, and direct care. Notable, 41% of patients received care free of cost, upholding the centre‘s

inclusive ethos. The team has successfully healed 125 life-threatening pressure injuries in-house, and 30 patients have undergone life-saving surgeries. 52% of rehabilitated quadriplegics and 83% of paraplegics are now leading productive lives. Alumni success includes 5 athletes who have represented India internationally, earning two gold, two silver, and two bronze medals. Additionally, eight alumni have medalled at the national or state level, and several have completed MBAs from top institutes. Notable milestones include the formation of Flowing Karma—India's first wheelchair band.

Chandigarh Spinal Rehab's integration of peer mentorship and inclusive programming fosters self-reliance, dignity, and social acceptance. Its structured, person-first approach transforms beneficiaries into community contributors and leaders. The centre's comprehensive and cost-effective model demonstrates that high-quality rehabilitation is achievable even in low-resource settings. Its interdisciplinary structure, coupled with a strong ethos of social reintegration, positions it as a replicable blueprint for SCI/TBI care globally. This work aligns with the WHO's priority of inclusive health systems and underscores the transformative potential of person-first rehabilitation. Community outreach initiatives—such as wheelchair distribution drives, awareness campaigns, inclusive sports meets—have further broadened the centre's impact and created scalable partnerships.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Mv_Pfa_ChIk?t=13422

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Sunday, 5 October 2025 – Hall 2

Presentation video:

Dr. Pratibha Shah

USA

Founder and president of the Wholistic Health Alliance and the Global Council for Ayurveda Research; senior faculty at the Sai Ayurvedic Institute and the Yoga Veda Institute

Applied Concepts of Immunity in Ayurveda: Bridging Tradition and Contemporary Health Practices

Immunity, or Vyadhikshamatva, is a foundational concept in Ayurveda, encompassing not only resistance to disease but also the ability to maintain physiological balance and resilience against environmental and internal challenges. This presentation explores the applied dimensions of Ayurvedic immunity, examining classical references alongside their relevance in contemporary health care.

The talk will elucidate the dual aspects of Vyadhi-utpada-pratibandhakatva (disease prevention) and Vyadhi-balavirodhitva (disease mitigation), contextualizing them through the lenses of Ojas, Agni, and Dhatu Bala. It will further discuss the role of daily and seasonal regimens (Dinacharya and Ritucharya), Rasayana therapy, dietary protocols, and mind–body practices in enhancing immune competence.

Through clinical examples and correlations with current research, the session aims to bridge traditional wisdom with modern perspectives on

immunity modulation, offering integrative approaches for public health, preventive care, and chronic disease management.

The full presentation video is available at the URL and via the QR code by the photo:
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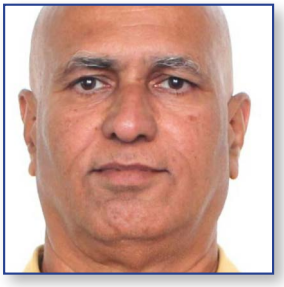

Sunday, 5 October 2025 – Hall 2

Presentation video:

Dr. Venkata Narayana Joshi, MD, PhD

United Kingdom

Ayurveda teacher and practitioner; lecturer in educational activities and workshops on food as medicine and gut health; director of the Association Ayurveda Academy UK

Global Integration of AYUSH Systems for One Health & One Nation

AYUSH systems of health care services are the wisdom from East to West since time immemorial. Evidence in museums around Europe has shown significant trade through sea portals, from Bryonopsis species for fertility to spices and ivory combs, suggesting the greater use of tropical sources for health and wellness. The expansion of this wisdom has grown from time to time, adding other traditional systems of health care through the integration of WHO collaboration with Bharat (India). AYUSH systems recognize Sowa Rigpa of Tibet in Asia and its spread to half of the globe, with trade worth billions of dollars in health care, natural resources, cosmetics, and other sectors of entrepreneurship. The clocks are turning at the right time for the past glories of history in the interpretation of integrated medicine for futuristic global health care. Bharat is now the

leading hub of Yoga and traditional medicine such as Ayurveda, reaching out to the needy through educational activities and business models. In this presentation, some selective models for that integration are discussed.

The full presentation video is available at the URL and via the QR code by the photo:
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Sunday, 5 October 2025 – Hall 2

Presentation video:

Prof. Dr. Bishnu Prasad Sarma

India

Ayurvedic physician, professor, and researcher with expertise in Ayurveda, particularly in the treatment of diabetes and non-communicable diseases

Vaisvanara Churna and Vaitarana Basti in the Management of Rheumatoid Arthritis

Rheumatoid arthritis (RA) is an autoimmune disease characterized by the presence of autoantibodies and persistent synovitis, leading to chronic symmetrical polyarthritis and systemic inflammation. Genetic studies suggest that RA is a heterogenous group of diseases. It has a worldwide distribution and affects 0.5–1% of the population, with a female preponderance of 3:1. Conventional treatments typically include non-steroidal anti-inflammatory drugs, corticosteroids, and immunosuppressive drugs. However, these therapies are often associated with hepatotoxicity, kidney damage, immunodeficiency. Consequently, there is a growing need for alternative therapies that offer high efficacy with minimal toxicity.

In the present clinical study, titled “Vaisvanara churna and Vaitarana basti for Rheumatoid Arthritis”, an Ayurvedic approach was explored. Vaisvanara Churna, an orally administered herbal formulation, was selected alongside Basti Karma, a detoxifying enema procedure. A total of 60 patients were randomly selected from the Outpatient and Inpatient Departments of the Kaya Chikitsa (Ayurveda Medicine) Departments, Govt. Ayurvedic College and Hospital, Guwahati – 14, Assam, India. The trial drug was administered for a period of 30 days, with Basti Karma conducted for eight days. Follow-up assessments were carried out at 30-day intervals, specifically at 30, 60, 90 days post-treatment and beyond. During the follow-up sessions, it was observed that the symptoms were relieved to a substantial extent. Based on these findings, it can be concluded that Ayurvedic treatment of rheumatoid arthritis is an effective and safe alternative to conventional therapy.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Mv_Pfa_ChIk?t=16329

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Sunday, 5 October 2025 – Hall 3

Presentation video:

Mgr. Pavla Hájková

Czech Republic

Clinical naturopath, nutritional consultant, and lecturer; founder of the Centre for Integrative Care Přirozeně ke zdraví; vice-chair of the Czech Naturopathic Society

Prevention and Chronic Diseases: The Role of Naturopathic Medicine in Relieving the Burden on the Healthcare System

Chronic diseases represent a major burden on healthcare systems in developed countries, both in terms of human suffering and economic costs. Naturopathic medicine, as a system focused on prevention, nutrition, lifestyle, and patient education, can play a crucial role in the long-term sustainability of healthcare. Based on data from countries where naturopathy is integrated into the healthcare system, such as Canada, the USA, Switzerland, Germany, and Australia, we will present study results showing reduced need for pharmacotherapy, hospitalizations, and specialist interventions among patients under naturopathic care.

We will focus on the most common chronic diseases—metabolic syndrome, type 2 diabetes, autoimmune disorders, chronic fatigue, and anxiety—and demonstrate how functional-naturopathic protocols can improve quality of life and reduce the burden on the healthcare system. The presentation will also offer examples of successful models of collaboration between

medical doctors and naturopaths in primary care, along with proposals for possible pilot projects in the Czech context.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Xp0g6uXpFzw?t=127

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Sunday, 5 October 2025 – Hall 3

Presentation video:

Mgr. Bc. Martin Bartošek, MBA

Czech Republic

Therapist, instructor, and personal growth lecturer; Satori Breathing, Osho Divine Healing, OM Chanting; manager at Forever Living

Satori Breathing – Rebirthing: The Path to Deep Regeneration and Personal Transformation

In this theoretical lecture, participants will be introduced to the technique of Satori breathing, also known as Rebirthing, which is a powerful tool for achieving emotional and mental healing. Rebirthing is a method that uses specific breathing techniques to release blockages in both the body and mind, thereby supporting overall regeneration and improving quality of life.

The lecture will provide an overview of the principles of Satori breathing, its impact on health and well-being, and its practical applications in everyday life. We will focus on how this technique can help reduce stress, release deeply held emotional patterns, and restore the natural flow of energy in the body.

By the end of the lecture, participants will have a clearer understanding of how powerful Satori breathing can be in enhancing life satisfaction, mental clarity, and personal balance. This technique is not only a means of improving health, but also a pathway to deeper self-reflection and spiritual growth.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Xp0g6uXpFzw?t=1897

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Sunday, 5 October 2025 – Hall 3

Presentation video:

MUDr. Pavol Tibenský

Slovenská republika

General practitioner, homeopath, and acupuncturist; ECH accreditation for teaching homeopathy within the EU; president of the Slovak Medical Homeopathic Society

Miasms and Their Place in Health and Disease

Introduction: Samuel Hahnemann, with his discovery of miasms, moved the law of similarity from the symptomatic to the systemic level. This level is comparable to the syndromic classification in classical medicine. Homeopathy does not treat isolated symptoms, but “syndromes”, which he called drug images or the totality of symptoms. The perception of miasms differs among authors such as Bentley, Sankaran, and Scholten.

Objective: The author hypothesizes that miasmas must have a real basis in the organism. This basis could be a variant of endosymbiosis known from evolutionarily lower animals and plants. Endosymbiosis is an inherent part of species evolution. At the level of living systems, it represents a more advanced form of the principle from mathematics and

cybernetics: a system increases its level of organization by incorporating lower evolutionary elements.

Patient: The author describes the treatment of a patient with a liver abscess and an ulcer on a limb, whose health condition deteriorated after the ulcer was closed using conventional dermatological treatment. The patient was also treated for arrhythmia with Amiodarone, which is excreted from the body partly through the skin.

Results: The case description suggests a positive aspect of the syphilitic miasm, which was managed with pharmacotherapy for other physical illnesses and exclusively with homeopathic treatment for the recurrence of the liver abscess.

Conclusion: This case report of a life-threatening disease highlights the usefulness of the syphilitic miasm concept and the validity of Hering‘s laws in treatment. The author points to the possibility of clarifying the real nature of miasmas through collaboration with pharmaceutical scientists and by applying knowledge of pharmacokinetics and pharmacodynamics of highly toxic drugs.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Xp0g6uXpFzw?t=2796

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Sunday, 5 October 2025 – Hall 3

Presentation video:

Claudia Maradof

Germany

Chair of ATEM – Der Berufsverband e.V.; international leader and breathwork therapist; founder of The Art of Breathing, supporting people with breathing difficulties

Breathwork – a TEM Discipline: An Overview of the Origins, Application, and Impact of Working with the Natural Breath Movement of Human Beings

This presentation offers an overview of the origins, prevalence, applications, and impact of breath- and body-based therapy, exploring how sensing the true and natural breath movement supports individuals in maintaining body–mind integrity as well as in strengthening their social relationships.

By ATEM – Der Berufsverband e.V., Germany.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Xp0g6uXpFzw?t=4005

* * *

Sunday, 5 October 2025 – Hall 3

Presentation video:

Ing. Michal Košelja

Czech Republic

Senior researcher at ELI ERIC; expert in solid-state laser engineering and crystal growth; founder and CEO of the non-profit Výzkumný ústav progresivních technologií

Co-author: Michal Košelja, jr. (VÚPT, z.ú.)

Electro(dia)ionized Water and Its Properties in Biology

This presentation will focus on the scientific understanding of electro(dia) ionized water (EDI), its properties, and its effects on living cells. It will also include an explanation of EDI water with different pH values, ranging from 2 to 12. The latest work builds on the nearly forgotten research of Vilém Lauberger (August 29, 1890, Turnov – December 29, 1986, Prague), published a century ago. The main findings demonstrated changes in cell volume depending on pH, with a major peak around 2, and cell lysis occurring at pH >11. The behavior of cell lysis is not linear but exhibits a “quantum” character. These observations may help explain complex bioreactions of living cells in different aqueous environments, acidic (pH 2) and alkaline (pH 11), as well as their potential for self-repair.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Xp0g6uXpFzw?t=4954

* * *

Sunday, 5 October 2025 – Hall 3

Presentation video:

Dr. rer. nat. Karin Lenger, Dipl.-Biochem.

Germany

Biochemist at the Institute for Scientific Homeopathy, homeopathic practitioner, lecturer in classical homeopathy in Europe, and creator of “biochemical homeopathy

Acute and Chronic Diseases According to Hahnemann’s Miasms

Hahnemann assumed a chronic disease in his patients, because after healing they became ill again. He found three sorts of eczema and types of diseases: Psora, Sycosis, and Lues. Eczemas on the skin, itching, were caused by an old infection of Psora, Lepra, or Tuberculosis, indicating a lack of mineral salts. Genital warts or aluminate condyloma were caused by Gonorrhoea or Chlamydia, called Sycosis. Venereal hard chancre was caused by Lues.

Hahnemann supposed that Psora, Sycosis, and Lues are old inner infections by chronic miasms incorporated in the DNA in different parts, the reason why the patients became ill again. At Hahnemann’s time, the largest part were psoric people (90%), 12% sycotic, and 8% luetic. Hahnemann assumed people will degenerate to the luetic type in the future; today 45% are luetic.

The symptoms of the diseases of Psora, Lepra, and Tuberculinum are caused by Mycobacterium leprae and Mycobacterium tuberculosis: the symptoms of these diseases lead to psoric remedies such as Psorinum, Calcium carbonicum, Phosphorus, and Sulphur. The symptoms of Sycosis

are derived from Gonorrhoea. They concern rheumatism, gall, sexual organs, kidney, and bladder. They are talebearers doing their duty. Look for the sycotic remedies: Medorrhinum (Bac. Neisseria gonorrhoeae), Nitricum acidum, and Thuja.

Lues has the worst symptoms: anxiety of death, paralyses (psychological and physical), respiration and heart function are disturbed, and the whole body is involved in illness. The homeopathic remedies are derived from this disease: Syphilinum, Naja tripudians, and other potentized lethal poisons. Healing by homeopathy makes it possible to go back to the sycotic symptoms and then to psoric symptoms.

Hahnemann gave us a guide to which remedies can be applied in the acute and chronic diseases in different states. Healing starts by application of the corresponding similar homeopathic remedies with psoric, sycotic, and luetic symptoms.

The full presentation video is available at the URL and via the QR code by the photo:
https://youtu.be/Xp0g6uXpFzw?t=5876

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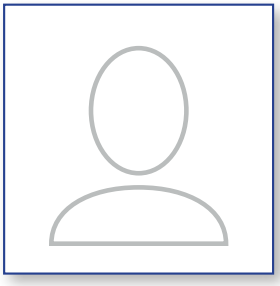
Poster Session



Poster

Poster presentation:

Dr. med. univ. Lukas Gatterer

Austria

Doctor in training for general practice at the Clinical Department of Orthopaedics and Traumatology, University Hospital of St. Pölten, Austria; researcher

Co-author: Prof. Dr. Katharina C. Wirnitzer, BEd (1. Department of Secondary Education, University College of Teacher Education Tyrol, Innsbruck, Austria, 2. Department of Sport Science, LFUI, Innsbruck, Austria, 3. Department of Pediatric Oncology and Hematology, Working Group Prevention, Integrative Medicine and Health Promotion, Otto-Heubner Centre for Paediatric and Adolescent Medicine (OHC), Charité – Universitätsmedizin Berlin, Berlin, Germany, 4. Charité Competence Center for Traditional and Integrative Medicine (CCCTIM), Charité – Universitätsmedizin Berlin, Berlin, Germany)

The Power of Public Canteens: Political and Educational Paths for Better Public and Planetary Health

Vegan and vegetarian diets are becoming increasingly popular, especially among younger generations. Ethical, ecological, and health reasons play a central role in the decision to adopt more sustainable diets. This aligns with the latest guidelines of leading nutrition organizations such as the

AND, DGE, and ÖGE. Furthermore, a whole-food, plant-dominant diet is the most effective and cost-efficient measure for reducing greenhouse gas (GHG) emissions.

Eating is a social act that brings people together—at home and in public institutions such as schools, universities, hospitals, and nursing homes and facilities. The shared dining table plays a key role in promoting public health and well-being. Given the increasing number of vegans and vegetarians, individual preferences must be reflected in public cafeterias as well. Moreover, whole-food vegan and vegetarian diets are adequate for all stages of life, promote health, and lower GHG emissions.

This contribution provides a review of existing data, various legal frameworks, and international guidelines on sustainable diets in the public sector. Key examples include: (i) Portugal, where vegan options have been mandatory in public institutions since 2017; (ii) the American Medical Association and the American College of Cardiology, which recommend plant-based meals in U.S. hospitals; (iii) New York City, with its plant-based default option in schools, hospitals, and other public institutions since 2020; and (iv) the Environmental Sustainability Strategy of the University of Oxford, which promotes plant-based meals in its dining halls.

Offering vegan and vegetarian options in public institutions is key to improving public health, cutting GHG emissions, and increasing acceptance among the general population. Educational initiatives must raise awareness about the connections between diet, health, and climate protection. This process demands action from policymakers. Portugal and New York City demonstrate that the provision of vegan options in public institutions, in accordance with current guidelines, can be implemented through legal frameworks.

The full poster presentation is available at the URL and via the QR code by the photo.
https://whc.itcim.org/pdf/Public-Canteens.pdf

* * *

Poster

Poster presentation:

Dr. Yogita Loya

Germany

Homoeopathic practitioner and clinical psychologist; board member of the Meißner Hahnemannzentrum; certified nutritionist and dietitian; yoga teacher

Integrating Homeopathy Into Primary Healthcare: Global Policy Models and Ethical Communication in the Age of Misinformation

See the related oral presentation with its abstract on page 151.

The full poster presentation is available at the URL and via the QR code by the photo.
https://whc.itcim.org/pdf/Integrating-Homeopathy.pdf

* * *

Poster

Poster presentation:

Tomáš Pfeiffer

Czech Republic

Philosopher, biotronicist; director of the professional chamber Sanator – the Union of Biotronicists of Josef Zezulka; founder and director of the Institute for TCIM/CAM

Biotronics – Historical Case Series in Energy Therapy

Josef Zezulka[1], Tomáš Pfeiffer [1,*], František Pekárek[2], Jitka Martínková[2]

[1]Professional Chamber Sanator – the Union of Biotronicists of Josef Zezulka, Soukenická 21, 110 00 Prague 1, Czech Republic

[2]Department of Internal Medicine at the Vimperk Hospital, Vimperk, Czech Republic

**tomas.pfeiffer@sanator.cz*

Introduction: Biotronics is an emerging method of spiritual energy therapy that exhibits a unique potential to further extend the application of energy therapy in integrative healthcare [1]. It showed to be able to heal even patients incurable by convential medicine [2]. Here, we would like to present historical unpublished results from 1982, describing an unusually successful research project of the founder of Biotronics – Mr Josef Zezulka.

Methods: Case series of 20 patients. The selection was aimed at diagnoses, in which the highest susceptibility to biotronic treatment was expected, based on previous experience with the method. These

were asthma bronchiale, ulcus duodeni or ventriculi, rheumatism and malignant tumours. The selection further included also patients with lower expected susceptibility to biotronic treatment, such as cardiac diseases, hypertension. All the patients underwent biotronic treatment. In addition to observations of the patients' clinical state, evaluation of urine examination, blood test, and erythrocyte sedimentation rate was performed.

Results: Out of the initial group of 20 patients, 14 patients were evaluated. Results of only 2 patients were inconclusive, and the therapy of 4 other patients was discontinued early. Mild to significant improvement in patients' health condition was confirmed by both the clinical state, and the laboratory examinations. Improvement was achieved also in diagnoses with lower expected susceptibility to biotronic treatment.
The most striking result was observed in the case of stomach carcinoma in terminal state, in which overall revitalization was achieved after seven days of biotronic intervention. The artificial duct in the abdominal cavity (after colostomy) healed up spontaneously, without surgical intervention. Such result after a non-invasive intervention is not known in the medical literature up to today.

Conclusion: Biotronic treatment resulted in positive changes in patients' health condition, which were observed both in the patients' clinical state and the laboratory examinations. Such outcomes indicate a significant potential of Josef Zezulka Biotronics in integrative healthcare. As the research project was politically discontinued after completion of only the first half of planned biotronic interventions, the achieved outcomes are even more striking. Therefore, this new discipline and its possible therapeutic potential should be subjected to more detailed research.

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Keywords: cancer, stomach carcinoma, rheumatism, Biotronics, Josef Zezulka Biotronics

The full poster presentation is available at the URL and via the QR code by the photo.
https://whc.itcim.org/pdf/Biotronics-Case-Series.pdf

* * *

Poster

Poster presentation:

Tomáš Pfeiffer

Czech Republic

Philosopher, biotronicist; director of the professional chamber Sanator – the Union of Biotronicists of Josef Zezulka; founder and director of the Institute for TCIM/CAM

Biotronics – Hope in Disease for the 21st Century

See the related oral presentation with its abstract on page 141.

The full poster presentation is available at the URL and via the QR code by the photo.
https://whc.itcim.org/pdf/Biotronics-Hope.pdf

* * *

Poster

Poster presentation:

Lesia Shuranova Ph.D., MBA

Czech Republic

Assistant professor at the University of South Bohemia in České Budějovice; healthcare management specialist at Příbram Regional Hospital; researcher

The Road to Better Care for Stroke Patients

The study analyzed the issue of family support and care for patients requiring long-term rehabilitation, particularly in the context of stroke. The main areas examined were the emotional and physical burden on caregivers, uncoordinated care, and shortcomings in the integration of healthcare and social services. The study identified key barriers to effective rehabilitation and proposed ways to overcome them.

The research emphasized the importance of family support during patient recovery, showing that caregivers were exposed to a high burden. This led to burnout and a decline in the quality of care provided. Insufficient coordination between healthcare facilities and social services was identified as another significant problem. Multidisciplinary approaches were often inadequately implemented, slowing down the rehabilitation process and limiting patients' return to a full life. The study also examined innovations in rehabilitation technologies, such as robot-assisted therapies and telemedicine, which improved patient outcomes and reduced caregiver burden.

The findings suggested that greater emphasis on caregiver education, the implementation of technological innovations, and interdisciplinary coordination could significantly improve system efficiency. In conclusion, the implementation of a comprehensive care model involving

multidisciplinary collaboration, caregiver support, and the use of modern technologies was recommended. This model could improve patient health outcomes, reduce the burden on families, and lower healthcare costs.

Funding for this study was provided by the Grant Agency of the University of South Bohemia (project no. GAJU 066/2022/S, duration 1 February 2022 – 31 December 2023). The author declares no conflicts of interest.

The full poster presentation in the original language is available at the URL and via the QR code by the photo.
https://whc.itcim.org/pdf/CMP.pdf

* * *

Poster

Poster presentation:

MUDr. Pavol Tibenský

Slovakia

General practitioner, homeopath, and acupuncturist; ECH accreditation for teaching homeopathy within the EU; president of the Slovak Medical Homeopathic Society

Structure and Time Cycles Occurring at an Acupuncture Point

In this work, the author presents a hypothetical model of an acupuncture point. He describes its structure and the time cycles that take place in it. The acupuncture point has the shape of a rotating ball with two rotating disc-shaped satellites, two stationary outer parts and two opposing inner parts – cones. Some structures are stationary, others move in precisely defined time cycles.

Based on these facts, although the point structure is hypothetical, it appears that time cycles occur in this subatomic energy-information structure similar to the macrocosm. We derive time units such as year, month and day from the movement of cosmic or macrocosmic bodies. The cycles taking place in an acupuncture point are shorter than in cosmic bodies. These are intervals of one second, one minute, 24 minutes and 120 minutes. This model does not contradict the organ clock as we know it from traditional Chinese medicine. It could serve as a basis for the research of time cycles in the human organism, possibly in animals and plants.

The author presents this hypothetical model to the professional public in order to assess the possibilities of further research and thus speed up the understanding of the mechanism of action of homeopathy and acupuncture. The cycles occurring at the acupuncture point can explain the cyclical nature of time units. The model relates basic time units to longer time units derived from the movements of cosmic objects (Sun, Earth, Moon). The model could contribute to the understanding of time as such, and at the same time explains why the ancient Chinese counted in the system of sixty and why they used an organ clock composed of two clocks.

The full poster presentation is available at the URL and via the QR code by the photo.
https://whc.itcim.org/pdf/AP.pdf

* * *

Poster

Poster presentation:

Ing. Štěpánka Zeithamlová RHom.

Czech Republic

Practicing homeopath engaged in the education of students through supervision with homeopaths and teaching homeopathic case repertorisation

Co-author: Radana Tolarová, RHom.

Homeopathic Proving – Methodology for Conducting Homeopathic Pathogenetic Studies

At the conference, we would like to present our joint professional publication Homeopathic Proving, which describes a concrete procedure for conducting homeopathic provings using scientific methods. In preparing this publication, we drew on the very general guidelines issued by the European Council for Classical Homeopathy, London, in 2008–2009. The book outlines the different phases of the proving process (preparatory phase, research phase, evaluation). It also includes a set of specific forms necessary for conducting homeopathic provings. While it is intended primarily for homeopaths, some forms – such as GDPR documentation, an instruction letter, case-taking forms, and evaluation sheets – can also be useful for other therapeutic professions.

The full poster presentation is available at the URL and via the QR code by the photo.
https://whc.itcim.org/pdf/Homeopathic-Proving.pdf

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