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5th International Meeting on

COMPLEMENTARY AND ALTERNATIVE MEDICINE & THERAPIES

September 18-19, 2017 Charlotte, USA

Scientific Tracks & Abstracts
Day 1

COMPLEMENTARY AND ALTERNATIVE MEDICINE & THERAPIES

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Can curcumin overcome cancer chemo resistance?**Mutlu Demiray**

KTO Karatay University, Turkey

Curcumin was first isolated almost two centuries ago. Since the time of Ayurveda numerous therapeutic activities has been assigned to turmeric for a wide variety of diseases and conditions including those of the skin, pulmonary, gastrointestinal system, pains, wounds, liver disorders and cancer. Its anticancer activity, comprising the regulation of proliferation, survival, invasion, angiogenesis, and metastasis, has also been reported for several types of cancer. Especially curcumin potentiates chemotherapeutic agent apoptotic effects. In other words curcumin can overcome cancer chemo and radio resistance. Curcumin effect; Singh and Aggarwal have shown that curcumin inhibits NF-5B activation pathway at a step before inhibitor kappa B alfa (I5B) phosphorylation. Nuclear Factor- Kappa B (NF-5B) is a key inflammatory transcription factor expressed frequently in tumors. Therewithal NF-kB has an important role of cellular processes such as proliferation, apoptosis, inflammatory and immune response. Recent clinical studies have shown that significant NF-5B expression associated with chemo and radiation resistance and poor outcome in several human cancers. Wu at al. has evaluated NF-5B in the cancer patient outcome. This meta-analysis has shown that NF-5B overexpression is associated with worse overall survival and disease free survival. Moreover, NF-5B expression was shown to be TNM stage independent poor prognostic factor. Clinical studies that evaluated relationship between NF-5B and prognosis and treatment outcome, were shown that NF-B is associated with poor prognosis and poor response. Also activation of the NF-5B pathway renders many types of tumor cell more resistant to chemotherapy and radiotherapy, presumably via induction of anti-apoptotic proteins which apoptosis induction is a major mechanism of the action of radiotherapy and most chemotherapeutic agents. Inhibition of NF-5B activation seems to be promising option to improve the efficacy of conventional anticancer therapies. Preclinical and clinical observations indicate that NF-5B plays an important role in chemo and radio resistance and establishes the inhibition of NF-5B as a new approach in cancer treatment. Also NF-5B plays an important role at the multiple cancer related pathways, especially MAPK. Because of these specialities inhibition of NF-5B can potentiate tyrosine kinase inhibitors (TKI) effectiveness. Preclinical data supports these hypothesis and our clinical experience led us think that curcumin is a good partner for TKI. Preclinical *in-vivo* and *in-vitro* trials evaluated curcumin plus chemotherapeutic agent and TKIs combination. These trials had shown that curcumin combination with radiotherapy, chemotherapies or TKIs were better than each treatment alone. Preclinical and early clinical trials and our clinical experience which curcumin combination with chemotherapy, radiotherapy, TKI experience more than 4 years, led us think that adds to curcumin standard therapies (radio or chemotherapy or TKI) may cause better outcome. The best curcumin treatment regimen and the best curcumin formulations is not determinant until today. Therewithal curcumin loaded nanoparticles more effective than free curcumin. We might have got effective and safe partner of cancer treatment but we need more effective curcumin formulations. Conclusion; Preclinical *in-vivo* and *in-vitro* trials, clinical trials data which some of it came from us, shows that curcumin is very important adjunctive treatment agents are safe and inexpensive, as long as we have to use chemotherapy, radiotherapy and TKI.

Biography

Mutlu Demiray is a Professor of Medical Oncology, KTO Karatay University and Medicana International Istanbul Hospital was born Turkey. After finishing Medical School at Akdeniz University at 1995, he started internal medicine specialty at Uludag University- Bursa, Turkey, where he studied the relation between gastric carcinogenesis and *Helicobacter pylori*. He finished his second specialty at Medical Oncology at 2004 while he was studying the levels of M30 and M65 at neo-adjuvant therapy of breast cancer. He gained Associated Prof. degree at 2006 and he attended at the very first applications of parenteral curcumin formulations with Dr. Huseyin Sahinbas at Germany, where he gained a lot of experiences about clinical use of curcumin. Getting Professor Degree in 2016 at KTO Karatay University, he is producing free and nano-curcumin formulations at the Scientific and Technological Research Council of Turkey. He has recently developed a new bio-available oral nano-formulation of curcumin with his colleagues.

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The quantity and quality of complementary and alternative medicine clinical practice guidelines on herbal medicines, acupuncture and spinal manipulation: Systematic review and assessment using AGREE II

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Background: Complementary and alternative medicine (CAM) use is often not disclosed by patients, and can be unfamiliar to health care professionals. This may lead to underuse of beneficial CAM therapies, and overuse of other CAM therapies with little proven benefit or known contraindications. No prior research has thoroughly evaluated the credibility of knowledge-based resources. The purpose of this research was to assess the quantity and quality of CAM guidelines.

Methods: A systematic review was conducted to identify CAM guidelines. MEDLINE, EMBASE and CINAHL were searched in January 2016 from 2003 to 2015. The National Guideline Clearinghouse, National Center for Complementary and Integrative Health web site, and two CAM journals were also searched. Eligible guidelines published in English language by non-profit agencies on herbal medicine, acupuncture, or spinal manipulation for adults with any condition was assessed with the Appraisal of Guidelines, Research and Evaluation II (AGREE II) instrument.

Results: From 3,126 unique search results, 17 guidelines (two herbal medicines, three acupuncture, four spinal manipulations, and eight mixed CAM therapies) published in 2003 or later and relevant to several clinical conditions were eligible. Scaled domain percentages from highest to lowest were clarity of presentation (85.3%), scope and purpose (83.3%), rigour of development (61.2%), editorial independence (60.1%), stakeholder involvement (52.0%) and applicability (20.7%). Quality varied within and across guidelines. None of the 17 guidelines were recommended by both appraisers; 14 were recommended as yes or yes with modifications.

Conclusions: Guidelines that scored well could be used by patients and health care professionals as the basis for discussion about the use of these CAM therapies. In future updates, guidelines that achieved variable or lower scores could be improved according to specifications in the AGREE II instrument, and with insight from a large number of resources that are available to support guideline development and implementation. Future research should identify CAM therapies other than those reviewed here for which guidelines are available. Research is also needed on the safety and effectiveness of CAM therapies.

Biography

Anna R Gagliardi is a Scientist at Toronto General Hospital Research Institute (TGHRI) and working as an Associate Professor in the Department of Surgery at Institute of Health Policy, Management & Evaluation; and Institute of Medical Science, University of Toronto. She is a Chair at Implementation Working Group, Guidelines International Network.

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Perineural injection treatments-A drug-free way to treat pain

Bethany Sprague
Ignite Vitality, USA

This research includes the targeting of the peripheral nervous system and turning off pain with Perineural Injection Treatments (PIT). PIT is near nerve micro injections of a sugar solution called dextrose. This dextrose changes the firing pattern of the nerves and shuts down the ability to make hormones that cause pain. It is regenerative to the nervous system. This powerful treatment was created by a New Zealand physician John Lyftogt. Our team at Ignite Vitality was personally trained by Dr Lyftogt and completed master level certification. PIT is also known as Neural Prolotherapy (NPT). This lecture will go in depth on mechanism of action of dextrose on nervous system. Most people need multiple PIT treatments (average 3-4) for long lasting benefits, but each treatment can decrease the inflammation produced by the nerves and STOP pain. One of the most rewarding things about my job is people know immediately whether we hit the right peripheral nerves because the pain is immediately gone. Migraines halted.... standing on legs that feel "normal" for the first time in decades without limping, low back pain gone, frozen shoulder with full range of motion....hip bursitis gone..... The list could go on and on, but perhaps now you can see why my patients look at me in disbelief and say "The pain is gone!" PIT works well for just about any painful condition, we just have to find the right nerves and shut them down with dextrose. Not just for chronic pain, I have also used it for treating acute injuries and the reduction of pain and swelling has been rapid.

Biography

Bethany Sprague is a Functional Medicine and PIT Practitioner. She studies at Kresser Institute of Functional Medicine in 2016. She also completed special training in Perineural Injection Treatment-A non-drug way to treat pain.

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Erika F Marie

Chiyu Center, USA

SORL-IM saving organs and restoring lives with integrative medicine: The treatment of an infant with diamond-blackfan anemia (DBA) and her mother with immune dysfunction and kidney failure

Diamond-Black fan Anemia (DBA) is a rare blood disorder of bone marrow failure now widely accepted to be a disorder of ribosomal proteins. In DBA, erythroid precursors are particularly susceptible to apoptosis. Treatment includes red cell transfusion, corticosteroids, and/or bone marrow transplant. Life-threatening complications can result from all therapy options, including organ failure from iron overload in the transfusion-dependent and loss of hearing/vision due to iron chelation. This case study follows the treatment of a transfusion-dependent female child from infancy to age five. Her treatment included several integrative medicine therapies, including iron chelation (deferasirox), dietary therapy, Chinese herbal medicine, shonishin, moxabustion, and homeopathics. Using integrative methods, emergent levels of cardiac iron were removed in six months, the child gained weight, digestive distress and difficulty swallowing were relieved, and hearing/vision maintained. During this time, the child's mother was also treated for kidney failure and immune dysfunction. Kidney abnormality was revealed via ultrasound and laboratory testing, with immune dysfunction suggested by anti-nuclear antibody and complement levels. Electro-acupuncture improved kidney function from 10-20% as measured by nuclear medicine function tests, while herbal medicine, homeopathics, and adaptogenics restored total estimated glomerular filtration rate (eGFR) from 57 to 72 and creatinine from 1.1 to 0.7. Combined therapies including dietary, decreased subjective pain in the flanks, abdomen and spine while surgery to place stents and remove a urethral obstruction preserved kidney cellular structure. Presently, the mother is considered in remission and excellent health, while efforts continue to optimize the child's health and usher her into remission.

Biography

Erika F Marie has completed her Master of Science in Oriental Medicine (MSOM) from the National University of Natural Medicine (NUNM) in Portland, Oregon, and her Bachelor of Science in Engineering Psychology from the United States Military Academy (USMA), West Point. She is the Founder of Chiyu Center and a leading Advocate for integrative medicine. She currently serves on the Board of Directors as Chair of Public Relations for the Acupuncture Association of Colorado (AAC) and is the author of the to-be-published book, autoimmunity, sex and the dao.

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Potential of natural biflavanones from traditional medicinal plants as novel drugs leads: *Garcinia buchananii* stem bark extract and derivative 3, 8''-linked biflavanones

Onesmo B Balemba¹, Timo D Stark², Dorah J Mtui¹, Jakob Magolan¹ and Thomas Hofmann²

¹University of Idaho, USA

²Technische Universität München, Germany

Medicinal plants have served as the mainstay of traditional medicine for numerous centuries, and are a rich source of modern/western medicine. However, herbal extracts and refined preparations have limited use in modern medicine due to lack of knowledge about bioactive molecules, mechanisms of action, effectiveness, quality, bioavailability, safety, availability, preservation and regulatory policies. Nonetheless, herbal therapy is still extensively used in developing countries, and is likely to increase in developed countries. Extracts and refined preparations from *Garcinia* trees are widely used to treat numerous illnesses globally. In Africa, *Garcinia buchananii* stem bark extracts (GBB) are ingested to chronic diarrhea, dysentery, abdominal pain, inflammation and diabetes. We are investigating GBB to define the active compounds, their mechanisms of action, bioavailability, effectiveness and safety. Our findings support indigenous knowledge that GBB is antinociceptive and antidiarrheal remedy. Furthermore, like opiates, GBB acts by inhibiting neurotransmission in the gut, and appears to have similar efficacy as loperamide suggesting it is effective in shorten the duration of diarrhea. GBB can be refined into biflavanones-rich fractions that retain properties of GBB. Research shows that flavanones are abundant in herbal extracts used to mitigate diarrheal illnesses and accompanying pain, and chronic illnesses. Collectively, our research findings and those of other investigators highlight the therapeutic potential of biflavanones, and suggest that flavanones are promising leads for the development of novel therapies. Also, our findings demonstrate the unmet challenges for utilizing herbal extracts, fractions and pure molecules to improve human and animal health, and the need for multidisciplinary, team-based approach to break these barriers.

Biography

Onesmo B Balemba research focuses on the pathophysiology of diseases that affect gastrointestinal (GI) functions. His aim is to gain a better understanding of neuromuscular and immune system host responses in diabetes, and infectious diarrhea, and therapeutic strategies for these conditions. He works at Department of Biological Sciences, University of Idaho, Moscow, USA.

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Tune-Up: The power of sound to harmonize our physical and emotional health

Laurie McDonald

Sound Therapy Santa Fe, USA

Tune-Up is an examination of the power of sound to create a state of health and well-being using non-invasive, deeply relaxing, and transformational tools and techniques. This presentation focuses on an innovative delivery system, called Acutonics, which provides painless access to the body's energy pathways, infusing the body with powerful, therapeutic vibrations that create profound and lasting results. Based on Traditional Chinese Medicine practices developed over the past four millennia, sound is applied to acupuncture points and meridians with precision-calibrated tuning forks. Sound therapy blends both Eastern and Western medical modalities and incorporates traditions, philosophies, and practices from Indian Music Therapy, music theory, Jungian psychology, celestial mechanics, and archetypes from antiquity. "Tune-Up" investigates a brief history of sound as a therapeutic experience, sound's vibrational effects on structures and substances, how Pythagoras's discoveries regarding musical intervals and the orbital relationships between the planets and the sun informs sound therapy, the healing properties of sound and intervals, the physical/emotional effects of sound on the human body, what's happening in the skin and the brain during a sound therapy session, and sound therapy in practice. Participants will leave with a deeper understanding of the profound nature of sound and its physical and emotional effects, how sound therapy bridges both intuitive and scientific knowledge and ancient and modern healing traditions, and how sound therapy incorporates various modalities of sound to mitigate disorders common to all populations. Those particularly interested in integrative/complementary treatments for stress, anxiety disorders, PTSD, and pain should attend this talk.

Biography

Laurie McDonald owns and operates Sound Therapy Santa Fe in Santa Fe, New Mexico, USA. She holds a BFA from the Rhode Island School of Design; an MA from the University of Houston; a CNCMT from the Nada Centre for Music Therapy, New Delhi/Chennai, India, and is an honorary faculty member at the Centre. She is a certified Acutonics practitioner, a modality that introduces sound into the body with precision-calibrated tuning forks via acupuncture points and meridians. She is also a writer and Filmmaker. You may read more about sound therapy on www.soundtherapysantafe.com.

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Egyptian practice in equine electro-acupuncture surgery

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¹Cairo University, Egypt

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The successful standing surgical procedures in equine that proof the production of analgesia were described in details particularly the chosen acupoints for each surgery. The analgesia induced by increasing the frequency of the power to the inserted acupuncture needles from 20 Hz to 55 Hz. Induction occurred over 20–30 minutes before the surgeries were performed. All surgical cases exhibited excellent degrees of response to the induced electroacupuncture analgesia. The exhibited clinical signs, physical examination data, and the responses of all animals were used for evaluating the periods of analgesia. Although the majority of the cases (95%) had no response to strong surgical pain, they experienced significant increases in heart rates and respiratory rates during induction. The lack of pain, relaxed surgical procedures, reduced intraoperative bleeding, and improved healing without complications were all definite benefits of using electroacupuncture analgesia in surgery. Thus, this study has provided surgical evidence supporting the effectiveness of electroacupuncture analgesia, as well as confirming its reliability, in the field of equine anesthesia and surgery.

Biography

Eldessouky Sheta has been a Professor at Department of Surgery, Anesthesiology and radiology since 2003. He graduated from Cairo University in 1981, obtained his M.V.Sc., in 1986 and Ph.D., in 1990 from Cairo University. He has been trained on experimental liver transplantation 6-months in Heidelberg, Germany in 1988. He has attended veterinary conferences in Russia (Saint Petersburg, 2009), Italy (Arezzo, 2013). He is the constructor of International Horse Care Center in Kuwait since 2004. He has been trained on veterinary acupuncture in China (Beijing, 2010). He published several scientific works in equine acupuncture. Currently, he is the president of Egyptian Veterinary Acupuncture Society (EVAS).

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A morphogenic study of our energetic and anatomical origins to understand interdependence and energy exchange

Baerta Graff

Graff Wellness Therapies, USA

A morphogenic study of our energetic and anatomical origins to understand imbalance and The Need for Interdependence through energy exchange: Morphogenetic characteristics of the human body are strong indicators of energetic imbalance as causes of pain, instability and disease. The formation of structures and their cells often begin to show these energetic imbalances early in development, as the loss of homeostasis and energetic exchange with their internal and external environments. In morphogenesis, body structures go through a process of growth. Indicators of energetic imbalance can appear as patterns of excess or deficiency in the physical structures, as well as disturbances in mental and emotional ease. Environmental factors increase in stress and receptor site sensitivity. I will provide collected data as an opportunity to further understand and recognize energetic imbalance, commonalities and avenues of expression between cellular tissues and their structures. Communication is the basis for interdependence between body structures, other life forms and environmental forces. I will also discuss chronic miasms as manifestations of energetic imbalance with ways to enhance the probability of their healing. A short life is wrought with imbalances in homeostasis. Ill-health shows up as symptoms of toxicity, resulting from poisoning of internal and external environments—physical, mental and emotional—as well as from injury, the lack of familiar connection and a lax or stressful lifestyle. A clear, energetic exchange between all body structures plays a role in maintaining homeostasis for longevity with less pain and disease.

Biography

Baerta Graff is a board-certified naturopath, has a PhD and doctorate in natural medicine. She has 30 years of experience as a licensed massage therapist and bodyworker to include her coursework: The Graff method, an all-systems energy medicine, lymphedema specialist, labor/birth doula and wellness educator. She promotes life extension, wellness and relaxation—for a healthy mind-body-spirit-emotional connection. She has taught and presented at venues in Arizona, Nevada, Georgia and the Carolinas; Clemson University, Southern Wesleyan University, American Naturopathic Medical Association, National Dowsers Association and People Unlimited, Inc. She is currently writing, *The Graff Method: Complementary Medicine Manual for the Careprovider*.

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Rachel Keener

Trauma Recovery Alliance, USA

TRE®: Tension and Trauma Releasing Exercises® overview

Tension, Stress and Trauma Releasing Exercises® (also known as TRE®) are a series of simple movements enabling the body to release deep muscular patterns of stress, tension & trauma by stimulating a gentle, involuntary, shaking response. TRE® was developed with the understanding that human beings are genetically encoded to contract to protect ourselves during stressful or traumatic situations. After the stressful event has passed, the next phase of the survival cycle is the release of these contractions bringing the body and mind back to an optimal state of balance. However, the way the body releases these contractions is through shaking and trembling. Culturally, we've been conditioned to believe that shaking is a sign of weakness. Very early on we learn to unconsciously inhibit this healing response often by tensing even more. TRE® interrupts incomplete looping defense responses by reactivating this natural healing mechanism letting our nervous system know it is now safe to return to a state of relaxation and calm. TRE® was originally intended for sufferers of acute trauma. However, over the past few decades, TRE® has become an increasingly popular way to effectively manage the ongoing stressors of everyday life. This technique is intended to be a self-empowering practice. Once you are familiar with the process, TRE becomes a tension and stress management resource that is available to you anytime, anywhere often producing immediate and profound results. Some of the reported benefits include: better sleep; fewer, less intense, headaches; decreased fibromyalgia symptoms; overall decrease of aches and pains; significantly reduced symptoms of anxiety and depression; increased overall energy and stamina; discharge of emotional & physical trauma; feeling calmer and less reactive and release of deep chronic tension and other PTSD symptoms. In the late 1980's, TRE® was developed for international use in high-conflict zones by David Berzeli, PhD an expert in the field of trauma recovery and conflict resolution. Utilized by large military populations, traumatized communities exposed to natural and war-related disasters, first responders, mental health professionals, teachers, children, prisoners, individuals with PTSD & C-PTSD and athletes, TRE® has been taught in more than 100 countries. In 2011, the US Department of Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury recognized TRE® as a promising modality for regulating stress and promoting resiliency, especially due to its "simplicity, brevity, and immediate effects." There is a copious amount of anecdotal evidence globally and pilot clinical outcome studies have verified efficacy in various populations in Canada, the US, and South Africa. Currently, 35 countries maintain active training and certification programs. TRE® training materials have been translated into 10 languages.

Biography

Rachel Keener is Co-founder of Trauma Recovery Alliance, Rachel Keener has studied extensively through non-traditional programs with the intention of discovering how we can be in the world, living authentically, not simply surviving but thriving. Her curriculum has included: explorations of indigenous cultures and their ancient healing wisdom, bioenergetics, and somatic-based resiliency and capacity building modalities. Specifically, she has studied extensively with the aboriginal medicine people of the Q'ero nation who reside in the Andean mountains of Peru. She is a certified Reiki Master Teacher and a certified global TRE® (Tension and Trauma Releasing Exercises®) provider.

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