

Webinar on Natural Products, CAM Therapies, and Traditional Chinese Medicine

July 04, 2022 | Webinar

Scientific Tracks & Abstracts



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Session Introduction

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Yoga for cancer patients and survivors

Eleonora Medici

Rifugio Corpo & Spirito, Italy

Diagnosis and consequent treatments for cancer possess serious physical and emotional side effects for the patients. A cancer patient must deal with many emotionally destructuring aspects: the trauma of diagnosis, physical pain, fear of death, physical disabilities just to mention a few. Cancer survivors are not exempt from continuous emotional stress: anxiety, physical consequences, fear of relapse, the constant thought of a 'death sentence' are everlasting emotional issues. Studies have also shown a constant state of emotional turmoil on problems like sleep disturbances, aberrant cortisol rhythms, poor antitumor immune response, heightened distress, change of character and so on.

As a yoga teacher I wish to share, not only the scientific evidence but also my experience as a Trauma Informed Yoga practitioner with cancer patients. Yoga has a "holistic effect" and activates many different 'functions' of our body. It does not merely consist of postures, but involves specific breathing techniques, and/or concentration techniques which foster a particular state of mind calming. Meditation, from a yogic point of view, means "to empty the mind" to let our light to emerge. This is important for oncologic patients and helps to avoid the down spiraling effects of fear, desperation, anxiety, panic attacks. We must not underestimate the value of reaching this goal even if it is achieved for a limited time. Yoga is a great and flexible discipline that can be adapted to different types of patients and help to reach the main objective: reduction of stress which promotes a better medical treatment compliance.

Biography

Eleonora Medici is a yoga teacher certified with ERYT (1500 hours of updates and training) from Yoga Alliance International and Italy Division and the National Register CSEN Yoga Gymnastics Teachers where she functions as a member. She has a bachelor's degree in Yoga (Istituto Scienze Umane Rome). She has done a Diploma in yoga from Anandamaya Savona School, Diploma in Yoga and Meditation from Ananda Ashram. She is a teacher of continuous training program (CEAS) Yoga Alliance Italy Division. Additionally, she has done her Bachelor's Diploma of Naturopath -Ayurveda specialization (Florence-Pune), Bachelor's degree Floritherapy from the Milan Riza Institute of Psychosomatic Medicine. She is a member of the Floritherapy R.I.F. registered with IAS and has done PhD in Foreign Language and Literature, Genoa University.

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Traditional medicines in Madagascar

Valitiana Rasandimanana

Mioty Voajannahary SARL, Madagascar

Madagascar is a land many have heard of, but few know much about. As the world's fourth largest island, isolated from much of the world, it holds unique flora and fauna. Most of the Malagasy(my) people still use traditional medicines for preventing and treating illnesses. Villages all over Madagascar have traditional healers knowledgeable with the medicinal properties of plants growing around them and how to prepare them. I grew up with grandparents treating coughs using the aferontany plant boiled in water and midwives using medicinal plants to help with childbirth. Most Malagasy shop in community markets which always have at least one vendor of natural medicines with piles of different fresh and dried plants for sale. These vendors can tell the buyer how to prepare each item, what it is used for, and how much to take. This is a common, effective, and inexpensive method of practicing health care in Madagascar. These vendors always have fresh leaves and little black pills made from Vahona, Malagasy for *Aloe macroclada*. This is a well-known product available all around the central highlands and is used to treat a wide variety of ailments. I've become very familiar with *Aloe macroclada* as I now manage the growing, harvesting and leaf transport for the production of *Aloe macroclada* powder for export.

Biography

Valitiana has 15 years' experience working for businesses in an organizational capacity. She was born and grew up in a small village of about 800 people not far from the capital. She moved to the city for her studies and is equally capable of conversing with government ministers as she is working with villagers. Valitiana is fluent in Malagasy, French and English. She manages Mioty's interactions with the Environment Ministry, her villages' growing and harvesting, and collaborations with other businesses and NGOs.

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Dietary fenugreek supplementation on lowering blood glucose and glycated haemoglobin (HbA1c) in patients with type 2 diabetes mellitus

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Freedom from Diabetes, India.

Statement of the problem: Type 2 Diabetes Mellitus (T2DM) is a chronic metabolic condition that is on a rise rapidly worldwide. Many herbal medicines have hypoglycemic effects, but they might have side effects. The purpose of the study is despite its wide therapeutic use in certain countries, the efficacy of fenugreek in glycaemic control is uncertain. The current research aims to investigate the effectiveness of fenugreek in lowering blood glucose, glycated haemoglobin and lipid levels in patients with T2DM.

Methodology: A systematic review was conducted. The inclusion criteria were empirical research published between 2014 and 2020, examining T2DM patients under fenugreek supplementation for ≥ 2 months.

Findings: Ten empirical papers were identified and they originated from Asia. In nine studies, the effect of fenugreek on FPG was statistically significant as shown by the mean difference of pre- and post-intervention values. These values were also greater than the interventions used in the comparison group (s). The trend was replicated with post-prandial glucose and glycated haemoglobin. Although fenugreek corrected the lipid profile, the elevation of HDL and decrease in cholesterol, triglycerides and LDL did not attain the significance threshold. However, the study comparing fenugreek with glipizide proved that the latter superior, particularly in glycaemic control.

Conclusion and significance: Long-term use of fenugreek should be encouraged due to its effectiveness in glycaemic and lipidaemic control. It should be taken alongside standard anti-diabetic medication for synergistic effects but patients should also be monitored closely. For maximum benefits, lifestyle modifications such as physical activity and dietary changes should also be adhered.



Figure 1: The 3 main bioactive compounds of fenugreek and their mechanisms of action. The pancreas, skeletal muscle, liver, adipose tissue, and gut are the major tissue targets of fenugreek through which serum markers such as glucose, insulin, and lipids are favourably modulated and metabolic health could thereby be improved

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Biography

Medini Kagali is a passionate naturopath medical doctor dedicated to exemplary patient outcomes and deliver quality healthcare. She is adept in integrative medicine and amalgamating novel holistic concepts to achieve optimal well-being. Also, she is proficient in lifestyle medicine to bring forth an empathetic and a professional attitude towards patients. She is committed to address patient 'concerns and in providing a healing ambience. She is a motivated doctor, eager to work with all colleagues of the medical team and amenable to suggestions and inputs to maximize professional results and amplify patient satisfaction.

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Reducing Nurses' occupational stress using Aromatherapy as an integrative nursing intervention: A journey in process improvement

Elicia Baker-Rogers

Justa' Touch Integrative Health & Wellness, USA

Background: Occupational stress can diminish a nurse's ability to focus and perform sensitive tasks, thereby interfering with optimal patient care. Aromatherapy is an appropriate evidence-based integrative intervention that can reduce stress and evoke the relaxation response. This project aimed to implement aromatherapy as a safe, independent, and convenient integrative nursing modality for Critical Care Unit (CCU) and Progressive Care Unit (PCU) nurses to reduce perceived stress levels at the workplace.

Methods: Twelve CCU/PCU nurses voluntarily used one of five distinct essential oils selected combined with warm and moist towels (Oshibori), for self-care to foster stress reduction. A non-experimental, descriptive, pre-intervention and post-intervention survey design was used which employed the Expanded Nurses Stress Scale (ENSS) and the Feeling Thermometer Stress Scale (FTSS) to measure nurses' perceived levels of stress in the workplace.

Findings: All 12 participants were female nurses. There was a total of 84 aromatherapy sessions, with a mean duration of 7.8 minutes. The average change in survey score from pre to post intervention was (0.03; $p < 0.851$) using the ENSS. A paired sample t-test of FTSS scores showed a significant change (Pearson's Correlation Coefficient of -2.86 $p = < 0.001$).

Conclusions/Application to Professional Practice: Oshibori can be an effective integrative modality for reducing nurses' occupational stress, even if only used for five to ten minutes duration. Results are limited to project site; however, the process warrants repeating in other healthcare facilities to ascertain the probability of congruent results.

Biography

Elicia Baker-Rogers, DNP, RN, COHN-S, CCM, AHN-BC, ADS, LMT, BCTMB has over 38 years of professional nursing experience. She received her Doctor of Nursing Practice - Integrative Health and Healing, from the University of Minnesota, Twin Cities, MN in May, 2017. She completed her MS and BSN degrees at the University of Michigan, Ann Arbor, MI. Baker-Rogers is a 20-year Veteran of the United States Navy Nurse Corps, where she held several distinguished leadership positions. She is a former board member of the Veteran Suicide Prevention Channel, and was Director of Health and Wellness for the Austin Veteran Arts Festival (AVAFEST 2021). Baker-Rogers is Board Certified in Therapeutic Massage and Bodywork (BCTMB) and is also an Acudetox Specialist (ADS). She is a member of the American Holistic Nursing Association's Diversity, Equity, & Inclusion (DEI) Task Force. Also she is the owner of Justa' Touch Integrative Health & Wellness, PLLC.

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Protective role of the lemon essential oil fraction enriched in citral against the effects induced in normal hepatocytes by LPS treatment

Marzia Pucci¹, Marta Moschetti¹, Stefania Raimondo¹, Roberta Gasparro¹, Ornella Urzi¹, Vincenza Tinnirello², Valeria Corleone², Riccardo Alessandro¹ and Simona Fontana¹

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Statement of the Problem: Lemon essential oil (LEO) is known for its health properties; while less consideration is given to the biological properties of the its fractions (Cfr-LEO). The aim of this study is to evaluate the ability of Cfr-LEO, fraction enriched in Citral (2) to counteract in healthy human hepatocytes the pro-inflammatory effect and induction of oxidative stress and epithelium-mesenchyme transition (EMT) mediated by LPS.

Methodology & Theoretical Orientation: In this study, healthy human immortalized hepatocytes (THLE-2 cell line) were used for evaluating the protective effects of Cfr-LEO, as both 2h pretreatment and subsequent treatment with LPS for 6h and co-treatment with Cfr-LEO and LPS for 6h. The mechanisms through which the Cfr-LEO is able to exert its protective effects were investigated.

Findings: The obtained results showed that Cfr-LEO counteracts the effects induced by LPS such as the induction of the expression of pro-inflammatory cytokines, the production of ROS and EMT. These effects appear to be due to the ability of Cfr-LEO components to inhibit the TLR4/NF-kB pathway. Our future studies will evaluate the beneficial effect of the components of Cfr-LEO in order to understand whether this may be the factor responsible for the health effects observed.

Conclusion & Significance: The data obtained demonstrate that Cfr-LEO exerts a protective effect against hepatotoxic stimuli and lay the basis for the development of foods/drinks aimed at preventing or alleviating chronic inflammatory conditions associated to liver dysfunction. The identification of the “factors” responsible for the health effects observed could lead to more targeted drink formulations with beneficial properties.



Figure 1: Properties of Cfr-LEO in counteracting the pro-inflammatory effect and induction of oxidative stress and epithelium mesenchyme transition (EMT) mediated by LPS treatment.

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Biography

Marzia Pucci is a researcher RTDA PON GREEN at the University of Palermo since December 2021. After graduating, she won a scholarship at the San Raffaele Giglio Hospital in Cefalù. The research project she followed was focused on the study of innovative technologies for the therapy of selective and radical destruction of neoplastic pathologies. After this experience, she started the International PhD in Experimental Oncology and Surgery at the Department of Biomedicine, Neuroscience and Advanced Diagnostics (Bi. N. D., UNIPA). In July 2018, she did a Postdoc fellow research and the research project she followed was focused on molecular analysis and functional role of bioactive compounds obtained from Sicilian citrus fruits. In April 2019, she won an AIRC (Italian Association for Cancer Research) scholarship for research activities related to the study of the effects of colon cancer-derived exosomes in inducing early phenotypic transformation in Heps in order to highlight new insight into pre-metastatic niche formation in the liver.

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Use of Auriculotherapy for smoking reduction

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Tobacco is one of the most consumed products in the world. One of its main components, nicotine, is considered as a factor that causes dependence because it is a psychoactive substance that promotes pleasure, changes in the brain functions and is behind several diseases such as lung cancer and many other pathologies that depress the health of the human beings.

There are countless campaigns and treatment programs to reduce smoking, among them is Traditional Chinese Medicine, a set of therapeutic practices that observe the human being as a whole, where health maintenance depends on the vital energy Qi circulate in harmony in the individual. The objective of this study was to evaluate the contribution of Auriculotherapy to the reduction of smoking. This is an experimental descriptive study in which 9 individuals, men and women who smoked 15 cigarettes a day, participated in the stimulation of specific points in the ear in a protocol established by the authors by fixing mustard seeds in the auricular points made in one meeting per week for 6 weeks. Treatment efficacy was assessed by comparing the Fagerström tolerance questionnaire, completed before and after the treatment period. The work concluded that Auriculotherapy is a great resource for tobacco addiction control as shown in Figure 1, where all participants not only reduced the number of cigarettes smoked per day but also showed significant changes in dependence and the need to smoke, in just six weeks with one appointment per week.

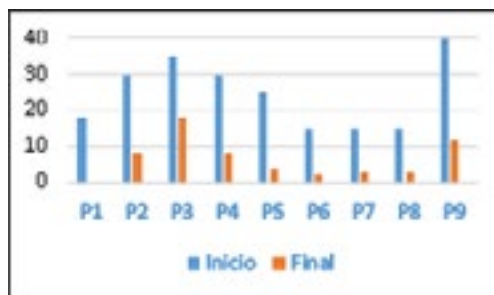


Figure 1: Caption: P=participant; Cigarettes per day=0, 10, 20, 30, 40; Blue column=Start of survey; Orange column=end of survey

Biography

Fabio Pimentel holds Bachelor's Degree in Physical Education, Postgraduate Diploma in Acupuncture; Traditional Medicine in Scientific Naturopathy, Post-graduation in Scientific Clinical Naturopathy, and Master's in Education. He is a Professor of Technology in Aesthetics and Cosmetics at the University of Santa Cruz do Sul, Brazil. He has a professional and teaching experience in the area of Physical Education in Integrative and Complementary Naturopathy, especially in the areas of Acupuncture, Auriculotherapy, Aromatherapy, Manual Massage, Reiki, Phytotherapy, Iridology, Reflexology and Consultant in Techniques of Wellness Centres. He is dedicated to Naturopathy for more than 35 years.

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Herbal skin care Arabic medicines in (Al-Tasrif) book of Albucais

Chadi Khatib

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Introduction: Cosmetology is the scientific study and application of aesthetic and therapeutic cosmetic products to hair, skin and nail care. The notable Arab Andalusian cosmetologist, Abu al-Qasim al-Zahrawi (Albucais) considered cosmetics a branch of medicine, which he called (Adwiyat al-Zinah) "Medicine of Beauty", and in which he addresses similar aesthetic issues.

Aim: To introduce the most significant achievements of Albucais in the field of cosmetology and shed light on the method of preparation of cosmetics and the drugs of beautification which Albucais had been famous for, and analyze his cosmetics textbook.

Material and Methods: Historical research methodology is adopted. It is based on ancient Arabic medical books; historic medical publications of the ancients, contemporaries, and orientalist; and the nineteenth volume of Albucais encyclopedia (Al-Tasrif Liman Ajiza An Altaleef), a Guide to novice practitioners. This volume is mainly about cosmetics and scents.

Results: By the study of commandments given by Albucais we can mention:

- 1- The nineteenth volume of his encyclopedia, especially its second section, is unique; it is concerned with the preparation of cosmetics.
- 2- He had described the care and beautification of the skin.

Conclusion: Albucais is the Father of cosmetics and beauty treatment, and his cosmetics chapter was the first original contribution to cosmetology worldwide.

Recent Publications:

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Biography

Chadi Khatib has PhD from Aleppo University, Syria. He is the Manager of Syrian Society of Complementary Medicine, Syria. He has many scientific publications, Chadi has focused on developing natural Syrian herbal and cosmetic products, eventually leading to his 11 patents. Also he has awarded certificate of reviewing from ELSEVIER & Journal of Applied Research on Medicinal & Aromatic Plants. He was selected as one of JCI's Ten Outstanding Young Persons of 2021, in the category of Medical Innovation, JCI World Congress hosted in South Africa. Also he is a lecturer at Manara University, Syria.

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Workshop



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How we activate pathways of consciousness power with CranioSacralQigong practice-Rules of posture

Cloe Couturier
CranioSacralQigong, USA

The power of the mind over matter has been well accepted as truth and used in many different contexts. “The mind drives the mass”, said the poet Virgil in 19 B.C. What we practice with medical Qigong is, “Yi leads the Qi” which is ‘the mind leads the energy’. For the training of the mind to be accurate and in coherence in its leading, conducting and driving the Qi, the consciousness must navigate along proper pathways. In this workshop we will discover the very basic rules of posture and their value to your health and wellness.

The consequence of a bad posture would be misalignment. This misalignment generates a series of events which turn to symptoms and then can move to successive degenerative processes. As osteopaths, we understand well how structure and function are interrelated and how misalignments will also affect the functions of the person’s body and good health potential.

Pain is the first signal, as well as reduce flexibility. This affects the ease of motion and the balance and equilibrium. Restrictions can then constrict root nerves, which will affect the function of organs at any level, such as affecting breathing or digestion and can create ripple effects creating an adaptive mode with related compensations. These adaptations and compensations then lessen the potency of the neuromuscular system. It would be like turning down the faucets of potency at their roots. The reciprocity is then lessened, and we are witnessing a progressive degenerative process, which leads to replacements of joints and a deescalate of the power of a mighty structure. It is like the structure comes back to be a mass without the driving force to move it. It has the inherent wiring, but it has lost its vitality, its energy, its Qi. With CranioSacral Qigong practice, we are leading the consciousness along proper inherent pathways and with repetition, “Gong”, the Qi, gets to circulate properly the way it meant to. We don’t learn that in school, we should. I was blessed to receive this information and embody it and I will teach you how in this workshop.

Recent Publications:

1. Specialized touch helped this client avoid surgery, Massage Magazine.
2. May this New year bless you with excellent health, happiness and peace
3. A formidable 2021 Christmas present good energy, good karma, and synchronicity!!

Biography

Cloe Couturier is a European certified Osteopath, CranioSacral therapy Diplomat, Medical Qigong Doctor. She graduated from the College of Medical Qigong, Henan University of Traditional Medicine, the International Institute of Medical Qigong. She is licensed by the People's Republic of China's Ministry of Health as a Doctor of Medical Qigong therapy. She is a Certified advanced medical Qigong instructor (NQA.Org) at Beijing Western District Medical Qigong Science and T.C.M. Research Institute and is Nationally Certified as an EHP-C, energy healing practitioner in the clinical Qigong division. (NCCOEP.Org). Dr. John Upledger D.O. personally invited Couturier in 1995 to work next to him as a clinician. She therefore had the greatest privilege of knowing very well, working, evolving in many dimensions, and co-learning closely with Dr. John Upledger, in his prime and till the end of his life. She has been in practice in Palm Beach County for 27 years. She is the first developer of CranioSacralQigong®, and the author of “CranioSacralQigong, Pathways of Consciousness Power” which is in process.

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Young Research Forum



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Medical Herbalism research, shifting the paradigm

Alexander Carberry

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This paper seeks to establish a paradigm for Medical Herbalism (MH) research, harmonious with how MH is conducted. Researching herbal medicines in controlled experiments, with un-standardised extracts, to identify causal relationships is inherently difficult. The poly-phytochemical nature and complex interactions of medicinal herbs make identifying active ingredients challenging. The effects and variability of the phytochemical makeup within plant material also complicate controlling for phytochemical consistency and observed effect. Utilising pharmaceutical research methods, where a single chemical can be isolated, standardised and its effect observed, is not possible for the conduct of herbal medicinal research. It requires a significant deviation from the natural variations in plants' poly-phytochemical profiles occurring within species, which is assumed implicitly in MH.

We propose a paradigm which shifts the observation from the phytochemicals to observable effects, by utilising continuous biomonitoring technology through using wearable health technology. The purpose is to observe quantitative and qualitative patterns of change in actual people engaged in their everyday activities, which is then subjected to Machine Learning (ML) analysis of the gathered data to find patterns of physiological change and develop ontological databases of effects. We may overlay the quantitative research with qualitative data to understand the experience of people as a result of the changes. For this we need to explore and develop MH specific approaches.

The necessity of shifting the focus from the poly-phytochemical problem to quantitative changes in the experimental subject opens new horizons. It shifts the focus from causative to statistical correlative methods and provides a platform for more targeted phytochemical profile research, perhaps utilising ML methods such as Semantic Similarity to identify complex effects resulting from variations within the poly-phytochemical profiles of herbs. Such a framework would require ontological databases of effects linked to herbs, providing infrastructure for more targeted phytochemical research.

Biography

Alex has an avid interest in smart wearable technologies and their applications and implications for the future of healthcare. He has a degree in medical herbalism and over a decade of clinical experience, with a focus upon psycho-social development, experience and its autonomic implications for health and pathologies. He has particular interests, the experience of wellness and in the patterns of disease and healthcare as an expression of our contemporary culture. He is presently pursuing an MSc in bioinformatics at the University of Birmingham United Kingdom.

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