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• **Supplement 8S2 (650 years Anniversary of Pecs University, Hungary)**

A selection of articles for the 9th European Congress for Integrative Medicine (ECIM 2016) and in honor of the 650 years anniversary of Pecs University, Hungary, will be available online shortly in Supplement 8S2 (650 years Anniversary of Pecs University, Hungary)
Acupuncture and placebo effect

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Introduction: The Randomized Controlled Trial, the so-called gold standard of Evidence Based Medicine, is apparently often unable to show significant difference between verum acupuncture and sham acupuncture, hence acupuncture is considered equal with placebo by some research. The scientific world searches for “efficacy”. On the other hand acupuncturists and clients are more interested in the “effectiveness”. Most of the acupuncture research studies are able to prove strong effectiveness, however the results of efficacy studies when the so-called specific effect of the method are sought are less convincing that result in non-unanimous acceptance of the acupuncture treatment. The aim of this presentation is not proving the efficacy of the acupuncture treatment. Our object is to get more understanding of the placebo phenomenon.

Methodology: This presentation endeavours to provide an overview of the results of the relevant research literature.

Results: The main focus of our analysis is the psychological background of the placebo phenomenon and we are also seeking the potential evolutionary explanation of the findings. There are numerous factors that likely determine or enhance the placebo effect; most of them are obviously present in the acupuncture treatment offering a strong non-specific effect.

Conclusion: Whatever the outcome of the researchers’ debate about the efficacy of the acupuncture, it is undoubtedly an effective method. It seems to be crucial not only to protect the reputation of the acupuncture but to preserve the factors of the non-specific effect and to hand them over to the future generation of practitioners.

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Acupuncture and research

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Introduction: One of the EBM definitions is an approach to decision-making in which the clinician uses the best scientific evidence available and their own clinical experience, in consultation with the patient, to decide upon the option which suits that patient best. The acupuncturists have their own positive experience regarding the benefit of acupuncture but acupuncture is a highly debated topic in the scientific world. There are conflicting opinions amongst acupuncturists and researchers on the question whether acupuncture works.

Method: This lecture reviews the decision making process, and the levels of evidence focusing on acupuncture research.

Result: The main question is whether a specific active component of acupuncture exists at all and if it does what exactly it is. There are more suppositions such as point selection, sensation of DeQi, needling manipulation, but amongst them it is the point selection that is most often investigated. There is a tendency that the higher the level of evidence is in the evidence-hierarchy, the less convincing the result is. (There are much more case reports with positive result than reviews with positive result.) However it is important that some difference can be found regarding the results of investigations of certain symptoms.

Conclusion: There is insufficient evidence on the existence of the specific active component of acupuncture, but there are
some important results reviewing the literature on acupuncture research, which can suggest more ideas for further investigation of the effect and mechanism of acupuncture.

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An instrument for dimensional diagnostics of a child’s constitution (IKC)

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Introduction: The problems of children with developmental disorders show considerable vulnerability. To develop appropriate individual diagnostics and treatment for these children we developed an instrument (IKC), based on an anthroposophic typology on constitutional features. The IKC responds to an integrative approach of illness as a disturbance of balance and wholeness.

Methods: The IKC is developed using concept mapping and consensus building with 22 experts and after a pilot study. The psychometric properties are researched in a study with 535 children in an assessment because of developmental problems and with 148 children without established disorder.

Results: The IKC contains two parts, each with a cognitive, affective and conative domain with bio-psychosocial phenomena. Part I contains 36 items, for each domain 12 polar formulated items to be scored on a 7-point scale; this is completed by counselors and by parents of the child. Part II consists of three VAS scales and is completed by the child’s physician. Results of research of validity and reliability are satisfactory to good.

Conclusion: The development of the IKC contributes to the quality of anthroposophical inspired personalized healthcare and is important for the scientific accountability of the constitutional approach.

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Andrographis paniculata for symptomatic relief of acute respiratory tract infections in adults and children: A systematic review and meta-analysis

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Introduction: Antimicrobial resistance is one of the largest threats facing public health. *Andrographis paniculata* (*A. paniculata*) has traditionally been used in Indian and Chinese herbal medicine for symptoms of cough, cold and influenza, suggesting a role in both lower and upper respiratory tract infections (RTIs). This systematic review aimed to evaluate the clinical effectiveness and adverse events (AEs) of *A. paniculata* for symptoms of acute RTIs.

Methods: MEDLINE, Embase, AMED, Cochrane library, CINAHL, CNKI, Wan Fang, and Chinese Sci & VIP were searched from their inceptions to March 2016 for randomised controlled trials evaluating oral *A. paniculata* for symptoms of acute RTIs. The primary outcomes were the mean improvement in RTI symptoms, measured by participant self-report or by clinician/observer assessment; and AEs. Risk of bias of the included trials was evaluated with the Cochrane risk of bias assessment tool. Two reviewers independently screened eligibility, assessed, and extract data from the included trials. Meta-analyses were performed for outcomes where trials were sufficiently homogenous.

Results: Thirty-three RCTs comprising 7175 patients were included. Experimental interventions included *A. paniculata* as a monotherapy and as a herbal mixture in combination with other herbs. Most of the trials included evaluated *A. paniculata* products provided by a company but seldom reported manufacturing or quality control details. The methodological quality of included trials were limited. It showed favourable effects in *A. paniculata* compared to standard care, placebo, and other herbal interventions in symptoms severity and time to symptom resolution. *A. paniculata* as a dripping pill appeared to be more effective than *A. paniculata* in tablet form. No major AE were reported.
Conclusions: A. paniculata appears to be beneficial and safe for relieving ARTI symptoms and shortens the time to resolution, but the evidence is inconclusive due to limited methodological quality of included trials and high heterogeneity among trials. Well-designed trials evaluating A. paniculata as a monotherapy or as an herbal mixture is warranted.

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Antioxidant and anti-discomfort when walking effects of Arnica Montana, in ankle sprains
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Introduction: Arnica Montana homeopathic remedy (AMH) is known for its beneficial effects for trauma. Also, Arnica montana as a herb shows antioxidant effects. However, consistent information about AMH effect on oxidative stress is missing. The objective of the study was to highlight the effects of AMH as an antioxidant and the lack of discomfort on ankle sprains during walking.

Methods: Volunteers (n = 20) with post traumatic ankle sprains were selected. All had AMH as a recommendation and were randomly allocated to either: a nonsteroidal anti-inflammatory drug group (NA = 10); or 200CH AMH group (AM = 10). Evaluated parameters were: urinary malondialdehyde (MDA), glutathione peroxidase (GPO) and discomfort feeling when walking (DFW). Parameters were evaluated: prior to NA and AMH administration (T1); 12 h (T2), 24 h (T3) and one week (T4) after administration. Statistical evaluation was made on the basis of Student test.

Results: For AMH compared to NA: MDA, GPO and DFW values were significantly lower at T2, T3 and T4, but AMH action was more intense on DFW. There were no significant differences between AMH influence on MDA compared to GPO.

Conclusion: (1) Compared to NA, AMH acted more efficiently on oxidative stress and DFW. (2) AMH influence was more intense on DFW compared to MDA and GPO. (3) The present study should be continued to assess AMH effects on other anti-oxidative stress parameters, and also in other trauma situations. (4) AMH may be an effective, safe and accessible path to reduce posttraumatic oxidative stress induced by ankle sprains.

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Ayurvedic management for osteoarthritis with special reference to polyherbal Ayurvedic products
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Introduction: Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. According to Ayurveda, as age advances, the influence of Vata Dosha progresses, resulting in the process of gradual degeneration of the body. Sandhigatavata (Osteoarthritis) is one of the major causes of chronic disability, affecting the quality of life. Non-steroidal anti-inflammatory drugs provide temporary relief but long term use is known for multiple adverse effects. Ayurvedic treatment of Osteoarthritis not only prevents further deterioration in the joints but also rejuvenates damaged cartilages. This study has been conducted to evaluate the efficacy of Ayurvedic research products Munipyrin and Muniosto tablets designed and developed by Muniyal Ayurveda research Center, Manipal, Karnataka, India.

Materials and methods: Fifty-six patients suffering from osteoarthrosis of knee were selected for the study. Munipyrin was administered at a dose of 2 tablets three times daily along with tablet Muniosto 1 tablet two times daily for a period of one month.

Results: The results have been analyzed statistically by using the Student paired ‘t’ test. The therapy showed highly significant (P < 0.001) beneficial effect on the clinical features of Sandhigatavata. In addition to the reduction in pain and swelling, locomotion and joint stability are also improved.

Conclusion: Ingredients of Munipyrin tablets are known to have anti inflammatory, analgesic, anti oxidant and anti arthritic effects. Muniosto supports as a natural organic calcium supplement along with anti-oxidant principles. It supports cartilage regeneration and inhibits osteoporosis.

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Ayurvedic management of Psoriasis with a case study
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Introduction: Ayurveda encompasses the skin diseases under a broad spectrum title of “Kushta Roga” and explains the
involvement of 7 factors viz. 3 biological humors (Vata, Pitta and Kapha), Skin and 3 tissues namely Rasa, Rakta and Mamsa in the pathology of the skin disorders. Depending on the predominance of the doshas, the symptoms manifest in a skin disease. “Kitibha/Ekkushta/Bipadika” are the skin diseases mentioned in Ayurveda which find similarity with Psoriasis. In this condition, Vata and Kapha dosha are predominantly disturbed. Ayurveda advocates inappropriate dietary habits, consumption of incompatible food recipes and wrong life style as the major causes of Psoriasis.

**Methods:** Management of Psoriasis in Ayurveda involves correction of the food habits and lifestyle as the first step. Besides this, administration of the herbal supplements and unique detoxification procedures play an important role. Several herbs and formulations having excellent results in Psoriasis are explained in the presentation. Also, unique pivotal detoxification therapies (Panchakarma) such as Vamana, Virechana and Basti and allied procedures such as Shirodharana, Kayaseka, etc. have been explained.

**Results:** Finally a case study of a male suffering from severe Psoriasis from almost 18 years is presented with the regime of herbal supplements and detoxification procedures which he received for 3 weeks. The results are self explanatory in the images shown before and after treatment.

**Conclusion:** It is concluded through the results and discussion that Ayurveda offers tremendous help in the management of Psoriasis.

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Withdrawn

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**Biophysical interpretation of Tuina in horse medicine**

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**Introduction:** Tuina is one of medical disciplines of TCM used for treating and preventing illness in horse medicine.

In recent years knowledge of TCM has been extended through studies employing PET and SQUID instrumentation, based on quantum physics theories that has led to a fuller understanding of how the energy activity of acupoints affects organs and tissues. Studies on engrams show that these deposits of body memory affect posture, movement of the horse and influence the state of health or disease. Other studies have highlighted the importance of the fascia in transmitting the energy signal and in cytoskeleton reshaping that determine the integrity of tensile system (tensegrity) of the horse body. Specific maneuvers of Tuina induce the onset of solitons that are solitary waves that propagate in living systems through empty space among the atoms and they induce the self organization. In this view the health status coincides with a normal flow of energy and information; the illness status correspond to a flow blocking and coherence lacking.

**Method:** The Tuina treatment was applied to over 300 horses over a period of 4 years. For each section of the horse body were employed specific acupoints to activate the energetic functions.

**Results:** The employment of those specific points determine a total rate of Tuina effectiveness in 97% cases.

**Conclusion:** Tuina, cytoskeleton reshaping (fascia), postural modulation are able to recode engrams and it determine a coordinated answer of the whole organism that induces a new healing situation and improves the horse general wellness.

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**Biopuncture for tension headache**

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Biopuncture utilizes injections into specific zones or points to evoke and support bioregulation. The products injected are ultra-low dose medications (ULDMs). These ULDMs contain several homeopathic ingredients diluted below Avogadro’s number (<D23), in order that a number of molecules of the original product is available in the ampoule.

The strategy to treat tension headache consists of a local and a general treatment.

The local treatment focusses on the neck and head area. Injections are given in pain points or trigger points in the neck muscles (e.g., trapezius) and/or neck ligaments (e.g., nuchal ligament) with ULDMs which are designed to regulate pain and inflammation (containing, for example, Arnica, Calendula, Gelsemium, Chamomilla).

The general treatment consists of detoxification, hormonal regulation or both.

Subcutaneous injections with ampoules for liver detoxification (containing, for example, Chelidonium, Lycopodium) are given in the liver area on the abdomen.

Subcutaneous injections with ampoules for the hormonal system (containing, for example, Pulsatilla, Sepia, Ignatia) are given when the pain is related to the female cycle. Injections are typically given in the left and right fossa iliaca.

**Case:** A man (35 years) complained of tension headache for two years. The pain was worse after working on the computer or drinking wine. Once a week he received injections in the neck muscles with ULDMs designed for pain modulation and inflammation. During each session, he also received injections
Biopuncture: Definition and indications in pain management

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Biopuncture applies biotherapeutics for injection into specific zones or points to evoke and support bioregulation. By way of local injections, one provides a stimulus which evokes a physiological reaction followed by a clinical response. In this way, autoregulation is achieved, usually after several weekly sessions. The technique has been standardized internationally, and is described in several textbooks.

The products are described as ultra-low dose medications (ULDMs). These ampoules contain homeopathically diluted ingredients (mainly plants and minerals) – but these are not diluted beyond Avogadro’s number (D23). Several companies produce such ampoules for injection (Guna, Heel, OTI, Pfluger, Steigerwald, Wala, Weleda).

The ampoules can be injected into pain zones, pain points, and trigger points. The products can be injected subcutaneously, in muscles, near tendons, in bursae, joint capsules, ligaments and periost. The clinical effect results from both the medication as well as from the needle penetrating tissues. Both the products as well as the injection techniques are standardized in order to maximize results and clinical safety. This injection technique is applied in several areas where other treatment modalities have failed. Biopuncture can be used for neck pain, back pain, ankle sprain, muscle tear, tennis elbow, golf elbow, whiplash, sciatic pain and Achilles tendinopathy. More research is necessary to confirm the efficacy and safety of this injection technique.

Brain stimulation by pulsed electromagnetic fields in the treatment of Alzheimer’s disease: An open-label study

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Introduction: In recent years, the development of different methods of brain stimulation by electromagnetic fields (EMF) provides a promising therapeutic method in different fields. The present study focuses on patients with impaired cognitive functions. Emisymmetric bilateral stimulation (EBS) is an innovative tool for brain stimulation through pulsed electromagnetic fields, whose operating principle is to introduce very weak noise-like stimuli through EMF to activate self-arrangements in the cortex of treated subjects, improving cognition. The purpose of this pilot study was to investigate in patients with cognitive deterioration the effectiveness of the EBS treatment compared to the global cognitive function, episodic memory and executive functions.

Methods: Eight patient with cognitive decline diagnosed Alzheimer’s disease were subjected to three EBS applications per week for both the cerebral cortex and auricular specific sites for a total of 5 weeks. At baseline, after 2 weeks and 5 weeks, a neuropsychological evaluation was performed through mini-mental state examination, free and cued selective reminiscence test, and trail making test. As secondary outcomes, changes in behavior, functionality and quality of life were also assessed.

Results: After 5 weeks of standardized EBS therapy, significant improvements were observed in all neurocognitive assessments. Mini-mental state examination score significantly increased from baseline to end treatment (+3.19, P = 0.002). The episodic memory assessment showed an improvement both in immediate and delayed recalls (immediate recall = +7.57, P = 0.003; delayed recall = +4.78, P < 0.001). Executive functions significantly improved from baseline to end of stimulation (trail making test A −53.35 s; P = 0.001). Of note, behavioral disorders assessed through neuropsychiatric inventory significantly decreased (−28.78, P < 0.001). The analysis concerning the Alzheimer’s disease group confirmed a significant improvement of cognitive functions and behavior after EBS treatment.

Conclusion: This pilot study has shown EBS to be a promising, effective, and safe tool to treat cognitive impairment, in
addition to the drugs presently available. Further investigations and controlled clinical trials are warranted.

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Breast tumor regression using mistletoe extract: An evidence from an Indian Clinic
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Introduction: Mistletoe extract use in cancer patients is widely increasing with the upsurge of cancer incidence rates and reduction in survival time of patients. This study was designed to assess the tumor regression in breast cancer patients with the mistletoe extract.

Methods: Subjects were identified from outpatient clinic at Rishikesh Hospital, Nashik, India. After giving written informed consent, participants completed a self-administered questionnaire. Twelve patients with histologically confirmed breast cancer tumors of at least 2 cm in diameter received mistletoe extract in an ascending dosage. The tumour was again measured after six months to assess the therapeutic potential of mistletoe extract.

Results: The median size of tumours decreased significantly, from 3.8 cm (range, 1–8 cm) to 2 cm (range, 0.1–4.8 cm; P < 0.001) on physical examination. Sonographic measurement revealed that the tumour median size was significantly decreased from 3 cm (range, 0–8 cm) to 1.5 cm (range, 0–4 cm; P < 0.001). The area of tumour was significantly decreased on physical measurement and sonographic measurement (P < 0.001). The positive nodal status decreased from 66.6 to 41.6 percentages of patients.

Conclusion: Mistletoe extract is highly effective and provides a feasible therapeutic option to the clinical oncologist in tumour regression of breast cancer.

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Cassia fistula in the management of cutaneous lesions of Pemphigus vulgaris: A double-blind, placebo-controlled clinical trial
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Introduction: Cassia fistula L. fruit extract is traditionally used in the treatment of Pemphigus vulgaris (PV) lesions in Iran. The aim of this study was to determine the efficacy of Cassia fistula fruit gel on healing time of PV lesions in a clinical setting.

Methods: This was a randomized, double-blind placebo controlled clinical trial that was performed in dermatology ward at Shahid Faghihi hospital, affiliated to Shiraz University of Medical Sciences, Shiraz, Iran. Right- or left-sided lesions were randomized for treatment with either Cassia fistula fruit gel or placebo prescribed twice daily. The largest diameter of each lesion was measured at the baseline and every 10 days for 20 days. Epithelialization Index (EI) was calculated and compared between two groups as outcome measure.

Results: The present study comprised 20 patients, with overall 82 cutaneous lesions including 41 lesions in the cassia fistula fruit gel group and 41 lesions in the placebo group. The EI in the Cassia fistula fruit gel group was significantly higher than that in the placebo group both at the 10th-day (65 ± 28 vs 30 ± 34; p = 0.001) and at the end of the study (91 ± 22 vs 69 ± 49; p = 0.003).

Conclusion: Topical application of Cassia fistula fruit gel can be considered as an effective adjuvant therapy in treatment regimen of PV.

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Changes in the factors contributing to improvement of medically unexplained symptoms by bite plates based on Bi-Digital O-Ring Test. 1. Volume changes
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Introduction: At ECIM 2014 Conference, we reported the great effectiveness of treatment with a bite plate (BP) based on the Bi-Digital O-Ring Test (BDORT) technique. Among the changes in various contributing factors, the present report focuses on the changes in the volume of the oral cavity.

Methods: We measured the volume of the oral cavity with a simple method using the oral cavity models of patients who visited our clinic with chief complaints of medically unexplained symptoms (MUS) and were considered improved after 6- to 12-month treatment with a BP based on the BDORT technique.

Results: The use of the BP resulted in up to more than 10 percent increases in the volume of the oral cavity.

Conclusion: Our last report indicated that the BP can increase the blood flow to the temporal areas of the brain by decreasing the pressure on the mandibular fossa and that the BP can contribute to the improvement of MUS by releasing the nerves from pressure. In this report, we suggest that, among the changes caused by the use of the BP, the increased volume of the oral cavity, which means the increased tongue space (where the continuously moving tongue is placed), was also effective for improvement of MUS.

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Clinical risk management in Complementary Medicine: Use of Failure Modes and Effects Analysis (FMEA) in homeopathic and acupuncture public clinics
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Introduction: Evaluation and management of clinical risk and the prevention of adverse reactions (ADRs) are the first step to guarantee the patient safety, especially in Complementary Medicine (CM) due to the increasing numbers of patients who use these therapies within the public health system of Tuscany. To develop a plan starting from the analysis of activities executed in the homeopathic and acupuncture regional centres of reference using the Failure Modes and Effects Analysis (FMEA), in order to develop a systematic approach aiming at identifying and preventing clinical risks.

Methods: The activities of acupuncture – TC;L and homeopathic clinics of Florence and Lucca were analysed and outlined the criteria to evaluate risk and monitor diagnostic and therapeutic paths.

Results: In acupuncture, the higher RPNs referred to the risk of infection related to the insertion of the needles and to the risk of fall at the recovery stage after the procedure. Solutions included the use of a checklist to verify the sterilization of the needles and hand hygiene before the procedure, adequate time and a dedicate room for recovery in the post-op. In homeopathic clinics, the highest Risk Priority Number (RPN) focused on the decision to switch from an allopathic to a homeopathic therapy, possible solutions required a procedure to schedule follow-up consultations and eventual emergency, a standard informed consent and an eventual coordination with other specialists involved in the care process for complex cases.

Conclusion: The detailed analysis of the risks in CM helps identify the critical processes and possible solutions

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Common pathophysiological factors of different autoimmune diseases – Detection and outcome of targeted treatment by natural remedies
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Introduction: Although the different types of autoimmune diseases form clinically and histologically distinct groups, the underlying pathophysiological conditions that initiate and maintain their course are remarkably similar. As the adequate and effective treatment of these diseases pose a difficult challenge, pose objectively detectable parameters that are common in patients affected by autoimmune disorders (Crohn’s diseases, Colitis ulcerosa, Rheumatoid arthritis, Hashimoto’s thyroiditis, etc.) have been collected.

Methods: Data were comprised of recording the patients’ history, their active symptoms, laboratory (blood) tests and imaging techniques as well as measurements of the meridians using Electro-Acupuncture Voll (EAV) machine, invented by Dr. Reinhard Voll of Germany in the late 1940s. The selection of specific natural remedies for individualised treatment was based on EAV measurements.

Results: The following factors were found consistently in the different types of autoimmune patient groups: (1) generalised, permanent and significant decrease of electric conductivity; (2) chronic stress and adrenal exhaustion confirmed by both laboratory tests and EAV; (3) measurements, with the corresponding mental and psychological problems; (4) persistent acute and chronic inflammatory changes in several (6–8 on average) organs supported by gradually reversing Neu/Ly ratio found in blood
Conclusion: The individualised treatment of the common pathophysiological factors of different types of autoimmune diseases by specifically selected natural remedies (functional foods, antioxidants, flavonoids, herals) resulted in detectable decrease of chronic inflammatory changes, significantly improved the patients’ subjective symptoms and greatly contributed to their natural healing processes.

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Complementary and alternative healthcare use by participants in the PACE trial of treatments for chronic fatigue syndrome

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Introduction: Chronic fatigue syndrome (CFS) is characterised by persistent fatigue and disability and a range of other symptoms. The PACE trial was a randomised trial comparing four non-pharmacological treatments for patients with CFS in secondary care clinics. The aims of this sub study were to describe the use of complementary and alternative medicine (CAM) in the trial sample and to test whether CAM use correlated with an improved outcome.

Method: CAM use was recorded at baseline and 52 weeks. Logistic and multiple regression models explored relationships between CAM use and both patient characteristics and trial outcomes.

Results: At baseline, 450/640 (70%) of participants used any sort of CAM; 199/640 (31%) participants were seeing a CAM practitioner and 410/640 (64%) were taking a CAM medication. At 52 weeks, those using any CAM fell to 379/589 (64%). Independent predictors of CAM use at baseline were female gender, local ME group membership, prior duration of CFS and treatment preference. At 52 weeks, the associated variables were being female, local ME group membership, and not being randomised to the preferred trial arm. There were no significant associations between any CAM use and fatigue at either baseline or 52 weeks. CAM use at baseline was associated with higher SF-36 scores.

Conclusion: CAM use is common in patients with CFS. It was not associated with any clinically important trial outcomes.

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Complementary and alternative medicine for osteoporosis

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Introduction: A systemic skeletal disease characterized by low bone mass and micro architectural deterioration with a consequent increase in bone fragility and susceptibility to fracture. Asia has the highest increment in the elderly population; therefore, osteoporotic fracture should grow to be a noticeable health issue. Complementary and alternative medicine (CAMs) has been described as ‘diagnosis, treatment and/or prevention which complements mainstream medicine as a holistic, subjective and various natural approaches to medical problems. By contributing to a common whole, satisfying claims not met by orthodoxy, or diversifying the conceptual frameworks of medicine.

Methods: Peer-reviewed publications were identified through searches in Scopus, science direct, Cochrane, PubMed, and also Google scholar by using the search terms “osteopenia,” “osteoporosis,” “menopause,” “CAM,” “phytoestrogens,” “phytotherapy”, “herbal medicine”. The search was completed through July 2015, and was limited to articles published in English. Relevant articles were identified based upon the expertise and clinical experience of the authors.

Results: We categorized our result in different categories including: Life style modifications (cigarette, alcohol, exercise and food regimen), supportive cares (intake supplements including vitamin D, C and K) and treatments: synthetic (routine and newer options of hormone replacement and none hormonal therapies) and natural options (different types of CAM including herbal medicines, yoga and chiropractic).

Conclusion: Although menopausal status and hormone replacement therapy use dominate women’s bone health, diet may influence early postmenopausal bone loss. Fruit and vegetable intake may protect against premenopausal bone loss.

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Cost and health benefits from integrating new age Ayurveda into European health systems

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General Health Costs are spiraling in all developed and developing nations of the world.

In 2013, Germany spent almost €315 billion on health. This was an increase of about €12.1 billion compared to 2012: €3910.00 in 2013 vs. €3770.00 in 2012 per inhabitant.

Type 2 Diabetes, Obesity, Hyperlipidemia, Hypertension & Other “civilisation” diseases are the main factors for these costs. With over 8 million sufferers (in 2009 and growing), Diabetes Mellitus is one of the most widespread diseases in Germany. Serious “secondary complications” and “associated diseases”/co-morbidities include heart attack, stroke, athlete’s foot etc. Total costs €3.817.00 includes three components: Direct – disease (), Indirect () & associated complications ().

Obesity is another new global epidemic and set to become the “number one health problem globally” by the year 2025. In 2013 52% of all Germans were overweight, which is about 42.02 Million people! The associated conditions include: Type 2 Diabetes, Hypertension, Vascular diseases, Stroke, Coronary heart disease, Gall stones, Cancer, Sleep Apnea Syndrome, Diseases of the joints and of the skin and more.

Clinical and practical experience it is proven, that Ayurveda is able to improve the condition of both Type 2 diabetes and Obesity.

Furthermore it is able by its lifestyle guidance and preventive holistic approach, to reduce and avoid follow-up diseases and costs.

The presentation will show with facts and figures how the wisdom of Ayurveda can be followed for the New Age to prevent, manage and cure such diseases. Figures for savings to the European Health care costs will be presented and discussed.

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Early detection of disorders of the thyroid gland by using L-thyroxine and Propylthiouracil (PTU) as a reference substance in Bi-Digital O-Ring test (BDORT)

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Introduction: There are several different disorders that can arise when the thyroid produces too much hormone (hyperthyroidism) or not enough (hypothyroidism). Four common thyroid disorders include Hashimoto’s disease, Graves’ disease, goiter, and thyroid nodules. Most often is Hashimoto’s as an autoimmune disease. There is a global epidemic of autoimmune disease taking place right now. An autoimmune disease is officially recognized when about 70–90% of the target organ is destroyed. Some people with mild cases of Hashimoto’s disease may have no obvious symptoms. The disease can remain stable for years and symptoms are often subtle. Using BDORT (by Y. Omura) it is possible to detect early disorders of thyroid gland, sometimes many years before appear symptoms.

Methods: 193 patients are examined by using indirect BDORT and using L-thyroxine and Propylthiouracil as a reference substance. Also we used capsules of Vitamin D 400ui (Now food) and Oil 80 (Planet of health). Where BDORT showed the need for a drug that we tested we have to qualify as a BDORT positive and vice versa. Blood tests did after examination.

Results: In BDORT positive group, statistically were more female than male (P < 0.003), TSH was more often higher (P = 0.001); TT4 was higher (P = 0.001); TG and anti-TPO antibodies were higher (P = 0.001). Ultrasound showed pathological changes (P = 0.001) and LDL was higher (P = 0.004).
Conclusion: BDORT as non-invasive method is very useful for detection of onset of thyroid disorders and can be used as a screening method in prevention.

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Early detection of risk factors for developing depression in patients by using Sertralin and Atosiban as a preference substance in Bi-Digital O-Ring test (BDORT)

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Introduction: Depression is a common and debilitating mood disorder that is affecting more and more people around the world. An estimated 350 million people of all ages experience symptoms of depression. High blood level of Oxytocin is associated with depression. Serotonin and oxytocin co-release in the brain so increasing serotonin likely increases oxytocin, too. Use of selective serotonin reuptake inhibitors (SSRIs), drugs typically used to treat depression, such as Sertralin (Zoloft). Atosiban (Tractocile) is an Oxytocin antagonist. Several lines of evidence suggest that NE (norepinephrine) is a neurotransmitter of major importance in the pathophysiology and treatment of depressive disorders.

Methods: 115 of patients are examined by using Indirect BDORT (Y. Omura), and Tablets of Sertaline and Ampulae of Atosiban as a referent substances which indicate needs of this drugs for patients. Patients laboratory tests included; Oxytocine, Norepinephrine, and Vitamin D.

Results: BDORT indicate a statistical risks for developing depression according to gender- female patients $h_2(1,n=115) = 9.650; p = 0.002$; age of patients, $h_2(1,n=115) = 9.040; p = 0.029$, lower level of Vitamin D $h_2(1,n=82) = 8.861; p = 0.012$, higher level of Oxytocin and Norepinephrine. Vitamin D level was lower for female $h_2(1,n=82) = 9.208; p = 0.002$. Oxytocin was higher in 87% of positive BDORT patients $N=115; p < 0.05; p = 0.006$.

Conclusion: BDORT could be used as a screening test for early detection of risk factors for the development of depression. Risk factors are gender, age as low level of Vitamin D and higher blood level of Oxytocine and Norepinephrine.

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Withdrawn

Efficacy of the green tea (Camellia sinensis) tablet in knee osteoarthritis

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Introduction: Since green tea and its derivatives such as catechin are widely used as a dietary supplement in the world and green tea has been used also in traditional medicine from past to the present and nowadays there is evidence about efficacy of this herb for the control of inflammation. We evaluated efficacy of green tea on the control of osteoarthritis symptoms in a randomized open-label active-controlled clinical trial.

Methods: Fifty patients with symptomatic osteoarthritis were randomly allocated to receive the Green Tea in the form of a tablet (Registration number: 1228144011) plus Diclofenac tablet (the intervention group) or just receive Diclofenac tablet alone (the control group) for a month. The patients were evaluated by WOMAC questionnaire before and after the intervention.

Results: There was a significant reduction in the pain of patients represented by the visual analogue scale in the green tea group after one month, while this symptom in the control group worsened. The joint physical function and stiffness significantly improved for the green tea group ($p = 0.009, p = 0.044$, respectively). Changes in physical function of the joints were significant and the changes in joint stiffness was not significantly different between two groups ($p = 0.004, p = 0.150$, respectively). Patients also obtained significantly lower total WOMAC scores in the green tea group compared to control group ($p = 0.006$).
Conclusion: Green tea tablets are effective in controlling pain and improving physical function of knee joints in patients with osteoarthritis but has no effect on the knee stiffness.

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Effect of music 2 (effect of music on dopamine, adiponectin, oxytocin levels)
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Introduction: The effect of music on telomeres, melatonin, and substance P was reported in the 7th Congress. This time, the effect of music on dopamine, adiponectin and oxytocin was examined.

Method: Effect of music on the body was checked using BDORT RCS of dopamine, adiponectin and oxytocin. Dopamine, adiponectin and oxytocin levels pre and post listening to the music were measured in each individual.

Result: The music consisted of scales and chords in 12 majors and 12 minors keys. Among 24 scales and their codes, A-major cords were effective on dopamine level (for example from 143 ng to 363 ng). It means that if we listen to the music in A-major (dominant motion), it would be good for health by increasing dopamine level. An E-minor scale and codes were effective in increasing adiponectin, which is good for reducing fat in the body (for example from 103 to 220 μg). F Major scale and codes were effective to increase oxytocin (happy hormon) level (for example from 40 to 103 μg).

Conclusion: In conclusion music in particular codes (A Major, e minor and F major in dominant motion) may contribute in increasing dopamine or adiponectin and oxytocin levels. Each piece of music has been uploaded to YouTube (YouTube name is Cistus creticus).

Reference: BDORT Method was by Dr. Omura and standard samples were BDORT RCS.

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Effectiveness of acupuncture and related therapies for palliative care of cancer: Overview of systematic reviews
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Introduction: Acupuncture and related therapies such as moxibustion and transcutaneous electrical nerve stimulation are often used to manage cancer-related symptoms, but their effectiveness and safety are controversial. We conducted this overview to summarise the evidence on acupuncture for palliative care of cancer.

Methods: Four international databases and three Chinese databases were searched from their inception till July 2014 to identify potential systematic reviews (SRs). We included SR that synthesized results from clinical trials on patients diagnosed with any type of cancer, and had received acupuncture and related therapies as supportive or palliative care. The Methodological Quality of Systematic Reviews (AMSTAR) Instrument was used to assess the methodological quality of included SRs. Clinical evidence reported in the included SRs were synthesized narratively under each outcome.

Results: Twenty-three SRs were included. Methodological quality of included SRs was satisfactory. Favorable therapeutic effects in managing cancer related fatigue (CRF), chemotherapy
induced nausea and vomiting (CINV), and leucopenia among cancer patients have been reported. Conflicting evidence exist for the treatment of cancer related pain, hot flashes and hiccups; as well as in improving quality of life. Current available evidence is insufficient to support or refute the potential of acupuncture and related therapies in managing xerostomia, dyspnea and lymphoedema, and in improving psychological well-being.

**Conclusion:** Acupuncture and related therapies have demonstrated favorable therapeutic effects in managing CRF, CINV, and leucopenia among cancer patients. Because acupuncture appears to be relatively safe, it could be considered as a complementary form of palliative care of cancer.

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### Effects of far-infrared Onnetsu therapy on rheumatoid arthritis and cancer

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**Introduction:** The handheld Onnetsu machine invented by Dr. Kazuko Tatsumura emits various degrees of heat and precise 8–14 μm of far-infrared vibration from a special ceramic emitter.

**Method:** When Onnetsu machine is slid over the skin, “hot” spot is detected by the temperature sensation reported from the patient. Deep tissue within this hot spot is cold, unhealthy or degenerated. The Onnetsu machine is both a diagnostic and therapeutic tool. When this hot spot is effectively treated with FIR Onnetsu therapy, the hot sensation subsides and the clinical conditions improve. These abnormal hot spots coincide with Bi-Digital O-Ring Test findings as a negative spot. Onnetsu means comfortable heat in Japanese. The Onnetsu Therapy is based on four historical and scientific truths.

NASA’s finding regarding Far Infrared vibration from sun light.

Traditional Japanese Concept of the significance of Body Temperature as demonstrated in Moxibustion.

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

Promoting three flows of Energy through acupuncture technique.

**Results and discussion:** Dr. Kazuko has taught this Onnetsu Therapy to many MDs and health practitioners over the past decade. Some countries such as Peru, Cuba and Mexico have embraced this therapy and are practicing it in the hospitals and clinics. Clinical Trials have shown improvements on asthma, cancer, diabetes, rheumatoid arthritis, tuberculosis and various painful conditions. Clinical studies from Cuba and Peru will be presented.

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### Effects of hyperthermic baths on depression, sleep and heart rate variability in patients with depressive disorder. A randomized controlled pilot trial

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**Introduction:** Despite advances in the treatment of depression, one-third of depressed patients fail to respond to conventional antidepressant medication. There is a need for more effective treatments with fewer side effects. To determine whether hyperthermic baths reduce depressive symptoms in adults with depressive disorder.

**Methods:** Design: Randomized, two-arm placebo-controlled, 8-week pilot trial. Setting: Outpatient Center for Complementary Medicine at the Medical Center University of Freiburg, Germany. Participants: A total of 36 medically stable outpatients with confirmed depressive disorder (F32/F33) who were either on a consistent antidepressant regimen ($n = 23$) or free of medication ($n = 13$) for 4 weeks or more and who were moderately depressed as determined by the 17-item Hamilton Scale for Depression (HAM-D) score $\geq 18$. Interventions: Patients were randomly assigned to 2 hyperthermic baths (40°C) per week for 4 weeks ($n = 17$) or sham-intervention with green light ($n = 19$) and follow-up after 4 weeks. Main Outcome Measures: Change in HAM-D total score from baseline to the 2-week time point (after 4 interventions).

**Results:** A total of 36 patients were randomized (hyperthermic baths, 17; sham-placebo, 19). A significant difference in change of HAM-Dtotal score between treatment groups after 4 interventions was found. Dropouts and adverse events were limited and did not differ between groups.

**Conclusion:** This pilot study suggests that hyperthermic baths do have generalized efficacy in depressed patients.

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Efficacy and safety of Rhus coriaria L. in patients with hyperlipidemia: A randomized controlled trial

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Introduction: Sumac (Rhus coriaria L.) is used as hypolipidemic spice in traditional Persian medicine. Lipid lowering effect of sumac is previously evaluated in multiple animal studies with promising results. This study is aimed to investigate the lipid lowering effect of sumac in patients with hyperlipidemia in a double blind randomized controlled trial.

Methods: Eighty patients with hyperlipidemia according to NCEP-ATP III criteria were randomly allocated to receive the R. coriaria L. powder (1000 mg/day) or placebo for 8 weeks. The patients were evaluated in terms of the serum triglyceride, total, LDL and HDL cholesterol. Systolic and diastolic blood pressures along with serum biochemistry profile including fasting blood sugar, liver and kidney function tests and complete blood count were evaluated before the enrolment of patients and after the intervention.

Results: No significant difference was observed between Sumac and placebo groups in term of mean reductions in total and LDL cholesterol and triglyceride levels. A significant increase in means serum HDL cholesterol level was observed in Sumac group (41.18 ± 8.2 vs. 44.65 ± 8.4, p = 0.001) after 2 months of intervention.

Conclusion: To summarize the study showed significant HDL cholesterol increasing effect of Sumac supplementation in patients with hyperlipidemia while no significant effect on LDL cholesterol and triglyceride serum level was observed.

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Efficacy of topical traditional chamomile oil on mild and moderate carpal tunnel syndrome: A randomized double-blind placebo-controlled clinical trial

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Introduction: Carpal tunnel syndrome (CTS) is the most common neuropathy of the wrist joint which is still considered as a global health problem. Mild and moderate cases are usually managed by conservative treatments which are not effective enough. Using complementary medical systems has become more popular worldwide and has opened new doors toward treating the diseases. In Traditional Persian Medicine literature, chamomile oil has been mentioned as a potent analgesic and strengthening agent for the neural tissue. Accordingly, we aimed to evaluate the efficacy of topical use of traditional chamomile oil in patients with mild and moderate CTS.

Methods: Eighty-six patients with electrodiagnostic criteria of mild and moderate CTS were enrolled in this randomized
double-blind clinical trial with 1:1 allocation ratio and received topical chamomile oil or placebo for 4 weeks. They were evaluated at the baseline and end of the study regarding functional status score, symptom severity score, dynamometry, and electrodiagnostic studies of the median nerve.

**Results:** At the end of the study, functionality, dynamometry, and symptom severity of the patients were significantly improved in the chamomile oil group compared with the placebo group ($P = 0.000$, $P = 0.040$, $P = 0.017$, respectively). In addition, compound latency of the median nerve in the chamomile oil group significantly decreased in comparison to the placebo group ($P = 0.035$). Other electrodiagnostic measurements did not change significantly.

**Conclusion:** Results of this investigation showed the positive effects of topical chamomile oil on mild and moderate CTS, both subjectively and objectively.

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**Electrical characteristics of acupuncture points and the relation with the body organs**

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**Introduction:** Acupuncture Meridians (pathways), which are essential features of traditional Chinese Medicine have been investigated in various ways for the purpose of establishing their existence by scientific methods. Some researchers state that meridians and acupuncture points are closely related to the central nervous system and some others state the same structures are related to connective planes rich in sensoryafferent fibers. The central nervous system is essential for the processing of acupuncture effects via its modulation of the Autonomic Nervous system (ANS), neuro-immune system and hormonal regulation.

**Method:** We compiled various researches concerning the relationship between acupuncture points and organs and tissues, and evaluated the themes on electrical characteristics.

**Results:** The relationship between acupuncture points and organs and tissues could be explained by some neuro-modulatory mechanisms of ANS, such as somatovisceral reflex responses (SVRR) that are stimulated by cutaneous or muscle afferents. According to Kendall SVRR to stimulating cutaneous muscle sensory afferents have been assessed in several different internal organs with evoking changes in sympathetic and parasympathetic efferent activities and, thereby, effector organ functions.

Kimura et al. support that various forms of somatic sensory stimulation (including acupuncture stimulation) can produce different autonomic reflex responses, as SVRR, depending on the organs and tissues, and which somatic afferents are stimulated.

In 1950 Nakatani using a 12 V DC voltage source, detected a number of high conductance points and lines on the skin. He used a bilateral measurement and identified the degree of pathology with the difference in the current flow between the left and right points.

Rosenblatt investigated the linkage between the heart and specific heart acupuncture points using a biofeedback technique.

**Conclusion:** The relationship between acupuncture points and organs and tissues could be explained by some neuro-modulatory mechanisms of ANS, such as somatovisceral reflex responses (SVRR) that are stimulated by cutaneous or muscle afferents.

In fMRI studies, Cho et al. suggested that there is a relationship among acupuncture points, brain and organs. Rosenblatt found that a significant correlation ($p = 0.01$) occurred between heart rate and the conductivity of the special acupuncture.

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**Electro-hyperthermia induced programmed cell death and immune response in a C26 colorectal cancer allograft model**

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**Introduction:** Modulated electro-hyperthermia (mEHT) using radiofrequency and the concomitant heat ($<42^\circ$C), can selectively target malignancies due to their elevated glycolysis, ion concentration and conductivity compared to normal tissues. mEHT treatment, which can be used as a complementary to radiation- or chemotherapy of human cancer, can provoke apoptosis and immune cell infiltration in HT29 colorectal cancer xenografts of immunocompromised mice.

**Method:** Here we tested the mEHT related damage, stress and immune response in C26 colorectal cancer using symmetrical allografts of immunocompetent mice.

**Results:** mEHT caused significant tumor damage in treated right-leg tumors, accompanied by elevation of activated caspase-3 levels and cytochrome c release from mitochondria but without activation of apoptosis-inducing factor, or major mitochondrial accumulation of Bcl-2-associated X protein (BAX). Significant increase in apoptotic bodies and TUNEL positive DNA
fragmentation in cell nuclei also indicated apoptosis. Elevated release of stress-associated Hsp70, calreticulin and HMGB1 proteins was also observed in mEHT treated tumors indicating DAMP signaling required for an immunogenic cell death response. In line with this, the number of S100 positive dendritic cells and CD3 positive T-cells was significantly elevated in the treated tumors, with negligible FoxP3 positive regulatory T-cells. In addition, mEHT supplemented with a chlorogenic acid and flavonoid rich cytotoxic T-cell promoting agent induced cell death also in the untreated left-leg tumors indicating a systemic anti-tumor effect.

**Conclusion:** In conclusion, mEHT can induce caspase-dependent apoptosis in C26 colorectal cancer allografts and the release of stress associated DAMP proteins, which may support a dendritic cell and T-cell mediated immunogenic tumor cell death response.

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**Electroacupuncture plus splinting versus splinting alone for carpal tunnel syndrome: A randomized controlled trial**

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**Introduction:** The effectiveness of acupuncture for managing carpal tunnel syndrome is uncertain, particularly for patients already receiving conventional treatments such as splinting. We aimed to assess the effects of electroacupuncture combined with splinting.

**Methods:** We conducted a randomized, parallel-group, assessor-blinded two-arm trial on patients with clinically diagnosed primary carpal tunnel syndrome. The treatment group was offered 13 sessions of electroacupuncture over 17 weeks. The treatment and control groups both received continuous nocturnal wrist splinting.

**Results:** Of 181 randomized to electroacupuncture plus splinting (n=90) or splinting alone (n=91), 174 (96%) participants completed all follow-up. The electroacupuncture group showed greater improvements at 17 weeks in symptoms (primary outcome of Symptom Severity Scale score, mean difference −0.20, 95% CI −0.36 to −0.03), disability (Disability of Arm, Shoulder and Hand Questionnaire score, mean difference −6.72, 95% CI −10.9 to −2.57), function (Functional Status Scale score, mean difference −0.22, 95% CI −0.38 to −0.05), dexterity (time to complete blinded pick-up test, mean difference −6.13 s, 95% CI −10.6 to −1.63) and maximal tip pinch strength (mean difference 1.17 pounds, 95% CI 0.48–1.86).

Differences between groups were small and clinically unimportant for reduction in pain (numerical rating scale, −0.70, 95% CI −1.34 to −0.06), and insignificant for sensation (first finger monofilament test, −0.08 mm, 95% CI −0.22 to 0.06).

**Conclusion:** For patients with primary carpal tunnel syndrome, chronic mild to moderate symptoms and no indication for surgery, electroacupuncture produces small changes in symptoms, disability, function, dexterity and pinch strength when added to nocturnal splinting.

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### 34

**Electromagnetic hypersensitivity caused by dental material metal post core**

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**Introduction:** Recently, Electromagnetic Hypersensitivity has been increasing. This case report describes how the condition of a woman suffering from vertigo and difficulties to walk was improved remarkably by dental treatment.

**Methods:** A 66-year old woman who has suffered from vertigo and difficulties to walk for more than 13 years. At the first examination, WBC is 2000. Aluminum foil has the effect of attenuating electromagnetic radiation. When I covered the patient’s mouth area with aluminum foil, it became easier for her to walk. This suggests that something in her mouth was acting like an antenna capturing electromagnetic waves, and that electromagnetic hypersensitivity had been the cause. Next, diagnosis using BDORT (Bi-Digital O-Ring Test) determined the cause to be a metal post core put on the upper right cuspid, which I subsequently removed.

**Results:** After removal of the metal post core, the patient’s condition improved. After removal of the metal post core, the patient started to walk more easily. However, she was not able to walk while holding the removed metal post core in her hand. The material caused electromagnetic hypersensitivity.

**Conclusion:** Dental material may influence electromagnetic hypersensitivity. I experienced the case where electromagnetic hypersensitivity improved remarkably by removing metal post core. In our IT society, it is thought that dental treatment in consideration of the impact of electromagnetic waves is necessary.

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**Withdrawn**

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Establishing integrative care for children with cancer – The impact of teamwork

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Introduction: While prognosis in pediatric oncology is improving through achievements of modern integrative care medicine, patients are suffering from multiple side and late effects. To ease the associated suffering external applications as used in anthroposophic medicine and care have shown to be useful in ameliorating nausea, abdominal pain an sleeping problems. A holistic concept of care can open up new therapeutic resources for the nurses. While they develop new therapeutic skills, they can feel more self-efficient and more satisfied with their work. As part of a project to implement anthroposophic care in the standard care on a pediatric oncology ward at a German university hospital, we conducted a field study at an integrative pediatric ward in an anthroposophic hospital. Leading question of this contribution is if there is something special about teamwork.

Methods: The transcripts of interviews and field notes were analyzed according to thematic analysis. Core categories were identified and further analyzed.

Results: As important parts of integrative teamwork, the following points were identified:

- mutual priorities on integrative care,
- improving each other’s skills,
- a focus on self-care and self-awareness and structures for interprofessional exchange in the team.

Conclusion: Based on our analysis one important part of integrative care is the team. To validate and contrast our findings we will broaden our research on teamwork in integrative care and will conducted field studies at further teams in integrative as well as academic hospitals.

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Evaluation of the detection of pathological areas of patients using objective measurement apparatus – Finger muscle tone decrease by physical stimulation of the skin

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Introduction: As Bi-Digital O-Ring Test (BDORT) is a diagnosis method carried out on the basic mechanism of the physiological phenomenon called the decline of muscular power of fingers (DMPF), the examiner and patients (or mediator) are demanded to perform BDORT with constant power. For the beginner, Moment O-Ring Test (MORIT) Method was taught to use ORT Tester (OT) easily.

Methods: Outpatients of the Shimotsuura Clinic (50 Cases; Male 18, Female 32) were subjected and checked by direct BDORT method. DMPF & open degree (OD) were evaluated.

Results:

1. The detection rate (DR) of the abnormality with more than 20% increase of the OD by the stimulation of abnormal area and checked by OT was 66.2% (86/130 lesions).
2. The DR by sex of the abnormality with more than 20% increase of the OD by the stimulation of abnormal area and checked by OT were 61.9% in male and 68.1% in female.
3. The DR by diseases of the abnormality with more than 20% increase of the OD by the stimulation of abnormal area and checked by OT were 82.5% in pain, 46.2% in cancer, 55.6% in pre-cancer and 58.0% in ischemic disease.

Conclusion: Clearly-defined groups by using OT were (A) Integrin alpha5beta1 positive group, (B) Thromboxane B2 positive group and (C) Substance P positive group. With comparison by using OT, highest extraction rate was group (C) and group (B), (A) in order. High detection rate of the disease was remarkable.

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Exploring the experience of pet therapy on patients and staff in the acute care setting

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Introduction: Research suggests that pet therapy is beneficial to hospitalized patients (Coakley and Mahoney, 2009). Findings indicate that following pet therapy visits, patients report feeling happier, calmer, and less alone (Cole and Gawlinski, 1995). Patients on general care units reported feeling comforted, satisfied, relaxed, attached, and peaceful after dog visits (Coakley, 2003). While there is evidence to support pet therapy with patients, no studies to date have explored the experience of this intervention on dog handlers or nurses.

Research question: What is the experience of a pet therapy visit on nurses and pet therapy handlers? Specific Aims: To qualitatively understand the experiences of the pet therapy program at Massachusetts General Hospital (MGH) on nurses and dog handlers.

Methods: Nursing staff on three inpatient units and dog handlers with the MGH pet therapy program were invited to attend focus groups, which were audio taped and transcribed prior to content analysis.

Results: Three themes were identified: (1) Pet therapy visits promoted relaxation, comfort, and decreased stress for nurses, (2) Handlers report satisfaction knowing their pet visits provided patients with a connection to the outside world, reduced stress, and enhanced comfort, (3) Nurses and handlers identified the pet therapy program as a catalyst to promoting a healing environment for patients and staff.

Conclusion: A pet therapy program in the hospital setting promotes positive feeling in nurses and handlers, which contributes to a healing environment for patients and staff alike.

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Health profile comparison between Hungary and China

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Introduction: To compare Hungary and China’s health profile and have a full picture about their similarities and differences.

Methods: We selected the important indicators from the database of WHO (World Health Organization): basic statistical data (population size, the number of livebirths, the number of deaths, life expectancy at birth, leading causes of death, the rate of health care spending per capita, adult risk factors, drinking water supply, sewage rate).

Results: The proportion of people over 60 is 24% in Hungary and 14% in China. There is a big difference in the proportion of urban population (HU: 70%, CN: 53%). The number of deaths per year factor is higher than the number of births per year factor in Hungary (death: 129.100 per year, birth: 98.100 per year). On the other hand, the number of birth is higher than the number of death in China (death: 10.044.900, birth: 18.513.700). There is a main difference in the distribution of the causes of deaths among under-five in 2013 that the maternal mortality (HU: 37%; CN: 16%) occurs more than the congenital anomalies (HU: 29%; CN: 13%). In China, the births asphyxia ratio (CN: 15%; HU: 6%) and the acute respiratory infections is higher (CN: 14%; HU:5%). The raised blood pressure (HU: 25.6–42.7%; CN: 23.7–29.8%) and the obesity (HU: 20.4–26.2%; CN: 4.6–6.8%) are more important from the adult risk factors than the others in Hungary. The leading cause of death in 2012 was stroke (2.331.300 death) in China and ischaemic heart diseases (34.300 death) in Hungary. There is a big difference in the rate of health care spending per capita between China (more than 600 USD) and Hungary (more than 2000 USD). The drinking water supply and the sewage rate are 100% in Hungary, during this time the water supply is 90% and the sewage rate is 65% in China.

Conclusion: First, the differences between the two countries’s indicators are not necessarily due to the population size. Second, higher expenditure in health care does not necessarily result in a better health status.

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Herbal medicines’ use and their application-determining parameters among patients with hyperlipidemia: A cross-sectional survey

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Introduction: Despite growing demand for medicinal herbs, there are trace data about their use by patients with hyperlipidemia. We aimed to determine the prevalence, pattern, and associated factors for use of medicinal herbs among patients with hyperlipidemia.

Methods: A 17-item semi-structured questionnaire was filled out by 195 patients with hyperlipidemia, in a cross-sectional study carried out in two academic endocrinology clinics in Shiraz, Iran. The questionnaire comprised of three main domains of: demographic data (6 questions), clinical data (2 of them), and data related to use of medicinal herbs (totally 9 questions).

Results: A total of 77.4% of patients took medicinal herbs. The most common medicinal herbs used by hyperlipidemic patients were, Zataria multiflora, Cinnamomum zeylanicum, and Zingiber officinale. Duration of hyperlipidemia was significantly longer in herbal users than non-herbal users (p = 0.04). Patients believing that concomitant use of routine drugs and herbal preparations had synergic positive effects in addition to those persuaded that herbal preparations possessed less side effects, were significantly more likely to use medicinal herbs (p = 0.008 and 0.005, respectively). Additionally, most of the medicinal herb users (87.4%) changed neither the pattern nor the dosage of their medication all during herbal preparations use.

Conclusion: This study demonstrated a high prevalence of medicinal herbs’ use among patients with hyperlipidemia, which was associated with the duration of hyperlipidemia, patients’ viewpoints about herbal preparations’ synergic positive effects, and their lesser side effects.

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HIJAMA

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Introduction: The hijama, an ancient Arabic method of treatment has been used for 1400 years, and has been researched for 3 years.

Method: This study started in 2000 in cooperation between the University of Damascus and Sheikh Muhamed Amin Research Center. More than a thousand healthy and sick people took part in it. Among them were patients struggling with high blood pressure, migraine, headaches, allergies, psoriasis, gout, autoimmune disorder and a variety of diseases. Clinic inspections and clinical blood tests were made. Then they have undergone Hijama, and after a week new clinical inspections and laboratory tests were carried further. The results were analyzed with the latest computational techniques.

Results: The study has surprising results, which were reported in a 400-page book. The book is called AL-Dawa Al Ajeeb ‘the miracle cure’. The researchers came to the conclusion that human back has an area (kahel region), which helps the liver, spleen, kidneys and intestines excretion work and filters the blood of accumulated waste materials.

Conclusion: Microscope examination of blood removed during the cupping revealed that it was nearly free of WBCs and full of misshapen, old and defective red blood cells and containing harmful autoimmune antibodies.

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Hirudotherapy and integrative medicine

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Introduction: Hirudotherapy is one of the oldest methods of treatment of humans – the first mention of the healing properties of medicinal leeches encountered in Ayurveda (Sushruta, 5-4 century BC) and ancient Greek medicine (Nikander of Colophon, Themissson from Laodectia, 2-1 century BC), where it was used as one of the areas in the system of bloodletting.

Methods: The first feasibility study of universality and self-sufficiency of hirudotherapy in the treatment of human pathology was proposed by Dr. Broussais (France), in the system
of his “physiological school” (1800-50), which contributed to the “hirudotherapeutists explosion” swept the country of modern Europe, and then the entire world. Unfortunately, with the advent of the “cellular” theory of general pathology by R. Virchow (Germany, 1858) and the rapid development of the pharmaceutical business, hirudotherapy lost their leading positions and in the latter was almost forgotten. The scientific study and justification of therapeutic action of leeches began in the late 19th century, as a result of discharge from the saliva of the leech of the large complex of the active ingredients. For today, we have a scientifically based and clinically proven for over 2.5 thousand years the results of treatment using.

**Results:** For today clinically determined several major therapeutic properties of medicinal leeches: a direct multi-level anticoagulant and thrombolytic, direct anti-inflammatory and lymphatic drainage effect, and the ability to reduce the viscosity of the circulating blood. Thus, according to our ideas, the main impact of treatment lies in the possibility of normal physiological recovery of all components of the tissue microcirculation, disorders which are the leading pathogenetic process of most acute and chronic non-communicable diseases of humans and animals.

**Conclusion:** High efficiency and environmental friendliness, the possibility of combined use with other techniques of integrative and conventional medicine – cause-deserved interest in hirudotherapy from the medical community that objectively reflects the significant increase in the interest of the world’s population to this area of treatment and prevention.

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**Hyperemesis gravidarum treated with anthroposophic complex therapy. A case series**

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**Introduction:** Hyperemesis gravidarum generally includes intractable nausea and vomiting and interferes with a pregnant women’s daily life. In conventional medicine only symptomatic therapy options that solely last for the time of application exist and moreover, these are controversial discussed, i.e. no sufficient therapy yet exists. The anthroposophic complex therapy shows observable results in inpatient rehabilitation while treating with Art therapies and an anthroposophic medication therapy. The aim of this case series is to describe anthroposophic complex therapy for Hyperemesis gravidarum.

**Methods:** This is an observational study of inpatient pregnant women at Paracelsus-Hospital Richterswil (Switzerland). All were diagnosed with Hyperemesis gravidarum and suffering severe nausea and vomiting in the first trimester of their pregnancy. The therapy includes an infusion therapy with Nux vomica, Solum uliginosum compositum and Bryophyllum pinatum as well as painting therapy, Eurythmy therapy and rhythmic massage therapy. This case series were described according to the case report guidelines.

**Results:** With the anthroposophic complex therapies an improvement of the symptoms of nausea and vomiting within one week could be shown. After one week the women were discharged and return to their respective daily life.

**Conclusion:** Anthroposophic complex therapy is a valuable option to treat pregnant women suffering hyperemesis gravidarum. It is addressing causes and not only symptoms, is well-tolerated with lasting effects.

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**Immune system and dental treatment**

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**Introduction:** It is widely known that the immune system needs to be stabilized for recovery and maintenance of physical and mental health as well as during treatment of infections and cancers, and thymus gland function is key for developing and improving the immune system. However, it is less well known that the thymus gland function is related to the condition of dental occlusion. We observed changes in the symptoms of severe periodontal disease after dental treatment with important consideration to the thymus gland functions.

**Methods:** We established occlusion, using the Bi-Digital O-Ring Test (BDORT) and considering the physiology of the thymus gland as the primary index, for treatment of severe periodontal disease.

**Results:** Teeth that would have been certainly extracted based on the existing medical treatment for periodontal disease were conserved and functioned successfully and stably for 15–30 years over.

**Conclusion:** For treatment of severe periodontal disease, an infection, we provided treatment using BDORT and gave important consideration to thymus gland function, which is closely associated with stabilization of the immune system. This allowed teeth that would be extracted based on the existing medical treatment of periodontal disease to work successfully and persist stably for long periods of time. This result indicates that occlusion establishment with treatment considering the physiology of the thymus gland could conserve teeth affected by severe periodontal disease.

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Effects of metal salts at sub-toxic concentrations

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Introduction: Because different metals are used in complementary medicine for the treatment of diseases related to a dysfunction of the immune system, this study aimed at determining the immunomodulatory potential of Pb(NO3)2, AuCl3, Cu(NO3)2, HgCl2, AgNO3, SnCl2, AsCl3 and SbCl3 at sub-toxic concentrations.

Methods: The influence of the metal salts on primary human mononuclear cells was analyzed by measuring cell viability with WST assay, apoptosis and necrosis induction by annexin V/propidium iodide staining and proliferation by carboxyfluorescein diacetate succinimidyl ester (CFSE) staining and flow cytometry. Effects on T-cell activation were assessed with CD69 and CD25 expression whereas CD83, CD86 and CD14 expression was measured to evaluate the influence on dendritic cell maturation. Alterations of IL-2 and IFN-γ secretion were detected by ELISA and genotoxic effects were analyzed using the comet assay.

Results: Except for silver nitrate all metal salts showed immunomodulatory effects at for PBMC sub-toxic concentrations. Retardation of cell proliferation was caused by Pb(NO3)2, AuCl3 and Cu(NO3)2 without affecting cell viability. Inhibitory effects on IL-2 secretion were measured after incubation with Pb(NO3)2, AuCl3, Cu(NO3)2, HgCl2 and AsCl3 at for the cells sub-toxic concentrations.

Conclusion: Cu(NO3)2 was immunomodulatory at physiological concentrations but all other metal salts showed effects only at dosages at least 10 fold above serum reference ranges. Toxic side-effects of low-concentrated metal preparations are unlikely, because the daily oral intake of metals does not exceed the upper limits which are set in the drinking water ordinance or, in case of AsCl3, the duration of its application is regulated.

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Impact of neural therapy (NT) as an integrative therapy in head and neck

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Introduction: Neural therapy is a method of diagnosing and treating illness and pain. NT uses local aesthetics (LA) for local therapy, segmental therapy or finding disturbance fields.

Methods: Several Case reports show the benefit of NT in the treatment of functional syndromes and of chronic or acute pain syndromes. In any case, diagnosis is the first step, if infection or cancer isn’t found the next step is treatment. The main topic of NT is pain treatment using LA for local therapy or trigger point therapy. A disturbance field like chr.infektions, scars, teeth has to be found if local treatment fails. In some cases surgery can be a solution for therapy of disturbance fields.

Result: There are a lot of functional disorders in the head and neck area like Hyoidtendinopathy, Otalgia and others which can be treated with NT. This lecture will show the principles of NT and my approach as an ENT-specialist in hospital and in a private office.

Conclusion: Neural therapy is a safe and simple method of treating many medical problems in head an neck, as an integrative therapy.

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Integrative approach in diagnosis and treatment of autistic children

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Introduction: Autism is connected with brain and liver infection mixed with heavy metal deposit in hippocampal region as with liver and pancreas enzyme disorders and intolerance of food.
Method: 37 people suffering from autism were examined by indirect Bi-Digital O-Ring Test (BDORT). All patients were treated respecting Dr. Omura’s Selective Enhancement Drug Uptake Method (SEDMU). Intolerance of food was treated by using magnetic water treated by MDK Chip and patients got optimal dose of supplements. Patients were protected from non-ionizing radiation by special protectors (Guard plus) and minerals.

Results: Indirect BDORT found mixed infection and heavy metal body burden. The most affected zone were hippocampus and liver. What is common to all children are: Mixed infections of hippocampal area and infection of the liver. Heavy metals deposited in the brain, Exposure to electromagnetic stress, Intolerance of food: basic gluten and milk and dairy products. The deficit of digestive enzymes (reference substance-Digestodoron, Weleda Germany). Iodine Deficiency in Organism (reference substance: Oil-80, Planet of Health). Lower levels of telomeres of the brain cells than of the body (rapid aging of the brain), Low levels of vitamin D, Low level of Triglycerides (Oil 67), Disturbed gut flora, Low level of Triglycerides.

Treatment was administered according to problems described above:

- 17 are in NORMAL GROUP (45.9%).
- 15 have significant improvement and different level of communication (40.59%).
- 5 had no improvement (13.5%).

Conclusion: By implementation of all above-new integrative approach, fast improvement of health can be achieved in patients with autism.

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Integrative health care-working towards a clearer definition

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Introduction: Interest in the integrative health care (IHC) approach has escalated in recent years, with the number of publications, academic chairs, associations, forums and centres of IHC increasing across the globe. However, there is still no consensus on what IHC actually is, or what the term denotes. As a result, inconsistencies and misperceptions about IHC ensue.

Methods: The proposed definition was informed by a grounded theory approach, in which 54 Australian stakeholders (including consumers, conventional health providers and complementary health providers) were interviewed about their perspectives and understandings of IHC. General and specific themes were identified from the verbatim text. Themes were then drawn from a documentary analysis of relevant society/agency documents. Both sets of themes were used to create a series of definitions of IHC.

Results: Seven themes emerged from the interview data and documentary analysis. These themes included: multi-disciplinary, holism, inclusivity, respect, access, client-centeredness and evidence-based. These themes were used to formulate multiple definitions of IHC for deliberation. A single definition was agreed upon by consensus.

Conclusion: The development of an unambiguous definition of integrative health care is critical to establishing a clearer identity for IHC and IHC practitioners, as well as serving to provide greater clarity for consumers, other health providers and policy makers. In recognising the need for a clearer description of IHC, we propose a theoretically-grounded, stakeholder-informed definition of IHC.

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Integrative medicine in the treatment of rare diseases

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Introduction: A rare disease is one disease which affects a small percentage of humanity. 1:2000 to 1:500,000 people. Worldwide, about 350 million people suffering from more than 7000 different rare diseases. Therapies exist for only 5% of rare diseases. Most hereditary diseases are very rare infectious diseases, auto-immune diseases, rare cancers. These are serious, often chronic and progressive disease.

Results: Signs of rare diseases can be observed at birth or in childhood, (spinal muscular atrophy, neurofibromatosis, osteogenesis imperfecta, chondrodysplasia or Rett syndrome. Over 50% of rare diseases appear only in adulthood, Huntington’s disease, Crohn’s disease, Charcot-Marie-Tooth disease, amyotrophic lateral sclerosis, Kaposi’s sarcoma or thyroid cancer. The problem in diagnosis was the lack of medical and scientific knowledge. The integrative approach to rare diseases provides a bridge between the worlds of Western and complementary medicine, nutrition, psychological, spiritual, social and environmental medicine. This allows the doctor or therapist to develop a full understanding of the causes and meaning of
illness, the needs of persons who are ill and their own role in the healing process. Integrative medicine is a provider open to the values of all health approach assesses its strengths with equal fervor on the basis of uniform medical and personal needs of each individual in different stages of development of their illness and the path to healing. Integrative medical approach to rare diseases an individual is seen as a complex being whose health depends on the interaction of mind, body, spirit and environment in which they live and work. These four levels are used to understand the nature of the problem, the cause of the disease, the needs of persons in the course of the disease and potential pathways to recover from illness and prevent the re-emergence of diseases.

**Conclusion:** For most rare diseases there is no cure, but appropriate treatment or medical care can improve the quality and length of life of patients. Major difficulties in treatment are in search of a diagnosis, the reliability of information and guidance to qualified professionals.

Integrative medicine in clinical practice in the treatment of rare diseases has a significant role.

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**Integrative system approach in the therapy of adenoid hypertrophy and glue ear in children**

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**Introduction:** Adenoid hypertrophy (AH) and chronic otitis media with effusion (COME) are common in pediatric practice. The conventional therapy (COM) is usually based on watchful waiting, nasal decongestants and surgical interventions. We introduce an integrative, non-invasive system approach (IM).

**Methods:** Its main elements are: (1) Local nasal preparations as extracts of Cydonia fruct. glycerinum and Citrus lemon fruct., (2) Constitutional non-allopathic medication as Berberis/Quarz Glob. WALA, (3) Facilitation of pneumatization as: (a) Passive techniques without pressure, (b) Low pressure exercises (0-ca. 50 mmHg), (c) Middle pressure exercises (ca. 50-100 mmHg), (d) High pressure autoinsufflation exercises (ca. 100–150 mmHg), (4) External warmth (thermal) interventions (local and systemic), (5) Anti-allergic therapy and/or diet in case of allergy, (6) Parents and patient education with anatomical and physiological–functional illustrations, videos, brochures, feed-back sessions, detailed instructions on all interventional measures as well as on nasal hygiene, proper nose-blowing technique.

**Results:** This IM treatment involves a complex personalised system reducing the necessity of conventional surgical interventions, use of antibiotics and analgesics. The treatment is effective, safe and well tolerated.

**Discussion:** Data on a GEP-conform prospective, non-randomized study is introduced, based on the measurement of objective and subjective (scaled) parameters and different outcome variables.

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**Legal situation of anthroposophic medicine in Europe**

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**Introduction:** Anthroposophic medicine (AM) integrates conventional medicine with the anthroposophic perception of the human being encompassing in addition to the biomedical level also psychological or mental and spiritual dimensions and the capacity for self-healing and ability for continuous development of the individual person.

The legal situation of AM can be assessed on three fields: (1) Recognition on the academic level as an evidence based integrative medical system of person-centered medicine, (2) Recognition on the political level by integration into public health services and health policies. (3) Recognition of Anthroposophic medicinal products (AMP) on the regulatory level.

**Methods:** Preliminary results are presented from questionnaires conducted by the International Federation of Anthroposophic Medical Associations (IVAA) in 2011 and updated in 2016.

**Results:** The data from 18 European countries (16 EU member states, Switzerland and Norway and 12 countries outside Europe) show: University chairs for AM are established in 8 countries (4 in Europe), some within the context of Integrative medicine (IM). AM is practiced in 24 hospitals in 5 European countries, of those 15 hospitals, all in Germany or Switzerland, serve within public health care. Regulation for AMPs is insufficient in most countries in and outside Europe with the exception of Germany and Switzerland.

**Conclusion:** The recognition and acceptance of AM is increasing in particular in the academic realm. In Germany and Switzerland AM is firmly integrated into public health care. The regulation for anthroposophic medicinal products is still insufficient.

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Malva sylvestaris preventive effect on urinary toxicity of radiotherapy for prostate carcinoma

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Introduction: Many patients receiving external beam radiation therapy (EBRT) after radical prostatectomy experience some degree of radiation-induced cystitis during or after EBRT. The aim of this study was to evaluate the effectiveness of one of the safe mucilaginous herbs (Malva) in preventing radiation-induced dysuria in patients who are undergoing EBRT for prostate cancer.

Methods: From April 2013 to August 2014, 68 patients were randomized into two groups using four block randomization, 34 to the drug (Malva) group and 34 to the placebo group. Of the 68 patients who began the study, 60 completed it. They were instructed to use the medication, i.e., Malva or the placebo, three times a day for six weeks. They were followed every two weeks for eight weeks, and urinary function was assessed in each visit by asking questions based on the Visual Prostate Symptom Score (VPSS) and a dysuria severity score.

Results: The median age of the 68 patients was 66. 22 of 27 patients in the control group (77.7%) suffered from dysuria, while dysuria was detected in 23 of 33 patients (69.6%) who received Malva (odds ratio = 2.70 for dysuria). After two weeks, four weeks, and six weeks of treatment with Malva, dysuria due to EBRT was milder in the treatment group than in the control group, and the differences were statistically significant (p = 0.005, p = 0.004, p = 0.001, respectively).

Conclusion: The positive results of this study warrant further studies in the protective effect of Malva against urinary toxicity induced by EBRT.

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Meta-analyses of homeopathy and the philosophy of science: Applying double standards because of plausibility bias?

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Introduction: When meta-analyses of clinical homeopathy show a traceable balance of study selection and meaningfulness of the results, they show a positive tendency for homeopathy. Nevertheless the authors strongly restrict their conclusions concerning the efficacy of potentised remedies. Do the data justify the deductions, or are there hidden prejudices that influence the scientific evaluation of homeopathy? If so, how could the underlying assumptions be explicated by the means of the philosophy of science?

Methods: The five global meta-analyses of homeopathy are analyzed in detail with reference to sample size, selection criteria and statistical methods. The results with their respective assessment by the authors are presented. In a second step the line of arguments concerning these appraisals is deconstructed with reference to epistemological considerations.

Results: Four out of five global meta-analyses of present positive results. The remaining work with a negative rating proves to be methodologically flawed. The reasoning that limits the implications of the respective researchers with regard to the efficacy of ultradiluted substances is strongly influenced by plausibility bias. Philosophy of science reveals reductionist materialism to be at the bottom of these prejudices.

Conclusion: Homeopathy could be understood as a scientific anomaly: The current paradigms of medicine and the natural sciences only provide an insufficient theoretical framework to understand the associated phenomena. These paradigms block the way of investigation if researchers adhere to them in an unreflected manner. Research in homeopathy is an example of science that is clouded by ideology.

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Microwave resonance therapy – The quantum possibilities of the acupuncture system stimulation

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The usage of athermic, low-intensity electromagnetic waves of extremely high frequency microwave range (EM MW) is a biomedical novelty in quantum medicine.

Microwave resonance therapy (MRT) is based on the Russian-Ukrainian concept on quantum nature of acupuncture system, as a dynamic structure joined at the locations of the maximum of de Broglie’s interferential three-dimensional standing waves. The changes in dielectric properties of tissues lead to a
Mulberry-extract reduces total blood glucose rises in normoglycaemic adults

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Introduction: High sugar and carbohydrate intake is associated with obesity and type 2 diabetes. Reducing poor quality carbohydrate intake is a public health priority. Reducose®, a proprietary mulberry leaf extract (ME) and functional food ingredient, may reduce blood glucose responses by reducing gastrointestinal glucose absorption.

Methods: A Phase 2 double-blind, randomised, repeat measure, 4-arm, crossover trial was used to determine the effect of three doses of ME versus placebo on blood glucose and insulin responses when co-administered with 50 g maltodextrin, a high GI starch, in normoglycaemic healthy adults. We also determined the gastrointestinal tolerability of ME.

Results: The mean participant (SD) age and BMI were 29.4 (10.9) years and 23.0 (2.3) kg/m², respectively. Mean (95% CIs) for the difference in the positive Incremental Area Under the Curve (pIAUC) (glucose) for half, normal and double dose ME compared with placebo were −10.36 (−30.60, 9.88; p=0.316), −23.58 (−43.82, −3.35; p=0.022) and −37.01, (−57.25, −16.77; p<0.001). The difference in the pIAUC (insulin) for half, normal and double dose ME compared with placebo were −350.32, (−927.87, 227.23; p=0.234), −856.09 (−1433.64, 278.54; p=0.004) and −887.35 (−1464.90, 309.80; p=0.003). There were no differences between the groups in experiencing or severity of one or more adverse gastrointestinal symptoms.

Conclusions: ME significantly reduces total blood glucose and insulinaemic responses after ingestion of high GI starch. The pattern of effect demonstrates a classical dose response. This food supplement may help safely modulate glucose absorption and consequent hyperglycaemia from dietary carbohydrates.

New method in integrative oncology: Oncothermia

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Introduction: Motto: “Never treat the cancer! Always treat the patient, who is suffering from cancer.”

Malignancy is a systemic disease. The solid malignant tumor looks local but it is definitely systemic by invasion and dissemination of cancerous cells and form micro and/or macro metastases in the far distance. Our objective is to show a new method of the integrative treatment of solid malignancies.

Method: Oncothermia is a kind of hyperthermia in oncology. Its main advantage is the heterogenic, selective heating of malignant cells. It kills the malignant cells by a special kind of apoptosis, immunogenic cell-death (ICD) which is based on proper appearance of damage associated molecular pattern (DAMP) in place and time-sequences. Oncothermia completed with immune-stimulator guides tumor-specific immune action and has effective possibility creating abscopal effect.

Results: Abscopal effect of oncothermia is well proven in murine models. The effect is shown in clinical cases too, treating the primary tumor, and acting on the far distant metastases. The main advantages of the abscopal effect are the elongation of survival time and simultaneously improving the quality of life of the patients. This method could be applied in far-advanced cases, in high-line therapy protocols in cases when the conventional therapies fail.
Conclusion: Oncothermia is feasible to open new modality of integrative oncology. In addition to the case reports, a prospective clinical trial is in progress.

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New possibilities for acupuncture system stimulation with low-intensity electromagnetic millimeter waves: Microwave resonance therapy (MRT), effects on pain conditions

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Introduction: The use of athermic, low-intensity electromagnetic waves of microwave range (EMW MW) of extremely high frequency (EHF) is a novelty in quantum medicine. MRT is based on Russian-Ukrainian concept of quantum dimensions of the acupuncture system (AS), as a dynamic structure, joined at peaks of de Broglie’s interferential 3D standing waves. Changes in tissues’ dielectric properties lead to a disease, by deforming structures of standing waves’ EMWMW and AS. MRT resonantly normalizes: responses in excited AS and the organism biochemically overcomes a disease via physiological-neurohumoral MW and self-regulatory acupuncture mechanisms. The role of MRT in reduction and/or elimination of pain, most likely is realized through EM quantum receptors.

MRT properties: athermic intensity 10–21 W/Hz cm², EHF (42–100 GHz), energy 10–4 eV.

Methods: A brief overview of biophysical basis, integration of conventional diagnostics (CD) and MRT in treatment of pain conditions. Two-year study of MRT of pain conditions, in 63 patients (29 M and 34 F), average age 57 (27–103). Assessment of pain intensity was gained using a verbal pain score (VPS) and statistical data analyzed with a T-test.

Results: Patients had undergone CD with CTh in referential CD institutions before applying MRT. Persistent pain indicated involvement of MRT. Pain intensity was monitored: 1st–10th day, after 1.5 month and during next two years. Statistically significant high pain reduction was observed after a 10-day MRT application (p < 0.01).

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A different view on acupuncture applications to Back-Shu, Front-Mu and Huatuojiaji Points

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Introduction: I will speak about acupuncture applications for Back-Shu, Front-Mu and Huatuo-Jiaji Points. I want to build a bridge between traditional acupuncture and present-day medicine.

Methods: Back-Shu, Front-Mu and Huatu-Jiaji points, is especially effective for treating diseases of the visceral organs. Applying acupuncture on these points affects visceral organs, related meridian and local area. Acupuncture’s effects can be explained as viscero-cutaneous, cutaneo-visceral, cutaneo-muscular, and viscero-muscular reflexes.

Results: Segmental dispersion of the sympathetic and parasympathetic systems is related to the location of these points.

Discussion: I want to build a bridge between past and present-day medicine. When these points have been palpated, if the person feel tenderness at the point, we think to indicate that there is a problem in point-related to internal organs and point-related to area of dermatome. When any of the visceral organs malfunctions, positive reactions such as sensitivity or tenderness will be manifested at the corresponding this point. Palpation of sensitive points can be a useful aid to diagnosis.

Conclusion: Stimulating techniques such as acupuncture, moxibustion, or massage may be applied to these points to relieve disorder of the corresponding organs.

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Optimizing cancer patients’ follow-up care in general practices by integrating complementary and alternative medicine (CAM) methods—study protocol of the CAM-NAKOPA-Project

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Introduction: Due to an increasing number of oncology patients interested in using complementary and alternative medicines (CAMs) on a regular basis, further integration in follow-up care conducted by general practitioners (GPs) is needed. After completing initial treatment, oncology patients often experience the desire to address their holistic healthcare needs by consuming methods from classical and/or non-classical natural medicine (e.g. phototherapeutics, mind-body techniques, dietary changes, etc.) and require appropriate guidance or counseling. The GP embodies a central guiding role, however, often feels uncertain of how best to advise patients on this complex healthcare topic.

The purpose of the current CAM-NAKOPA-Project is to develop a CAM counseling intervention for oncological health-care services in general practice by considering the perspectives of GPs and their healthcare teams, oncology patients and CAM experts.

Methods: This research relies on a three-phased qualitative study design aiming to compose and test a CAM counseling intervention to address oncology patients’ holistic healthcare needs within general practices. Three different units of qualitative analysis will be interwoven to develop the complex intervention: (1) analysis of the perspective of general practice teams, (2) gaining insight into the needs and perspectives of oncology patients after completion of initial treatment, (3) exploring views of CAM experts on how they value standardizing CAM counseling in follow-up GP care. The data collection will be conducted in two main Metropolitan areas in Baden-Wuerttemberg, Germany, namely the cities Heidelberg and Tuebingen. Based on the qualitative data analysis, a CAM counseling intervention will be developed and piloted in approx. five general practices. After initial testing, the counseling experiences will be presented and discussed on a multiprofessional workshop. Afterwards, the intervention will be finalized, ready to be tested within a confirmatory study design.

Results: Recruitment of the study started in May 2016 and will last until 2017. Preliminary results will be presented at the conference.

Conclusion: This is the first study focusing on the guiding role of GPs with regards to CAM. This study will add to previous research by exploring how oncology patients’ holistic healthcare needs can be sufficiently addressed by skilled, qualified, and motivated GPs. Further, the developed intervention will provide the foundation to continue implementing this holistic counseling concept within current and modern general practices.

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Our experience in neonatal acupressure and acupuncture

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Introduction: Non pharmacological strategies are important for managing neonatal pain during routine follow-up visits and during neonatal intensive care unit stay. We want to share our experience about acupuncture and acupressure in newborns as a treatment modality.

Methods: We studied in which diseases and how we can use these treatment modalities in newborns. Ecevit et al. studied 10 preterm infants who required a heel prick for blood gas analysis. Needle acupuncture was performed at Yintang point before heel prick. Shorter crying duration and lower neonatal infant pain scores was found in the needle acupuncture group. Abbasoğlu et al. found that applying acupressure at the BL60 and K3 points before heel lancing was safe and associated with shorter procedural time and shorter crying time in preterm infants. Abbasoğlu et al. indicated that laser acupuncture (LA) with 1.125 μJ of energy at the Yintang point two minutes prior to heel lancing is less effective than oral sucrose for reducing pain. Tugcu et al. showed the impact of acupressure application on the Yintang point on neonatal skin perfusion, oxygen saturation and pulse rate. After acupressure application on the Yintang point, the pulse rate value was found in newborns decreased significantly.

Conclusion: We summarised our studies about acupuncture and acupressure effect for minor painful procedures and skin perfusion and thought that this could be a new treatment modality. Further research is needed to evaluate effective modes and doses for pain control in newborns.

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Physicochemical investigations of homeopathic potencies: A systematic review of the literature
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Introduction: In order to direct future research on homeopathic potencies, it is necessary to have a solid overview over previously used methods and experimental results. For this systematic review, we focussed on laboratory experiments that investigated physicochemical properties of homeopathic potencies and compared them to controls or between several potency levels.

Methods: Relevant publications were searched for in databases (SCOPUS, Embase, Web of Science, HomBRex, PubMed), article references, and personal collections of literature. Eligible documents were peer-reviewed articles, theses, books, book sections, and conference proceedings without language restrictions. Biological systems and mathematical models were excluded. All articles found were rated by two reviewers according to a manuscript information score (MIS). Articles could score between 0 and 10 points, as 0 to 2 points were given each for description of: experimental procedure, materials, measuring instruments, potentisation method, controls. Articles with an average MIS ≥5 were retained for further review.

Results: 173 publications were submitted to information scoring. 57 publications were excluded due to low MIS, and 116 publications with an average MIS of 7.2 were included in the review. Among the physical and chemical methods used were: nuclear magnetic resonance; spectroscopy; (thermo)luminescence; fluorescence; conductivity; calorimetry; pH; atomic force microscopy, and transmission electron microscopy. High quality research was characterised by the use of several independent production series of the potencies, adequate controls, blinding and randomisation of the samples, and statistical analyses of the results.

Conclusions: A rigorous methodology is necessary to receive meaningful results in the physicochemical characterisation of homeopathic potencies.

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Polyphony of health discourse: Heroes and villains of CAM narratives
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Introduction: A polyphony of arguments for and against CAM (Complementary and Alternative Medicine) reflects a current health discourse in Western societies. The purpose was to investigate health discourse by analysing CAM narratives of lay people and health professionals, with the aim to better understand the reasons for supporting or resisting CAM use.

Methods: Data comprises a set of CAM healing stories written by readers of a wellness magazine and a set of writings of medical professionals on CAM published in the mainstream media in Finland in spring-summer 2016. A semiotic theory of culture with the assumption that the stories follow a general narrative structure (AJ Greimas, V Propp) was used when implementing qualitative discourse analysis.

Results: A preliminary analysis of two selected stories - one of a patient and one of a physician – will be presented. The pro-CAM lay narrative interprets an active citizen as a hero, while the anti-CAM professional narrative refers to scientific evidence. Both of them talk about doctors’ professional competence (lack or abundance) as a reason for patients to use/not use CAM. Two bipolar villains (threats) are poisonous drugs/unnecessary surgery vs. inefficient “belief healing”. There are several discrepancies linked to both narratives e.g. role of placebo, use of medication and concept of curing disease vs. treating symptoms.

Conclusion: A bipolarity of CAM discourse mirrors a mismatch between biomedical and holistic healing paradigms calling to reduce such an incompatibility i.e. to shorten the distance between evidence based medicine and patient experiences.

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Potential of Bryophyllum pinnatum as a detrusor relaxant: Effects of a bufadienolide-enriched fraction in a porcine bladder model

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Introduction: Bryophyllum pinnatum (BP) is a herbal medication used in integrative medicine for various indications, e.g. for overactive bladder (OAB, syndrome characterized by urinary urgency with or without incontinence). Detrusor hyperactivity is a major problem in OAB and often treated with synthetic medications, but compliance of patients is low. Promising data were obtained in a BP vs. placebo OAB pilot clinical trial. Also, BP press juice (BPJ) and a flavonoid-enriched fraction could inhibit electrically stimulated detrusor contractions in vitro. We here investigated whether a bufadienolide-enriched fraction from BPJ (BF-BPJ) locally affects detrusor contractility.

Methods: A bufadienolide-enriched fraction was obtained from BP leaves. Porcine detrusor muscle strips were used for the experiments, whereby contractions were induced with KCl. Effects of a bufadienolide-enriched BP-fraction were investigated, and compared with those of a pure bufadienolide, bufalin.

Results: Treatment with the BF-BPJ led to a concentration dependent reduction of contraction force. At 0.1 and 1 mg/ml, the force corresponded to 65 ± 14.5% and 8 ± 1.5% of initial, respectively (n = 4 each). Bufalin led to a decrease in contraction force (at 0.1 mg/ml, 9 ± 9.7% of initial, n = 4). Vehicle controls led to a moderate increase of contraction force (typically 120% of initial).

Conclusion: A BF-BPJ inhibits detrusor contractility in a concentration-dependent manner. These observations could provide an explanation for the results of the pilot study on the treatment of OAB with BP, but have to be interpreted with caution, given the low amounts of bufadienolides present in BP.

Pre-clinical and clinical data confirm the anticancer effect of Deuterium depletion

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The two stable isotopes of hydrogen, protium (1H) and deuterium (2H) differ in their physicochemical nature. Deuterium-depleted water (DDW) significantly inhibited the growth rate of different tumor cell lines in culture media and xenotransplanted MDA-MB-231, MCF-7 human breast adenocarcinomas and PC-3 human prostate tumors in vivo. The apoptosis-triggering effect of DDW was demonstrated both in vitro and in vivo. The anti-cancer effect of D-depletion was also confirmed in a double-blind, randomized, 4-month-long, human phase II clinical trial on prostate cancer. D-depletion, as an adjuvant therapy, caused 3–7 fold increase of median survival time (MST) in lung cancer, two-fold in advanced breast cancer and it also effectively prevented recurrences of early stage breast cancer. It is suggested that the cell cycle regulating system is sensitive the changes in the 2H/1H ratio. Two main events take place in the cell at the same time: the binding of a growth hormone to the receptor activates the H+-transport system, which preferentially eliminates H+, resulting an increased 2H/1H ratio, which is essential to start cell division; the properly working mitochondria, the terminal complex of mitochondrial electron transport chain reducing molecular oxygen to DDW, which reduce the 2H/1H ratio and inhibit the cell growth. The balance between the activated H+-transport system and the DDW-producing mitochondria which determine the 2H/1H ratio in the cells is proposed as the key mechanism for cell growth regulation.

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Preparation and evaluation of vaginal cream containing extracts of Linum usitatissimum, Foeniculum Vulgare and Salvia officinalis

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Introduction: Vaginal atrophy is one of the bothering problems of postmenopausal women that is characterized by decreased epithelial thickness, reduced vaginal maturation index and increased vaginal pH. Serious adverse effects of the long-term use of HRT (especially the increased risk of thromboembolic accidents, stroke and breast cancer) reported from large, prospective study, we choose phytoestrogens that amongst the alternative treatments for vaginal atrophy. The aim of this study was to evaluate the physicochemical properties and stability of vaginal cream containing well known phytoestrogen herbs: Linum usitatissimum, Foeniculum Vulgare seeds and Salvia officinalis aerial part extract.

Methods: Products assessments were divided into 4 main categories: Physical examination, stability and continuity, active ingredients’s release, challenge test.

Results: Release study carried out according to the permeated amount total flavonoid which is determinate by using Aluminum chloride colorimetric method. Release test’s result showed that release rate of extract from F2 and F3 was slower than F1. It can be attributed to the lower viscosity of F1 and also to the higher hydrophilic nature of F2 and F3. The PEG existed in the F2 and F3 may increase hydrophilicity of the formulation leading to higher tendency of hydrophilic flavonoid extracts to the base and decreasing the liberation of extract from formulation. The w/o nature of the formulations give them the potential of lubricating or moisturizing the vaginal epithelium, which can aid reducing vaginal atrophy symptoms.

Conclusion: It may be suggested that F1 formulation is a proper alternative for the currently available treatments for vaginal atrophy.

Withdrawn

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Reinforcement method of the resonance sensitivity of fingers for Bi-Digital O-ring test beginners

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Introduction: “Indirect method” is commonly used by Bi-Digital O-ring test (BDORT). If we are sensitive (If our fingers are sensitive in BDORT), we can diagnose accurately and rapidly. But almost beginners are not sensitive in BDORT. Therefore, beginners feel difficulty about learning BDORT. We compared sensitive person and insensitive person, and researched their mechanism and difference. And we applied the mechanism for BDORT beginners.

Method: 1. We diagnose the abnormalities of patients by using BDORT “Indirect method”. One is sensitive third person and another is insensitive. 2. We checked the third person’s fingers.

Result: As a result, we found out that “a special field” which resonates with neurotransmitters (Acetylcholine, Noradrenalin, Endorphin, Dopamine, GABA, Serotonin). The field is ball-shaped with a diameter of 1–2 cm. It generates from their wrist and move to the fingertip. The field was named “resonance ball”. In the case of “insensitive third-person”, it stopped at the middle of finger. Beginners contacted their fingers to the object as resonance ball contact the object. Their sensitivity became better.

Conclusion: These facts show that “resonance ball” connect with resonance sensitivity of BDORT. Therefore, beginner can become more sensitive with resonance ball.

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Reliability of the inner correspondence and harmony questionnaire with painting therapy (ICPTh)

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Introduction: Art therapy is a common therapy in Anthroposophic Medicine (AM) and is practised in psychosomatic medicine and psychiatry. Although reviews report some evidence in the treatment of cancer or depression there is still a lack of sufficient evidence and conceptual framework for a psycho-physiological based rationality of art or painting therapy. Based on the ICPH scale, we tested a new instrument to measure the inner correspondence with painting and drawing therapy (ICPTh) in the context of a multimodal intervention treatment containing psycho-, sleep-education, eurythmy and painting therapy in breast cancer survivors (BC) suffering from chronic cancer-related fatigue (CRF).

Methods: In a comprehensive cohort design study BC who were randomized or allocated by preference to the multimodal treatment alone or in combination with aerobic training filled the ICPTh after ten weeks intervention (T1) and six months later (T2). Hereby we report reliability and principal component analyses.

Results: From 71 BC who finished the ten week intervention study, 68 filled the ICPTh at T1 and T2. The mean age was 58.2 (SD = 8.7). The 22-items questionnaire yielded high reliability (Cronbach’s alpha = 0.97, item-total correlation = 0.50–0.88, test-retest reliability = 0.89). Factor analysis pointed to a 4-factor solution explaining 78% of variance: (1) Therapy congruence and relaxation, (2) Inner development and mood, (3) Artistic skill, and (4) Congruence of duties.

Conclusion: In this study a new scale on the inner correspondence and harmony with painting therapy was developed with a high reliability. The conceptual impact of the new questionnaire has to be evaluated in further studies.

Renewing medicine integratively new line: What can Anthroposophy contribute?

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Integrative medicine needs comprehensive understanding of man’s body, soul and spirit related to his natural and cosmic surroundings. Anthroposophic medicine may be seen as attempt to integrate the human body, soul and spirit in science based medicine.

The concept of Anthroposophy, introduced by the German philosopher Rudolf Steiner about 100 years ago, enables a scientific approach to handling the human organism as an entity having made way for new therapeutic methods and treatments, such as pharmaceutic processes, mistletoe therapy, curative eurythmy, art therapies, body therapies (e.g. external applications, rhythmic massage), biography work, mind-body-therapies (e.g. hygienic and curative meditation) and others.

The concepts of anthroposophic medicine can serve as an encouragement and an example for further developing integrative medicine-independent of philosophic or cultural orientation.

The lecture gives a synopsis of these concepts underlying anthroposophic medicine and a survey of the procedures based on them.

Safety of treatment provided by homeopaths

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Introduction: Even though homeopathy is regarded by many as a harmless intervention, homeopathic practice, may not be entirely risk free. Homeopathic aggravation, a concept unique for homeopathy, may impose a particular risk as it allows the health status of the patients to deteriorate before there is a possible improvement. Risk in homeopathy can be divided into direct and indirect risk. Direct risk includes traditional adverse effects of an intervention and indirect risk is related to adverse effect of
the treatment context, for example the practitioner. The aim of this research is to delineate how homeopaths assess patient safety in clinical practice and how they understand and distinguish homeopathic aggravation from adverse effects.

**Methods:** A qualitative approach was employed using focus group interviews with Norwegian medical and non-medical homeopaths.

**Results:** Available data suggest that the risk profile of homeopathic remedies is minor, however, there is a potential for indirect risk related to homeopathic practice. In that respect it is imperative to distinguish homeopathic aggravations from adverse effects. In a general risk evaluation of the homeopathic treatment it may be useful to assess the patients symptoms in accordance with the natural course of disease and evaluate any deviation from the normal curve as a possible adverse effect of the treatment.

**Conclusion:** It is imperative that during the education in homeopathy, more emphasis is placed on patient safety and that the students are trained to identify serious and red flag situations.

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**Shared communication between evidence-based and experience-based clinical care**

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**Introduction:** A present paper is related to my doctoral thesis “Music and Autism – Prosodic Sign in Existential Semiotics” (2015). The aim of the study was to explore a musical origin of linguistic speech and musical semiosis in the human development on Autism Spectrum Disorder. A semiotic approach demonstrated an interactive role of music in between understanding speech and child’s innate communication readiness. The research material consisted of experience-based observation, goal-oriented music-therapy and analyzed musical signification in non-verbal dialogue with children on severe autism.

**Method:** The analysis and philosophic reasoning was based on Existential semiotics and psychoanalytic interpretation. The empiric musical data coordinated with the Italian complementary clinical practice called the “Globality of Languages” within the Arts. Due to autism the study was in addition affected by the neurobiological basis and evidence-based research of ASD.

**Results:** The dissertation indicated a new approach to study a communicative importance between music and autism. The proto-lingual musical signs were signified by a new prosodic theory developed in the mentioned musicological study.

**Conclusion:** A child with severe autism benefits from experience-based clinical support before or simultaneously with the speech therapy. Music and the other arts appear as prosodic continuum for basis of developing linguistic communication. The speech problems caused by autism do not refer automatically to lack of human intelligence. An evidence-based autism finds a core of speech understanding in experienced-based sense-making and material imagination.

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**Study about the influence on the pain of Poppy Seed Oil dropped in the organ representation areas of umbilicus**

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**Introduction:** Poppy Seed Oil (PS Oil) has been used as an analgesic, sedative as herbal medicine. The therapeutic effect was researched by using Bi-Digital O-Ring Test (BDORT).

**Methods:** Subjects. Outpatients of Shimotsuura Clinic were subjected (23 male and 42 female; 35 pains, 19 cancers, and 13 other disease patients). Method of Injection. PS Oil was dropped into the umbilicus (1-2 times/day) and massages the navel to infiltrate the Oil.

The painful degree was measured by using BDORT, before and after treatment. As the Reference Control Substances, 8-OH-dG, Integrin alpha5beta1, Thromboxane B2 (TxB2), HSV1, Chlamydia pneumoniae (Ch.P), Substance P (Sub. P), Human Papilloma Virus (HPV), Borrelia burgdorferi (B.B), CEA were measured and evaluated to each 10–100 g to 10–6 g (BDORT Units).

**Results:** (1) As the results of BDORT, Sub.P, 8-OH-dG, HSV1, Ch.P, and TxB2 was improved significantly ($p < 0.001$). Pain was improved in most cases. The Pain Scale was improved to $2.47 \pm 1.73$ from $7.47 \pm 2.03$ ($p < 0.001$). (2) The Pearson coefficient of the parameters associated with Sub.P were examined. Results were following; 8-OH-dG vs Sub.P $0.520$ ($p=0.390$); HSV1 vs Sub.P $0.637$ ($p=0.166$); HPV vs Sub. P $0.612$ ($p=0.005$); BB vs Sub.P $0.577$ ($p=0.008$); Pain Scale vs Sub.P $-0.153$ ($p=9.1 \times 10^{-3}$).

**Conclusion:** This study suggested that it was effective for sharp pain by using PS Oil dropped into the umbilicus area. This will be no side effect & cost–benefit method for the pain.

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TCM treatment in melanomas of the horse
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Introduction: Melanomas occur in horses of over 6 years of age, in grey horses in which the coat turns grey or white; they are especially common in Lipizzaners, Arabians, Percherons and certain family lines have also been identified to be predisposed to the condition probably as a result of in-breeding. The perineum and the base of tail are the most common sites of development, but this neoplasia develops in any location: lips, neck, parotid area, shoulders, trunk, lymph node involvement. Medical treatment consists in the oral drug cimetidine, surgical excision is the mainstay of treatment and is often accompanied by cryosurgery (freezing); incomplete excision may increase the risk of aggressive re-growth or metastasis.

Method: The Acupuncture treatment was applied to 49 horses and it has been bought to usual therapies and over a period of 16 years. Diagnosis and treatment were conducted according to the criteria of TCM. Acupuncture therapy consisted of dry needles, hydroacupuncture, electroacupuncture, laserpuncture and TCM techniques (moxibustion, Chinese massage, Chinese diet), with good results in restraining the development of neoplasms and in improving the general horse wellbeing.

Results: The work shows that Acupuncture is a non-invasive medicine that allows long-time monitoring of the disease and to ensure the quality of life of horses and as a viable alternative to conventional therapies.

Conclusion: The work confirms the results of the scientific studies that show the mechanisms of acupuncture anti-cancer effects: inhibition of the metabolism of tumour cells; prevention of metastasis through improvement of the physical and chemical properties of blood.
The effect of Kaqun water on functions of elderly people
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Introduction: We studied the effects of water with high oxygen content on cardio-vascular and mental functions of elderly people in a randomized, double-blind, control group study.

Methods: The patients (average age 65 years) we divided into four groups. They drank 0.5; 1; 1.5 l/day Kaqun water, and control group drank 1 l tap water/day. We have examined the plethysmogram, the standard deviation of the pulse in relaxed state and under load with the tools of HRV analysis, the speed of vasodilation (flexibility), blood pressure (systolic and diastolic), oxygen saturation, SRT (reaction time) and CRT (cognitive time). The study lasted for a month.

Result: We experienced significant changes in the reduction of systolic blood pressure (10 Hgmm), reflex time (11%) and cognitive time (11–39%). Improvement of the well-being and physical performance of patients was observed. In other parameters we observed lower degree of change.

Conclusion: The improvement of elderly peoples’ circulatory and mental parameters is related to the special impact of Kaqun water.

Several mechanisms may be responsible for the effect of Kaqun water:
1. Creation of free radicals, which has a direct vasodilational activity and plays a signaling role; quickens the neurotransmission speed as a neurotransmitter (decrease of reflex time) and information processing on the nerve cells (improvement of memory time).
2. Improved energy processes due to the higher oxygen consumption of mitochondria Based on these – among others – the Kaqun water may be is useful tools of preventive geriatric.

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The effect of leek (Allium iranicum (Wendelbo)) leaves extract cream on hemorrhoid patients: A double blind randomized controlled clinical trial
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Introduction: Considering the known pharmacological effects of Allium iranicum and the use of this herb in Traditional Persian Medicine (TPM) as an antihemorrhoid agent, we evaluated the efficacy of A. iranicum leaf extract cream for management of hemorrhoids in a double blind randomized placebo control trial.

Methods: Eighty patients with symptomatic hemorrhoids were randomly allocated to three groups to receive topical leek cream or placebo cream or routine cream for the management of hemorrhoids (antihemorrhoid) for a period of 3 weeks. Bleeding severity (primary), pain, defecation discomfort, anal itching severity, and overall subjective improvement (secondary) were assessed as outcomes of this study.

Results: A significant reduction was observed in the bleeding severity, anal pain, defecation discomfort and anal itching of all patients. The leek cream group had significantly less bleeding severity than standard antihemorrhoid and placebo groups at the end of the study (0.26, 0.83, 0.35, respectively P = 0.04). The number of patients with more than 50% subjective improvement was also significantly more in the leek cream group compared to other groups (12, 5, 6, respectively P = 0.04). The mean reductions in pain, defecation discomfort and anal itching showed no significant difference between the three groups (P = 0.07, 0.39, 0.33, respectively).

Conclusion: The current study showed significantly better outcomes for the leek group compared to the standard antihemorrhoid and placebo groups for bleeding severity and overall subjective improvement. However, there was no difference among topical use of leek, routine antihemorrhoid and
placebo creams symptomatic relief of pain, defecation discomfort and itching.

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The effect of reflexology massage on hair regrowth after chemotherapy induced alopecia in cancer women

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Introduction: Alopecia is a common and devastating side effect of many antineoplastic agents. It is affecting approximately 65% of cancer patients. The impact of the potential loss is so profound that some patients with cancer consider refusing therapy. The aim of this study was to determine the effectiveness of reflexology massage on hair regrowth after chemotherapy induced alopecia in cancer women.

Methods: This is a randomized clinical trial study and study samples were 60 women with stage I, II, or III cancer, that their chemotherapy or radiation therapy completed before and they had complete alopecia due to chemotherapy. They are divided randomly into two groups; control group and reflexology intervention group. Those in the intervention group received reflexology massage 15 min, 3 times (per 8 h) every day for 3 months. Those in the control group were instructed to continue their routine health care. Data were obtained from the patient information form and hair measurement form. Coulisse vernier was used for hair regrowth measurement. Minimum and maximum hair lengths were measured in two groups every month after beginning of the intervention for 3 times in both groups.

Results: Controlling for baseline complete alopecia in two groups, those in the intervention group reported significantly improvement in regrowth of their hair as compared to control group (p < 0.001).

Conclusion: Alopecia has a detrimental effect on body image among women undergoing chemotherapy and novel interventions are needed to assist women in coping with this consequence of treatment. For women with cancer, reflexology massage can improve their hair regrowth.

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The effectiveness of wet cupping on diseases: A systematic review of randomized controlled

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Introduction: Wet cupping is one of the most practiced therapies of the unani system of medicine and has been used in various diseases in many countries though there has been no systematic review of clinical research on Wet Cupping on diseases. This review is to evaluate the therapeutic effects of wet cupping therapy using evidence-based approach on all available clinical studies.

Methods: We included randomized controlled trials on wet cupping therapy for various diseases. The search was done by keyword of “wet cupping”, “hijama” and “clinical trial”. We searched pubmed, the Cochrane library, web of science, scopous, Google scholar and Persian scientific journal Databases (SID, Iranmedex, Magiran). All searches ended in February 2016. Two authors extracted data and assessed the trials quality independently. We included the articles with Jadad scale score 3 and more than that. Eligible studies were randomized controlled trials (RCTs) that examined the therapeutic effect of cupping therapy on a disease. Studies on wet cupping therapy combined with other complementary therapy were excluded.

Results: Fourteen RCT involving various types of diseases were included. This study showed wet cupping was significantly better than medications alone on number of diseases in ten RCTs and was ineffective in four RCTs.

Conclusion: Wet cupping showed some potential benefits in treatment of different diseases without serious adverse effects in multiple clinical studies. However there were serious methodological issues in these studies, further large, rigorous designed trials are warranted to confirm previous researches.

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The effects of acupuncture on addictive behaviours

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Introduction: Addiction is nowadays understood in a multifactorial etiological model, which includes psychological, neurobiological, social and environmental factors. Substance abuse, obesity, shopping, learning, gambling, use of internet, all may start as a pleasurable experience and become an addictive behavior. All these behaviors have something in common: a pain-stress avoidance. Addiction is a biological, pathological process that alters the way in which the pleasure center, as well as other parts of the brain, functions. These brain changes can be long lasting, and can lead to the harmful behaviors. In recent years significant progress has been made delineating the psychological components of pleasure, reward and their underlying neural mechanisms and also the psychological components of reward: liking, wanting, and learning. Most findings support that addictive behavior share the common property of enhancing the effect of midbrain DA function.

Methods: Acupuncture is being integrated into Western medicine for treatment of pain and other conditions. Acupuncture has been used in the treatment of addictions. The mechanism of acupuncture is associated with an increase in the level of neurobiologically active substances. There are also data indicating that acupuncture induces the release of norepinephrine, serotonin, and dopamine in the central nervous system and plasma.

Results: These research findings can explain the potential clinical application to disease states including addictive behaviors and the potential effects of acupuncture treatment for different addictive stages.

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The influence of functional diagnosis on the safety of the patient

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For conventional doctors, the diagnosis is based on, for example, questioning, physical examination, blood samples, X-Rays, Ultrasound, CT-scan and MRI-scan. For health care providers who practice integrative medicine, an additional toolbox of diagnostic approaches is available, such as additional questioning (e.g., to identify patient type), pulse diagnosis, and specific examination techniques. A simple diagnostic tool consists of looking for pain points and trigger points in muscles and ligaments. Even conventional doctors could reassess their approach of patients with acute or chronic pain using this examination technique, and by doing so reduce the risks of the subsequent therapeutic approach. When there are signs of a muscular component such as pain, stiffness, muscular weakness and limited range of motion, one can look for muscular pain points or muscular trigger points and treat these. When there are signs of a ligamentous component such as pain after a traumatic event, one can look for ligamentous trigger points and treat these. For example, patients with pain in the leg who are diagnosed with a herniated disc on the MRI-scan, may be referred to surgery because the disc is accepted as the cause of the pain in the leg (conventional diagnosis). However, physical examination may reveal trigger points in the Gluteus Minimus muscle or trigger points in the Posterior Sacroiliac ligament (functional diagnosis). Local treatment of these trigger points (e.g., dry needling, injections) may lead to disappearance of the pain, without the costs and side effects of conventional approaches such as surgery.

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The relationship of Awareness Under Conscious Hypnosis (AUCH©) method with Yamamoto New Scalp Acupuncture (YNSA) and Soliman’s Hand Acupuncture

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Introduction: “Awareness Under Conscious Hypnosis (AUCH©) Method” can be used integratively with acupuncture in many different fields of medicine. In this workshop, this integrative approach will be illustrated by elaborating the correlations between AUCH© method and Soliman, TCM, Su-jok, and Yamamoto acupuncture points and meridians.

Methods: AUCH© is a state of consciousness created by specific induction techniques and suggestions; and it aims to make changes in attention, perception, memory, emotions and senses of the patient. To create these aimed changes in order to regulate, maintain and improve the patient’s psychological, physiological and social wellbeing, AUCH© has a treatment protocol consisting of three steps: “(1) MAY A© (Making Acceptance with Your Awareness), (2) Induction and (3) Autohypnosis”.

Microsystems acupoints and meridians are inducted to Microsystems acupoints and meridians. In this workshop, the relationship of Awareness Under Conscious Hypnosis (AUCH©) method with Yamamoto New Scalp Acupuncture (YNSA) and Soliman’s Hand Acupuncture will be illustrated by elaborating the correlations between AUCH© method and Soliman, TCM, Su-jok, and Yamamoto acupuncture points and meridians.
“hand passes, touchings and tapings” as an inherent part of AUCH© treatment.

**Results:** During AUCH© induction stage, various acupuncture points and meridians are stimulated on the entire body to reach the aimed therapeutic goals. Additionally, hand acupuncture points are utilized during autohypnosis since the hand gesture which is “covering the thumb with other four fingers like a fist” is used as the “autohypnotic key sign” in AUCH©.

**Conclusion:** TCM, Su-jok, Soliman, Yamamoto microsystem acupuncture can be utilized integratively and efficiently with AUCH© during induction and autohypnosis.

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The thermal effect of modulated electro-hyperthermia on tumor-cell membranes

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**Introduction:** Modulated electro-hyperthermia (mEHT, trade-name oncothermia) can target cancer due to its elevated permittivity without harming the surrounding normal tissues. In our earlier in vitro pilot study we tested the heat-related luciferase inactivation rate which may indicate intracellular temperature but there was no difference between mEHT and a conventional heating method. In this work the aim was to clarify the selective heating effect of mEHT at tumor cell membranes.

**Method:** To verify our idea of membrane-heating, we made in silico calculations. In earlier in vitro measurements we observed elevated lethal effect of mEHT in U937 histiocytic lymphoma cell line compared to water bath heating. The membrane-heating effect of mEHT was tested through calcium ion influx changes on A431 epidermal and HT29 colorectal carcinoma cell lines using fluorescent microscopy.

**Results:** In ten published cases we were able to reproduce the repertirisation results with our prototype. A comparison with conventional repertory softwares “RADAR-easyRep” and the electronic version of the “Bönninghausen’s Therapeutic pocketbook” also found promising results. A first evaluation by a focus group of homeopathic physicians and healing
practitioners moreover revealed that all evaluators found sequential search to be the key feature and the innovative element of the M-Phatak which should be the subject of further investigations and implementations.

**Conclusion:** User demands of day to day practice and current advances in information technology have both to be taken carefully into account to further develop this prototype.

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### Thermogenetic aspects of acupoints: Can we explain physiologically coldness in bone and steaming bone syndrome? Is there a corollary significance for metastatic breast- and prostatic cancer?

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**Introduction:** We present thermogenetic aspects of acupoints, according to the manual of P. Deadman, as selection criterium of acupoints which could help in treatment of internal cold to the bone and steaming bone syndrome.

**Method:** To this aim we performed classical medical literature research about the connection between brown adipose tissue (BAT) and thermogenesis.

**Results:** The presence of brown- and beige adipocytes in red bone marrow were discovered. This type of marrow adipose tissue is localized in proximal erytropeite bone and is thermoregulatory.

**Conclusion:** As corollary, we discover a positive relation between adipocytes in breast and periprostatic basin and the development in situ of cancer cells and their dissemination. There was a positive relation with the degree of inflammatory pyroptosis (programmed cell death) in hyperplastic adipose tissue in obesity and diabetes. Irreversible morbidity and mortality increase with metastatic osteolytic progression.

With the presence of BAT in red bone marrow, we found a physiological mechanism to explain coldness in bone and steaming bone syndrome. Future prospects in acupuncture research concerning cancer adjuvant therapy, could take into account thermogenetic aspects of acupoints.

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### Tonsilotren in chronic tonsillitis: Results of a randomised, international, controlled clinical trial

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**Introduction:** The complex homeopathic remedy Tonsilotren has been shown in earlier trials to be effective in the treatment of acute tonsillitis. In order to obtain systemic data on the therapeutic effectiveness of Tonsilotren in the treatment of chronic tonsillitis (CT), the current randomised, controlled clinical trial was conducted.

**Methods:** Combined treatment with Tonsilotren (Atropinum sulfuricum D5, Hepar sulfuris D3, Kalium bichromicum D4, Silicea D2, Mercurius bijodatus D8) and symptomatic medication (test) was compared to symptomatic medication alone (control) in patients aged 6–60 years with moderate CT. Thereby Tonsilotren was given during 3 treatment periods (TP) of 8 weeks each. Endpoints were the number of acute throat infections (ATI), the number of CT symptoms and the incidence of adverse events (AEs) during the trial.

**Results:** ITT population comprised 254 patients (86 patients <12 years, 51 patients from 12 to <18 years, 117 patients ≥18 years) with a moderate CT. The number of patients without ATI during the whole trial was significantly higher in the test compared to the control group (Δtest-control 29.7%, 95%-CI: 17.81–41.57; p < 0.0001; χ2 test).

From the end of the first TP until the end of the trial, patients in the test group had significantly less CT symptoms than patients in the control group (p < 0.0001; MWU test).

From the 225 AEs in the test group, 3 AEs (gastroenteritis, nausea and dysgeusia) were rated as related to Tonsilotren.

**Conclusion:** Trial results suggest that Tonsilotren may be a safe therapeutic option in the treatment of moderate CT.

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Traditional and integrative medicine in Serbia

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Although the beginnings of the 21st century were characterized by two seemingly opposed kinds of medical sciences (the conventional medicine – CM and traditional medicine – TM), it is notable that CM, irrespective to its undoubtedly positive contribution, has had the tendency to look on the nature of illness only partially, thus ignoring the holistically oriented TM. However, numerous studies have shown that the majority of population surveyed had used some kind of TM.

In accordance with the WHO recommendations, as well as the Serbian 2005 Law on Health Care and the 2007 Regulations, the area of TM has been defined. The Committee for TM, within the Serbian Ministry of Health, discusses and decides on the key issues regarding TM in Serbia. The emphasis is on associations, in terms of their responsibility for the good knowledge of their own members and for the respect they have to pay to the ethical and principles of good practice. Educational programs have been aligned with the licensed programs from the countries of their origin. They are carried out by the licensed lecturers. Only the programs accredited by the Health Council of Serbia are run. Judging by the number of TM branches’ school classes.

In addition, there is an increasing need for the postgraduate education within medical and pharmaceutical studies.

A big problem is the lack of the integration of the TM diagnosis and treatment into the CAM protocols, as well as the problem of health insurance policy on refunding TM treatment expenses.

Treating infertility with homeopathy

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Introduction: Infertility causes problems to every seventh couple. Gynecologists talk about an infertility proportion of 20% in Hungary. The treatment of infertility is very expensive, however the homeopathic therapy is cost-effective. Infertility has several causes originating from both males and females. In case of women it is common that estrogen, progesterone, prolactin, testosterone, TSH, FSH as hormonal differences result in complications in getting pregnant. All these can be treated well with homeopathic remedies. The PCOS causes more medical and endocrinological deviations that can also be eliminated by using the appropriate homeopathic agents.

Method: Endometriosis is a hardly treatable clinical picture accompanied with severe pain and sterilization. However, with appropriate homeopathic agents affecting the estrogen production, the estrogen level can easily be balanced resulting in the halt of endometriosis and promoting earlier pregnancy. When infertility occurs without any organic or hormonal deviations, determination of the patient’s characteristic agent is important, and affects both the proper operation of the immune system and the psychological status and help work up mental problems.

Results: Based on my practice on 73 cases, the combined, symptomatic and characteristic, homeopathic treatment showed significant results. Five times twins were born, and 61 times one child was conceived and born. In 31 cases, insemination and flask treatment was also carried out with simultaneous homeopathic treatment giving rise to successful conception, embedding, pregnancy.

Conclusion: The treatment of infertility with homeopathy shows significant, cost-effective results.

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Treatment of gastrointestinal and respiratory chronic inflammatory conditions associated with eosinophilia using natural remedies

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Introduction: The chronic inflammatory disorders of the gastrointestinal tract (GI) and the respiratory system (RS) that are associated with eosinophilia pose great diagnostic challenge. Often, the exact aetiology is obscured therefore it is difficult to
find an adequate treatment. Consequently, both the symptoms and abnormal test results may be persistent for years.

**Methods:** In this retrospective study, the findings of laboratory (blood) tests, imaging (abdominal US and chest X-ray) and spirometry data of patients with GI \( (n = 20) \) and RS \( (n = 20) \) disorders were compared to measurements of the meridians using Electro-Acupuncture Voll (EAV) machine. These patients were treated solely by natural remedies. Data of the past 5 years were collected and analysed, prior and after treatments.

**Results:** In the group of respiratory disorders, serology tests proved to be the most useful in finding the correct aetiology. Several causative agents (i.e. Legionella pneumophila, Mycoplasma pneumoniae, Chlamydia pneumoniae, parasites, etc.) were identified with blood tests. They were also essential in the follow up period during the combined, specific treatment of these conditions using natural remedies. EAV tests indicated parasitic infections in most cases of inflammatory conditions of the GI tract associated with eosinophilia, even though the standard tests (stool culture) were often negative. Based on the EAV measurements, specific natural remedies were individually selected and applied for treatment in combination. Within an average period of 4 months \( (\pm 2 \text{ months}) \) both the eosinophilia and the other inflammatory parameters normalised and, simultaneously, the subjective/clinical symptoms disappeared in each patient.

**Conclusion:** Eosinophilia often indicates clinically obscured, chronic inflammatory conditions therefore it is an important diagnostic factor. These longstanding conditions can be treated safely and effectively by 2–4–6 month cycles of natural remedies resulting in complete remission without side effects.

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**Two cases showing improvement in symptoms after removal of dental restorative metal (amalgam) based on assessments using the Bi-Digital O-Ring Test**

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**Introduction:** Amalgam dental fillings can leak into the patient’s body in the form of vapors or metallic ions and cause systemic contact dermatitis. We report two cases, one involving oral lichen planus and the other showing numbness in the lower limb, in which the symptoms improved after removal of amalgam fillings based on assessments using the Bi-Digital O-Ring Test (Omura, Y. 1977-2018; BDORT).

**Methods:** Case 1: A 67-year-old woman visited our clinic on October 5, 2012 with oral lichen planus in the right buccal mucosa. The Hg (mercury) level in the oral lichen planus lesion (BDORT units) was measured using reference control substances. Case 2: A 56-year-old woman who had been experiencing numbness in the right lower limb for 3–4 years visited our clinic on August 23, 2014. The association of the symptom with amalgam was assessed using the BDORT. The amalgam fillings were removed in the descending order of the degree of positivity in the BDORT.

**Results:** In case 1, the oral lichen planus disappeared soon after removal of the amalgam. The Hg level gradually decreased from 450 mg at treatment initiation to 1 \( \mu \text{g} \) or lower at the time of disappearance of the oral lichen planus. In case 2, the numbness disappeared after removal of the amalgam filling showing the greatest degree of positivity in the BDORT. Amalgam residue was noted at the bottom of other metal fillings (silver-palladium alloy). Elution of Hg from the amalgam may have been facilitated by contact with the dissimilar metal. We restored the teeth after selecting a suitable restoration material based on BDORT assessments.

**Conclusion:** The BDORT was useful to identify the causes of illness and to guide the selection of suitable restoration metal in our cases.

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**Unique role of endogenous formaldehyde and ozone in the biological activities of high dilutions of ingredients – Dose-dependent endogenous bioequivalence**

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**Introduction:** The basic elements of the time- and dose-dependent quadruple immune response of plants to pathogens in relation to the function and reactions of formaldehyde (HCHO) and its one reaction product, ozone (O3) were demonstrated. This finding opens a new horizon in the field of disease resistance in plants and perhaps in general in biological world.

**Methods:** These results give a good basis and possibility for studying and understanding hormesis, resistance as well as the unique high-dilution phenomena (e.g. homeopathy) as well and at that time the promise the elimination of century contradictions in this field.

**Results:** From the latest achievements of the in vitro (BioArena) system came a key discovery: all antibiotic-like compounds act through HCHO and/or O3, but the basic molecule doesn’t participate directly in the antibiotic effect. It was possible to extend the in vitro BioArena results to in vivo conditions (e.g. greenhouse experiments). The latest major result in this field is the finding of the quadruple, bioequivalent, nonlinear specific immunostimulating response for chemical pretreatment in plants using decimal dilution of inducers.
Conclusion: According to more recent observations there is a dose-dependent endogenous bioequivalence in plants and others, which plays a determining role in a given biological unit.

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Update on biological model and clinical research in homeopathy

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Basic science: I will review the role of nanoparticles including gas bubbles, silica and original substance nanoparticles in homeopathic dilutions. Methods used include low temperature luminescence, nuclear magnetic resonance, transmission electron microscopy, selected Area electron diffraction (SAED) and analysis of polycrystalline structures for local connected fractal dimensions (LCFD).

Biological models: Cell models: including epigenetic models, meta analysis of in vitro evidence for ultramolecular dilutions, highly diluted histamine, prothrombotic effect of ultramolecular aspirin.

Whole animal models, including effect of highly diluted thyroxine on amphibian metamorphosis, Gelsemium in mouse model of anxiety, anti-arthritic action of Rhus toxicodendron.

Clinical research: 1118 clinical trials of homeopathy of which 298 are randomized controlled trials have been published. Four systematic review/meta-analyses of homeopathy for all conditions have been published. Of these, three have reached positive conclusions. Systematic reviews of randomized controlled trials of homeopathy in specific clinical situations have also yielded positive results. Meta-analyses which have yielded negative results are based on small and highly selected samples.

Comparative effectiveness research: Comparative effectiveness research examines the effect of integrating homeopathy into medical practice. Studies include the EPI-3 study conducted in France which included over 6000 patients and the multinational IIPCOS studies. All such studies have shown benefit to integrating homeopathy into universal health coverage. In acute situations the benefit is usually in terms speeding resolution and in chronic situations by reducing drug requirements with similar outcomes. Reduction of the use of antibiotics is particularly important in the global problem of antimicrobial resistance (AMR).

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Use of integrative supportive treatment in a child with acute lymphoblastic leukemia parallel to the first line therapy

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Introduction: Acute lymphoblastic leukemia (ALL) is the most common hematological malignancy diagnosed in children. 5-year survival rate is over 85% for those younger than 15 years with conventional chemotherapy (CCh), but infectious complications and toxicity still remain the main causes of morbidity and mortality. Integrative medicine is frequently used by children with malignancies also in Hungary. It is chosen by the parents as supplementation of the conventional treatment. Nowadays more and more parents choose anthroposophic medicine (AM).

Method: We present the case of a 23 months old girl diagnosed with precursor B-cell line ALL. Her treatment was begun according to the ALL-IC-BFM-2009 protocol with a 4-drug induction chemotherapy (prednisone, vincristine, daunorubicin and asparaginase). During the first three months of therapy she had 4 times febrile neutropenic periods, when she needed parenteral antibiotics and there were altogether 15 days of delay in her CCh. Cultivation of her cellulitis proved Pseudomonas aeruginosa. Her central catheter should be replaced once due to infection. Her parents begun with AM during the consolidation phase: Issedor pini, Hepatodoron and Primula Muskelnähröl were used during the active CCh. During reinduction therapy she had neutropenia without fever, without any sign of infection and there was no delay in CCh. After finishing the parenteral CCh, she got oral maintenance therapy. It was supported next to the AM therapy with Helleborus niger and Colchicum autumnale, Symphytum comp., Ca phosphoricum and Calcium fluoratum, additionally with corall calcium and Kräuterblut with Iron (Floradix). During the reinduction phase of ALL treatment children usually have febrile neutropenic periods, sometimes with life-threatening complications and almost all children have minimum one week delay of CCh.

Results: In our presentation we perform on a timeline the CCh and AM treatment elements with the clinical course of our patient. In here case there were no complication and delay during reinduction, which migh suggest an effect of the supportive IM treatment. No relapse was detected in the following 2.5 years since the end of the CCh therapy.

Conclusion: Further studies are warranted to prove the effectiveness of IM as a complex system approach in ALL treatment.

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Utilizing the recent homeopathic and academic medical research findings in treating early age TIC

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Introduction: It is crucial in every aspect of science including homeopathy to rely on research results in the process of healing. Proving the PANDAS-Theory by clinical trials is underway at the moment in the academic medical field.

Method: The aim of this research field is to find ways to utilize the information that autoimmunity neural and psychological disorders can be linked to the poststreptococcal state. This information can be utilized very effectively in the process of homeopathic healing.

Result: Homeopathic research has furthermore proved that the healing of neurological disease patterns in which the level of above mentioned neurotransmitters is increased or decreased is possible by using homeopathic diluted Serotonin and Dopamine.

Conclusion: I have utilized the findings of this research field in healing TIC, repeatedly, successfully.

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Well tolerated triterpene-containing mistletoe extract viscumTT reduces tumor volume in pediatric sarcoma xenografts

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Introduction: Aqueous Viscum album L. extracts, excluding lipophilic triterpene acids, are widely used in alternative cancer therapy. We recreated a total mistletoe extract (viscumTT) by combining an aqueous conventional extract (viscum) and a triterpene extract (TT). Based on promising in vitro data mistletoe extracts were tested with regard to tolerability and reduction of tumor volume on Ewing- and osteosarcoma xenografts.

Methods: For in vitro experiments Ewing sarcoma (TC-71) and osteosarcoma (Saos-2) cell lines were treated with mistletoe lectin-I and viscotoxins (viscum), solubilized triterpene acids (TT) and a combination thereof (viscumTT) and analyzed for inhibition of proliferation and apoptosis induction. Additionally, for in vivo experiments, these sarcoma cell lines and cells from Ewing sarcoma patient were subcutaneously injected in mice. Depending on experiment setting mice were treated intratumorally (i.t.) or intravenously (i.v.) with increasing concentrations of viscum, TT and viscumTT. Over the experiment duration the tolerability of mistletoe extracts were assessed and the tumor volumes determined. Ewing sarcoma patient derived xenograft (PDX) was additionally treated with high dose mistletoe extract.

Results: First, high dose of viscumTT were very well tolerated without significant loss of body weight and adverse side effects. Furthermore, the tumor volume was reduced by viscum and viscumTT compared to cyclodextrin control mice. The effectiveness of viscumTT-treatment resulting in significant tumor weight reduction, comparable to the effect in doxorubicin-treated mice.

Conclusion: ViscumTT show well tolerability in mice and high anti-tumor effectiveness in vitro and in vivo. These results indicate a promising potential of viscumTT as an adjuvant therapy in pediatric sarcoma.

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What benefits do patients with cystic fibrosis report from learning Tai Chi?

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Introduction: People with CF are recommended by health professionals to have a strict regime of physiotherapy and regular exercise in order to keep healthy. In a randomised feasibility study the reported physical and psychological benefits of including Tai chi (TC) alongside normal exercise was investigated.

Methods: Participants were asked as part of a structured questionnaire to comment at the end of each TC teaching session on any observed benefits or negative effects attributed to this intervention. More in depth questions were asked during interviews at the end of the study conducted by an independent member of the research team.

Results: Of the 40 participants recruited to the study, 23 had face-to-face TC lessons (group 1) and 17 TC lessons delivered over the internet (group 2). This qualitative data suggested that 58% reported improvements in their breathing (group 1 = 70%,
group 2 = 30%). Benefits included being able to take bigger breaths and being able to breathe better at night. 45% reported being able to get mucus up following physiotherapy exercises if they practised TC beforehand, (group 1 = 44%, group 2 = 56%). 45% reported improvements in posture, (group 1 = 61%, group 2 = 39%). 90% reported that they felt calmer and less stressed when they did TC, (group 1 = 61%, group 2 = 39%). Many commented that they used it to relax when feeling stressed.

**Conclusion:** TC may be useful to reduce stress, improve breathing, posture and other issues associated with CF. Further research is required to verify subjective reports of benefits and future studies should consider how to improve outcomes using internet delivery.

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**Application of the Bi-Digital O-Ring Test on acupuncture and complementary (integrative) medicine (holitherapy method)**

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**Introduction:** The Bi-Digital O-Ring Test (BDORT) discovered and developed in 1977 by Omura, M.D., as a non-invasive diagnostic tool, can be very useful in various medical condition. Dr. Özerkan has been working for 21 years in Integrative Medicine by using BDORT. BDORT can be used in Integrative Medicine;

1. in order to evaluate the accuracy of indirect Bi-Digital O-Ring Test in determination of localization acupuncture points,
2. in order to compare the results obtained by BDORT showing various medical condition with some medical test,
3. in order to compare the value of skin’s electrical characteristics obtained by standard measurement device and by BDORT,
4. in order to discuss the benefit of the indirect BDORT method by comparising with standard method.

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**The significance of energy blockages and the priority of removing them in acupuncture practice**

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**Introduction:** In acupuncture practice it can often be experienced that there are energy blockages hidden behind the symptoms. Many energetic blockages are hard to detect through physical examination. In such cases it is difficult to diagnose, and the treatment of symptoms is practically associated with limited success. It’s important to note that neither complementary therapies, nor European medical procedures are promising. (Even targeted antibiotic therapy becomes almost ineffective.) In order to screen various blockages, computer diagnosis can be a great help. If blockages are detected, the main target of the therapy should be removing the blockages and resetting the energy balance in the body.

**Methodology:** In this presentation will be reported instructive energy blockage cases, which have occurred during my practice since 2008 and were explored by computer diagnosis (Acugraph 4).

**Results:** In case of detected energy blockages, therapeutical interventions, which are normally applied in European medicine or in acupuncture practice, did not work, only the removal of primary blockages leaded to good therapeutical results. 13 cases will be discussed, in 11 of them with significant improvement which has been proved by Acugraph measurements.

**Conclusion:** The primary blockage elimination in case of energy blockages facilitated the flow of energy, allowed proper treatment of the affected organs and gave better results than treating the symptoms first. Significant improvement was only experienced after detecting the blockages by computer diagnosis and removing them by targeted treatments.

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**Withdrawn**

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Eating habits, health and lifestyle of organic consumers in Hungary

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Introduction: Organic food is getting more and more popular in Hungary in the last few years. In the same time popular diets are as well gaining more and more followers. The aim of our study was to investigate the eating habits of the organic consumers, the diet they follow, their health, and their lifestyle.

Methods: The data were collected on the organic market of Budapest, in Waldorf schools and in the offices of homeopathic or anthroposophic physicians. 530 participants filled in the questionnaire. Seven diets were compared: Hungarian, Mediterranean, vegetarian, vegan, whole food, whole food vegetarian, and paleolithic diet. We examined the dietary habits, lifestyle factors, and the state of health of the participants.

Results: The more organic products the participants ate, the healthier were their eating habits, their lifestyle, and the healthier were they themselves. The health of the participants consuming the Hungarian kitchen were significantly the worst, and their eating habits and lifestyle was as well the less healthy. The vegan consumers had the healthiest eating habits, and their health was as well the best.

Conclusion: Our results suggest, that the amount of organic products in the food grows in parallel with the setting of healthier lifestyle and healthier eating habits.

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Effects of Neurodoron® in patients with nervous exhaustion – Results from a randomized controlled clinical trial

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Introduction: Nervous exhaustion is characterized by persistent and distressing complaints of feelings of exhaustion, fatigue and/or bodily weakness, irritability and nervousness. Normal periods of rest do not result in recovery. A previous non-interventional study on Neurodoron® (containing Aurum 10X, Kalium phosphoricum 6X, Ferrum-Quartz 2X) showed symptomatic relief. This controlled study was conducted to evaluate the therapeutic effects of Neurodoron®.

Methods: Randomized, double-blind, placebo-controlled clinical trial. Treatment: 6 weeks with 3 × 1 tablets/day Neurodoron® or placebo. At baseline, after 2 and 4 weeks patients rated 12 characteristic symptoms, their subjectively perceived stress (Perceived Stress Questionnaire, PSQ) and their general health status (Short Form Health Survey, SF-36). Blood samples for safety laboratory were taken. Possible organic causes for nervous exhaustion had to be diagnostically excluded beforehand.

Results: 154 patients were randomized and analyzed. In both groups, mean age was 53 years, 70% females. Regarding the a priori defined efficacy variables symptom-sumscore, PSQ and SF-36 no advantage in favor of Neurodoron® could be demonstrated overall. Post-hoc analysis of intra-individual differences after 6 weeks treatment revealed improvement in 10 out of 12 characteristic symptoms in the Neurodoron® group (placebo: 2 of 12). Irritability and nervousness improved significantly under verum (p = 0.026 and 0.048, Mann–Whitney-U-test), for PSQ and SF-36 there were favorable trends. In each group 6 adverse events classified as related were reported (mainly gastrointestinal). No abnormalities in the blood tests were observed.

Conclusion: The post-hoc analysis revealed positive effects of Neurodoron® treatment. Within an individual therapeutic concept, Neurodoron® could be used for alleviation of symptoms.

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Fetal development reprogramming [Garbh Sanskar]

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Introduction: The ultimate aim to give birth to a well cultured, virtuous, majestic, vigorous, healthy, beautiful and extremely intelligent child. An excellent development reprogramming, Garbh Sanskars, is an astonishing way of teaching good things to the unborn baby in womb during pregnancy. Though it sounds surprising, it is a scientifically proven fact. The literal meaning of word garbh is womb and sanskar is teaching good or right things. Garbh Sanskars should be performed by mother during pregnancy.

Methods:
- Ayurvedic Panchakarma therapy: Panchakarma therapy is both preventative for healthy people to maintain and improve excellent cellular function, and curative for those experiencing disease. It is a highly complex and sophisticated science of purification of the body/mind channel systems.
- Formation of fetus body and garbha sanskar.
- How to communicate with baby.
- In womb baby programming.
- Pranayama and asanas for pregnant women.
- Meditation of the mother.
- Post natural care.

Results: Pregnancy should be by choice and not by chance. It should be carefully planned and managed as per the principles of Garbh Sanskar as we have a complete control during this development phase of fetus. Many couples are capable of bearing child but mere giving birth to a child should not be the only aim. The child has to be unique, unrivalled, noble, extremely talented and enriched with all the good human qualities.

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Detection non-ionising electromagnetic fields by Bi-Digital O-Ring Test and novel possibility for protection

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Introduction: Electromagnetic Fields (EMFs), coming from different sources, have signed with health effects on humans and experimental animals in experimental and epidemiological studies when exposed to EMFs. The scope of wavelength waves generated by these devices belongs to non-ionizing electromagnetic waves. However, this energy is sufficient to prevent normal physiological mechanisms of cell and tissue action and thus disturbs the health of the individual. Along with the increased use of devices that emit electromagnetic fields, the number of people suffering from chronic diseases such as diabetes, diseases of the thyroid gland (autoimmune thyroiditis), malignant diseases, allergies, autism in children, infertility in males and females has also increased.

Methods: One of the great problems is how to determine whether the field intensity is safe and harmless, and where the line between the intensity of fields of significant biological effects and adverse ones is. Harmful EMFs are manifested by the decrease of strength of big and small body muscles. The changes of the strength of muscles can be diagnosed and measured using muscle strength evaluation tests – Bi-Digital O-ring Test (Y. Omura). The mechanism is based on the change in muscle strength, which changes due to changes in activity of the enzyme N-acetyl serotonin-transferase and the concentration of the neurotransmitter serotonin in the pineal gland.

Results: The measurement discovered that when it comes to an electromagnetic field with a real power source, O-ring opens if the field is 10 V/m and more. This coincides with the claims of agencies that deal with non-ionizing radiation and confirms the fact that the O-ring test method is safe to detect a space of safe residence.

Novel scientific discoveries produce EMF protector which can minimise harmful effect on biological’s object.

In this the paper shows how BDORT can be used to detect harmful EMFs and how to check whether protector works.

Conclusion: It is most important to develop safety and reduce harmful effects of electromagnetic fields around us.

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Evaluation of the effectiveness of manual therapy on the cervical spine

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Introduction: There is a paucity in objective evaluation of the effectiveness of manual therapy. Investigation has been performed to present three methods for the measurement the effect of combined manual therapy on the cervical spine.

Methods:

- 40 patients (20 male and 20 female)
- mean age 38.6 years
- duration of their symptoms between 2 and 6 months (neck pain, movement restriction, without neurological deficit, segmental blockage between C 2 and 7)
- manual therapy (included PIR, mobilisation, manipulation) 2 times/2 weeks

Evaluation 1: Measurement of neck posture angles by digital photos with special computer software.

Results: All three methods for evaluation showed significant values proving the effectiveness of manual therapy on the cervical spine.

Conclusion: Effectiveness of manual therapy can be evaluated by measurement of neck mobility, neck posture angles and neck muscle strength.

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Poster abstracts

1

A study on 2040 technology forecasting using Delphi survey in Korean Medicine

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Introduction: This is a study for technological forecasting, aiming to find out the promising future technologies in KM (Korean Medicine).

Methods: The first pool of 145 technological tasks related to KM was composed by reviewing the existing data related to technological forecasting. The steering committee for the research set 99 final technological tasks. With the deduced technological tasks, mini-Delphi (2-round) method was conducted and 6 research items were used—the importance, realization time, urgency, technological competitiveness, the main agent that will push forward the task, and obstacles.

Results: As a result on the time when the technology will be realized, 58 out of 99 technologies (59%) were predicted to be realized in the same year domestically and globally. The average of the importance of the 99 technological tasks was 72.9. As for the main agent to push forward the research and development of future technologies, ‘industry-academic cooperation’ took the highest portion at 58.7%, and regarding the obstacles to realize technological tasks, the lack of infrastructure (research funds) was the highest at 33.6%.

Conclusion: This study shows that the development of basic technologies in the technologies of Korean medicine is insufficient and it is believed that the development of basic technologies is urgent to promote the development of application technologies.

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Acupuncture in the multimodal biopsychosocial pain management

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Introduction: A multimodal bio-psychosocial management of pain has been proposed. For patients with chronic pain refractory to conservative treatment all factors involved with chronicity should be assessed. The principles of traditional Chinese medicine link three major themes: nutrition and microbiome, neuroplasticity, and homeostasis while considering the side effects of medication. The improved biological, genetic and epigenetic knowledge has contributed to a better understanding of the mechanism of acupuncture. Neuroimaging demonstrates the brain regions activated by acupuncture and also illustrates the differences with sham or placebo. These brain areas are associated with a pain matrix.

In the field of acupuncture research there is a need for a bidirectional approach to acupuncture research, where basic science studies and clinical trials each inform the other.

Methods: From the case reports on chronic refractory pain management, we highlight, diagnostic steps, reasoning of the traditional Chinese medicine that is integrated with the chronobiology and the epigenetics factors, thus allowing a strategy for acupuncture that addresses the chronicity and the modified parameters such as sleep, nutrition, reactive depression and the different vicious circles induced by chronic pain (peripheral and central sensitization).

Results: A strategy that integrates phamaco nutritional and acupuncture approach close to analgesics shows as described in literature a better response and tolerance of the treatment, a dose reduction and a significant improvement of the parameters involved in the chronification.

Conclusion: Acupuncture in this multidisciplinarity is a multimodal pain regulator. The therapeutic and post effect are augmented by the cellular physiological rehabilitation.

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“...that it is more than just warmth” – The perception of warmth and relaxation via warming compresses

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Introduction: While external applications such as warming compresses are an important part of anthroposophical medicine, practice and clinical application is mainly based on experience. There are little empirical data on their effect. The aim of this study was to investigate the effect of warming breast compresses.

Methods: In a controlled study design, we compared the effect of ginger and mustard flour as warming ingredients in healthy adults. Physiological and psychometric data were collected and we conducted phenomenological interviews, which were analyzed according thematic analysis. Here we focus on reported sensations of warmth and relaxation.

Results: Participants described warmth with mustard flour as very intense sometimes even unpleasant or painful. With ginger they reported a comfortable warmth associated with well-being spreading through the body. In the resting period after ginger warmth was experienced as more diffuse and superficial, with mustard as more intense and concrete. A sense of relaxation was mainly reported in the resting period and was experienced continuous with ginger and starting abrupt with mustard. With ginger, even the period with the compress was experienced as relaxing while with mustard a sense of relaxation was not before the resting period. However, participants described relaxation after mustard as more relaxing, profound and faster.

Conclusion: While ginger is experienced with comfortable warmth and perseverative relaxation, mustard is experienced with strong warmth and fast and deep relaxation. In a subsequent study we will investigate the effect on patients with an indication for warming breast compresses.

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Bi-Digital O-ring Test plays an important role in detoxification procedures while treating patients with chronic diseases

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Bi-Digital O-Ring Test (BDORT) is non-invasive diagnostic method which plays an important role in diagnosis and treatment of numerous diseases caused by various factors (e.g., heavy metals-HMs, bacteria, viruses, parazites etc.). The test was established by Professor Y. Omura, Columbia University, USA.

Aim of the paper is to point out the importance of BDORT use in detoxification procedures while treating the patients with chronic non-communicable diseases (CNDs)

HMs may enter the body by mercury amalgams in teeth, prescribed drugs, contaminated tap water, living near a landfill, smoking and/or inhaling second-hand smoke, eating foods that contain high levels of HMs, receiving vaccinations that contain thimerosal, cosmetic changes such are piercing and tattoos, etc. HMs may cause unspecified symptoms, such are lack of energy and chronic fatigue, excess weight, bloating, constipation, indigestion, headaches, mental confusion, allergies to food and other sources of allergens, etc. By applying BDORT, intoxication of human body with various HMs can be detected and, by using compatible metal chelating agents concomitantly with nutritionals and herbs in order to nourish the liver and kidneys, detoxification process can be done successfully. In this way, by applying BDORT one will eliminate HMs from the body which can be one of factors causing CNDs onset.

While treating patients with CNDs, health professionals are recommended to consider possible intoxication with HMs and to undertake detoxification programs in their patients. BDORT proved to be effective method in detoxification procedure.

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Bi-Digital O-ring Test should be used in integrative oncology complementary with standard medical procedures

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Introduction: Bi-Digital O-Ring Test (BDORT) is non-invasive diagnostic method established by professor Yoshiaki Omura, USA. Integrative oncology encourages living a healthy lifestyle to help the body to enhance its’ innate abilities to fight and prevent cancer.

The aim of the paper was to point out the importance of the use of integrative approach in treating the cancer patients with special focus on BDORT use.

Methods: 24 year old female patient N.O. who was operated on lung and rib tumor of the same chest side, underwent standard chemotherapy procedure during 2012. After chemotherapy she reported lack of energy and chronic fatigue, weight loss, bloating, diarrhea/constipation, indigestion, headaches, mood changes, etc. Therefore, she sought for additional medical help and was examined by BDORT. By using BDORT, the presence of infection was noticed and the type of antibiotics that should have been used, was selected. Detoxification procedures by using metal chelating agents were done. Selective Drug Enhancement Method (SDEM), also, developed by doctor Omura was applied in order to enhance an uptake of administered drugs into target organs. At last, BDORT addressed which dietetic supplements should have been administered to her in order to increase innate immune system response. Afterwards, the patient felt much better and full of energy; MSCT of chest and belly, done in April 2013, showed no presence of active processes in observed body parts.

Results: BDORT plays an important role in integrative oncology by helping to detect the cause of infection, heavy metal intoxication, etc. BDORT enables medical professionals to detoxify patient’s body and administer proper drugs and supplements.

Conclusion: These activities used complimentary with standard medical procedures give the best results in healing cancer patients.

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Change of the human energetic field emission before and after photostimulation of acupuncture points for Fibromyalgia Syndrome (FMS): Case report

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Introduction: Measurements of human energetic emission were taken through Bio-Well GDV camera. Bioelectrography parameters of all fingers of both hands were measured with computerized complex Bio-Well GDV-camera, developed by Dr. Konstantin Korotkov, University of Saint-Petersburg, Russia. Bio-well GDV Camera is used for examining human psycho-emotional and physiological state, before and after specific treatments.

Methods: The patient, a woman 50 aged, affected by diagnosed Fibromyalgia Syndrome, was subjected to one photostimulation application (colourpuncture) per week on specific acupuncture and auricolar points for a total of 5 weeks. The evaluation of the general energetic emission of selected parameters was performed before and after each treatment.

Results: After 5 photostimulation treatments the parameters of energetic emission showed a remarkable improvement. The values of the considered parameters changed in the period between the beginning and the real end of the treatments as follows: Emotional Pressure from 4.29 to 3.73 scale of 10 General Energetic Emission from 0.34 to 0.48 Joule Right/left side Symmetry from 71.61% to 98.03% Balance of Organs from 66.76% to 87.34% The analysis of Meridians highlights liver and gall-bladder emission whose values are very low before the treatments became normal after.

Conclusion: The measurement of changes in the human energy field is an interesting tool to assess changes in the biological system as a result of a photostimulation treatment.

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Chemical and natural approach to vaginal atrophy

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Introduction: Vaginal atrophy is a current disease in post-menopausal women that is characterized by decreased epithelial thickness, reduced vaginal maturation index and increased vaginal pH. Recent Cochrane review reported that in healthy women over age 60 about 50% have symptoms related to vaginal atrophy. Use of hormone replacement therapy increases breast cancer risk. Complementary and alternative medicine is a group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine. Complementary/alternative medicine has been described as ‘diagnosis, treatment and/or prevention which complements mainstream medicine by contributing to a common whole, satisfying a demand not met by orthodoxy, or diversifying the conceptual frameworks of medicine.

Method: Peer-reviewed publications were identified through searches in Scopus, science direct, Cochrane, PubMed, and also google scholar by using the search terms “vaginal atrophy,” “breast cancer,” “menopause,” “HRT” “phytoestrogens,” “phytotherapy”. The search was completed through 2014, and was limited to articles published in English. Relevant articles were identified based upon the expertise and clinical experience of the authors.

Results: We categorized our result in different categories including: Life style modifications, supporting cares (regulation of vaginal pH, Options of Moisturizers and Lubricants) and treatments: synthetic (routine and newer options of Hormone replacement therapy and none hormonal) and natural Options (different Types of CAM including herbal medicines).

Conclusion: Evidence supporting the use of these nonprescription alternatives is limited. Women need to be given useful information and tools to help them understand the nature of scientific evidence proving or refuting the claims made about alternatives to conventional hormone replacement.

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Chrono-nutrition program Dr Gifing® regulates both body weight and biochemical parameters in obese patients

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Introduction: The aim of this paper is to reveal at what extent Chrono-nutrition program Dr Gifing® (CNPDrG®) influences metabolic parameters (blood sugar, cholesterol, and triglycerides) in obese patients of both sexes.

Methods: Data was obtained from medical records. Each patient had blood analysis prior commencing CNPDrG® and one month after being on the program. CNPDrG® is personally tailored and means taking meals of certain food which body well tolerate at proper day-time. Each patient received personally tailored supplementation and nutrition plan, which was based on lab. Analysis, current medical condition of the person, and results of food tolerance test done on MORA nova touch machine. Basic methods of descriptive statistics were applied, as well as, Student’s t-test for paired samples.

Results: Of 265 examinees included in the study, 96 of them were males and 169 were females. After one month of CNPDrG®, cholesterol and triglycerides mean value were significantly reduced – \( p = 0.000 \) reaching physiological values within this period (cholesterol – 6.46 ± 1.08 vs. 5.09 ± 0.83 and triglycerides – 2.37 ± 1.9 vs. 1.32 ± 0.62). The same trend was seen in LDL level – 4.04 ± 0.94 vs. 2.92 ± 0.75 (\( p = 0.000 \)).

Mean value of HDL showed trend of rise (1.27 ± 0.35 vs. 1.28 ± 0.33), but it was not statistically significant – \( p = 0.771 \). Further follow up of these patients should be done to clarify this issue. Blood sugar mean level showed decrease (5.92 ± 1.00 vs. 5.25 ± 0.76), which was high statistically significant – \( p = 0.000 \).

Conclusion: As well as reducing body mass in obese patients, CNPDrG® proved to be efficient approach in solving impaired metabolic parameters, thus preventing further development of various diseases.

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Combined treatment of persistent skin rashes of 2 years duration using natural remedies only – Case study of a 39-year-old female patient with 4 years follow-up

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Introduction: Case report of a 39 years old female, who was admitted in April, 2012 with a 2 year history of reddish, 1–10 cm wide, sometimes migrating papules with a burning-itching sensation, extending to 9 regions of the body. The lesions have previously been treated using steroids, anti-fungal and anti-allergic as well as antiseptic agents without any evidence of remission.

Methods: At the time of admission, measurements of the meridians using EAV equipment were performed completing with EAV tests for microbial and inorganic toxins. Based on the results I have prescribed a combination of natural remedies. During the follow up period, the above tests were repeated at every 2–3 months with simultaneously recording the changes of the skin lesions and the internal organs as well. Therapy was adjusted accordingly, following the doctrine of the 5 elements of Traditional Chinese Medicine (TCM).

Results: According to the EAV measurements and tests, this patient had significant levels of chemical and fungal toxins. The gradual detoxification was compounded by temporary increase of the skin symptoms, which was documented by the patient (see 12 pictures on poster). These “external” symptoms could be reduced and eliminated only after the targeted, sequential treatment of the respiratory, urogenital and gastrointestinal system, following the principles and guidelines of TCM.

Conclusion: Systemic, chemical and mycotic toxicosis was proven as the background aetiology of the extensive, persistent skin rashes. In this case, the prevalent treatment of the “colon – lung – skin” organ network, as prescribed by TCM was not sufficient. Only the systematic and targeted treatment of every affected organ networks (including the kidney-bladder, hepatobiliary and spleen-pancreas) could solve the skin lesions by December 2013. Since then, the patient has been being in remission giving birth to a healthy girl.

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Contribution of thermoregulation and supplementation in treatment organic psychosyndrome – Case report

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Organic psychosyndrome in recent years increasing.

Case report: patient age of 70 years due to forgetfulness, confusion, slurred speech, increased blood pressure and increased blood glucose, included in the follow up study of patients with Diabetes Mellitus. After recording the blood analyzer – non-invasive method was applied thermoregulation and supplementation preparations, Planet Health /l4, 36, 54, 80/, obligations of the diet without animal protein, by methods of conventional medicine and therapy/laboratory analysis, Doppler sonography, finding of diabetologist, hypoglycemics, antihypertenzive. After three months, the control of an objective and subjective state recorded a significant improvement. The patient does not show signs of forgetfulness, confusion, speech is completely good, glycemia has a tendency to reference values and blood pressure as confirmed by the findings of diabetologists.

The contribution of thermoregulation and supplementation preparations, Planet Health, methods and therapy with conventional medicine, taking into account the magnetic and electromagnetic environmental influences, in our patient was significant in her recovery.

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Different salt products and public perceptions in the adult population of Hungary

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Introduction: The aim of our study was to determine the knowledge about the different type of functional salt products (salts which fortified with iodine, fluorine or low in sodium) in the adult population of Hungary.

Method: Our research was carried out between 2015 and 2016. We developed our own online survey, which was completed by 173 individuals (n = 173). Every member in the adult Hungarian adult population was included above 18 years. There were no any exclusion criteria.

Results: Our results were analyzed by IBM SPSS Statistics 20 program: mean, standard deviation, frequency calculations (descriptive statistics) and chi-square test were used. The participants know the benefits of iodized salt products and it mainly used, but they had not got information about the fluorinated salt products.

Conclusion: The ‘post salting’ was not typical in the majority of the participants (74%). We find significant differences between the age groups and the ‘post salting’ frequency (p < 0.05). The ‘post salting’ frequency showed higher level in the elderly age group. The participants who knew the ‘STOP Salt’ program (in average) consumed significantly less salt per month (p < 0.05). The Educational level was positively correlated with the knowledge of the salt compositions (p < 0.05). The male participants was less “demanding” in terms of salt choosing, when the genders was compared (p < 0.05). In our sample the participants’ high blood pressure was less commonly in the larger settlements than in smaller communities (p < 0.05). The WHO recommended daily intake of salt (5 g) described properly only the half part of our sample. The results show that the knowledge of the studied population is still inadequate. However, the knowledge of salt consumption – according to the results of previous studies – shows improving tendency.

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Effects of complex pain management on the quality of life

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Introduction: The aim of this prospective study was to evaluate the quality of life among pain clinic patients suffering from chronic pain by using the SF-36 questionnaire.

Method: Each patient of the inhomogeneous group was included in the study voluntarily. Before and an average of 35 days after starting complex pain management, patients filled in the questionnaire to assess the quality of life and health status.

Data obtained from 231 patients (100 men and 131 women) were used for analysis.

Results: During the follow-up period, each of the eight-scaled scores of the SF-36 questionnaire showed significant improvement (p = 0.0005). Combined mean scores revealed significant improvement both among male (p = 0.003) and female (p = 0.002) patients. According to the correlation coefficients, the rate of improvement was age independent.

Conclusion: Chronic pain eventually results in decreased quality of life in affected people. Although pain management is a symptomatic therapy, independently of age and curability of underlying diseases and comorbidities, complex pain management at pain clinics may result in significant change both in the mental and physical state of the patients. To assess change over time, the SF-36 questionnaire is suitable.

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Herbal medicine to treat the side effects of chemotherapy in breast cancer patients: Systematic review

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Introduction: Many patients with breast cancer who undergo chemotherapy treatments suffer adverse reactions which sometimes make it difficult to complete the treatments. Moreover, many cases reported that other symptoms appear while controlling chemotherapy-induced side effects, which leads to using rescue drugs unavoidably. However, there are some clinical trials which prove that these side effects can be managed by using medicinal herbs. The objective of this study is to assess the effectiveness and safety of medicinal herbs in alleviating symptoms after getting chemotherapy for breast cancer patients.

Methods: We had taken the data from 8 databases. In addition, there is no limit on the study design so observational study is included, but which had not undergone peer review is excluded. All research studies are based on clinical trials which use comparison study method. Moreover, four authors independently extracted the data related to the main objective.

Results: We identified a total of 296 papers. As a result, this paper provides limited evidence about the effectiveness and safety of medicinal herbs in alleviating chemotherapy-induced side effects. Apparently, medicinal herbs may offer benefits to breast cancer patients in terms of expanding the life expectancy, bone marrow improvement, quality of life, etc.

Conclusion: The evidence about the safety and efficacy of medicinal herbs in reducing chemotherapy-induced side effects is not clinically proven yet. Thus, much more clinical trials are required and should be gathered. We concluded that the combined treatment makes it possible to cure or treat various numbers of cases effectively.

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Electroacupuncture plus routine care for managing refractory functional dyspepsia: Protocol of a pragmatic randomized trial with economic evaluation

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Introduction: Functional dyspepsia (FD) patients who failed to improve adequately after H. pylori test-and-treat, prokinetics and proton pump inhibitors treatments are considered as refractory cases. In routine care, rescue medication (Gastrocaine) is the only treatment. This study proposes to investigate the effectiveness, safety and cost-effectiveness of electroacupuncture (EA) plus routine care for refractory care.

Methods: Parallel randomized trial comparing the outcomes of (1) EA plus routine care group, and (2) routine care only group. 132 subjects (66/arm) with Rome III criteria diagnosed, endoscopically confirmed, refractory FD will recruited. They will respectively be receiving (1) routine care plus 10 sessions of EA over 10 weeks; or (2) routine care and being nominated on to a waiting list for EA. Primary outcome will be the between group difference in proportion of patients achieving adequate relief of symptoms over 12 weeks. Secondary outcomes will include improvement on individual symptoms, Nepean Dyspepsia index, Patient Health Questionnaire (PHQ) 9, PHQ section for anxiety (GAD7), and nutrient drink test, assessed at baseline and 12th week. Quality-adjusted life-years (QALY) gained will be estimated using EQ-5D. Adverse events will be assessed formally. A mixed model analysis of these outcomes will be performed, based on the intention-to-treat principle. Incremental cost per QALY gained by additional EA on top of routine care will be calculated.

Results: This will be the first trial investigating the usefulness of EA plus rescue medication for treating refractory FD.

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Exercise preferences in cystic fibrosis: Potential of Tai Chi for long-term health

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Introduction: Tai Chi (TC) is a standing exercise, normally practised in a group. However, it can effectively be practised seated, alone, or with friends or family. It is known for its potential to improve fitness, including breathing, posture, and relaxation. People with cystic fibrosis (CF) are often confined to home or hospital and ill health may inhibit vigorous exercise. Exercise is a necessary part of healthcare for this condition.

Methods: Children and adults attending CF clinics were invited to participate in a randomised trial offering eight TC lessons either face to face (group 1) or over the internet (group 2). Recruitment data was collected about why people did not wish to join the study. Participants were asked about their regular TC practice after lessons and 20 participants were asked in interviews 2 months after the end of lessons.

Results: A total of 116 people were approached to participate: 65 people declined, 51 accepted and 40 completed all lessons. 43% of those who refused did not like the idea of TC. 36% were too busy. All participants practised between lessons on average 3 times weekly for 13 min. At follow up 84% interviewed, still practised an average 2/3 times/week (group 1 = 62.5%). 79% of respondents said they intended to continue TC (group 1 = 53%). Some participants asked about local classes. 32%, all children, included others in lessons. Two participants reported using TC whilst hospitalised.

Conclusions: TC could provide be an alternative exercise for people with CF that could be integrated into a weekly exercise regime.

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Factors associated with utilization of Traditional Korean Medicine: Results from a panel analysis

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Introduction: Recently, due to the heightened interest in CAM (complementary and alternative medicine), many studies have been conducted in order to explain the “who, why and how” of using CAM. The aim of this paper was to reveal what factors are associated with the use of TKM (traditional Korean medicine) to overcome the limitations of previous researches.

Methods: We analyzed 5 years of Korean Health Panel data (2008–2012), for which the sampling frame was 90% of the year 2005 Korean census data. We selected and analyzed persons (67,895 observations) over 18 years of age. We conducted panel logistic analysis. Analysis was performed three times for pooled, fixed effects, and random effects. Three results were compared to find the most correct estimate.

Results: When participants used Western medicine, the probability of TKM use was higher (OR = 2.08). The probability of TKM use was higher in the third (OR = 1.30) and fourth (OR = 1.33) quintiles of household annual income, in fair subjective health conditions (OR = 1.27) and in people with 1–2 chronic diseases (OR = 1.40). In contrast, the probability of TKM was lower in people with depression (OR = 0.82), high quality of life (OR = 0.15) and neoplasms (OR = 0.55).

Conclusions: Our results found that TKM use is “complementary” rather than “alternative” to Western medicine. The results also show that participants used TKM less often in severe health state such as neoplasm, suggesting that people use TKM when their quality of life decreases due to mild chronic disease.

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In vitro study to evaluate the tolerance of Mesem-Cream using the bovine-udder skin model

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Introduction: Rational phytotherapy offers a broad variety of well-known plants for dermatological applications. One of the rather unknown plant in dermatology is the Ice-plant (Mesembryanthemum crystallinum L.). Observational studies of the Mesem cream (based on the extract of M. crystallinum L.) found positive effects on skin hydration and smoothing of the skin. However some patients reported on unwanted irritations of the skin. The current study evaluated skin tolerability of Mesem-Cream compared to a placebo cream.

Methods: For topical application an isolated perfused bovine udder skin model was used for the assessment of skin penetration.
and irritation. Primary outcome parameters were MTT to assess cytotoxicity and cell viability and PGE2 to assess irritation and inflammation. From both parameters a total score for cellular reaction was calculated.

**Results:** In the case of singular application significant differences between placebo and Mesem were found. While application of placebo only resulted in a low cytotoxicity in MTT (Score 0.7 = −8.4%) mesem application scored 2.7 (−18.7%). In addition PGE2 was also higher in mesem compared to placebo after one hour (Score 1.4 vs. 0.6 = 16.6% vs. 11.3%). Also two other experiments (Tape Stripped skin, repeated application) found significant differences between the two creams.

**Conclusion:** Apart from evaluating the effectiveness, safety and tolerability are important parameters for phytocosmetic products. Our results were able to confirm the investigations made in the observational studies. Further experiments with extracts of *M. crystallinum* L. and Mesem cream should be conducted to understand the underlying working principles.

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**In-situ tumor-specific immune-action by oncothermia**

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**Introduction:** Motto: “Instead of aggressive treatments, support the healing processes of the own system”. In the modern hyperthermia applications the immune-effects start to have central role. The emphasis is on the “mild temperature” applications, because the immune-cell activity has an upper temperature limit, 39–40 °C. Our objective is to show oncothermia as a new tool for tumor-specific effects.

**Method:** Conventional 13.56 MHz radiofrequency signal, modulated by time-fractal pattern is applied. The method selectively acts on membrane rafts of malignant cells. Different murine tumor models were evaluated by various histomorphological and immunohistochemical methods.

**Results:** Oncothermia induced massive apoptotic cell death in the treated tumors in HT29 colorectal xenografts. Damage associated molecular pattern formation was observed, which is a prerequisite of the immunogenic cell-death process (ICD). In C3H/He model in conjunction with intratumoral dendritic cell injection, the distant untreated tumor was also significantly damaged. This abscopal effect was measured in the CT26 tumor too, while even the re-challenging of the tumor inoculation became impossible.

**Conclusion:** Oncothermia treatment induces massive cell death leading to ICD process, which is the basis of tumor-vaccination.

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**Influence of *Inonotus hispidus* on function of human immune cells**

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**Introduction:** *Inonotus hispidus* is commonly used as a traditional medicine in many regions of China. The effects of *I. hispidus* extracts (IHE) and selected constituents of this mushroom were analyzed on different types of human immune cells as well as the potential of *I. hispidus* as a medicinal mushroom.

**Methods:** The influence of endotoxin-free IHE and selected compounds on activity and maturation of human T cells, purified NK cells and monocyte-derived dendritic cells were independently analyzed using flow cytometric-based surface marker expression. Cell division analysis of activated T cells was assessed by carboxyfluorescein diacetate succinimidyl ester (CFSE) and the function of purified NK cells was investigated by the degranulation-CD107a assay. Apoptosis induction was analyzed by phosphatidylserine staining and camptothecin and cyclosporine A were used individually as controls. Phytochemical analysis, using TLC chromatograms and HPLC analysis, was conducted to characterize the IHE.

**Results:** IHE increase the activation status and diminish the proliferation capacity of activated human T cells in the presence of apoptosis. Further experiments showed that NK cell activity and function was dose-dependently increased. Surface marker expression of monocyte-derived dendritic cells demonstrated that mushroom extracts have the power to induce maturation of these cells. TLC and HPLC analysis showed that the extracts contain hispidin and hispolon. Investigations using hispidin and hispolon demonstrate similar albeit non-congruent results with extracts on measured parameters.

**Conclusion:** The results indicate that extracts from *I. hispidus* and their constituents hispidin and hispolon have the capability to interfere with the function of immune cells at more than one site, thus providing a rationale for their potential as a medicinal mushroom.

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Kingfisher Group: Bolk’s Companions
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Introduction: The Kingfisher Group researches and publishes about current biomedical topics demonstrating how their understanding can be broadened by the insights of inclusive thinking. Our aim is to retrieve living nature in biomedical texts in finding the coherence between organs, organisms, and living nature. The Group works at the Louis Bolk Institute where scientific research towards the development of sustainable agriculture, nutrition, and healthcare is conducted.

Methods: We used a 4-step approach, to recapture a coherent and comprehensive understanding of human nature and the environment. In the 4-step approach,
- the data known about the system are listed and categorized,
- followed by an evaluation, which serves to demonstrate typical process patterns in the system that is studied,
- then we may compare a typical system process with others within the organism or in living nature,
- this enables us to draw conclusions as to the role or meaning of the system process in the whole of its organization or organism and its relation to the processes in nature at large.


Conclusion: The Companions are used in courses on Integrative Medicine at various universities and medical schools in the Netherlands and abroad. We dedicate this work to all students seeking a greater, more holistic, understanding of biomedical science.

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Maca (Lepidium meyenii) for improving semen quality parameters: A systematic review
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Introduction: The aim of this review was to assess the evidence for the effectiveness of maca (Lepidium meyenii) at improving semen quality parameters.

Methods: We searched 11 databases from their inception to March 2016 and included all clinical trials on the improvement of semen quality parameters in infertile and healthy men, regardless of the design or type of maca. The risk of bias for each study was assessed using the Cochrane criteria. The selection of studies, data extraction, and validation were performed independently by two authors. Discrepancies were resolved through discussion by the two authors.

Results: Five studies, including 3 randomized clinical trials (RCTs) and 2 uncontrolled observational studies (UOSs), met all of the inclusion criteria. One RCT found favorable effects of maca on sperm mobility in infertile men. Two other RCTs showed positive effects of maca on several semen quality parameters in healthy men. The remaining two UOSs also suggested favorable effects of maca on semen quality parameters.

Conclusion: The results of our systematic review provide suggestive evidence for the effectiveness of maca at improving semen quality parameters. However, the total number of trials, the total sample size, and the risk of bias of the included studies were too limited to draw firm conclusions. More rigorous studies are warranted.

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Medicinal plants with renal side effects from the perspective of traditional Persian medicine

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Introduction: Medicinal plants are used popularly in traditional systems of medicine. In Traditional Persian Medicine (TPM) pharmacopeia, beside their therapeutic effects of herbs, their adverse effects on different body organs and the way for minimizing these side effects, are discussed from the traditional perspective. The aim of this study was to review herbal drugs with renal side effect from the viewpoint of TPM.

Methods: The most comprehensive TPM pharmacopeia “Makhzan-ul-Advye” were searched for herbal drugs with renal adverse effects. The characteristics of these herbs were reviewed and compared to find a common mechanism to rationalize their adverse effect on renal system. The way for minimizing these side effects was also classified.

Results: From 700 medicinal plants mentioned in “Makhzan-ul-Aladvyeh”, 57 herbs are considered to have adverse effect on kidneys. Most of the herbs (75%) were classified as hot and dry temperament. The most important common point among these herbs was their diuretic effect. Adding Gum Arabic and tragacanth to the formulations with nephrotoxic herbs was the most popular way of decreasing the side effects. Ten popular nephrotoxic herbs from TPM perspective and their characteristics are summarized in Table

Conclusion: The survey introduced medicinal plants with potential nephrotoxic effect in TPM which can be more investigated in modern studies.

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New topical treatment of symptomatic internal hemorrhoids in a general practice setting

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Introduction: Oral usage of flavonoid-based drugs can be successfully applied in the conservative treatment of internal hemorrhoids; however, its efficiency in a form of topical preparations has not been demonstrated yet. The aim of the present study was to determine the efficiency of ointment with propolis extract (containing minimally 115 mg/kg of flavonoid galangin) in relief and suppression of the symptomatic internal hemorrhoids grade 1 and 2 (bleeding, prolapse, pain, and itching).

Methods: This prospective cohort epidemiological study that included 46 participants of both genders, mean age 53.6 ± 14.3 years, was conducted in the general practice setting in Osijek, Croatia and lasted for three months. A specially designed questionnaire was used to collect demographic data and data
Concerning the hemorrhoid disease symptoms and to evaluate the intensity of the latter data according to the scale defined in the research protocol.

**Results:** The study showed statistically significant improvements in the intensity of all the symptoms connected with the internal hemorrhoids grade 1 and 2 \( (p < 0.001) \) during the follow-up period, as well as statistically significant differences in proportions of participants with and without of the each of the analyzed symptoms before and after the therapy \( (p < 0.001) \). After three months of therapy with ointment containing propolis extract 82.7% patients \((38/46)\) had none of the analyzed symptoms.

**Conclusion:** Ointment with propolis extract efficiently affected all the analyzed symptoms of the hemorrhoid disease thus having a very significant place within the conservative treatment of hemorrhoids.

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**Our experience regarding lactose intolerance and parameters of metabolic syndrome in obese patients**

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**Introduction:** The aim of the paper is to reveal the possible relationship between lactose intolerance (LI) and metabolic parameters such as blood glucose (BG) level, cholesterol (CH), HDL, LDL, and triglycerides (TR). Possible links between LI and metabolic parameters in obese patients were subjected to Chrono-nutrition program Dr Gifing® (CNPDrG®) in order to reduce body weight and to balance impaired metabolic parameters. CNPDrG® is completely personally tailored nutrition and means taking meals of certain food which body well tolerate at proper day-time. Food tolerance test was done on MORA nova touch machine. Basic methods of descriptive statistics were applied, as well as Chi-Square test.

**Results:** Of 164 examinees, there were 44 males (M) and 120 females (F). No statistically significant difference in mean values of age between these two groups was found. LI was found in 56 examinees (34.15%). LI was statistically significant related to increased level of CH \( (p = 0.03) \) and decreased level of HDL \( (p = 0.001) \) in whole group of subjects examined. This trend was the same when groups were analyzed separately - M \( (p = 0.000) \), and F \( (p = 0.007) \). LI was statistically significant related with high BG level in F \( (p = 0.047) \), which was not true for M (may be explained by low number of examinees). At last, LI was found to be statistically highly significant related to gluten intolerance when both sexes are considered \( (p = 0.000) \); this was also true when analysis was done for M \( (p = 0.02) \) and F \( (p = 0.000) \) separately. No significant link was found between LI and TR, and LI and LDL level.

**Conclusion:** Should patients have metabolic parameters changed, medical professionals are advised to consider LI as possible co-existing condition and to suggest proper nutrition to their patients (i.e. elimination of lactose).

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**Withdrawn**

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**Positive “framing” as a powerful medication for pain: A meta-analysis of randomized trials**

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**Introduction:** A growing body of evidence suggests that positive framing—inducing positive expectations about the outcome of treatments can reduce pain symptoms. However there is no pooled estimate of the effect size of positive framing for treating pain. Such an estimate is useful to understand
the extent to which positive expectations can enhance usual care.

**Methods:** We extracted data from a recent systematic review of interventions that modified all “context factors” (including but not limited to) inducing positive expectations in adults suffering from pain. The systematic review concluded that positive expectations were effective, but did not pool the results so no effect size was provided. Two authors independently extracted data from the studies and conducted the analysis. Our primary outcome was patient self-reported pain.

**Results:** 10 randomized trials were eligible for meta-analysis. In the trials with continuous outcomes the standardized effect size was $-0.39$ ($95\%$ confidence interval $-0.68$ to $-0.10$, $p = 0.009$, $I^2 = 79\%$), suggesting reduced pain on average in groups in which positive expectations were induced. The effect size was similar in magnitude but was not statistically significant when we excluded studies deemed to have a high risk of bias (standard effect size $-0.31$, $95\%$ CI $-0.65$ to $0.02$, $p = 0.07$, $I^2 = 77\%$).

**Conclusion:** The effect of inducing positive expectations is comparable to the effects of some pharmacological drugs. However many of the studies had a high risk of bias, and heterogeneity was significant. Future research is warranted including investigating ways to implement this evidence into patient care in an ethical way.

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**Prevalence and associated factors related to complementary and alternative medicine use among pediatric patients in a subspecialty clinic**

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**Introduction:** The use of complementary and alternative medicine is a growing phenomenon, especially in the Middle East countries. This study aimed to evaluate the prevalence, types and associated factors of complementary and alternative medicine use in children with hepato-gastrointestinal diseases in Shiraz, Iran.

**Method:** In a cross-sectional study, 210 parents of children attending a pediatric gastroenterology and hepatology clinic of Shiraz University of Medical Sciences filled out a self-administered questionnaire including their history and associated factors of complementary and alternative medicine use.

**Results:** One hundred and three patients (49%) used complementary and alternative medicine in the course of their hepato-gastrointestinal disease. Seventy-four patients (71.8%) of complementary and alternative medicine users used herbal remedies. The child’s higher age, significantly but slightly, increased the complementary and alternative medicine use with odds ratio of 1.06 per year increase in age ($p = 0.037$). Patients with previous positive experience on complementary and alternative medicine (62.1% vs. 40.2% of users and non-users, respectively, $p = 0.040$) and those who have received recommendation for complementary and alternative medicine use by health care providers (24.3% vs. 6.6% of users and non-users, respectively, $p = 0.001$) were significantly more likely to use complementary and alternative medicine than others.

**Conclusion:** This survey demonstrated the high prevalence of complementary and alternative medicine use (especially herbal remedies) in pediatric patients with
hypo-gastrointestinal diseases which was independently and significantly associated with previous positive experience, health care provider’s recommendation and the child’s increasing age.

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Prevention of epilepsy from the viewpoint of Traditional Persian Medicine

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Introduction: Epilepsy as one of the most prevalent neurological problems affects almost 50 million people worldwide. Side effects and chronic toxicity of anticonvulsant agents make alternative management highly. Traditional Persian Medicine (TPM) considers prevention of diseases rather than their treatment by keeping the balance of humors interfering people’s life style. Prevention of epilepsy has been discussed by TPM philosophers. The aim of this study is to introduce the viewpoint of TPM scholars for the prevention of epilepsy.

Methods: TPM manuscripts like Canon of were investigated for epilepsy and its prevention.

Results: Since the overload of phlegm humor has been mentioned as the most common cause of epilepsy, it seems that returning to the balance by modification of patients’ lifestyle can play an important role in the prevention of future attacks of epilepsy. These include: avoiding drinks and foods with cold nature alike dairy products and inhibiting the stimulus like too much sex, long time awakening (insomnia) together with daily sleeping, long time facing cold or noisy environment, strong or unpleasant smell, strong and sudden emotions like sorrow and anger and fear. Too much or frequent consumption of Celery (Apium graveolens var. dulce), Garlic (Allium sativum), Onion (Allium cepa L.), Cabbage (Brassica oleracea), Pepper (Piper nigrum), Mustard, hardly digestible food like processed meat and mushroom are among TPM preventive options as well.

Conclusion: To prove the viewpoint of TPM sages for the prevention of epilepsy more research is necessary.

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Private sector investment in integrative health care in Saudi Arabia: Implications on future health care planning

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Introduction: There is a growing demand on complementary and traditional medicine (C&TM) in Saudi Arabia, and there is a need to study the factors that can encourage private health sector to fill the gap between demand and availability of safe complementary practices in the Saudi Health care system.

Methods: First phase was survey study including 435 owners of private health care facilities. The second phase was a qualitative study conducted through in-depth interview with 13 health care officials and 7 main insurance companies in Saudi Arabia.

Results: (85%) of private health care owners (investor) had a future expanding strategy. Only (11%) had C&TM practices in their facilities, mainly massage (34%), nutritional therapy (21%), herbal and aromatic oil (10%) and manipulative therapy (10%).

(56%) of investors believed that investment in C&TM is promising and had a future expansion planning. Absent of regulations (61%) and insurance coverage (56%) was the main obstacles against expansion.

Health care officials agreed that privatization of health care system in Saudi Arabia will be supported by encouraging private sector investment. Insurance companies agreed that inclusion of specific C&TM practices in the national health care insurance policy is the most important factor in expansion

Conclusion: Private investment in C&TM is limited. As the Saudi Government is planning to expand insurance coverage, encouraging private sector investment is an important factor in coping with unmet demands. National integrative medicine regulations and the inclusion of the main C&TM practices in the national insurance coverage policy are need.

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Proper nutrition and supplementation play an important role in integrative gynecology – Case report

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Introduction: The aim of the paper was to present case-report showing possible relationship between proper nutrition and female’s fertility.

Methods: A forty-two and a half year old obese lady having no children, went to gynecological clinic to try in vitro fertilization. Gynecologist referred her to Center for preventive medicine and Chrono-nutrition Dr Gifing®, Belgrade, Serbia in order to first reduce body mass. When her body mass is optimal, she was told that she would commence with in vitro fertilization. All of the biochemical parameters followed were disturbed – C-reactive protein – 7.1 mg/l, blood sugar level – 18.5 mmol/l, HbA1c – 10.2%, cholesterol – 8.1 mmol/l, HDL – 1.6 mmol/l, LDL – 5.36 mmol/l, triglycerides – 2.5 mmol/l, ALT – 57 IU/l, AST – 30 IU/l, gamma-GT – 159 IU/l, vitamin D – 12.7 nmol/l, and antibodies towards thyroid gland were elevated. Her body mass was 111.5 kg; excess of fat mass was 33.7 kg. She was subjected to Chrono-nutrition program Dr Gifing® (CNPDrG®) in order to reduce body weight and to balance impaired metabolic parameters. CNPDrG® is completely personally tailored nutrition and means taking meals of certain food which body well tolerate at proper day-time; it is accompanied with supplementation. Food tolerance test was done on MORA nova touch machine. CNPDrG® started during August of 2014.

Results: After the first month of CNPDrG®, majority of her blood biochemical parameters were within physiological ranges. Following 4.5 months, her HbA1c was normal too. During whole follow-up time she has been successfully loosing her fat. Her gynecologist planned to start with in vitro during summer time of coming year (2015). However, she became pregnant naturally during April 2015 and gave a birth to daughter later.

Conclusion: This is an example how proper nutrition, accompanied with good supplementation, is important for restoring balance into human body.

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Randomized placebo controlled study of homeopathy supplementation in pulmonary tuberculosis: Effect on treatment outcome

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Introduction: This article investigates whether homeopathy supplementation increases the efficacy of anti-tuberculosis treatment with respect to clinical response and treatment outcome.

Methods: This study was designed as double-blind, placebo-controlled trials, in which patients with newly diagnosed tuberculosis were divided into 2 groups. One group (n=46) received individualized homeopathy daily for 6 months. The second group (n=48) received a placebo. Both groups received the anti-tuberculosis treatment recommended by the World Health Organization. Clinical examinations, assessments of overall health status, and sputum culture were carried out before and after 2 and 6 months of anti-tuberculosis treatment.

Results: At baseline, there was not any significant difference between two groups. After anti-tuberculosis treatment, sputum conversion (P < 0.001) and resolution of X-ray lesion area (P < 0.001) occurred earlier in the homeopathy group. Overall health status with body weight improved in Homeopathy (P = 0.000).

Conclusion: Homeopathy supplementation improves the effect of anti-tuberculosis treatment and results in earlier sputum smear conversion with better health status.

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The effect of Foeniculum vulgare on dysmenorrhea: A systematic review

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Introduction: Dysmenorrhea is a common gynaecologic problem in menstruating women with about 50% prevalence. In the United States, work absence due to dysmenorrhea is about 600 million work hours and accounts about 2 billion dollars annual loss. NSAIDs and contraceptives are common drugs used in dysmenorrhea with a vast side effect profile which caused research efforts on new therapeutic agents. Fennel (Foeniculum vulgare) is mentioned as a remedy for painful menstruation in
The influence of Raindrop aromatherapy massage technique versus free aromatherapy massage, on the stress of intense exercise

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Introduction: Aromatherapy has been practiced for more than 6000 years. The term “aromatherapy” was invented by French chemist Rene Maurice Gattefosse, and today we can speak about a scientific aromatherapy, thanks to Franchomme, Jollois and Pénœel. Aromatic oils have many beneficial effects at the physical, mental and spiritual level and Raindrop massage technique is based on using essential aromatic oils. On the other hand, it is known that intense exercise can induce stress.

The objective of the study is to highlight the Raindrop aromatherapy massage technique (RAM) influence, versus free aromatherapy massage (FAM), on the stress of acute physical effort.

Methods: 24 young, healthy volunteers men, were divided randomly into three groups: control, free of therapy (C) (8); FAM (8); RAM (8). Protocol: (a) subjects with RAM and FAM followed 2 massage sessions/week, for one month; (b) then, all subjects underwent a physical effort on a Monark Ergometric 839E cycle ergometer The determined parameters were anxiety (A) and salivary cortisol (SC), measured at 15 min before (T1), 15 min after (T2) and one hour (T3) after the stress. Statistical evaluation was made on the basis of Student test.

Results: A and C were significantly reduced: (a) to RAM, compared to C, at T1, T2 and T3; (b) to RAM, compared to FAM, at T1 and T2; (c) to FAM, compared to C, at T1. RAM effect was more potent on A compared to SC.

Conclusion: (1) RAM has acted effectively on A and SC, providing protection against stress. (2) RAM effect was more intense on A compared with CS. (3) RAM was more effective in modulating the stress of intense effort, compared to FAM. (4) We suggest the RAM using, before the periods of intense physical effort.

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Thermoregulation and supplementation with anti-diabetic therapy in the treatment of patients with diabetes mellitus type 1 and type 2

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Introduction: To demonstrate the positive therapeutic effects of synergism thermoregulation and supplements as a method of integrative medicine with the use of conventional medicine in patients with Diabetes Mellitus type 1 and type 2.

Method: The sample in this study consisted of 40 patients diseased of type 1 DM (20 patients), and type 2 (20 patients), both sexes, aged between 18 and 78 years, with a follow-up of three months. We applied with conventional therapy, and methods of integrative medicine – thermoregulation and supplements – Planet Health. We emphasized the importance of nutrition ‘food without animal protein’. We controlled laboratory parameters, biochemical and hematological, state organs and systems non-invasive blood count analyzer. In particular, we analyzed during the study: the level of blood glucose levels,
insulin levels, blood flow (Doppler sonography), the existence of polyneuropathic disorders and the dose of oral antidiabetic, and compared the situation at the beginning and at the end of follow-up.

**Results:** With the application of adequate nutrition, thermoregulation and supplements, as well as the application of the methods of conventional medicine, we recorded significantly better therapeutic results in patients with DM type 1 and type 2, in stabilizing blood glucose glucemic – level was gradually reduced from 30 to 50%. This allowed a reduction of oral antidiabetic therapy. Insulin requirements decreased by more than 50%, and three patients were taken off the insulin. Polyneuropathy visual disturbances are reduced. Supplies improve circulation and cardiovascular system. It is essential to improved physical condition of patients and thus the quality of life. Reduce the costs of treating patients with DM all patients.

**Conclusion:** In this study we demonstrated the positive effects of synergism thermoregulation and supplements by applying the methods of conventional medicine in patients with DM type 1 and type 2, in the stabilization of blood glucose, reduce the need for insulin, polyneuropathic noise reduction, improving circulation and cardiovascular system as well as the psychological and physical condition patients.

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**Topical Citrullus colocynthis (bitter apple) extract oil in painful diabetic neuropathy: A double-blind randomized placebo-controlled clinical trial**

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**Introduction:** The aim of the present study was to examine the safety and efficacy of a topical formulation of Citrullus colocynthis in patients with painful diabetic polyneuropathy (PDPN).

**Methods:** The study was designed as a two-arm double-blind randomized placebo-controlled clinical trial using a parallel design. Sixty patients with PDPN were randomly allocated to receive either a topical formulation of C. colocynthis or placebo (1:1 allocation ratio) for 3 months. Patients were evaluated before and after the intervention using the neuropathic pain scale, electrodagnostic findings, World Health Organization Biomedical Research and Education Foundation (BREF) quality of life (WHOQOL-BREF) scores, and reported adverse events.

**Results:** There was a significantly greater decrease in mean pain score after 3 months in the C. colocynthis \((-3.89; 95\% CI−3.19, −4.60)\) than placebo \((-2.28; 95\% CI−1.66, −2.90)\) group \((P < 0.001)\). Mean changes in nerve conduction velocity of the tibial nerve, distal latency of the superficial peroneal nerve and sural nerve, and sensory amplitude of the sural nerve were significantly higher in the intervention than placebo group \((P < 0.001)\) in favour of the intervention. In the different domains of WHOQOL-BREF, there was a significant improvement only for the mean score in the physical domain.

**Conclusion:** Application of a topical formulation of C. colocynthis fruit extract can decrease pain in patients with PDPN. It also may have some uncertain effects on nerve function and the physical domain of quality of life, which require further investigation in studies with larger sample sizes and of longer duration.

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**Traditional Persian medicine (TPM) approach to psoriasis treatment**

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**Introduction:** Psoriasis is a chronic inflammatory skin disease with a recurrent nature. Treatment of this disorder takes long due to patients’ non-compliance and its severe side effects. Traditional Persian medicine (TPM) is an ancient medical system originating from Persian regions, the most important of which was Iran. This research is designated to determine the treatments and natural remedies that ancient Iranian scientists have used to treat lesions described with symptoms close to common modern psoriasis.

**Methods:** In this study, using TPM treatment books such as, Tebb-e-akbary, Exir-e-azam, Moalejat-e-Aghili and Alhawi,
the symptoms of psoriasis were matched with diseases that were described with similar symptoms as psoriasis, such as Quba, Bahaq-ol-aswad, baras-ol-aswad. Search for herbal remedies was done using the keywords found in the main TPM manuscripts, especially in remedy (Mofradat) and treatment (Moalejat) books. Herbs mentioned for different TPM keywords were investigated for effects on psoriasis. Searches were performed in the digital libraries and databases with the keywords including “Psoriasis”, “keratinocytes”, “inflammation” and “Skin disorder” without time limit.

**Results:** We categorized lists of herbal remedies and combinations that used in TPM to treat lesions described with symptoms close to psoriasis.

**Conclusion:** Various herbal remedies have been used in TPM for the treatment of Quba. For some of these plants, there are several studies demonstrating their efficacy in psoriasis. These plants have shown their efficiency in psoriasis by different mechanisms of action including inhibiting the production of interleukins, anti-inflammatory activities, immunomodulatory properties, antioxidant activities, anti-angiogenesis and anti-proliferative activities.

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**Treatment of breast cancer patients with mistletoe extracts of various host trees: A descriptive database study**

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**Introduction:** Mistletoe extracts (ME) are often used as adjuvant therapy in breast cancer. ME of different host trees possess distinct compositions and in vitro cytotoxic effects of varying intensity. Little is known on physician's choice for a given ME with respect to HP, which is likely to be based on manufacturer’s recommendation and previous experience. Our aim was to characterise ME prescription pattern with respect to the corresponding host trees at the Clinical Arlesheim.

**Methods:** Female patients diagnosed with breast cancer (ICD10: C50), treated with subcutaneous injections of Iscador® Malus (M, apple tree), Pinus (P, pine), Quercus (Qu, oak) or Abies (A, white fir), in the absence of intravenous ME applications, between 2008 and 2013 were included in the present analysis. Data were extracted from the international oncologic database QuaDoSta (Quality, Documentation and Statistics), anonymised and analysed using SPSS.

**Results:** Patients were 56.3 ± 11.28 (29–90) years old at admission (n = 380). The most often prescribed ME upon admission were M, P or simultaneously M and P (180, 186 and 9, respectively). Patients receiving first M were more often pre-menopausal and younger than those receiving first P. Over the clinical course, approximately 1/3 of the patients received only M, 1/3 only P and 1/3 were treated with different ME; 73 patients received at some treatment point different ME simultaneously, mostly M and P.

**Conclusion:** In most cases, ME subcutaneous treatment followed manufacturer’s recommendation with respect to hormone status. Unexpectedly, a considerable proportion of the patients received ME of different host trees in combination.

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**Treatment of chronic insomnia with Bryophyllum pinnatum – Two case reports**

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**Introduction:** Chronic insomniac disorders have a prevalence of 10% in western countries, psycho-physiological insomnia 3%. This explains the excessive prescriptions of benzodiazepines and benzodiazepines-agonists (98 million daily-dosages in Germany, 2013). These hypnotics have a high number of side-effects and epidemiological data strongly suggest an association with increasing mortality. Beside standard sleep hygiene and restriction therapy (SE) effective phytotherapeutics are highly requested. **Bryophyllum pinnatum** is a widely used remedy in anthroposophic medicine with growing evidence indicating an improvement of sleep disturbances.

**Methods:** Two case reports present first experiences with Bryophyllum in chronic insomnia (eight months and 13 years).

Our treatment started with a long-term intake of Bryophyllum 50% combined with SE. Patients documented their sleep rhythms in diaries at least four weeks with daily rating of sleep-quality (0 (very bad) to 10 (excellent)). Further questionnaires capturing state autonomic Regulation, sleep quality (Pittsburgh-Sleep-Quality-Index (PSQI)), fatigue (CFS-D), and inner coherence (ICS) were filled out by patient 2 after four months.

**Results:** Patient 1 improved from a pre-treatment value of 3.0 (mean of four days) to 5.14 (mean of seven days, after four weeks), patient 2 from 3.5 to 5.86 (mean of seven days, after four
weeks) and 7.14 (mean of seven days, after 16 weeks). Patient 2 had clinical relevant improvements in all questionnaires.

**Conclusion:** In both patients we registered a sustainably improved sleep quality, well-being, and symptom burden under Bryophyllum and cognitive sleep behavioural therapy. The present results indicate that clinical studies investigating *B. pinnatum* in chronic insomnia patients are required.

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**Use of complementary and alternative medicine in patients with health complaints attributed to former dental amalgam fillings**

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**Introduction:** Some patients experience health complaints which they attribute to dental amalgam. The symptom pattern is similar to medically unexplained physical symptoms (MUPS). The aim of this survey was to describe the prevalence and range of CAM use among people with health complaints attributed to dental amalgam. Specific attention was paid to (1) self-reported effects of CAM, (2) differences in CAM use dependent on self-reported health, and (3) gender.

**Methods:** A survey was distributed to all members of The Norwegian dental patient association (NDPA) (*n* = 999, response rate 36.4%). The anonymous questionnaire asked for sociodemographic data, health complaints, subjectively perceived health status, symptoms, and experience with therapeutic interventions.

**Results:** Most of the respondents (88.9%) had used CAM modality, more men than women (*p* = 0.015). The most frequently used therapies were dietary supplements, recommended by a therapist (67%) followed by self-prescribed dietary supplements (59%), homeopathy (54%), acupuncture (49%) and special diets (48%). Use of CAM was similar for participants reporting normal to good health compared to participants reporting poor health. For most CAM modalities, the effect was better in the group reporting normal to good health compared to the group reporting poor health.

**Conclusion:** CAM was widely used by participants in our study, a finding similar to findings from studies of MUPS patients. To date, health problems associated with dental amalgam is not an accepted diagnosis within the public healthcare system. Consequently, lack of adequate treatment within conventional health care might have contributed to the high number of CAM users.

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**Users of complementary medicine generally maintain a healthy lifestyle**

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**Introduction:** It is known that sociodemographic factors are related to the use of complementary medicine (CM). The aim of this study was to investigate the role of health behaviours in this context.

**Methods:** Data of the representative Swiss Health Survey 2012 (18’357 respondents aged 15 years or older) was obtained from the Swiss Federal Statistical Office. A CM user was defined as someone who had used at least one CM method (practitioner delivered not self-care) within 12 months before the survey. Logistic regression analysis was performed with CM use as the dependent variable and health behaviours as independent variables (adjusted for gender, age group, education).

**Results:** Non-smokers (odds ratio, OR, 1.191, 95% confidence interval, CI, 1.077–1.317), people not eating meat (OR 1.528, CI 1.152–2.027), people who had never received a flu shot (OR 1.186, CI 1.078–1.306), were more likely to use CM than smokers, people eating meat, having received a flu shot, being physically inactive or eating 2 portions or less of fruit/vegetables, respectively. People who were adipose (OR 0.772, CI 0.656–0.909) or never consumed alcohol (OR 0.686, CI 0.585–0.805) were less likely to use CM than people with normal body mass index or who drank alcohol regularly.

**Conclusion:** CM users generally engaged in positive health behaviours (such as not smoking, being physically active, eating 5 portions of fruit/vegetables per day) and had fewer risk factors compared to non-users.

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What is the role of dance in the stress management?
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Introduction: Research has shown that there is a close correlation between physical activity and health status, and morbidity respectively mortality. However physical activity plays a key role in the health care programs, the psychological health problems are even more important in public health challenges. Women have a central role in several areas in life, their social role is indisputable. However, in the course of carrying out their tasks, they encounter and develop internal stress issues, which require individual management strategies. One possibility of stress-management is the active exercise such as applying dance (SALSA) gymnastics.

Methods: In a quantitative cross-sectional survey 41 women (over 40 years) were regularly doing dancing exercise twice weekly for one month. The intervention comprised dance with focus on enjoyment and in writing samples (graphology) were reported about their joy-experiences caused by gymnastics. We checked their psychological and physical state (SHR: Self Rated Health), their life-situations causing psychosomatic symptoms and their ways to respond.

Results: We found the positive effects of exercise on a regular basis on an individual’s vision, the positive impact on the usage of health damaging drugs, the health harming effects of the stress sustainably exposed on the body is proven. One potential way to protect oneself against the chronic stress is the dancing gymnastics, which is enjoyable and has health care effects.

Conclusion: “Dance on prescription” has a potentional to become an important method for promoting physical activity in a public health perspective, thus improving health and quality of life, and decreasing disease burden both for individuals as well as for the health care system. It can be suitable as conventional treatment in an ordinary primary health care setting to promote a more physically active lifestyle, especially between the middle-age woman. However, it is advisable to create a largerscale survey in the future, which devises short-, medium-and long-term goals regarding health care and formulates specific explanations on the different ways of stress management.

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Whole body electric muscle stimulation (WB EMS) – A new way to the functional fitness in seniors? Case study
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Introduction: With the increase of average life expectancy the quality of life of elderly people becomes more and more emphasized. Whole body electric muscle stimulation (WB EMS) is a novel method, which can help in cases where the functional ability of the elderly is not sufficient to participate in conventional exercise programs.

Methods: A 72-year-old woman with no experience in physical activity took part in the study. Anthropometric data, body composition, arterial stiffness and common lung function were measured before the training (2 × 25 min/week), and on the 5th and the 10th week. Static and dynamic balance and foot pressure parameters were determined. To assess functional fitness we used Senior Fitness Test (SFT) and sit to stand test.

Results: Already on the 5th week, we observed positive changes in the parameters. Changes were noted in SFT (2 min step test from 69 to 126; 30 second char test from 16 to 21; 8 foot up and go 6.5–4.5 s), body composition (total body fat% from 40.9 to 39.2), waist circumference difference was 6 cm. The asymmetrical weight bearing was optimized (L31%–R69%/L48%–R52%), the postural stability was improved. Sit to stand test without support on the 5th week was completed during 9.15 s.

Conclusion: The results of the case study indicate that a relative short session of WBEMS training may be a promising new approach to improve the functional ability in physically inactive seniors.

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The practice of transcendental meditation as self-care technique in small town

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Introduction: The study examines a complex, naturopathic health program. The patients who regularly visited phytotherapist for herbal medicine, vitamins, minerals, herbs had the opportunity to participate in transcendental meditation (TM) courses. The aim was to offer self-care technique to improve physical health. TM is seemed to be new and unique for the patients. As we offered it reduces stress and supports healing process. Motivation and attitudes of practicing TM for self-healing were measured in a period of twelve months.

Methods: The survey was self-reporting, used anonym questionnaires of TM practices with opened and multiple choices. The population was relatively small, but covered everybody who was trained by TM exercise. The results were processed on a statistical method.

Results: The results showed that the patients were not really motivated to practice TM. Comparing to their continuous consumption of vitamins probable it was the only belief to heal psychical health. The place of the survey was in a small town where people are unfamiliar with meditation practices. Most of the people refer the lack of time if they practice TM more often it would influence positively their health. Nonetheless, everybody would offer TM as stress-management technique to others. The strong personality of the TM trainer was determinative.

Conclusion: It needs further research, how people could be interested promoting their health with TM. The conclusion is that patients believe more in biologically based herbal products than in meditation, which they could do themselves.

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Symptom free RLS through diet – A case-study

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Introduction: Restless legs syndrome (RLS) is a chronic neurological disorder which, in serious cases, has a substantial impact on sleep, daily activities and quality of life. The etiology of primary RLS is unknown; pregnancy, iron deficiency and genetic factors may play a role. In our case-study we show that severe RLS, existing for more than 20 years can become symptom free within a few weeks through dietary intervention.

Method: The patient radically changed her diet according to the recommendations for six weeks and become about 95% symptom free. During that time she was writing a food diary.

Results: Through the diet the RLS symptoms got better and almost absolutely disappeared. Symptoms only reappeared in a weak form as a result of physical or psychic stress, and when the patient allowed herself some other food. The quality of life had greatly improved as the sleeping time became longer and the daytime tiredness disappeared. She has been practising the diet for more than 3 years now.

Conclusion: In our case it was possible to achieve an almost completely symptom free life through dietary intervention. A further study is ongoing to investigate how effective the diet is for other RLS patients.

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