

4th International Conference on

ALTERNATIVE MEDICINE

July 15, 2022 | Webinar

Allied Academies

317 Boundary House, Cricket Field Road, Uxbridge, Middlesex, UB8 1QG | Tel: +44-203-769-1755

Scientific Program

Alternative Medicine 2022

AGENDA

July 15, 2022 | Friday

09:00-09:15

Opening Ceremony/Introduction

Keynote Forum

09:15 -10:00 Title: Sonic Therapeutic Intervention for Mental Health: A Phenomenological Study

Vasudev Das | Walden University | USA

10:00-10:45 Title: Aromatherapy for Mental Health

Sunita Teckchand | International Federation of Professional Aromatherapists (IFPA) | UAE

Panel Discussion

Session on: Aromatherapy | Yoga and meditation | Holistic Approach of Alternative Medicine

Session chair: Vasudev Das | Walden University | USA

10:45-11:15 Title: Manual Therapy Informed by the Fascial Distortion Model for Plantar Heel Pain: Results of a Single-Arm Prospective Effectiveness Study

Joshua Boucher | Dwight D. Eisenhower Army Medical Center | USA

11:15-11:45 Title: Efficacy of Flower Therapy for Anxiety in Overweight or Obese Adults: A Randomized Placebo-Controlled Clinical Trial

Suzimar de Fátima Benato Fusco | Ministry of National Guard Health Affairs | Brazil

Networking & Refreshment Break 11:45-12:00

Panel Discussion

Session on: Acupuncture Medicine | Herbal Cosmetics and nutraceuticals | Rehabilitation

Session chair: Sunita Teckchand | International Federation of Professional Aromatherapists (IFPA) | UAE

12:00-12:30 Title: Diet, microbiome and visceral congestion

Papuga P | Slovenian Acupuncture Association (SAA) | Slovenia

12:30-13:00 Title: Herbal Hair Care Arabic Medicines in (Al-Tarif) Book of Albucasis

Chadi Khatib | Manara University | Syria

13:00-13:30 Title: Renaissance in medicine

Vuk Stambolović | University of Belgrade | Serbia

Thanks Giving, Certificate Distribution & Closing Ceremony



Upcoming Conference

5th International Conference on

Alternative Medicine

September 30, 2022 | Webinar



Keynote Forum July 15, 2022

Alternative Medicine 2022



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Vasudev Das

Walden University, USA

Sonic therapeutic intervention for mental health: A phenomenological study

The exact problem is that many leaders in the healthcare industry frequently do not recognize the value of sonic therapeutic intervention in promoting mental health in the 21st century. The researcher explored the lived experiences of six sonic therapeutic intervention (STI) and practitioners' lived experiences regarding STI facilitating the promotion of mental health. Semi-structured interviews of purposeful samples and documentary reviews constituted the data collection methods of the qualitative hermeneutic phenomenological study. Analysis of interview transcription generated five themes: sonic therapeutic intervention enabled anxiety de-escalation, compassion (for self and others), happiness, stress de-escalation, and burnout diminution. The itemized five themes facilitated the promotion of mental health. The implications for positive social change included enhanced mental healthcare and management in the post-COVID-19 era. If implemented, the study results can also prevent the escalation of mental health disorders.

Keywords: anxiety de-escalation, compassion, happiness, sonic therapeutic intervention.

Recent Publications

1. Das, V. (2021). Sonic therapeutic intervention for preventing financial fraud: A phenomenological study. Sonic therapeutic intervention for preventing financial fraud: A phenomenological study. International Journal of Mechanical and Industrial Engineering, 15(9), 822 – 829.

2. Das, V. (2020). De-escalation strategies for kleptocracy in Nigeria's oil sector. Journal of Financial Crime, 27(3). <https://doi.org/10.1108/JFC-03-2020-0036>
3. Das, V. (2019). Comparative study of Kotter's and Hiatt's (ADKAR) change models. Journal of Leadership and Management, 1(15), 263-271. <http://leadership.net.pl/index.php/IJLM/article/view/147>.

Biography

Vasudev Das has his PhD in Applied Management and Decision Sciences (AMDS) from Walden University, USA and has authored over 35 publications. Vasudev Das was born in Bayelsa State, Nigeria. As a young adult, he served in the Rivers State Judiciary, Port Harcourt, Nigeria. Vasudev Das did his doctoral research at Walden University, United States of America, in the field of applied management and decision sciences (AMDS) with a specialization in leadership and organizational change (LOC). He obtained his master's degree in Philosophy and Education with a major in Critical and Creative Thinking (CACT) from AICCACOI, Enugu, affiliated with Montclair State University, New Jersey, USA. He has accolades in Indology, counseling psychology, African studies, and conflict resolution. Vasudev Das is a member of the Academy of Management (AOM), International Political Science Association (IPSA), National (American) Social Science Association (NSSA), International Studies Association (ISA-West), and International Political Science Association (IPSA).

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Sunita Teckchand

*International Federation of Professional
Aromatherapists (IFPA) | UAE*

Aromatherapy and the Psychology of Pain

‘Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage’ - according to the international association for the study of pain Pain as we commonly understand it as just a physical factor, yet in reality, it has biological, emotional, and psychological factors. Pain is underestimated - it plays an important role in alerting us that something is wrong in that area.

Almost everyone has experienced pain, the most important thing to consider is that everyone’s experience of “the same pain” is different.

From the holistic perspective, disease is manifested from thought and emotion. Mood, emotion, state of mind and our personal narrative directly affect how one experiences pain. Therefore, treating the biological symptom of pain only leaves the emotional and psychological factors that are primarily the real cause unresolved.

Aromatherapy has a direct impact on the limbic system. There is a lot of research out there to prove that essential oils have a positive, calming, balancing and analgesic effect on the human mind, body, and soul. Throughout her career she has treated many people with different forms of pain, and the biggest learning outcome she received was that every pain in the body is caused by an emotion. Hence, she had to change her perception and rethink on how to treat that emotion which is causing pain.

Sunita will share some of the formulations and essential oils she has used to tackle physical pains, however she will also bring in the emotions that are sealed with that pain to make this a very interesting discussion.

Recent Publications

1. Cooke, B; Ernst, E, Aromatherapy: a systematic review,2000-06-01,
2. Forrester, Lene Thorgrimsen; Maayan, Nicola; Orrell, Martin; Spector, Aimee E; Buchan, Louise D; Soares-Weiser, Karla, Aromatherapy for dementia, 2014-02-25,
3. Damiana Scuteri, Efficacy of Essential Oils in Pain: A Systematic Review and Meta-Analysis of Preclinical Evidence, 2021, <https://doi.org/10.3389/fphar.2021.640128>

Biography

Sunita Teckchand completed her clinical aromatherapy education in 1998 from Hong Kong, and presently lives and works in Dubai, UAE. She is the owner and principal tutor of ‘The Holistic Alternatives’, where she teaches the IFPA accredited program on a digital platform. She also markets her own brand of organic essential oils - ‘eSSensuals’. She has personally tutored and mentored students that have graduated on to become successful therapeutic massage practitioners and clinical aromatherapists. She has been interviewed on radio, television and in magazines. She has also published several articles. She currently is an external examiner, a trustee and continues to be a board member of the IFPA since 2019.

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Scientific Tracks & Sessions

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Aromatherapy | Yoga and meditation | Holistic Approach of Alternative Medicine



Chair
Vasudev Das
Walden University | USA

Session Introduction

Title: Manual Therapy Informed by the Fascial Distortion Model for Plantar Heel Pain: Results of a Single-Arm Prospective Effectiveness Study

Joshua Boucher | Dwight D. Eisenhower Army Medical Center | USA

Title: Efficacy of Flower Therapy for Anxiety in Overweight or Obese Adults: A Randomized Placebo-Controlled Clinical Trial

Suzimar de Fátima Benato Fusco | Ministry of National Guard Health Affairs | Brazil

Acupuncture Medicine | Herbal Cosmetics and nutraceuticals | Rehabilitation



Chair
Sunita Teckchand
International Federation of Professional Aromatherapists (IFPA) | UAE

Session Introduction

Title: Diet, microbiome and visceral congestion

Papuga P | Slovenian Acupuncture Association (SAA) | Slovenia

Title: Herbal Hair Care Arabic Medicines in (Al-Tarif) Book of Albucasis

Chadi Khatib | Manara University | Syria

Title: Renaissance in medicine

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Manual therapy informed by the fascial distortion model for plantar heel pain: Results of a single-arm prospective effectiveness study

Joshua Boucher

Dwight D. Eisenhower Army Medical Center, USA

Objectives: Plantar heel pain (PHP) is the most common cause of heel pain and can be debilitating; 20% of patients are refractory to standard of care. The Fascial Distortion Model (FDM), a novel manual diagnostic and treatment strategy, is purported to be effective for chronic pain; however, no rigorous studies document its effectiveness. We assessed the FDM for care of PHP.

Design: Single arm prospective effectiveness study.

Settings/Location: Outpatient primary care clinic; Fort Gordon, GA.

Subjects: Outpatient adults.

Interventions: Participants received an FDM-informed diagnostic and treatment strategy to identify fascial “distortions” at the foot based on patient-reported pain patterns and palpatory examination and then to provide distortion-specific manual therapy at baseline and 1 week. Outcome Measures: Primary outcome measure (0, 1, and 16 weeks): the Foot Pain subscale on the validated Foot Health Status Questionnaire (FHSQ; 0–100 points on each of eight separate subscales); secondary outcome measures (0, 1, and 16 weeks): the seven remaining subscales on the FHSQ, visual analog pain scale (VAS, 0– 100 points), and plantar fascia thickness of the most effected foot assessed by ultrasound (0 and 16 weeks). Analysis was performed as per protocol using repeated-measures analysis of variance.

Results: One hundred and ninety-seven participants were screened; 33 were enrolled. Twenty-eight participants received two FDM procedures. Compared with baseline, improvement on the FHSQ Foot Pain (33.8– 23.6 points)

and Foot Function (23.9–19.8 points) subscales and VAS (44.7–27.7 points) at 16 weeks was statistically significant (all p 's < 0.001) and clinically important representing large effect sizes. Relative to baseline, 16-week ultrasound demonstrated reduced average plantar fascia thickness (0.6–0.9 mm [$p = 0.001$]). Demographic characteristics were unrelated to response. Satisfaction was high. There were no serious adverse events; side effects included consistent mild-to-moderate self-limited pain.

Conclusions: Participants with PHP who received FDM-informed care reported significant and sustained improvement on validated foot pain and foot function measures; additional findings included decreased plantar fascial thickness. These results require corroboration in a larger randomized controlled study. Clinical Trial Registration No: DDEAMC17005.

Recent Publications

1. Boucher, Joshua D. and Figueroa, Jose. "Restoration of Full Shoulder Range of Motion After Application of the Fascial Distortion Model!" *Journal of Osteopathic Medicine*, vol. 118, no. 5, 2018, pp. 341-344. <https://doi.org/10.7556/jaoa.2018.044>
2. Boucher, Joshua D. DO; Rogers, Tyler S. MD; Angelo, John MD Following a complete isolated anterior cruciate ligament tear, is functional ability decreased in patients who do not have surgical reconstruction?, *Evidence-Based Practice: June 2020 - Volume 23 - Issue 6 - p 30-31*
3. Boucher J, Mooney S, Dewey T, Kirtley RG, Walker T, Rabago D. Manual Therapy Informed by the Fascial Distortion Model for Plantar Heel Pain: Results of a Single-Arm Prospective Effectiveness Study. *J Altern Complement Med*. 2021 Aug;27(8):697-705. doi: 10.1089/acm.2020.0486. Epub 2021 Jun 29. PMID: 34185582..

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Biography

Joshua Boucher is an osteopathic physician who received his bachelors in Biology from Utah State in 2012 and later graduated from Des Moines University in 2016. He was awarded a full ride scholarship to medical school through the Health Professions Scholarship Program which required him to serve 4 years in the army after finishing residency. In 2019, he graduated from family medicine residency from Dwight D. Eisenhower Army Medical Center. That same year he became boarded in family medicine and as Captain in the U.S. army, became the Medical Director, Office in Charge,

Pain Champion and has mentored many military providers in the FDM. He is adjunct faculty at the Burrell College of Osteopathic Medicine and is incorporating the FDM into their curriculum. He is a Director At Large for the American Fascial Distortion Model Association where he leads the research committee. He has published several medical articles with his latest published in the Journal of Alternative and Complementary Medicine named: Manual Therapy Informed by the Fascia Distortion Model for Plantar Heel Pain: Results of a Single-Arm Prospective Effectiveness Study.

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 *Notes:*

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Efficacy of Flower therapy for anxiety in overweight or obese adults: A randomized placebo-controlled clinical trial

Suzimar de Fátima Benato Fusco

Ministry of National Guard Health Affairs, Brazil

Objective: This study aimed to compare the potency of flower therapy for the medicament of anxiety in overweight or obese adults with that of a placebo. The authors observed improvement in sleep patterns, reduction in binge eating, and change in resting heart rate (RHR).

Design: This was an arbitrary, double-blind, placebo-controlled clinical trial with a parallel-group design and two arms. Setting/Location: Clinical Research Unit, São Paulo State University, Medical School, Botucatu, Brazil.

Subjects: The study included 40 participants in the placebo group and 41 in the interposition group. Contestants were of both genders, from 20 to 59 years of age, weighty or obese, with reasonable to high anxiety.

Interventions: The participants were divided into two random groups: one group was treated with Bach flower remedies (BFR) (bottles containing 30 mL of 30% hydro-brandy solution with two drops each of Impatiens, Plum, Chicory, Crab Apple, White Chestnut, Cherry, and Pine), and the other group was given a placebo (same solution without BFR). The patients were taught to orally consume the solution by placing four drops directly in the mouth four times a day for 4 weeks.

Outcome measures: The primary result was anxiety (State-Trait Anxiety Inventory [STAI]). Secondary results were sleep (Pittsburgh Sleep Quality Index [PSQI]), binge eating (Binge Eating Scale [BES]), and RHR (electrocardiogram).

Results: Multivariate analysis showed significant reductions in scores for the following variables in the intervention group when compared with the placebo group: STAI ($b = -0.190$;

$p < 0.001$), PSQI ($b = -0.160$; $p = 0.027$), BES ($b = -0.226$; $p = 0.001$), and RHR ($b = -0.07$; $p = 0.003$).

Conclusions: The anxiety signs, binge eating, and RHRs of the individuals treated with flower therapy decreased, and their sleep patterns upgraded when compared with those treated with the placebo.

Recent Publications

1. Fusco SFB, Massarico NM, Alves MVMFF, Fortaleza CMCB, Pavan ECP, Palhares VC, et al. Surgical site infection and its risk factors in colon surgeries. *Rev Esc Enferm USP*. 2016;50(1):43-9. DOI: <http://dx.doi.org/10.1590/S0080-623420160000100006>
2. Suzimar De Fátima Benato Fusco, The experience of the informal caregiver in the light of the General Theory of Nursing, 2018, doi. [org/10.17665/1676-4285.20175649](http://dx.doi.org/10.17665/1676-4285.20175649)
3. Pancieri AP, Fusco SB, Ramos BIA, Braga EM. Meanings of flower therapy for anxiety in people with overweight or obesity. *Rev Bras Enferm [Internet]*. 2018;71(Suppl 5):2310-5. [Thematic Issue: Mental health] DOI: <http://dx.doi.org/10.1590/0034-7167-2018-0044>

Biography

Suzimar de Fátima Benato Fusco holds a degree in Nursing from of São Paulo State University (Unesp), a master's and doctorate in the Postgraduate Program in Nursing from of São Paulo State University, and a professorship in the area of Medical-Surgical Nursing from the State University of Campinas (UNICAMP). She is currently a professor at the Faculty of Nursing at the State University of Campinas in the Medical-Surgical area, collaborating professor in the postgraduate course in nursing at the same university. She is a flower therapist, with several articles published in the area. She has experience in nursing, with an emphasis on medical-surgical nursing and integrative and complementary practices in health.

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Diet, microbiome and visceral congestion

Papuga P

Slovenian Acupuncture Association (SAA), Slovenia

Increasing scientific research about brain-gut interactions is bringing numerous questions and challenges for the future of individually oriented medicine. There is a huge variety of microorganisms, which are distributed throughout the intestine, with the prevalent metabolic activity in the large intestine. The intestinal flora or microbiome is made of 500 to 1000 species of microbes, approximately 70% of which cannot be cultivated *in vitro*. Numerous efforts are directed to genetic analysis and implementation of immunological reactions in order to detect the most dangerous pathological species, which are capable of interaction with human microbiome and its genome that influences production of main neurotransmitters and biologically active substances like serotonin, dopamine, histamine, vasoactive intestinal peptide (VIP), calcitonin gene related peptide (CGRP) and many others, physiologically less important substances.

Diet, especially highly processed and preserved food items are becoming more and more questionable as a pathogenic factor. People, especially infants and elderly frequently have poor digestive capacity. This makes them prone to dysbiosis and inflammation that initially remains subclinical. Congestion and vasodilatation are one of the earliest remarks of inflammation that could be observed by examination of vertebral viscerotomes, which are pertaining to coeliac plexus.

The application of middle under pressure dry cupping therapy on the paravertebral region between fifth and eleventh thoracic vertebra and the point Tian zong (SI 11) on small intestine acupuncture channel is proposed as a qualitative clinical method for early screening and follow up of visceral congestion. Warm cups were applied on coeliac viscerotomes (Th5-11) for 5 minutes; slight circular counterclockwise movement of each cup was done the last minute of treatment. Ten different clinical patterns were examined and particular changes will be presented.

Lymphatic congestion appears as an edematous swelling under the applied cup, while blood congestion appears as a bruise with less extensive or without lymphatic swelling. Some of the swellings are segmentally assembled with dense

and excessive accumulation of degenerative lipopigments (lipofuscin), which are similar to moles. Those two joined appearances may be understood as simultaneous remarks of excessive oxidative stress in pertaining organ or tissue.

This clinical method has been historically present in many different countries as a part of traditional medicine and is lately becoming more applicable by itself or attached to other modes of therapies. Clinical observations are showing significantly differences among the patients and healthy individuals. The cupping method could be also applied as a follow up or preventative measure for different modes of microbiome interventions.

Recent Publications

1. Extraordinary vessels, body fluids and body posture -subtle governors of autonomous nervous system signaling BMC Complementary and Alternative Medicine 2017, <https://ifst.onlinelibrary.wiley.com/doi/10.1186/s12906-017-1784-2>
2. Microbiome, diet, visceral congestion and cupping Acupuncture & Electro-Therapeutics Res., Int. J. Integrated Medicine, Vol. 43, pp. 185-294, 2018 <https://doi.org/10.3727/036012918X15355691785681>
3. Acupuncture & Electro-Therapeutics Res., Int. J. Integrated Medicine, Vol. 43, pp. 185-294, 2018 <https://doi.org/10.3727/036012918X15355691785681>
4. CLINICAL AND NEUROPHYSIOLOGICAL PARALLELS BETWEEN CERVICAL GANGLIA CHAIN AND YANG VESSELS MAIN CROSSING – GV14 (DAZHUI) Acupuncture & Electro-Therapeutics Res., Int. J. Integrated Medicine, Vol. 43, pp. 185-294, 2018 <https://doi.org/10.3727/036012918X15355691785681>.

Biography

Papuga P is an acupuncturist, graduated from the Faculty of Medicine in Zagreb-Croatia, received education in Traditional Chinese Medicine during three-year studies in Beijing and Shanghai (1989-1992). At the University of Ljubljana he has completed master studies in the field of the Epidemiology of effects of non-ionizing radiation on humans. His present interest in clinical work and research is on the integration of neurophysiology, traditional medical knowledge and present scientific advances for improvement of health. He daily advises on natural methods for improvements the quality of life. He is also the author of the books "The Chinese Key to Health and Our Nutrition", a reflection of ourselves, both in Slovenian and Croatian language.

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Herbal hair care Arabic medicines in (Al-Tarif) book of Albucais

Chadi Khatib

Manara University, Syria

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

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

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

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

1- The nineteenth volume of his encyclopedia, especially its another section, is unique; it is concerned with the preparation of cosmetics.

2- He described the care and beautification of hair.

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

Recent Publications

1. Chadi Khatib, Abdulhakim Nattouf & Mohamad Isam Hasan Agha (2021) Traditional medicines and their common uses in central region of Syria: Hama and Homs – an ethnomedicinal survey, *Pharmaceutical Biology*, 59:1, 776-786, DOI: 10.1080/13880209.2021.1936078
2. Ethnobotanical Survey of Medicinal Herbs in the Western Region in Syria (Latakia and Tartus) <https://doi.org/10.21203/rs.3.rs-355008/v1>
3. Traditional Medicines Used as Adjuvant Therapy for COVID-19 Symptoms in Syria: An Ethno-medicine Survey <https://doi.org/10.21203/rs.3.rs-337854/v1>.

Biography

Chadi Khatib completed his PhD at the age of 33 years from Aleppo University, Syria. He is the Manager of the Syrian Society of Complementary Medicine, Syria. He has many scientific publications, and has focused on developing natural Syrian herbal and cosmetic products, eventually leading to his 11 patents. Also, he has been awarded a certificate of reviewing from ELSEVIER & Journal of Applied Research on Medicinal & Aromatic Plants. He was selected as one of JCI's Ten Outstanding Young Persons of 2021, in the category of Medical Innovation at, the JCI World Congress hosted in South Africa. Also, he is a lecturer at Manara University, Syria.

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 Notes:

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Renaissance in medicine

Vuk Stambolović

University of Belgrade, Serbia

A profound change is emerging within contemporary medicine. This change has quite a few analogies with the profound philosophical and societal changes that developed in Europe between the XIV and XVII centuries, known as Renaissance. We could conclude that there is an ongoing process within medicine that we could call The Renaissance in medicine. The analogies with classic Renaissance could be found at the first step of each transition – increasing complexity. They could be found in similarities between theological and medical mechanistic dogmatism confronting the change. They are present as well in the development of humanism opposing the permanent reproduction of the mechanistic way of thinking. The further development of the Renaissance in medicine is depending on the development of medical and scientific pluralism, acceptance of the principle of wholeness, and developmental transformation of therapists and others willing to take part.

Keywords: Medicine, Renaissance, medical pluralism, vibrational medicine

Recent Publications

1. Vuk Stambolović (2016), Medicine – heretical issues, Medical Theory, Practice & Reference.
2. Vuk Stambolović, The social acupuncture-in meaning – Stimulating flow through the community, J Regen Med 2019, Volume: 8, ISSN: 2325-9620.
3. Vuk Stambolović, Alternative Medicine During Millenional Transition.

Biography

Vuk Stambolović, retired associate professor at the Faculty of Medicine in Belgrade, former director of the Institute of Social Medicine at the Faculty of Medicine in Belgrade – is a pioneer in the local promotion and institutionalization of alternative medicine. This engagement originated from the framework of social medicine and the consequent study of human rights and health, and could be presented as social acupuncture, i.e., as stimulating life flows within the immediate and wider community.

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 Notes:

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