

Title: Theoretical study on classical texts of East Asian Medicine on the effect of thinking to bodily sensations and the message transmitted in today's holistic medicine.

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Classical texts of East Asian Medicine such as the "Yellow Emperor's Inner Classic" (Huang Di Nei Jing) are very important for today's holistic medicine because they transmit important knowledge and inspire health care practitioners. Huang Di Nei Jing is an ancient Chinese medical text with a history for more than two millennia. It forms the theoretical basis of East Asian medicine and has influenced holistic medicine today. This medical text is composed of two parts, each of eighty-one chapters in a question and answer format, between the Yellow Emperor and his physician QiBo.
The Yellow Emperor's Inner Classic describes the movement of qi (one way to translate qi is energy) in the body as a result of specific emotions. This movement of qi inside the body generates various bodily sensations.
Emotions according to pioneers of thinking such as Byron Katie, are produced from though process. The hypothesis that has been verified clinically in numerous cases, is that if a person control his/her thinking by becoming more clear and conscious of his/her thought process will have an impact on the emotions and thus the bodily sensations and possibly on the long term the symptoms that may arise.

Biography

Dr. med Ioannis Dimitriou MD MLCOM PT CCH MSc PhD in TCM, has graduated from Medical and Health Care Schools in Athens and Lamia Greece, Tianjin China, Prague Czech Republic, London UK.
He has more than 17 years of clinical experience in Chinese Medicine, Physiotherapy, Homeopathy, Osteopathy and Conventional Medicine and has spent the better part of the past 13 years in China pursuing the mastery and refinement of Chinese Medicine.
Furthermore he has been a well-sought after lecturer and tutor since 2005 and is presently giving various Chinese Medicine lectures internationally.

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