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November 2021 | Volume 04
CAMCP 2021

Webinar on

Complementary, Alternative Medicine and Clinical Pharmacy

November 24, 2021







Hosting Organization: Pulsus
35 Ruddlesway, Windsor, Berkshire, SL4 5SF, United Kingdom
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Scientific Program

Scientific Program

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Opening Ceremony
08:30 to 08:40

November 24 , 2021

Keynote Forum

08:40 - 09:20
Title: ISelf-healing – The field of our quantum essence
Alexandra Solnado, Spiritual Activist, Writer, Speaker, Therapist and Healer, Brazil

09:20 - 10:00
Title: Integrative and traditional methods of treating pelvic floor conditions for males & females
Kelley Mondesiré, White Wolf Advisory Services, USA

10:00 - 10:40
Title: 20-week study of clinical outcomes of over-the-counter COVID-19 prophylaxis and treatment
Leon Margolin, Daniel Margolin, Michelle Margolin, Sanford Lefkowitz , Comprehensive Pain Management Institute, LLC, USA

Break: 10:40-10:50

Session Introduction: Yoga & Meditation | Integrative Medicine | Clinical Pharmacy | Homeopathy & Folk Medicine

10:50 -11:20
Title: *Differential global gene expression due to long term Transcendental Meditation practice*
Supaya Wenuganen, Nancy Lonsdorf, Maharishi International University, USA

11:20 - 11:50
Title: Future in lung cancer diagnosis
Reem Nooreldeen, The University of British Columbia, Canada

11:50 - 12:20
Title: Say goodbye to anxiety and depression with Homeopathy
Shaheena Kadri, Dr Batra's Homeopathic clinic, UAE

12:20 - 12:50
Title: Clinical pharmacy services: The implementation journey
Ahmad El Ouweini, Gulf Medical University, UAE

12:20 - 12:50
Title: Treatment of aural hematoma in a dog (Canis familiaris) by Homeopathy: Case report
Ana Catarina V. Valle, Doctor Izao Soares Institute, Brazil

Scientific Program

Session Introduction: Integrative Medicine | Yoga & Meditation | Medicinal Plants | Complementary Medicine

12:50 - 13:20	**Title:** ***Individual approach through bioresonance therapy in post-COVID treatment - Case report*** **Emina Dervišević, University of Sarajevo, Bosnia and Herzegovina**
12:25 -13:05	**Title: Effectiveness of workplace yoga interventions to reduce perceived stress in employees: A systematic review and meta-analysis** **Irene Aloe, Azienda USL Toscana Nord Ovest, Italy**
13:10-13:25	**Title: Micronutrient management of fibromyalgia: Metabolic endotoxemia, low grade inflammation, lipid mediators and oxidative stress** **Andréa Fernandez Indulsky, Humankind Wellbeing, France**
13:30-14:10	**Title: Squamous cell carcinoma in a dog (Canis familiaris) treated by the Viscum album therapy – Case report** **Ana Catarina V. Valle, Doctor Izao Soares Institute, Brazil**
13:30-14:10	**Title: Traditional Thai Massage improved immunity in the elderly via attenuation of senescent CD4+ T cell subsets: A randomized crossover study** **Kanda Sornkayasit, Khon Kaen University, Thailand**

E-Poster Presentation

Session Natural products as anti-cancer agents | Complementary Medicine

09:45-10:25	**Title: Correlation between NARX score and food addictive behavioral patterns in chronic pain patients** **Leon Margolin, Daniel Margolin, Michelle Margolin and Sanford Lefkowitz, Comprehensive Pain Management Institute, LLC, USA**
10:30-11:10	**Title: Protein fractions from Salvia hispanica as a potential complementary treatment for cancer** **Nidia Quintal-Bojórquez, Autonomous University of Yucatan, Mexico**

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Supporting Journals

Current Research: Integrative Medicine

American Journal of Phytomedicine and Clinical Therapeutics

Journal of Pharmacology Research



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Keynote Forum

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Alexandra Solnado

Spiritual Activist, Writer, Speaker, Therapist and Healer, Brazil

Self-healing – The field of our quantum essence

More and more often we have scientific proof that the body has the intrinsic ability to heal itself. But for that to happen, we have to be able to reach the energy of our quantum essence. In this energy field, we can remove blockages and re-establish our original energy - not only from the physical body but from all other subtle bodies.

These days, the way the world is going, we all need healing. We not only need healing; we need healing in every area of life.

How many times do we see people who are incredibly successful in the professional field, but their love life is a failure?

How many people do well in family relationships and suddenly there's an illness so difficult to manage?

That's why it's so important to look at healing as a whole. We need to learn to heal the various areas of life so that we can live fully and abundantly.

Any and all trauma, whether physical, emotional or spiritual, is trapped in a vibratory frequency, the quantum field of our essence.

When we manage to access and work on it, re-harmonizing it, undoing the knots, we will be in a position to reverse illnesses and heal traumas.

Anyone can access this personal quantum field, as long as they understand some concepts and techniques.

This lecture aims to explain this phenomenon and give some tools to teach how to practice self-healing.

Self-healing can also be done on other people. From the moment we are able to access the other's quantum essence field, Self-Healing manifests itself.







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Biography

Internationally known Portuguese author, Alexandra Solnado, has written 15 books on various aspects of spirituality. She is best known for her book, "The Book of Light - Ask and Heaven will Answer", which won 2 awards in the US, and and has been released internationally in several countries including Japan, China, Spain, Mexico and Canada.

Having studied Karmic Astrology, Esoteric Science and Meditation for 20 years; it was her daughter's unknown illness and subsequent near death experience that changed her life forever. Alexandra began to search: What makes us sick? And what truly makes us heal?

In 2002, a Great Light appeared to her and began offering her the answers to her questions. It was this Great Light that inspired her 15 books, many courses and workshops, as well as thousands of healing meditations.

Well known and well-loved all over the world, Alexandra has offered healing therapies to people from 42 different countries. She currently gives lectures, teaches courses, writes books and offers private consultations. Join her live weekly on Instagram and Youtube at: https://www.instagram.com/alexandrasolnadooficial/and https://www.youtube.com/user/alexandrasolnado

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Kelley Mondesiré

White Wolf Advisory Services, USA

Integrative and traditional methods of treating pelvic floor conditions for males & females

There is a difference between acute pelvic pain (APP) and chronic pelvic pain (CPP). Acute pelvic pain is the sudden onset of pelvic floor pain that can be caused by childbirth, a fall (trauma to the coccyx bone, testes and penis is common during sports and exercise), sexual trauma, bacterial infections, endometriosis, and surgeries. Muscles, connective tissue, nerves and organs in this very sensitive area can become damaged and exquisitely painful. Chronic pelvic pain is defined as having pelvic pain for more than six months. Pain becomes the 'new normal' (low back pain is common) for many patients with flare-ups occurring with exercise, sexual activity, standing or even sitting. Patients who have a history of prolonged sitting (television editors, accountants, truck drivers, school teachers who must sit all day at a desk) can develop chronic pelvic pain over time. There is no discrimination between males and females as this dysfunction affects both sexes. Pelvic floor dysfunction can cause depression, anxiety, low self-esteem, low libido, and affect every aspect of a person's life.

Although quite often the cause of pelvic floor pain/dysfunction is idiopathic (cause is not known), typically pain occurs because the muscles of the pelvic floor have lost their ability to function properly. These muscles surround the pelvic floor like a basket and support the prostate, uterus, bladder, rectum, testes, penis, uterus, and vagina. Pain is experienced when any or a combination of these muscles contract and lose their ability to relax. This is turn can manifest as urinary incontinence, leaking stool, severe constipation and/or incomplete movement of the bowels in general. Because the other structures of the pelvic floor are supported by the pelvic floor muscles, dysfunction of the sex organs is a common reason for treatment. In Traditional Chinese Medicine, the pelvic region is where the Du (The Governing Channel) and the Ren (The Conception Channel) begin. This is where life itself is formed (sperm and eggs), and the 'seat of the Ming Men' (imagine the engine room of a large steam ship) lives. This is also where several meridians responsible for proper function of bones, connective tissue, muscles, nerves, organs, digestion, and urination course. Injury of any type to the tissues and structures of the pelvic floor will affect the smooth flow of Qi and Blood in these channels and ultimately their paired channels. This is the very reason why pelvic floor dysfunction takes its toll on so many other structures of the human body. Traditional Chinese Medicine considers the entire person, so the body-mind connection is very important when creating a patient's treatment protocol. The physician must treat not only the underlying condition and the pain associated with the dysfunction, but also the stress, anxiety and emotional duress that pelvic floor pain often causes persons suffering with this condition.

Infrared Light Therapy (NIR), or photobiomodulation, is a unique therapy that harnesses the healing powers of infrared light. It emits special wavelengths of light energy that dramatically increase circulation to injury sites and areas of chronic pain

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The result is a rapid relief of discomfort, improvement in sensation, and regeneration of damaged tissues. Treatment with the NIR light system is simple and painless. Flexible pads, containing multiple infrared and visible red diodes, are placed directly on the skin over the area of pain or injury. Light energy from the diodes penetrates deeply into the body and is absorbed by proteins within cells releasing nitric oxide, the body's natural vasodilator. After just 20 minutes of treatment, blood flow is increased to nerves and other tissues, and this boost in local circulation persists for several hours after the pads are removed. The key to this dramatic improvement in blood flow is nitric oxide, a short-lived gas that is crucial to the health of the arteries. This powerful signaling molecule relaxes the arteries, helps regulate blood pressure, fights free radicals and discourages platelets from clumping together in the blood vessels. By increasing the production of nitric oxide and improving circulation, NIR light therapy promotes healing and relieves pain.

NIR light therapy has been used by the U.S. military to speed recovery from soft-tissue injuries in elite soldiers in the Navy SEALs, Army Rangers, and Special Forces.

NIR light therapy combined with Acupuncture (when appropriate) can amplify positive patient

outcomes for persons suffering from pelvic floor conditions.

Biography

Leader, Consultant, Trusted Advisor, Medical Science Liaison, Physician, Lecturer, and Educator who is sought out by industry leaders who recognize her achievements, expertise and contributions to global organizations. Dr. Mondesire' is the CEO and Creative Force at White Wolf Advisory Services, designing and developing abstract ideas to deliver tangible and profitable results while improving the quality of care and positive patient outcomes. She is an Integrative Healthcare Provider Strategist with over 16 years of clinical experience and has developed a proprietary Integrative strategy to treat pelvic floor conditions by combining NIR light therapy and Traditional Chinese Medicine. Prior to her career in medicine, Kelley was an international award-winning Executive Producer in the television industry for over 20 years, forming and leading creative and technical matrix teams for global broadcast.

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Leon Margolin, Daniel Margolin, Michelle Margolin, Sanford Lefkowitz*

Comprehensive Pain Management Institute, LLC, USA

20-week study of clinical outcomes of over-the-counter COVID-19 prophylaxis and treatment

As the lethal COVID-19 pandemic enters its second year, the need for effective modalities of alleviation remains urgent. This includes modalities that can readily be used by the public to reduce disease spread and severity. Such preventive measures and early-stage treatments may temper the immediacy of demand for advanced anti-COVID measures (drugs, antibodies, vaccines) and help relieve strain also on other health system resources.

We present results of a clinical study with a multi-component OTC "core formulation" regimen used in a multiply exposed adult population. Analysis of clinical outcome data from our sample of over 100 subjects − comprised of roughly equal sized regimen-compliant (test)and non-compliant (control) groups meeting equivalent inclusion criteria − demonstrates a strong statistical significance in favor of use of the core formulations.

While both groups were moderate in size, the difference between them in outcomes over the 20-week study period was large and stark: Just under 4% of the compliant test group presented flu-like symptoms, but none of the test group was COVID-positive; whereas 20% of the non-compliant control group presented flu-like symptoms, three-quarters of whom (15% overall of the control group) were COVID-positive.

Offering a low cost, readily implemented anti-viral approach, the study regimen may serve, at the least, as a stopgap modality and, perhaps, as a useful tool in combating the pandemic.

Biography

Leon Margolin is the Medical Director of Comprehensive Pain Management Institute, LLC (www.cpmiohio.com), Columbus, Ohio, USA. He has made more than 30 publications. He has received the Physician's Recognition Award from the American Medical Association, two Certificates of Merit of the American College of Physicians, the Medical Society of Pennsylvania Award, the Pfizer Scholars in Pain Management Award, Patient's Choice Award, Most Compassionate Physician Award (several years), "Top Ten Physicians" Award in Pain Medicine and America's Most Honored Professionals Award.

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Plenary Speakers

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Plenary Session

10:50 - 11:20	**Title: Differential global gene expression due to long term Transcendental Meditation practice** **Supaya Wenuganen,** Nancy Lonsdorf, Maharishi International University, USA
11:20 - 11:50	**Title: Future in lung cancer diagnosis** **Reem Nooreldeen,** The University of British Columbia, Canada
11:50 - 12:20	**Title: Say goodbye to anxiety and depression with Homeopathy** **Shaheena Kadri,** Dr Batra's Homeopathic clinic, UAE
12:20 - 12:50	**Title: *Clinical pharmacy services: The implementation journey*** **Ahmad El Ouweini,** Gulf Medical University, UAE
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14:50 - 15:20	**Title: Micronutrient management of fibromyalgia: Metabolic endotoxemia, low grade inflammation, lipid mediators and oxidative stress** **Andréa Fernandez Indulsky,** Humankind Wellbeing, France
15:20 - 15:50	**Title: Squamous cell carcinoma in a dog (Canis familiaris) treated by the Viscum album therapy – Case report** **Ana Catarina V. Valle,** Doctor Izao Soares Institute, Brazil
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Differential global gene expression due to long term Transcendental Meditation practice

Supaya Wenuganen*, Nancy Lonsdorf
Maharishi International University, USA

Transcendental Meditation (TM) is a mind-body intervention with demonstrated psychophysiological effects consistent with reduced allostatic load, including improvements in PTSD symptoms, reduced anxiety, reduction in stress-related hormones, reduced oxidative stress, reduced CVD risk factors, and improvements in metabolic syndrome. These beneficial effects on stress-related factors and conditions, along with lower cancer rates in matched control studies of TM practitioners, suggest that cumulative TM practice may exert anti-cancer effects. These studies also predict a transcriptomic pattern such as the "Conserved Transcriptional Response to Adversity" (CTRA) will be prevented or reversed after long-term TM practice.

We evaluated long-term TM practitioners' differential global gene expression using genome-wide gene expression analysis of peripheral blood mononuclear cells (PBMC) (n= 12, age 63) of the TM program with a well-matched control group of non-practitioners. The study was verified employing quantitative polymerase chain reaction (qPCR) in a larger group (n = 44, age 63). Bioinformatics analysis was done employing Ingenuity® Pathway Analysis (IPA®), DAVID, Genomatix, and R packages.

The bioinformatic analysis showed 200 genes differentially expressed and then categorized into 2 top significant networks that include:

1. Cell-to-cell signaling and interaction, hematologic system development and function, and inflammatory response

2. Cellular morphology, cell-to-cell signaling, interaction, and hematopoiesis

The gene ontological process terms showed that the TM group exhibited the downregulation of 35 stress response genes, 62 genes related to hematologic diseases, 26 to coronary artery disease, 34 to diabetes complications, 49 to inflammation, 64 to CVD, and the upregulation of 19 genes associated with the defense response, immune system processes, and homeostatic processes.

Our findings were consistent with the prediction of previous studies in the TM program in relation to stress and health. Finally, the study also showed the reverse effect of CTRA indicated by the downregulation of proinflammatory response genes and upregulation of defense response genes.

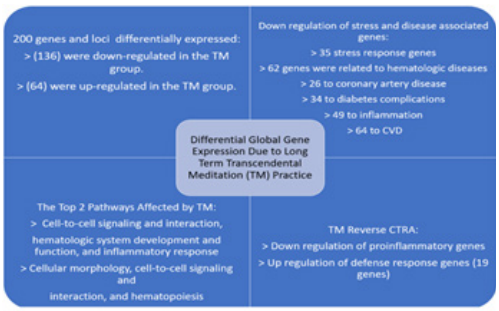


Figure1: Summary of the effect of Transcendental Meditation in global gene expression

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Biography

Wenuganen is an educator and researcher. He earned his Ph.D. in Molecular Physiology of Meditation from Maharishi International University (MIU), USA. He has done his postdoc in epigenetics and soil microbiology at MIU- the USA, Naval Medical center, Maryland - USA, and Soiltech Corp, Iowa – USA.

He has received numerous awards, including the Veda Vyasa award, which recognizes Ph.D. graduates in great breadth and depth of vision. He also received an outstanding graduate student award. Furthermore, he has published some papers in the field of Molecular Biology. Currently, he is submitting four papers for publication. He has attended a few trainings in Microbiology and Biotechnology in Singapore, Australia, and the USA. He has also delivered high-energy keynotes presentations in many international seminars and conferences, including India, Indonesia, the United Kingdom, and the USA. His pioneered research area is connecting Meditation and Ayurveda to genomics and epigenomic reprogramming.

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Future in lung cancer diagnosis

Reem Nooreldeen
The University of British Columbia, Canada

Lung cancer is the most common cause of cancer-related deaths in North America and other developed countries. People die from lung cancer because it is often not diagnosed until the cancer is at an advanced stage. Detailed pathogenesis, effective early detection, and suitable drugs help in the effective therapy of lung cancer. Thus, the earliest diagnosis of lung cancer is crucial with an urgent need to identify novel biomarkers. In practice, the cornerstones of lung cancer assessment are radiology and tissue biopsies. Between missing early diagnosis, cost, and their risks, especially thoracic oncology biopsies, introducing the use of techniques as simple as a blood test provides a much safer and faster option. Several biomarkers were studied and show promise, examples include circulating free DNA and its subset circulating tumor DNA analyzed through a routine blood draw or urine sample. There are as well a number of blood circulating antigens including CYFRA 21-1, carcinoembriogenic antigen (CEA), neuron specific enolase (NSE), and squamous cell carcinoma antigen (SCC-Ag). The clinical samples available for biomarker measurements are sputum and blood samples, bronchoalveolar lavage, and urine samples. Most of the published biomarkers are detected by PCR, metabolomics, or by other molecular biology techniques that will provide fast results for early intervention. mailayo4u@gmail.com.

Applications of Biomarkers in Clinical Samples

Sputum	BAL	Peripheral Blood
p16 CpG hypermethylation miRNA-based biomarkers	*p53 mutations KRAS mutation, microsatellite alteration p16 CpG hypermethylation*	*open reading frame 1 protein (ORF1p)*
Urine	*Metabolomics*	
levels of acetylated amantadine	*Serum; aspartic acid and pyruvic acid Sputum; cardiolipin (derivatives), hexanal, cysteic acid, hydroxypyruvic acid*	

Figure 1: Examples of biomarkers studied in different clinical samples

Biography

Coming from a medical background, and years of clinical research, Dr. Reem Nooreldeen is a passionate learner with a dedication to help people and a desire to give back to community by being an active and effective member of society. Her areas of expertise are clinical research in the fields of immunology, virology, and cancer, both research and teaching aspects. Currently working on developing a serological test for early diagnosis and monitoring of cancer. She believes science and research can give people a chance towards a better future and allow for the well being of a healthy community.m.bensaad@univ-batna2.dz.

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Say goodbye to anxiety and depression with Homeopathy

Shaheena Kadri
Dr Batra's Homeopathic clinic, UAE

Depression and Anxiety are the most common psychiatric conditions, in which homeopathy is now chosen as the widely used complementary system of medicines by patients worldwide. Aim is to share the efficacy, effectiveness and safety of homeopathy in the treatment of depression and anxiety.

Depression is the third most common burden of disease worldwide and is expected to become the leading burden of disease by 2030.

The National Institute for Health and Clinical Excellence primarily re-commends non-medical interventions such as cognitive behavioral therapy in sub-threshold, mild and moderate depression as the first line treatment. If these interventions are ineffective or the depression is severe, antidepressant drugs are recommended. These treatment options help some but not all patients, there is concern about the overuse of psychotropic drugs, and insufficient alternatives.

The Anxiety and Depression Association of America report that anxiety is the most prevalent mental health condition in the United States, affecting 18.1% of the adult population each year.

While many people experience relief from therapy, others find that therapy alone is not enough. Anti-anxiety medications may work for some people but can also trigger unpleasant side effects.

Some patient's seek alternative treatment options, and depression, anxiety other mental health problems are among the most common reasons why patients seek homeopathy. Homeopathy is controversial in some quarters, but despite this there is widespread use all across in both conditions.

• Homeopathic medicines give relief to the patient in an anxiety state. They reduce the frequency, duration, and intensity of panic attacks. Homeopathy improves the sense of well-being and sleep.

• Homeopathy is a completely safe treatment and it does not have any side-effects.

• Homeopathic medicines are non-habit-forming and the use of homeopathic medicines does not lead to drug dependency.

• With the regular use of homeopathic medicines, gradually, the need for conventional medicine (anti-anxiety, antidepressant medicines, and sleeping pills) gets reduced. Over a period, one may be able to reduce the dose or stop the medicines under the guidance of an expert doctor.

• If homeopathic treatment is augmented with psychotherapy or counseling, the results are more promising.

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Biography

Shaheena Kadri has been eminently practicing Homeopathy since the last 18 years and almost a decade in Middle East. She has won the Best Thesis Award during her Post Graduation in Homeopathy from the Hahnemann college of Homeopathy – UK. To enhance her magnitude of healing she has completed her Post graduation in Psychological counselling. This influenced her further to upgrade her qualification in human psychology and she has qualified as an Internationally Acclaimed Life Coach. She is an International member of Certified Coach Alliance. To bring honor to her family of physicians, she has recently won an Award as Star of Homeopathy by Dr Hahnemann College of Homeopathy –London for the promotion and propagation of the Art and Science of Homeopathy. She has been participating in International conferences held in traditional medicines and health sciences all across the world. She is recognized for her services in Dubai and has been currently been practicing as DHA Certified Doctor in Dubai at Dr Batra's Homeopathic clinic as a Medical Director and a chief homeopathic consultant. Her passion to touch lives and healing people has made her well known as an International Motivational speaker and she does participate in conferences and charitable activities too.

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Clinical pharmacy services: The implementation journey

Ahmad El Ouweini
Gulf Medical University, UAE

The implementation of clinical pharmacy services in the hospital settings has been shown to improve the appropriateness of prescribing, patient care outcomes and overall quality-driven services. Pharmacists interventions and their high acceptance rate can avoid direct patient harm. Evidence shows that low acceptance rate of pharmacist interventions can be associated with lack of communication between pharmacists and the rest of the healthcare team. Examples of clinical pharmacy services include Therapeutic Drug Monitoring, Pharmacokinetics Consults, Pharmacists-led ambulatory care clinics, Continuous Education Program for all hospital-based Healthcare Professionals. Center for Drug Information, Medications Therapy Management Clinic, Medication Reconciliation, among others. The objective of this presentation is to highlight the importance of these services, the framework of their implementation, the potential challenges and how to overcome them, and finally how to evaluate the effectiveness of each services provided.

Biography

Ahmad El Ouweini is currently serving as a clinical lecturer in Gulf Medical University, Ajman, UAE. He is also a clinical pharmacist and preceptor for undergraduate and Master in Clinical Pharmacy students at Thumbay University Hospital, the affiliated university hospital with Gulf Medical University.

From August 2020 to August 2021, Ahmad worked as a clinical pharmacist (focusing Internal Medicine and Cardiology) in Lebanese American Medical Center - Rizk Hospital. He was also a clinical lecturer and preceptor at LAU School of Pharmacy. Furthermore, he served as a pharmacology instructor in Phoenicia University. In addition, Ahmad is An American Board-Certified Pharmacotherapy Specialist.

Ahmad completed his Doctor of Pharmacy Degree in 2019, followed by PGY1 Pharmacy residency in 2020 at the Lebanese American School of Pharmacy and Lebanese American Medical Center Rizk Hospital. Prior to joining the LAU School of Pharmacy in 2014, Ahmad practiced as an inpatient hospital pharmacist at Dr Sulaiman Al Habib Hospital in Saudi Arabia. Between 2018-19, Ahmad served as the chairperson of the Eastern Mediterranean Regional Office of the International Pharmaceutical Students' Federation. He was also the recipient of the LAU's president academic excellence award on behalf of the school of pharmacy in 2018. Ahmad is currently serving as the Chair of IVPN-AR organizing committee, Leader of IVPN-Journal Club Listserv and an Editor of IVPN-Digest.

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Treatment of aural hematoma in a dog (Canis familiaris) by Homeopathy: Case report

Ana Catarina V. Valle*, Aloisio Cunha de Carvalho
Doctor Izao Soares Institute, Brazil

Aural hematoma is a pathology commonly diagnosed in dogs and characterized by the accumulation of blood in the external ear of the animal, usually of traumatic origin. The treatments of choice for the clinical improvement of the affected ear are, in general, invasive. Clinical therapy may be indicated in most cases, and homeopathic medicines have become an excellent alternative, with no need for drainage of the hematoma or surgical procedures. The present work reports the case of a Labrador female dog attended at Natural Pet Veterinary Clinic and diagnosed with aural hematoma. Case report: An 11-year-old female Labrador was attended with the main complaint of increased volume in the left external ear and restlessness of the ears (Figure 1). A complete hemogram was requested as well as biochemical measurements. The patient was treated exclusively with homeopathic medicines. The prescription of the medicines was using of Hamamelis virginiana D12 (1x10-12), Arnica montana D9 (1x10-9) 1 ampoule, once per day, for 15 days, subcutaneous associated in the same aplication and Bellis perenis 30CH (1x10-60), once per day, for 30 days, oral. Discuss: The treatment of choice in the present work was efetive in 30-day recovery period of aural hematoma (figure 2). This therapy was based on the law of the similars and used highly diluted and dynamized medicines to treat symptoms or diseases which would be caused by these same substances, in ponderal doses, to a healthy person. This therapy uses the natural healing tendency of the organism, the so-called Vix Medicatrix Curantus Naturae, announced by Hippocrates in 400 BC, which assists the vital energy for the complete reestablishment of the organism. Conclusion: The therapeutic protocol used was conclusive, reestablishing the function of the external ear with no deformations of the affected tissue. Therefore, the homeopathic treatment important therapy to be used and evaluated in other cases similar to this one reported.

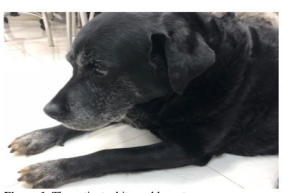


Figure 1. The patient whit aural hematoma.

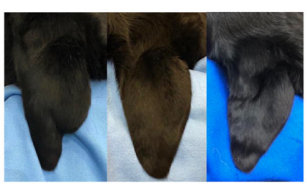


Figure 2. A: Started treatment (09.02.18); B: Treatment

Biography

Dr. Valle is a Professor at the Dr. Izao Soares Institute IDIS-Integrative Medicine and Vice President of the Association of Integrative Veterinary Medicine-ABMVI. She currently works at NaturalPet Clinic in Brasilia, Brazil, within the principles of Integrative Veterinary Medicine. Dr. Valle owns a Ph.D. in Genetics and Biotechnology from the Catholic University. Therefore, Dr. Valle is dedicated to studying the Homeopathic Viscum album for the treatment, control, and prophylaxis of cancer, combining her clinical experience with her laboratory results. Dr. Valle also pursued a Master's Degree in Animal Science with an emphasis on Animal Herbal Medicine. She studied the protein fraction of more than 20 different plants found in the Brazilian flora. Jambolan (Syzygium cumini L. Skeels) seeds had the best results and showed excellent antibacterial and antifungal activity. In addition, she has a Postgraduate Diploma in Veterinary Homeopathy and Acupuncture.

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Individual approach through bioresonance therapy in post-COVID treatment - Case report

Emina Dervišević 1*, Muamer Dervišević 2
University of Sarajevo, Bosnia and Herzegovina
University Clinical Centre Sarajevo, Bosnia and Herzegovina

We are witnessing a period that has befallen the whole world and another piece of evidence that confirms that the organism encounters any condition that deviates from physiological and homeostasis, and the response itself from the cellular level. It is known that a number of known and unknown processes and intercellular communications take place in our body. The easier, better and more fluid this communication is, the more balanced our body is and we enjoy its good and healthy functioning. There is no specific treatment for this disease. The approach to treating patients with coronavirus-related infections is to treat clinical symptoms (e.g., fever, cough, dehydration, etc.). Provision of care (eg supportive therapy and follow-up - oxygen therapy, infusion and experimental use of antiviral drugs) can be very effective in patients. Bioresonance is a type of therapy used in complementary medicine with a specific holistic approach.

The case report is a patient who had a positive PCR SARS-CoV-2 test and who overcame the crown with milder symptoms in the first days, followed by billateral pneumonia found on chest X-ray, who was treated with adequate therapy. After 2 months of a negative PCR test the symptoms felt by the patient are fatigue, exhaustion, lack of energy and strength.

Many supplements were tested in the diagnostic-therapeutic apparatus to help in recovery. Patient came to therapies with electromagnetic frequencies every third day. After the first st of therapies, we found the body in a much better condition, but homeostasis has not yet been established. We recommended the contination of various treatments with electromagnetic frequencies, lymphatic drainage, regular physical activity, adequate nutrition are recommended. The condition was regularly monitored for bioresonance diagnostics.

Initial research: 10. 2. 2021.

Control research: 24. 3. 2021.

DIGESTIVE SYSTEM	80,98%	65,28%	+15,70%
RESPIRATORY SYSTEM	75,02%	58,69%	+16,33%
REPRODUCTIVE SYSTEM	79,90%	78,63%	+1,26%
URINARY SYSTEM	80,93%	72,88%	+8,05%
CARDIOVASCULAR SYSTEM	73,33%	64,56%	+8,77%
IMMUNE SYSTEM	70,07%	56,93%	+13,14%
LYMPHATIC SYSTEM	83,24%	74,39%	+8,85%
ENDOCRINE SYSTEM	84,38%	67,65%	+16,73%
NERVOUS SYSTEM	79,54%	59,65%	+19,89%
SENSORY SYSTEM	80,88%	66,08%	+14,80%
MUSCULOSKELETAL SYSTEM	75,10%	62,28%	+12,82%
AVERAGE FUNCTIONAL CONDITION	78,49%	66,09%	+12,40%

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This finding is just proof of how each organism differs and has a different response at the cellular level, noting that the patient has the right to feel the symptoms until homeostasis is established.

Biography

Ahmad El Ouweini is currently serving as a clinical lecturer in Gulf Medical University, Ajman, UAE. He is also a clinical pharmacist and preceptor for undergraduate and Master in Clinical Pharmacy students at Thumbay University Hospital, the affiliated university hospital with Gulf Medical University.

From August 2020 to August 2021, Ahmad worked as a clinical pharmacist (focusing Internal Medicine and Cardiology) in Lebanese American Medical Center - Rizk Hospital. He was also a clinical lecturer and preceptor at LAU School of Pharmacy. Furthermore, he served as a pharmacology instructor in Phoenicia University. In addition, Ahmad is An American Board-Certified Pharmacotherapy Specialist.

Ahmad completed his Doctor of Pharmacy Degree in 2019, followed by PGY1 Pharmacy residency in 2020 at the Lebanese American School of Pharmacy and Lebanese American Medical Center Rizk Hospital. Prior to joining the LAU School of Pharmacy in 2014, Ahmad practiced as an inpatient hospital pharmacist at Dr Sulaiman Al Habib Hospital in Saudi Arabia. Between 2018-19, Ahmad served as the chairperson of the Eastern Mediterranean Regional Office of the International Pharmaceutical Students' Federation. He was also the recipient of the LAU's president academic excellence award on behalf of the school of pharmacy in 2018. Ahmad is currently serving as the Chair of IVPN-AR organizing committee, Leader of IVPN-Journal Club Listserv and an Editor of IVPN-Digest.

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Micronutrient management of fibromyalgia: Metabolic endotoxemia, low grade inflammation, lipid mediators and oxidative stress

Andréa Fernandez Indulsky
Humankind Wellbeing, France

The ethiopathogenesis of fibromyalgia (FM) remains up to date of idiopathic origin. However, several links have been made between FM and low grade inflammation or endotoxemia, dysbiosis or small intestinal bacterial overgrowth (SIBO), intestinal tight junction dysruption, Lipopolysaccharide (LPS) influx, pathogen associated molecular patterns (PAMPS), Toll-like receptor 4 (TLR4) and Nuclear Factor k-B (NF-kB). Further studies have found that lipid peroxidation can block the transformation of macrophages type 1 in macrophages type 2 hence blocking the resolution mediators of inflammation. In this mini-review, we want to show the evidence that microbiote dysruption as well as dysruption of the innate immune system due to gut dysbiosis and/or SIBO, together with an intestinal barrier hyperpermeability, may provoke local and systemic inflammation with involvement in lipid peroxidation inducing oxydative and mitochondrial stress as the possible ethiopathogenesis of FM. Novel ways of looking at FM may be in the horizon but a multi-factorial vision needs to be taken in order to help sufferers at a causalistic level.

Biography

Ms. Andréa Fernández Indulsky is a trainer in Life Sciences. She teaches Human Bio-Logy in a logical and understandable way. 17 years ago, her 5-year training in Naturopathic Medicine (Naturopathy) with the Australian university was mainly based in naturopathy, micronutrition and herbal medicine. In addition to these two techniques, she also practices iridology and sclerology, aromatherapy, nutrition, Russian, German and North American bio resonance, black field blood tests and coagulated blood (dry blood) as well as German geobiology. She treats all digestive problems (irritable bowel, irritated bowel, candidiasis, amebiasis, parasitosis ...), fibromyalgia, Lyme disease, chronic pain, overweight and obesity, thyroid and reproductive disorders and all glycemic disturbances. The management of allergies and respiratory disorders is also part of her tool kit. She helps to improve health and optimize lifestyle according to the pheno and genotypic profile. Always passionate, and with 14 years of clinical experience, Andréa continues to train abroad and provides you with the latest discoveries to offer you the best possible care.

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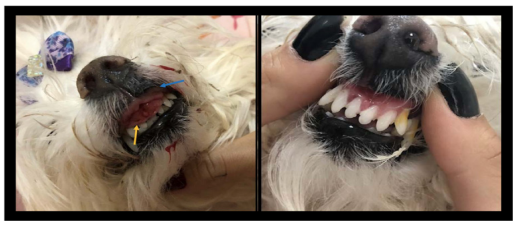
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Squamous cell carcinoma in a dog (Canis familiaris) treated by the Viscum album therapy – Case report

Ana Catarina V. Valle*, Aloisio Cunha de Carvalho
Doctor Izao Soares Institute, Brazil

Squamous Cell Carcinoma is defined as a common malignant neoplasm in the clinical routine. The treatment of choice is the conventional therapy most of which result in side effects and metastases. The need for developing new therapies for cancer treatment is well-known, aiming the prophylaxis, treatment, and, when possible, cure of the disease. Under this scope, the Viscum album (VA) has been used by human medicine with reported success in several types and stages of cancer. Therefore, this work describes the administration of Homeopathic VA in a dog diagnosed with oral SCC. Case report: 16-year-old female Maltese dog was diagnosed with a SCC. An ulcerated lesion was observed, and the fur was stained with blood around it and was located below the upper lip, exacerbating gingival mass (Figure 1-A). A protocol was instituted using VAD3 (Injectcenter), intravenously, every 7 days, associated with VAD3, subcutaneously (SID), on alternate days. Results: The patient returned to the clinic (7 days after) and the mass had reduced 90%, remaining only a slight edema on the upper lip. The animal improved it overall condition, appetite, sleep quality, and mood. After 30 days, the affected site was completely restored (Figure 1-B). Eight months after, a new fragment was collected of the region previously affected and the result not showed the presence of SCC more. Thus, the medication was maintained, three times a week, subcutaneously. Conclusion: The disease was successfully cured, which was later confirmed by histopathology analysis. These data meet the need for new treatment options for cancer patients at different disease stages. The Homeopathic VA has been shown to be an excellent treatment option for these patients, whether in search of a cure for cancer or just in search of palliative care. Further studies are still needed to confirm the effectiveness of such effects in patients in the various stages of the disease.



Biography

Valle is a Professor at the Dr. Izao Soares Institute IDIS-Integrative Medicine and Vice President of the Association of Integrative Veterinary Medicine-ABMVI. She currently works at NaturalPet Clinic in Brasilia, Brazil, within the principles of Integrative Veterinary Medicine. Dr. Valle owns a Ph.D. in Genetics and Biotechnology from the Catholic University. Therefore, Dr. Valle is dedicated to studying the Homeopathic Viscum album for the treatment, control, and prophylaxis of cancer, combining her clinical experience with her laboratory results. Dr. Valle also pursued a Master's Degree in Animal Science with an emphasis on Animal Herbal Medicine. She studied the protein fraction of more than 20 different plants found in the Brazilian flora. Jambolan (Syzygium cumini L. Skeels) seeds had the best results and showed excellent antibacterial and antifungal activity. In addition, she has a Postgraduate Diploma in Veterinary Homeopathy and Acupuncture.

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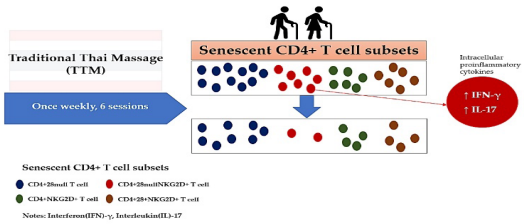
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Traditional Thai Massage improved immunity in the elderly via attenuation of senescent CD4+ T cell subsets: A randomized crossover study

Kanda Sornkayasit *, Amonrat Jumnainsong, Wisitsak Phoksawat, Wichai Eungpinichpong, Chanvit Leelayuwat
Khon Kaen University, Thailand

Traditional Thai Massage (TTM) is a unique technique of deep tissue massage consisted of acupressure along meridian lines throughout the whole body and always combined with muscle stretching at the end of the session. Some known physiological effects have been found such as promote physical and mental relaxation and reduce myofascial pain syndrome. However, its effect on immune status, particularly in the elderly, has not been explored. This study investigated the effects of multiple bouts of TTM on senescent CD4+ T cell subsets in the elderly. Purposive sampling in twelve elderlies (aged 61–75 years) with senescent CD4+ T cell subsets were recruited into the study. They received either six weekly 1-h TTM sessions or rest, using a randomized controlled crossover study with a 30-day washout period. The biomarkers as senescent CD4+ T cell subsets were investigated by flow cytometry. The surface markers and intracellular cytokine staining was performed. The study showed TTM could attenuate the senescent CD4+ T cell subsets including CD4+28null ($p=0.023$), CD4+NKG2D+ ($p=0.001$), CD4+28+NKG2D+ ($p=0.012$), especially in CD4+28nullNKG2D+ T cells ($p < 0.001$). This study suggested that multiple bouts of TTM may promoted immunity by reducing the aberrant CD4+ T subsets in aging. Thus, we endorse TTM to be one of complementary therapies to enhance the immune system in elderly populations.



Biography

Kanda Sornkayasit, is an immunologist, working as a postdoctoral researcher at school of medical technology, Khon Kaen University, Thailand. Her expertise is in molecular immunology and applied medical sciences in aging. The project of biomarkers in the elderly was developed to evaluation the health of the elderly whether relation with the severity of chronic inflammatory diseases such as diabetes which is the main health problem in Thai elderly populations. Her research on the effectiveness of traditional Thai massage on immune system in the elderly found that reduction of abnormal subpopulations on CD4 T cells may indicate the development of the immune system in the elderly and able to be an alternaive treatment. She used to work as medical technology field and lecturer in basic medical laboratory for community public health students.

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Poster presentation

35 YEARS OF EXCELLENCE IN MEDICAL PUBLISHING

E-Poster Session

09:45-10:25

Title: Correlation between NARX score and food addictive behavioral patterns in chronic pain patients

Leon Margolin, Daniel Margolin, Michelle Margolin and Sanford Lefkowitz, Comprehensive Pain Management Institute, LLC, USA

09:45-10:25

Title: Protein fractions from Salvia hispanica as a potential complementary treatment for cancer

Nidia Quintal-Bojórquez, Autonomous University of Yucatan, Mexico

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Correlation between NARX score and food addictive behavioral patterns in chronic pain patients

Leon Margolin*, Daniel Margolin, Michelle Margolin, Sanford Lefkowitz
Comprehensive Pain Management Institute, LLC, USA

Background/Objective: Studies have shown the effect of drug addiction on brain activity of humans and animals. A study by Volkow et.al.(2014), highlights the relation between amphetamine and cocaine use on the dopamine activity of the brain. As higher doses of drug were consumed via injection or other routes, the higher the Dopamine release activity in the NAc part of the brain (Volkow et. al, 2014). NAc is also activated by eating and plays an important role in food addiction (Baik, 2013)2. If the same part of the brain is activated by drug addiction as with food addiction to provide similar pain relieving effect, recognizing signs of food addiction in correlation to chronic pain could play an important role in providing insight on high risk addictive behaviors in chronic pain patients (Baik, 2013 & Choi et.al ,2014). The purpose of this research study is to show a relationship between food addiction patterns to different types of food in chronic pain patients and the effectiveness of NARX score in predicting high risk factors in such patients.

Methods: We used an eight-question survey, that addressed the following elements of addictive behavior

Q1 Consumption to feel better or to change mood
Q2 Tolerance
Q3 Withdrawal
Q4 Consumption more than initially thought
Q5 Tried reduce/stop but fail
Q6 Spending substantial time (> 2 hours) in trying to get them
Q7 Reduce Activities
Q8 Health/Mental Problems

With each question the patient had four possible answers. We analyzed 832 responses from 106 patients.

Results:

The highest correlations with NARX scores came from questions 5 (reduce or stop eating food, but failed) and 7 (reduce activities). That means that in terms of trying to predict NARX scores based on the answers to these questions, questions 5 and 7 are the most useful. However, the R-squared value of these questions of a linear regression of NARX score against these is questions is 16%. The R-squared value of a linear regression of NARX core against all questions is 35%. This suggests that this list of cravings explain a moderately small part of the variability in the NARX score.

Conclusion: There is a strong correlation between the food addictive behavioral patterns in chronic pain patients and high risk factors in chronic pain patients as manifested and measured by the NARX score. The three foods that were reported most frequently were chocolate, cheese and meat (this finding correlates with the previous research findings).

Interestingly, meat was associated with the highest NARX score (the highest risk) chronic pain patients.

Other foods reported most frequently were coffee, sodas and sweets this fact emphasizes the role of sugar in the chronic pain syndromes.

Biography

Leon Margolin is the Medical Director of Comprehensive Pain Management Institute, LLC (www.cpmiohio.com), Columbus, Ohio, USA. He has made more than 30 publications. He has received the Physician's Recognition Award from the American Medical Association, two Certificates of Merit of the American College of Physicians, the Medical Society of Pennsylvania Award, the Pfizer Scholars in Pain Management Award, Patient's Choice Award, Most Compassionate Physician Award, "Top Ten Physicians" Award in Pain Medicine and America's Most Honored Professionals Award.

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Protein fractions from Salvia hispanica as a potential complementary treatment for cancer

Nidia Quintal-Bojórquez *, Maira R. Segura-Campos
Autonomous University of Yucatan, Mexico

Statement of the Problem: Cancer is one of the top three leading causes of death worldwide (1). The non-selective and highly toxic action of conventional therapies result in a series of side effects that significantly decrease the patient's quality of life, and even influence the progress, effectivity and cost of the treatment (2). Therefore, the development of complementary therapies that augment the efficacy of the conventional cancer treatments is of great importance. From the practices categorized as complementary, protein fractions have gained great relevance due to their selective anti-cancer activities (4, 5). Protein fractions are generally obtained from sources with high protein content, such as S. hispanica, a plant whose seeds contain up to 26% of protein (6). The purpose of this study was to evaluate the anti-cancer activity of protein fractions derived from S. hispanica.

Methodology & Theoretical Orientation: S. hispanica seeds were degummed, defatted, ground and sieved to be submitted to hydrolysis with the enzymatic system Pepsine-Pancreatine. The resulting hydrolysate was ultrafiltered to obtain three protein fractions (<1, 1-3 and 3-5 kDa). Their effect was evaluated on the cellular viability of four cancer cell lines (MCF-7, Caco2, PC-3 and HepG2) and on human fibroblasts (hFB) at different concentrations (0.25, 0.5, 0.75, 1 mg/mL). The effect of each factor was analyzed by multifactorial ANOVA with a post-hoc of Tukey ($p<0.05$).

Findings: The protein fractions did not show cytotoxic effects on hFB. The protein fraction <1 kDa at 1 mg/mL showed the highest statistical effect on the cellular viability of all evaluated cancer lines; thus, its amino acid sequence was analyzed. From a multicriteria decision analysis of the peptide sequences obtained by mass spectrometry, the peptide KLKKNL was selected. In conclusion, with further, studies bioactive peptides from S. hispanica could represent a complementary therapeutic option for cancer treatment.

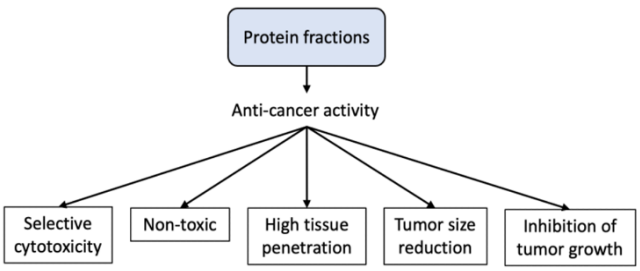


Figure 1. Advantages of the potential use of protein fractions as a complementary therapy for

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Biography

With a bachelor's degree in Biotechnology and a master's degree in Chemistry and Biochemistry, M.S. Nidia Quintal is now a Ph.D. student in the field of Management of Natural Tropical Resources in the Autonomous University of Yucatan, Mexico. Her interests on investigation are focused on the development and evaluation of functional foods and/or nutraceuticals obtained from natural sources with a high protein content, for the treatment of chronic non-communicable diseases. She has a review article published in the Journal of Cancer and Nutrition titled "Bioactive Peptides as Therapeutic Adjuvants for Cancer" and has imparted workshops and classes outlining the potential of bioactive peptides obtained from S. hispanica as a complementary therapeutic option for cancer treatment.

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Accepted Abstracts

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The complexities of autoimmunity - A functional medicine approach

Omar Akhter
Madina Medicine, PLLC, USA

Autoimmune disease is on the rise and reaching epidemic levels. It is estimated that 1 in 12 women and 1 in 24 men suffer from autoimmunity. It can take patients many months and even years for a practitioner to properly diagnose their autoimmune condition. Our current model of care is not well set up to identify and effectively treat these patients. There is a fundamental lack of understanding of the complexity involved with the immune system and the various mechanisms that underlie its dysfunction. Once it is diagnosed, the approach generally involves strong immune suppressing medications which are both very expensive and can cause significant side effects for the patients. There is a hesitancy or lack of awareness to use a diet, lifestyle, and natural approach in trying to deal with autoimmune disease. There are many dietary triggers, cross reactive foods and other aspects of nutrition and lifestyle that are key in treatment. All patients struggling with autoimmunity deserve to be educated about these fundamental treatments so they can seek them out and get relief from their chronic condition. Moreover, clinicians should also be properly trained and up to date with the latest research on autoimmunity to better serve these patients. It has become apparent that a change in approach is now very necessary.

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Emotions as energetic and hormonal currents: How to affect physiology and therefore wellbeing through emotional literacy and yoga therapy

Shira Cohen
Shira Cohen Yoga at De Mussen, Netherlands

Emotions are fundamental in all social species to bond, create life-long ties of safety, belonging and survival. Emotions function as a regulatory system in the body and are responsible for our pharmacopeia. According to Candice Pert, Chief of Brain Biochemistry at NIH, “As our feelings change, this mixture of peptides travels throughout your body and your brain. And they’re literally changing the chemistry of every cell in your body .

The rhythmic, pulsating movement as peptides and receptors clump to form ion channels to pump ions in and out, creating an electric current throughout the body, influencing states which can range from excitement to relaxation of the entire organism . This is what we call emotional states; feeling our energy move downward when we’re sad, or rising up with a vengeance when we’re infuriated. And there are hundreds, if not thousands, of emotional charges. What if we can consciously regulate these currents through emotional literacy? How could that, and we, therefore consciously change our physiology? And how would that benefit not only our health and wellbeing, but also minimize drug use for physiological regulation of hormone balance, and therefore planetary health?

"(E)motion is (not) a purely passive experience of the body. Generating and organizing internal reactions of human behavior. Dualistic tendency (is) to separate intellect from affection. Admitting that thought depends on the affection, we (can) examine the relationship between intellect and affection… with the social signs” .

Both emotional intelligence and emotional literacy are needed for this process.

Emotional intelligence makes us more responsible, pro-social, considerate and better at conflict resolution by recognizing the emotions of ourselves and those of others , the emotional landscape; objective. Emotional intelligence can be improved through therapy, trainings and self-awareness of shifting emotional states.

Emotional literacy (EL) is understanding and consciously expressing our emotions in a way that channels the energy current beneficially. Encompassing self-awareness, empathy, social skills and motivation, emphasizes using an ethical compass that’s heart centred; subjective.

In my small practice with a few handful of students and clients, I have used this method of changing the energetic direction simply through visceral awareness, emotional literacy, specific yoga therapy practices adapted to each individual needs as the changes occur, that change the physiological state into a desired one. Alleviating mental and emotional overwhelm, improving energy levels over the course of months, seeing auto-immunity in remission for eight months, bipolar minimized.

If we could better study the different charges of emotional currents and learn to harness the ion currents to fulfill rather than drain or go against the grain, I believe we will have a very powerful healing modality in our hands and hearts.

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Prevalence, knowledge, and perception about the use of herbal medicines Jazan - Saudi Arabia

Amani Osman Abdelmola
Jazan University, Saudi Arabia

Aim: This study aimed to assess the prevalence, knowledge and perception of Jazan province residents about traditional herbal medication.

Materials and Methods: A cross-sectional study was done on 440 Saudi residents using an electronically distributed questionnaire. The questionnaire included 39 items divided into 4 parts. Data collected were about demographic characters, knowledge and perception about HM, and HM usage among participants.

Results: Most of the participants used HM for therapeutic purposes (80.9%) and (29.5%) believed that mixing herbs together led to more effective results. The participants agreed to a very high degree that inherited culture plays an important role in HM use, however (84.5%) of them never used herbs. The participants used herbs mostly for treatment of diabetes mellitus representing (37%) and hypertension (20.5%). Age, marital status, and the job of participants had a statistically significant effect on participants' views about HM. While, gender, educational level, income, place of residence and chronic diseases had no statistically significant effect.

Conclusion: The highest percentage of the participants used HM for therapeutic purposes. Increasing awareness of Saudi population about instructions and restrictions when using HM is greatly needed.

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Effect of meditation on the distress and anxiety levels of women with breast cancer

Raquel Vilanova Araujo
Federal University of Piauí, Brazil

Meditation, one of the Integrative and Complementary Practices (PICs) implanted in the Sistema Único de Saúde (SUS), has been used in oncology to help manage emotions such as distress and anxiety, common in oncological patients, especially women with breast cancer who need to deal with difficult feelings such as social stigma, prejudice, shame and fear of death. The objective of the study was to evaluate the effect of meditation on the level of distress and anxiety of women with breast cancer. The study was conducted at the Unit of High Complexity in Oncology (Unacon) of the University Hospital of Universidade Federal do Piauí between February and December 2019, authorized by CEP/UFPI and registered at Rebec. After signing the consent form, eligible participants were randomized into the Intervention Group (IG) - Meditation or Control Group (CG) - Educational Activities. The final sample was 50 women, 25 at the (IG) and 25 at the (CG), the follow-up time was four weeks. The distress was evaluated with a distress Thermometer and the anxiety with the Hospital Anxiety Scale, at the beginning and end of the follow-up. Blood pressure, heart rate and pulse oximetry were measured before and after each intervention. The Shapiro-Wilk test was used to check the normal distribution, the quantitative variables were calculated with median and interquartile range and the qualitative variables in absolute numbers and percentage. For the independent samples with normal distribution the Student's t test was used, for the independent variables without normality, the Mann-Whitney non-parametric U test, for the independent categorical variables, the Chi-square or Fisher's Exact test, for the dependent categorical variables, the McNemar test and for the improvement of distress and anxiety levels, the McNemar test and the Wilcoxon test. The size of the effect was calculated based on the Cohen d Index. The median age of the participants was 47 (40.8-56) years old, Md 32 (64.0%), they did not practice physical activity 38 (76.0%) and were overweight 22 (44%). There was a significant reduction in the Distress level and a marked reduction in anxiety in (IG) after the intervention. There was a very large effect of the meditation on the Distress reduction, a large reduction in anxiety and a small reduction in systolic blood pressure and pulse oximetry. The results indicate a positive effect of Rajayoga Meditation on Distress reduction and anxiety in women with breast cancer in chemotherapy.

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Woman: How to overcome grief and deal with the loss

Celia Santos
Universidade Paulista, Brazil

Grief is the emotional process of experiencing the absence and emptiness caused by a loss. It is usually associated with the anguish of the loss of a loved one or person who has died, it is something that happens at least once in the life of everyone, anywhere in the world. The key to understanding grief is realizing that it is different for each person.

Grief happens to everyone, what varies is the intensity with which feelings are experienced. For some women, the time of mourning seems eternal, for others it is just another phase of life that time will resolve, as well as all the feelings inherent in human beings, mourning must also be experienced, felt and understood, so that we can restore our internal emotional balance.

The expression of grief can occur through physical manifestations, such as crying, and emotional ones, such as sadness, anger and anxiety. In parallel, there are also those who behave in a silent way. It is a reflection of your emotional capacity to deal with fragile moments and to behave in your daily life. Some of the emotional symptoms that grief can cause are sadness, stress, shock, anxiety, guilt, anger, and fear. Grief is also reflected in the physical aspects and this can have a different duration than emotional expressions. It's a scientifically proven fact that body and mind are closely linked, so it's natural that the physique is also affected by the moment of mourning. The body normally communicates grief for the following symptoms: Sweating, fatigue, palpitation, nausea, digestive problems, reduced immunity, frequent infections, weight loss or gain.

Denial is still a defense mechanism, a way to gradually process the loss, allowing an accommodation of information consistent with the person's ability to bear such pain. If denial involves a process of absorbing the new situation, anger is an attempt to mask emotions, it is a rebellious step. The person is angry at the deceased because he left them, at the boss who fired them, at the finished romance, or even at the car in which the fatal accident victim was. Anger is placed on other emotions, such as sadness, resentment or the feeling of abandonment. It is only possible to have a more rational reaction when we allow ourselves to experience this anger and realize the emotions it is hiding. That's where she loses strength. Grief includes the feeling of helplessness and vulnerability, so it is natural for a woman to look for ways to get out of this situation. Trying to regain control is also a way to delay grief and grief.

It is important to understand that postmortem depression is not a sign of mental illness, it is part of and an appropriate response to a great loss. Depression after a loss is often seen as unnatural, but not experiencing depression after a major loss is unlikely. If grief is a healing process, depression is one of many necessary steps along the way.

Accepting the reality that your loved one is physically gone and recognizing that this new reality is the permanent one. It is the new norm with which a woman must learn to deal with an eternal longing.

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