Presentation of the proposed theme

Title: Sleep disorders caused by stress treated by acupuncture.

I. Presentation of the theme:

The presentation aims to demonstrate the effectiveness of acupuncture in the treatment of changes in the sleep cycle caused by stress, as well as emotional changes. Not being a scientific work, it aims to demonstrate that acupuncture should be seen as a solution to be taken into account right after the first signs and symptoms because in most cases if applied at an early stage the medication will not be necessary thus avoiding many effects collateral and undesirable. With the increase in stress worldwide, the associated pathologies tend to increase and appear more and more early in young people and adults, acupuncture free of side effects is very effective in these disorders. When there is no action at an early stage, sleep disorders lead to a set of disorders from the immune, cardiac and reproductive systems. From the clinical experience I have, it is only possible with acupuncture to reverse these processes and return the lost quality of life to the patient. In this presentation we will address some acupuncture points and explain their effectiveness in symptoms. I also intend to explain the effectiveness of some acupuncture points and that in the light of modern medicine, they also act in the treatment of symptoms and in the evolution of pathologies associated with sleep.
We must take into account that deeper studies and scientific studies must be taken into account in order to demonstrate this same effectiveness.

II. Image:



III. Biography:

Vasco Nunes, 40 years old, completed his studies in Traditional Chinese Medicine from the University of Traditional Chinese Medicine (UMC) of Lisbon - Portugal. He cycled postgraduate studies in Acupuncture and Phytotherapy from the Van Nghi Portugal Institute. It belongs to the social bodies of the Van Nghi Portugal Institute and practices in 3 clinics as a profession.

IV. Presenting author details



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