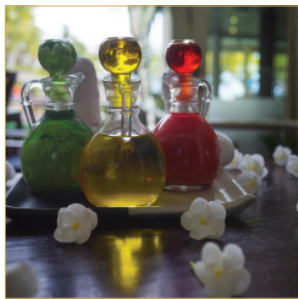


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# Keynote Forum June 10, 2019

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## *Alternate Medicine 2019*



International Conference on  
**Alternative Medicine and Traditional Medicine**  
June 10-11, 2019 | Edinburgh, Scotland



## Rupar Iyar

*Pura Wellness Inc*

### **Holistic approach of treatment of type 2 Diabetes with Homeopathy and Alternative methods**

**D**iabetes Mellitus is metabolic disorder of the endocrine system. This awful disease is growing rampant and becoming a serious threat to human health. Just in UK alone, there are 4.6 million people diagnosed with diabetes, with 12.3 million at further risk. Conventional therapy works on lifestyle management, oral glucose lowering or insulin injections as the main choices of treatment. Total recovery from this disease utilizing these methods has so far not been reported. Glucophage is the most commonly prescribed drug with severe long-term side-effects effecting the liver or kidneys. Alternative therapies of acupuncture, dietary supplements, yoga, or hydrotherapy are far less likely to have side effects but do not offer a complete cure.

Homeopathy is a complementary system of treatment in which ailments are treated by minute doses of natural substances that in larger quantities would produce the symptoms of the disease. In recent times, there is often fervent debate that homeopathic remedies are so diluted

(beyond Avogadro's number) that they do not contain any of the original medicinal substance and are placebo. This is because Homeopathy challenges the existing established boundaries of physics and chemistry. In recent times, with the advancement of Nanotechnology, scientists from different fields of research namely material sciences, immunology, and chemical engineering have either directly or inadvertently proven the existence of the molecular structure of homeopathic medicines. Treating diabetes with individualized homeopathic treatment to correct the constitutional susceptibility combined with alternative methods has been found to be effective and curative without the dreaded side-effects.

### **Speaker Biography**

Rupar Iyar foray into alternative medicine started 25+ years ago. What started casually, today is a deep-seated passion to help improve others' health. She practices in Los Gatos, CA, and runs a free-clinic at ICC.

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## *Ann Holaday*

*Mahatma Gandhi University, India*

### **Holistic healing village where food is medicine**

Good Health today is a luxury rather than a right. Despite advanced technologies, research and vast expenditures to achieve it, modern society is plagued with diseases such as cancer, diabetes, heart disease, allergies, pain, addiction, mental illness and more. Chronic illness can be attributed to and certainly aggravated by the quality and suitability of industrialised food which is available to most people world-wide. It is mass produced for weight, shelf-life and uniformity, contaminated by chemicals and low in nutritional value. Modern agriculture requires fertilisers, herbicides and pesticides, there is an overuse of water, increased evaporation, erosion and is an environmental disaster. Furthermore, it doesn't create soil whereas in sustainable, natural systems of agriculture, there is diversity, complexity and positive interactions creating soil, rich in microorganisms necessary to sustain life on earth.

"Holistic Healing Village" offers the art of living in harmony with nature by combining Ayurveda principles with natural farming techniques to create a model in which health, healing and disease prevention can thrive providing pure food and

water and a simple, stress-free lifestyle. It can be a centre of health education and healing where communities can learn sustainable living and food production, composting, recycling and reusing of natural resources. It can be the driving force behind innovation for living in harmony with nature where real food is the foundation. Ayurveda says "When the diet is wrong medicine is of no use - When the diet is right medicine is of no need".

#### **Speaker Biography**

Ann Holaday BSc. Radiation Oncology from Anglia Ruskin, Cambridge University, UK. She is a Certified Ayurvedic Practitioner "National Ayurvedic Medical Association" and "Association of Ayurvedic Professionals of North America" and founder of "According to Ayurveda and Yoga." in USA. She has a practice in Washington State and is developing on-line courses in the application of Ayurveda in mental health, ageing, diet and lifestyle, pregnancy and newborns. She has presented at conferences in Lucknow, Global Ayurveda Festival, World Ayurveda Conference and at ICHM conferences at Mahatma Gandhi University, Baranas Hindu University, Williams Research Centre in India. She is published in Holistic Healthcare Vol 1 & 2.

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