

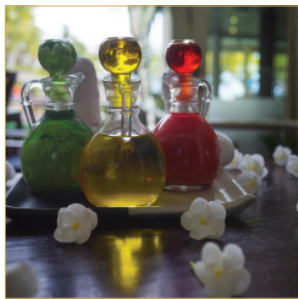
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# Scientific Tracks & Sessions

## June 10, 2019

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### ***Alternate Medicine 2019***



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

## **Diagnostics and treatment approaches in the Western, Chinese and Bioenergetic Medicines Autoimmune processes-Hashimoto's thyroiditis**

**George Zdravkov**

Center for Integrative Medicine, USA

The presentation is the analysis of my personal diagnostics and treatment approach in every day medical practice, since more of 30 years. As the example will be presented the case study of the patient diagnosed with Hashimoto's thyroiditis. The presentation demonstrates what is the diagnostic mentality in the Western, Chinese and Bioenergetic medicines, a point of view of Hashimoto's thyroiditis – common and different diagnostic information, quantity and quality analysis. As well as is given the treatment approaches in the Western, Chinese and Bioenergetic medicines – effectiveness of the therapy. The conclusions for the diagnostic and therapy of the autoimmune disease will be suggested.

### **Speaker Biography**

George Zdravkov is fascinated by the potential of complementary medicine, he has been fusing Eastern and Western medical modalities in treating patients for over 20 years. Utilizing his personal research and bioenergy diagnostics, he has published four books and seven articles focusing on fundamental theories in traditional Chinese medicine, as well as on the connection between traditional Chinese medicine and Western medicine. His latest book, Qigong Hand Diagnostics: The Method of Bioenergetic Diagnostics will be available on Amazon.com in 2018.

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## Homeopathic prescription method

**Helen Campbell**

Helen Campbell Homeopathy Foundation, UK

The homeopathic method requires specific individualisation for each client by recording mental, emotional and physical symptoms forming their timeline of symptoms. Similia similibus curentur - what a substance can cause can also cure.

Nettles are an example of this. A skin problem which feels like nettle stings could probably be helped by the remedy made from nettles. After giving the chosen remedy careful thought needs to be given to the change of symptoms. The objective is to observe what changes in the case. We can use up to 3,500 remedies in the 21st century. Research is taking place all the time - some double-blind trial (DBT and some qualitative research). Deep observation is necessary to observe the vital force or life force of the client. Given the opportunity every client will express what their feelings are - not just surface feelings but those deep within them affecting their wellbeing and attitudes to life which guard their most central feelings. The homeopath observes these feelings and must not create their own interpretation of them. I will expand on individual cases - 1) Russian + dreadful arthritis: 2) re Leningrad case+ stopped speaking for 10 years and used dance to express herself: 3) Wartime memories and fire.

To observe relevant information about client needs we need to listen to all mental, emotional and physical symptoms without altering their ideas to what we think we observe. The observer (the prescriber) needs to be meticulous about recording the observation as the client expresses it without

amending the direction or description of those symptoms. Individualisation is very specific and accurate recording of these is essential to tracking movement of symptoms for the client. Is the client sleeping better? Had bowel and urinary function altered in any way? Is client looking better - feeling better in themselves? The most useful symptom to be told you may well be "I feel more like my old self even though the complaints remain the same as before. I feel lighter etc. You have started some positive change.

All of this may well reveal where the stuckness is in the client's life. Is the 75-year-old woman still repetitively complaining about what her mother said when she was four? Stuckness - reveals itself in many ways, then you may also receive a specific instance when the client felt the deep symptom that is worrying them. This method is true holistic case-taking using the medicine of similars not opposites. This allows thought to be given to the timeline of the client and the cause of the disruption in their health. The work of this charity will initially be FREE to all users.

### Speaker Biography

Helen Campbell found homeopathy and spent 5 years qualifying as a Registered Member of The Society of Homeopaths in 1994, after completing 38 years in Senior Financial Management in Industry, commerce and arts. She served on The Society of Homeopaths Board for six years and have obtained two science degrees with the Open University gaining a BA and BSc.

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## Plastic bioaccumulation, health implications and enhancing biotransformation using Herbal Medicine

**Carina Harkin**

Carahealth, Ireland

Plastic contamination has recently been shown to be a vector for heavy metal contamination. Plastic is ubiquitous. Recent studies have highlighted that plastic is in bottled and tap water and in food products including honey, sugar and beer. 3-10 tonnes is estimated to fall on Paris per year. Global concern regarding the health implications is mounting, with the World Health Organisation (WHO) announcing a risk assessment review of plastics. Meanwhile we remain to eat, drink and inhale plastic without knowing what it is doing to us or indeed if we can eliminate it. Carina will discuss the scale of global microplastic contamination, where it comes from, how plastic enters the body, the health implications of inhaling and ingesting plastics and most importantly how plastic is detoxed and what are the most effective liver herbs to maximise plastic detoxification.

Learn how plastic is detoxed and affects Phase 1 cytochrome P450 enzyme group and Phase II pathways including glutathione, glucuronidation and sulphation and the importance of supporting our endogenous antioxidants, catalase, glutathione (GSH), glutathione peroxidase (GPx), glutathione reductase, glutathione S-transferase (GST) and superoxide dismutase (SOD). Carina will discuss specifically how ingested plastics, including phthalates and BPA, and inhaled plastics, including dioxins and furans are detoxed by these processes and what herbal medicine and nutritional supplementation can maximise plastic metabolism and excretion. The presentation will also cover the danger of

inadequate plastic detoxification and how this can damage RNA and DNA and contribute to early ageing and cancer formation.

### Speaker Biography

Carina Harkin BHSc.Nat.BHSc.Hom.BHSc.Acu. Cert IV TAE. MPH (pending), holds 3 internationally recognised level 8 (EQF/AQF/NFQ/Level 6 Ofqual) Bachelor of Health Science degrees in Complementary and Alternative Medicine (CAM), being the world's first triple degree CAM graduate and she is completing a Master in Public Health MPH. Receiving substantial training in pharmacology and having worked in pharmacies. She is adept in drug/nutrient and drug/herb safety and specialises in matching the pharmacological action of drugs with active constituents found in herbs. Carina has an online herbal dispensary and supplies organic pharmacy grade herbal extracts worldwide. Carina has experience treating antimicrobial resistant disease including MRSA, MDR-TB, MDR Streptococcus pneumonia and Haemophilus influenza, MDR Candida, Neglected Tropical Disease (NTD) and the rising tide of Non Communicable Disease. She holds a teaching qualification and is an experienced lecturer with 20 years clinical experience. She has worked in Public Health, as an acupuncturist at the Northern Hospital Melbourne, where she conducted a world first trial A Prospective, Randomised Control Trial of Acupuncture for Select Common Conditions within the Emergency Department and in Box Hill Hospital's Drug and Alcohol Rehabilitation Unit. Her goal is to see the integration of CAM into mainstream healthcare hence she is completing a master's in public health. She wants help shape future Public Health Policy to improve Global Health Outcomes using Traditional Medicines and she is writing her dissertation on The Use of Herbal Medicine to Address the Greatest Global Threat; Antimicrobial Resistance.

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## Role of Uttarbasti in cases of benign enlargement of prostate

**Ramesh Rajguru**

Krupa Ayurved Health Care, India

**Purpose:** The aim of the study is to evaluate the efficacy of Uttarbasti in cases of benign enlargement of prostate. Investigations like USG were done to assess prostate size and post void urine residue in bladder. Also routine investigations like CBC, urine tests were done.

**Method:** Patient should lie on bed, after cleaning penile area, sterile rubber catheter is passed through penis till it reaches urinary bladder. Bladder is evacuated completely by giving pressure over basti area. Then 20 ml SAHACHAR taila is administered in the bladder. Patient should lie on bed for half an hour. Pulse and blood pressure are recorded and nadisweda is given over Basti area to avoid further pain. Medications used are Gokshuradi Guggul and Chandraprabha vati and Chandanasav. Medications was given for one month and after one-month Rasayan churna was given for two months.

**Result:** The effects of this treatment was observed in 18 patients. Patients reported passing of urine without pain and


after a week, burning and strain during urination was relieved. Within two weeks the patients were symptom free. Patients also reported improved sexual activity after the procedure.

**Conclusion:** Uttarbasti is helpful in management of cases of benign enlargement of prostate this procedure was tried on patients in rural as well as in urban areas and patients are being followed up on a long-term basis.

### Speaker Biography

Ramesh Rajguru has done his Bachelor of Ayurvedic Medicine and Surgery from University of Pune. He has presented paper on study of cases of planter by using Raktamoshan in National seminar on Anushalyakarma-Mumbai (2010) and in 4th World Ayurved Congress, Bengaluru (2010) and rewarded for best video presentation. He is engaged in his clinical practice at Krupa Ayurved Health Care, Gandhinagar, Bolhegaon.

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## Management of Psoriasis with Naturopathy and Yoga

**Jitendra Arya**

Institute for Nature Cure and Yogic Science, India

Psoriasis is a skin condition that causes red, flaky, crusty patches of skin covered with silvery scales. These patches normally appear on your elbows, knees, scalp and lower back, but can appear anywhere on your body. Most people are only affected with small patches. In some cases, the patches can be itchy or sore. Psoriasis is a long-lasting (chronic) disease that usually involves periods when you have no symptoms or mild symptoms, followed by periods when symptoms are more severe. Statistics and Prevalence

- 125 million people worldwide – 2% to 3% of the total population – have psoriasis, according to the World Psoriasis Day.
- Psoriasis prevalence in African Americans is 1.3%
- Psoriasis is the most prevalent autoimmune disease in the United States.
- Psoriasis affects around 2% of people in the UK.
- Men and women develop psoriasis at equal rates.

Psoriasis occurs when skin cells are replaced more quickly than usual. It's not known exactly why this happens, but research suggests it's caused by a problem with the immune system.

Although there are several different types of psoriasis, all are considered autoimmune disorders, meaning they develop when the body's immune system turns on itself and attacks


healthy tissue in this case, skin in much the same way it would a real threat, such as bacteria or a virus. Researchers don't understand psoriasis completely, but it is believed to be a genetically-driven disorder that can be stimulated or exacerbated by factors such as stress, injury, illness, or weather.

Management: NATURE CURE TREATMENT, Hydrotherapy, Massage therapy, Herbal lap, Diet therapy, fasting therapy, Yoga and Relaxation technique

### Speaker Biography

Jitendra Arya is an eminent naturopath with keen interest in Ancient Indian Healing Science spiritual healing, yoga meditation, Ayurveda and herbal medicine. He has done pioneering work in the field of nature cure and is considered an authority on the subject of nature cure. He took charge of the Nature cure Center at Uruli Kanchan, 160 bedded Naturopathy center in India, which was establishment by Mahatma Gandhi in 1946. He has founded various institutes to spread the message of Naturopathy and Yoga, which includes Kayakalp at Dhanani, Rajasthan, Geetai at Wagholi, Institute for Nature cure and yogic Science at Bhosari, Pune and Health Naturally at Durshet, Mumbai. He has been conferred with several awards. These include Awards of Doctorate in Science (Honoris Causa) and Doctorate in science (Medicina Alternative). He is secretary to India Nature Cure Practitioners Association, New Delhi, He was Felicitated y the UNO(United National Literacy) with the international Felicitation for Dr. Herbert Shelton International Award. He runs his own publication house with several number of books on Naturopathy and Yoga.

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## Annual influenza vaccine: Review of current attitudes, effectiveness and natural evidence based alternatives in the likelihood of Influenza Pandemic

**Carina Harkin**

Carahealth, Ireland

Influenza Pandemic remains a global threat (WHO), yet from a pharmaceutical perspective, we remain woefully ill-equipped. Health Care Workers (HCW) themselves are statistically the most influenza vaccine hesitant group in the population. With calls being made to make influenza vaccine programmes compulsory, evidence needs to be taken seriously and a critical assessment made. The speaker will discuss what is the growing consensus of the ineffectiveness of the influenza vaccine and the reasons. According to Professor of Virology at Warwick University, Andrew Easton, "A judgement should be made about replacing this [influenza] vaccine in the current climate of limited NHS budget. A re-think is also needed as other therapeutic aids are showing promise." The speaker will discuss alternative evidence based herbal medicine and supplements that specifically match the pharmacological action of drugs to reduce influenza incidence and mortality, and boost natural immunity to provide long standing protection. Topics include increasing interferon and how this works not only as a prophylactic and treatment for influenza but, by addressing Major Histocompatibility Complex (MHC) dysfunction, simultaneously has the capacity to reduce the incidence of autoimmune disease (caused by molecular mimicry). Other topics include viral replication inhibition using natural neuraminidase and polymerase inhibitors and compounds in herbal medicine that specifically reduce the inflammatory cascade known as the cytokine storm, associated with high mortality in influenza pandemics.

### Speaker Biography

Carina Harkin holds 3 internationally recognised level 8 (EQF/AQF/NFQ/Level 6 Ofqual) Bachelor of Health Science degrees in Complementary and Alternative Medicine (CAM), being the world's first triple degree CAM graduate and she is completing a Master in Public Health MPH. Receiving substantial training in pharmacology and having worked in pharmacies. She is adept in drug/nutrient and drug/herb safety and specialises in matching the pharmacological action of drugs with active constituents found in herbs. Carina has an online herbal dispensary and supplies organic pharmacy grade herbal extracts worldwide. Carina has experience treating antimicrobial resistant disease including MRSA, MDR-TB, MDR Streptococcus pneumonia and Haemophilus influenza, MDR Candida, Neglected Tropical Disease (NTD) and the rising tide of Non Communicable Disease. She holds a teaching qualification and is an experienced lecturer with 20 years clinical experience. She has worked in Public Health, as an acupuncturist at the Northern Hospital Melbourne, where she conducted a world first trial A Prospective, Randomised Control Trial of Acupuncture for Select Common Conditions within the Emergency Department and in Box Hill Hospital's Drug and Alcohol Rehabilitation Unit. Her goal is to see the integration of CAM into mainstream healthcare hence she is completing a master's in public health. She wants help shape future Public Health Policy to improve Global Health Outcomes using Traditional Medicines and she is writing her dissertation on The Use of Herbal Medicine to Address the Greatest Global Threat; Antimicrobial Resistance.

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## Learning without borders-Healing Energy

**Helen Campbell**

Helen Campbell Homeopathy Foundation, UK

In the aftermath of Newtonian materialistic science every area of science purports to present a complete solution in their area of expertise. Sadly this approach treats us as though we are machines rather than highly developed individuals as described by Samuel Hahnemann (SH Organon). Individualisation at core of life essential when searching for causes.

SH described disease as disturbance of Vital Force which in health retains organism in admirable, harmonious, vital operation for both sensation/function. (SH The Organon P9). Definition applies to people, animals and plants. Many people use ARNICA without realising they are using a potentised flower energy-potentised ARNICA ENERGY.

Homeopathic medicine is system of medicine based on exact knowledge of nature, pure experience and careful experiments. Allopathic model does not generally do this. (SH Organon P 52) at a deeper level by listening to patient in depth.

Plants-when plants are transplanted there is setback watering plants with arnica in the water enables the plant to recover more quickly (Vaikunthanath Das Kaviraj 2012) (VDK). Homeopathy for Farm and Garden expands knowledge of use of homeopathy for bacterial and fungal diseases. Homeopathic medicine has 3,500 remedies which promote very specific individualisation when searching for remedy. Homeopathy - complete system of natural medicine treating people – researching on humans for humans and on animals for animal treatment. Homeopathic energy medicine stimulates body's healing power while searching for cause and treating cause rather than just treating symptoms.

### Speaker Biography

Helen Campbell is the founder of Homeopathy Foundation SCIO, 2019. She is a Registered Homeopath and works passionately for Alternative Medicine which can be alternative and / or complementary. She has set up an educational Charity to help the community learn what is available when treating people not diseases.

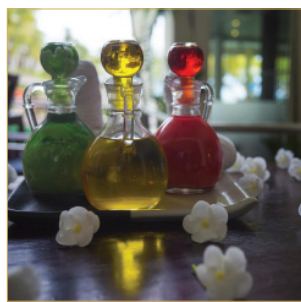
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# Workshop

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## *Ann Holaday*

*Mahatma Gandhi University, India*

### **Ayurveda, Yoga and Mental Health - Vedic Psychology**

The causes of mental disturbance are multifaceted and highly complex, but evidence suggests that the modern approach to mental health is limited and largely ineffective judging by the increasing number of people suffering from mental health issues. There is more violence, suicide, depression, anxiety, addiction and a prolific use of psychotropic, prescription drugs than ever before. Yet it is known that the use of medications for mental illness causes dependancy and adverse side-effects, but an alternative, comprehensive approach has never been explored. Modern culture, where money is God, is a breeding ground for mental disturbance. Loneliness, isolation, the dissolution of family and community, and the constant bombardment of toxic material on the collective mind, are curses of our time. In addition, is the fact that food available to most people is mass produced, contaminated by chemicals and low in nutritional value all contributing to mental ill-health. The Vedas recognised mental illness thousands of years ago by understanding the connection between the body, mind and spirit. Ayurveda and Yoga which are Vedic sciences address

the body, mind and spirit to get to the root cause of disease. Vedic philosophy does not describe psychology but recognises that mental disturbances manifest as imbalances of all aspects of the human condition, each one affecting the other. Vedic philosophy and the principles of Ayurveda and Yoga with the understanding of the mind and its connection to spirituality is an effective, long-term and permanent solution to the mental health issues of modern society.

#### **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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