

7th International Conference on

Ayurveda, Homeopathy and Chinese Medicine

May 18-19, 2017 Munich, Germany

Holistic approach to natural healing

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Holistic medicine is a form of healing that considers the whole person-body, mind, spirit, and emotions, in the quest for optimal health and wellness. According to the holistic medicine philosophy, one can achieve optimal health by gaining proper balance in life. The scope of traditional medicine includes: Acupuncture and Acupressure, where the speaker will share his expertise and mastery in acquiring methods of treating various medical and dental problems and learning the difference between these two healing modalities. The speaker also discusses about Aromatherapy, a branch of Herbology in which the audience will acquire awareness on the benefits and uses of different aroma from essential oils, herbs, fruits and vegetables; Hypnosis where participants could feel and experience hypnotism; and Therapeutic Massage, where they can discover the different techniques and skills of Swedish, shiatsu, and reflexology which can be used as livelihood home-based job.

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Tai Chi, the perfect activity for the rest of life: How this “Medication in Motion” exercise can help health authorities achieve the goals of WHA66.10 (NCDs)?

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Population aging and its health consequences, such as the rise in NCDs, non-communicable diseases is considered by the WHO as an “impending disaster” that increasingly sophisticated and the expensive medicines and technologies will not be able to prevent it. With NCDs, the world is losing people in its most productive years, and in a generation, NCDs will cost more than \$ 30 trillion. To address the problem of NCDs, a WHO Resolution WHA66.10 adopted the Global Plan of Action to reduce the number of premature deaths by NCDs from 25% by 2025. In the draft of the declaration of the high-level meeting on NCDs (2011), the Traditional Medicine of indigenous people was recognized. They should be respected, preserved and properly promoted, although, by 2013 in the West, there were already over 700 publications of scientific articles on Tai Chi, one of the highest techniques in Chinese medicine. According to Harvard, which published a Guide to Tai Chi, this gentle form of mind-body exercise could be called “Medication in Motion” and can be a “perfect activity for the rest of life”. With “no pain, big gains”, Tai Chi can be a significant part of the strategy of achieving a WHA66.10 goal, helping the circulation of *Chi* and *Xue*, and strengthening *Zheng Chi*, conditions that can promote good health, according to Chinese Medicine. At the WHO Congress of traditional medicine, Dr. Margaret Chan, Director-General of WHO, concluded that for NCDs and many other conditions, traditional medicine has much to offer in terms of prevention, comfort and care, and the time has never been better, and the reasons never greater for giving traditional medicine its proper place. In this sense, Tai Chi and Pai Lin Tai Chi, with its solid Taoist basis and training protocols, can make a great contribution to the health of people.

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