

3<sup>rd</sup> World Congress on

## TRADITIONAL AND COMPLEMENTARY MEDICINE

September 10-11, 2018 Auckland, New Zealand

**The holistic and phytotherapy approach to treating autoimmune conditions****Sebastian Liew**

Sebastian Liew Centre Pte Ltd, Singapore

Technically, any disease in which cytotoxic cells are directed against self-antigens in the body's tissues and characterized by chronic inflammation is considered autoimmune in nature. Such diseases include celiac disease, Crohn's disease, allergies, certain forms of arthritis and skin diseases are also a result of immune dysregulation. Autoimmune conditions remain one of the most challenging diseases to treat. Why it is so? The results from clinical cases shows that autoimmune conditions are multi-factorial in nature, involving not only pathological causes, but factors relating to the state of mind, gut health, stress level, diet and spiritual fitness. Basing on traditional European differential diagnosis, scientific literature and modern herbal medicine it was successful to treat autoimmune conditions such as chronic eczema and ankylosing spondylitis.

**Biography**

Sebastian Liew is a renowned American Herbalist. He is a qualified and registered Medical Herbalist (accredited by the National Herbalists Association of Australia), with a Master's degree in Herbal Medicine from the University of New England, Australia. He is the first Medical Herbalist in Singapore. He has 20 years clinical work experiences and treated many patients with different medical conditions from all age groups in his Singapore clinic. His practice won the title "Natural Medicine Specialists (year 2018) by Global Health and Pharma". He also authored the book, Leaf to Life: The Natural Approach to Slow Down Aging and Living a Healing Life, which set the fundamentals for healthy aging and the prevention or treatment for almost all diseases.

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