

Don't miss it! Register now

Within the XII European Integrative Medicine Congress that will take place in Barcelona this September 2019, co-organized by the European Society of Integrative Medicine and the Sociedad Española de Salud y Medicina Integrativa, we present you 7 interesting pre-congress morning workshops with some of our speakers.

Places are limited and there is the possibility to register even if you are not registered in the congress.

WORKSHOP

01

ACUPUNTURE

Chair: **Dra. Isabel Giralt**

How different experts treat same joint pain with Acupuncture

Dr. Benno Brinkhau, Dr. Mike Cummings, Dr. Jorge Vas, Tomàs Tegiacchi, Beatriz Daza, Dra. Alicia Fernández

- > We know in acupuncture we use different methodologies to treat same pathologies.
- > This workshop will be a practical review about how to treat different location of joint pain with different and expert professionals
- > The idea is to have an open workshop between the experts and attendants
- > We will have several beds where we will see different clinics views to treat knee pain, shoulder pain and elbow pain...

Pediatrics in Acupuncture

Dra. Esther Martínez García

- > How to use acupuncture in children successfully and without pain
- > Children Physiopathology
- > How to explore the children, the importance of the palpation.
- > Techniques, Material
- > The acupuncture point in children
- > Moxibustion, time to use and method
- > Overdose in children acupuncture

MYTHS AND FACTS OF PREMENSTRUAL SYNDROME Technique by Dr. Lolas Talhami

Dra. Laura Lafaja, Dra. Alejandra Menassa

Premenstrual syndrome affects more than 30% of women in fertile age. Although it has classically considered of hormonal etiology, a new approach leads us to consider as an infectious / inflammatory disease on the female genital tract.

According this new approach, Dr. Lolas and other gynecologists and medical doctors, have designed some specific treatments thinking in this etiology: Cervix Cryotherapy, antibiotics infiltration or intrauterine ozone therapy reduces infection and inflammation, reducing symptomatology or even resolving the pathology.

In this workshop, after a theoretical introduction and a justification of the infectious or inflammatory etiology, we will proceed to show the three techniques we have been using in this Syndrome

WORKSHOP

02

Together in integrative medicine

WORKSHOP

03

PRESENCE IN STILLNESS

Dr. Kiril Yurievich Yarjo

The most modern sciences at the forefront of biological, genetic and physical research agree that we are currently using a very small part of the genetic potential that is available to us. One reason is our habit of not being in the present (the only place) where there may be a change at the genetic expression level of who we are, beyond what we think we are. What helps us to return to the present is the body. It is always in the "Now."

The main aim of this workshop is to provide participants with a deeper understanding of the level that underlies any pathology and learn to provide conditions for it to manifest through dynamic stillness and listening to silence.

Participants learn to choose more carefully and appropriately from which place of themselves, and from what level, they are talking, playing, watching, listening, etc. –from Awareness.

The work level that we explore has nothing to do with what we know, but rather with who we are.

GUT MICROBIOTA AND CANCER, THE IMPORTANCE OF LIFESTYLES: DESIGNING A PROJECT

Dra. Cristina Sanchez

All of us are provided with a unique gut microbiota profile that plays many specific and beneficial functions. We have a balance established, and when it is disrupted we call it dysbiosis. This plays an important role in many diseases including cancer. Changes in our lifestyle involves changes in our gut microbiota, implicating future prevention and treatment strategies.

Key points:

1. Gut microbiota: the 5W / Who, What, When, Where and Why. Introduction to the world of the gut microbiota
2. Microbiota, inflammation and disease Mechanisms correlating microbiota, host immune system and the development of different diseases.
3. Healthy diets. Discussion about the theoretical implication of healthy diets. A review of the literature: plant-based (vegetarian/vegan), ketogenic and mediterranean.
4. Cancer and microbiota. What we know until now. Future strategies.
5. Designing a project and Q&A round

WORKSHOP

04

WORKSHOP

05

WELLNESS AND HEALING THROUGH THE VOICE AND THE SOUND

Jacomina Kistemaker

In this workshop one learns how to use sound and the voice as an intimate and personal instrument to strengthen one's natural health.

The voice as a mirror of the physical, emotional and energetic tensions and blockages accumulated in the physical body. Singing 'inwards' one can direct the vibrations of one's own voice to specific parts of the body. Listening and feeling until the voice enters in resonance with that specific part of the body, 'feeling' the anatomy of the body through the vibrations of the voice.

The voice as an alliance in processes of personal and spiritual development and in the prevention and healing of the physical health of the participants as well as their patient's.

WORKSHOP

06

**TOWARDS A GUIDE FOR PREVENTING OF EXPOSURE
TO ENDOCRINE DISRUPTORS**

Dr. Nicolás Olea

Doctor in medicine Nicolas Olea, expert in epidemiology and specialized in Health and Environmental Research, will propose in this workshop the guidelines to prevent alarming exposure to endocrine disruptors in our society.

MIOFASCIAL TRIGGER POINTS AND LASER THERAPY

Sra. Peña Martín Romero, Sra. Laura Planas Ortega

Myofascial pain syndrome is the set of sensory, motor and autonomic symptoms caused by trigger points and high prevalence. The myofascial trigger points were described in 1949 by Travell and Simons, they defined it as a hyperirritable area in a skeletal muscle associated with a palpable hypersensitive nodule, located in a taut band, the area is painful to compression and can lead to referred pain characteristic, hypersensitivity to the referred pressure, motor dysfunction and vegetative reactions. They described the mechanisms of activation, perpetuation and unblocking of them. They developed maps showing the trigger points of each muscle and its referred pain pattern.

To understand this syndrome, it is important to understand the fascial system, its alterations and implications in pain. For this it is important to know the neurophysiology of pain, mainly in chronic pain and the concept of central sensitization, which is an increase in the neuronal response to painful and non-painful stimuli, where there is an activation of the nociceptors that leads to the appearance of myofascial trigger points. In the laser workshop, a working protocol is developed where the location and palpation of the key points of the trigger is carried out, mainly we will search at the abdomen and its relations with the trigger points of the sole of the foot.

The concept of ways will be explained, and it will be shown how we can unblock any trigger point of the body from the sole of the foot, we will do it by applying laser therapy. The application of the laser for the release of myofascial trigger points is a novel therapy, and very interesting because it is painless and non-invasive, unlike other widely used therapies for the treatment of this syndrome.

A single session is enough to unblock the trigger point and the pain of the patient immediately disappears, although it is important to know the causes of perpetuation to prevent recurrence.

WORKSHOP

07

REGISTRATION
FEE
WORKSHOP 1

160€

REGISTRATION
FEE
WORKSHOP 2-7

110€

Venue

**Hotel Barceló Sants
Plaça dels Països Catalans, s/n
08014 Barcelona**

More information:

<https://ecim2019-barcelona.sesmi.es/>