

Webinar on
Natural Products, CAM Therapies,
and Traditional Chinese Medicine

July 04, 2022 | Webinar

Keynote Forum



NATURAL PRODUCTS, CAM THERAPIES, AND TRADITIONAL CHINESE MEDICINE

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Fai Chan

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Incorporating the “FEEL GOOD” factor, tackling RA (Rheumatoid Arthritis) from its root cause while reducing inflammation, a step by step approach

The medical definition of RA has it that this is an incurable disease. However, with more medical discoveries and improvement in treatment methods, the chances of getting treated become higher. 4 years ago, the author had two RA patients that one got treated with a methodology while the other only got improvement. After the pandemic, the latter one continued the treatment and her rheumatologist stopped the medication and did not need her to be on surgery that was suggested to remedy the situation. The reason is obvious; although the rheumatologist did not mention. Nowadays, people are very concerned with “feel good” factor in a treatment, actually in theory, feeling good in moderation means serotonin and dopamine are in balance. Unfortunately people are distorted in understanding it as the more serotonin, better the feel.

Knowing the trend that serotonin is much loved by people who come to treatment, how should a therapist/medical professional do to include this in RA treatment?

In this presentation, a step by step approach is discussed with different modalities that work together to achieve this while bringing the real improvement in the body. Let's make it clear, feeling good doesn't mean healing well in the whole body. Feeling and actual healing cannot coexist as the saying goes “No pain, No gain”.

To conclude, while customer service is becoming more vital than ever in the medical world since the opioid incidence, how far should that go? Who has the actual knowledge and skills to determine what should better be done?.

Recent Publications:

1. Chan F (2021) The Role of Conventional Medicine in a Model of All Natural Protocols in Alzheimer's Healing: What Makes It Inevitable? *Drug Des.* 10:200
2. Chan F. (2020). Revisiting Rubefacient in Reducing Pain and Inflammation in Rheumatoid Arthritis through Clinical Aromatherapy Perspective — an Exploratory Study. *Traditional Medicine* 1(1):03.

Biography

Fai Chan started her career as a clinical aromatherapist in 2014. At the beginning, she was very much into incorporated traditional Chinese medicine framework and chemistry with clinical aromatherapy in healing. Actually, that already brought very good results in healing even for neurological issues. The turning point was her treatment of diabetes got breakthrough results with the inclusion of pharmacology in the healing protocol. Her specialties are in Diabetes, RA, (Rheumatoid Arthritis), Neurological issues (Alzheimer's), High Blood Pressure (even with genetic factor). She has publications on RA, Alzheimer's, high blood pressure that are on the high impact list. She has been speaking on tens of research conference so far.

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Ellen Cutler

Cutler Clinic, USA.

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The Ellen Cutler Method (ECM)

Ellen Cutler has always been fascinated by the body's ability to heal itself. Over her many years as a health care practitioner, she created and continues to develop her own approach to energy-based healing, called the Ellen Cutler Method (ECM). It is based on well-known models including traditional Chinese medicine (TCM), applied kinesiology, and quantum mechanics. ECM identifies and then addresses energetic disharmonies that are related to specific imbalances and sensitivities. To understand how ECM works, it is useful to think of the body from a TCM perspective. The electromagnetic energy of the body manifests as lines of force or meridians. The meridians run near the surface of the body and pass into their respective internal organ system fields. One or meridian access points, aka acupuncture points, can be used to monitor the electrical 'information' of the entire meridian/energetic system. Such examinations can indicate whether the meridians are balanced, stressed, weakened, or blocked. ECM interventions include organ-specific detoxification, nutritional and enzyme therapies, and energetic desensitization. These combined non-invasive techniques rebalance the energetic system and thus offer a powerful means for achieving optimal health and longevity. By using ECM, Cutler has been able to help individuals with a myriad of health challenges that other health care practitioners have been unable to successfully address. Many of her patients report improved health and a greater sense of ease and wellbeing.

Recent Publications:

1. Ellen Cutler (2013) "Clearing the Way to Health and Wellness: Reversing Chronic Conditions by Freeing the Body of Food, Environmental, and Other Sensitivities" 2013 February; iUniverse, Incorporated, ISBN-13: 9781475972443

Biography

Ellen Cutler has practiced as a chiropractor and alternative health care practitioner and teacher for many years. She created and continues to develop her own multimodality system of natural healing. The Ellen Cutler Method (ECM) is based on the latest scientific studies, clinical findings, and patient feedback. The skilled use of ECM has resulted in a near-miraculous turnaround in many of her patients. Ellen is an internationally recognized authority on enzyme-based therapy, individualized nutrition and detoxification, and the identification and clearing of food and other sensitivities. She is an author of numerous books and articles. Her most recent book is "Clearing the Way to Health and Wellness - Reversing Chronic Conditions by Freeing the Body of Food, Environmental, and Other Sensitivities". Ellen has been and continues to be an energetic advocate for the use of complementary/alternative methods of healing.

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Martin Kussmann

German Entrepreneurship, USA

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Nature has the answers: Discovering, validating, and better understanding natural bioactives for human health

Nature has the answer to almost all our questions about human health. Natural bioactives, especially when derived from sustainable plant and food sources¹, provide a plethora of molecular solutions to nutritionally actionable, chronic conditions. The spectrum of these conditions, such as metabolic, immune, and gastrointestinal disorders, has changed with prolonged human life span, which should be matched with an appropriately extended health span: “adding years to life and adding life to years”².

Natural bioactives can be classified into (a) micronutrients (i.e. vitamins, essential fatty and amino acids, minerals)³; (b) phytonutrients (e.g. polyphenols)⁴; (c) bioactive peptides⁵; and (d) pre- and probiotics⁶. While discovery and validation of single micronutrients have been accomplished in the 20th century, their interactive functions and holistic benefits for health have only become recently appreciated⁷, within the concept of ‘systems health’: “we are not eating single molecules, but complex diets”. Phytonutrients form an established body of (e.g. immune and metabolic) health-beneficial compounds, yet the vast majority of these bioactives remains to be discovered. Likewise, bioactive peptides have remained largely underexploited as molecular means for health promotion, mainly due to the following reasons⁵: (a) (assumed-to-be) poor bioavailability after oral consumption due to breakdown along the gastrointestinal tract; (b) limited transport from gut to blood; and, importantly, (c) inefficient discovery and translation based on serendipitous research and/or high-throughput screening. Pre- and probiotics, as parts of the intestinal microbiome, can be more efficiently discovered and validated by an integrative, symbiotic, ‘seeding through feeding’ strategy⁶.

The future of translational science on natural bioactives is being built on (a) the systems-level rather than the reductionist approach to understanding their interdependent, and at times synergistic, functions⁸; and (b) the leverage of artificial intelligence for discovery and validation, thereby dramatically reducing the time from idea and concept to finished solutions for consumers and patients.

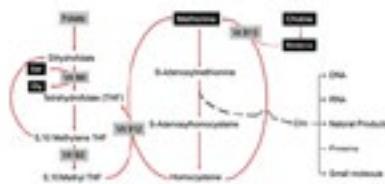


Figure 1: Natural bioactives and epigenetics: one-carbon and tetrahydrofolate cycles. Dietary components shown in boxes: vitamins (gray) and other organics (black). Methyltransferases use S-adenosylmethionine to transfer a methyl group to macro- and small molecules.

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Recent Publications:

1. Kaput, J., Kussmann, M., Mendoza, Y. et al. Enabling nutrient security and sustainability through systems research. *Genes Nutr* 10, 12 (2015).
2. Monteiro JP, Kussmann M, Kaput J. The genomics of micronutrient requirements. *Genes Nutr.* 2015;10(4):466.
3. Barrera-Reyes PK, Cortés-Fernández de Lara J, Poquet L, Redeuil K, Kussmann M, Silva-Zolezzi I, Tejero EM. Circulating Structurally Related (-)-Epicatechin Metabolite Species and Levels after Sustained Intake of a Cocoa Powder High in Polyphenols Are Comparable to Those Achieved after a Single Dose. *Nutrients.* 2021 Oct 27;13(11):3829. doi: 10.3390/nu13113829. PMID: 34836088; PMCID: PMC8625154.
4. Doherty A, Wall A, Khaldi N and Kussmann M (2021) Artificial Intelligence in Functional Food Ingredient Discovery and Characterisation: A Focus on Bioactive Plant and Food Peptides. *Front. Genet.* 12:768979. doi: 10.3389/fgene.2021.768979

Biography

Martin Kussmann is the Chief Scientific Officer at Nuritas, which combines artificial with human intelligence to discover and validate bioactive peptides from plants and foods. Biochemist by training, he has accomplished a 30-year career at the private/public research interface with experience in nutrition, pharma, and biotechnology. He held professorships at EPF Lausanne, Switzerland; Aarhus University, Denmark; and Auckland University, New Zealand, where he was also the Scientific Director of the National Science Program on Food Innovation. His research focuses on translational human studies in nutrition and health, with an emphasis on metabolic, immune, and gastrointestinal health, and their positive modulation by natural bioactives such as micronutrients, phytonutrients, pre- and probiotics, and bioactive peptides. He integrates omics and artificial intelligence-based discovery and validation of natural products with clinical validation in human.

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John W. James

Mioty Voajanahary SARL, Madagascar

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How I came to be producing a new medicinal plant product in Madagascar

What if you could take a safe natural plant which has been shown to help your body repair the damages of injury and age? What if you found yourself uniquely able to bring such a product to the world?

In 2008, I traveled to Madagascar as the scientific advisor for a documentary film crew, focusing on traditional medicines. We interviewed dozens of healers using plants to treat a wide variety of health problems. That's when I first met Aloe macroclada, a plant which seemed to cure everything. Fast-forward 14 years and we have Mioty Voajanahary SARL (Malagasy for 'harvest nature'), a producer of dried gel of Aloe macroclada in bulk as a key ingredient in nutraceutical products. We led the way for the Madagascar Ministry's implementation of the Convention on Biological Diversity/Nagoya Protocol (CBD), practicing reciprocity in numerous ways and setting up the business to benefit as many Malagasy as possible. The journey from discovery to a full-fledged business in Madagascar has been challenging and rewarding. We did it by first working with communities and local governments, finding ways to collaborate with many Malagasy along the way, before working up to meetings with the Central Ministry. We've learned much about CITES, the CBD, the Malagasy government, exporting an off-white powder in bulk, as well as patience and persistence.

Recent Publications:

Drapeau C, Benson KF, James J, Jensen GS (2015) Aloe macroclada from Madagascar Triggers Transient Bone Marrow Stem Cell Mobilization. *J Stem Cell Res Ther* 5: 287.

Biography

John had over 20 years of experience in pharmaceutical R&D before applying that experience to the GMP production of ALOMAC. First learning of Aloe macroclada in 2008, John tested it in a human clinical trial which showed significant increases in circulating stem cells. He started working towards producing ALOMAC in 2012, establishing Mioty Voajanahary SARL in 2014.

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