



# TCM CONGRESS **Cracow**

11-13 October 2019

IV INTERNATIONAL TCM CONGRESS IN KRAKOW

**Galaxy Hotel** - ul. Gęsia 22 a, 31-535 Kraków

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# ORGANISERS

## Main Organiser

Polish Society of Traditional Chinese Medicine  
([www.pttmc.org](http://www.pttmc.org))



## Co-Organisers

The Institute of Chinese Medicine and Health Prophylaxis  
([www.medycyna-chinska.com](http://www.medycyna-chinska.com))  
Chinese Medicine Centre, Krakow  
([www.medycynachinska.org](http://www.medycynachinska.org))  
TCM Academy of Chinese Medicine (TCM.ac)  
([www.tcm.ac](http://www.tcm.ac))

## Accreditation

European Traditional Chinese Medicine Association  
(ETCMA, [www.etcma.org](http://www.etcma.org))



## PARTNERS



ORKISZOWEPOLA



## EXHIBITOR

中医 TCMsklep.pl  
Sięgnij po zdrowie!



# INTRODUCTION

Dear colleagues,

We are very happy to welcome you and welcome you on behalf of the organizing committee for the fourth time at the International Congress of Chinese Medicine in Krakow.

Our Congress is organized by the Polish Society of Traditional Chinese Medicine (PTTMC), an association of therapists and doctors practicing acupuncture, Chinese massage, herbal medicine and dietetics of Chinese medicine, as well as practicing and teaching Taiji and Qi Gong.

This year we have chosen as the leading themes of the Congress:  
I Yangsheng, or cultivation of a long, healthy life.

I Puncture and manipulation techniques in acupuncture  
I Herbal therapies in Chinese medicine

We hope that the Congress will be an excellent opportunity for you to deepen your knowledge, meet with teachers and practitioners of Chinese medicine and with friends. Let it also be an inspiration to improve your practice.

We also wish you a great time at the congress party.

We wish you a successful congress and a nice time in Krakow!

Marek Kalmus and Izabela Miętka

## Why Cracow?

Krakow is particularly associated with Chinese medicine in Poland. In 1641 Michał Piotr Boym – a graduate of the Jagiellonian University and Jesuit, went for a mission to China. He studied Chinese medicine on the imperial court of Yongli – the last emperor of the Ming dynasty.

Yongli made him a deputy to the pope. He was the first European, who had moved knowledge of Chinese medicine to Europe. He was also the one, who published the first works on the subject. One of the first ten dissertations on Chinese medicine in Europe had been defended in Krakow in 1830 at the Jagiellonian University. Józef Domaszewski dedicated it to acupuncture.

The very first TCM teaching in Poland started in 1986 in Krakow. It successfully continues until now in the Institute of Chinese Medicine and Health Prophylaxis. Moreover, Polish Association of Traditional Chinese Medicine was founded here. Finally, Krakow has the largest Chinese Medicine Center in Poland, which employs 18 specialists offering full scope of TCM methods.

Lecture room	Thursday, 10.10.2019	Friday 11.10.2019		Saturday 12.10.2019	Saturday 12.10.2019	Sunday 13.10.2019	
	16:00 - 19:15	9:00 - 12:30	15:00 - 18:30	9:00 - 12:30	15:00 - 18:30	9:00 - 12:30	14:30 - 17:50
A 2 MERCURY		<b>PLENNAR SESSION:</b> JJIANG JICHANG (GXCMU) RICARDO TEIXEIRA GRAŻYNA ROGULSKA DAVID HARTMANN DOROTA ŁAPA YAIR MAIMON	<b>PETER DEADMAN</b> How to live well and long - teachings from the Chinese nourishment of life (yangsheng) tradition.	<b>PETER DEADMAN</b> An introduction to the practice of slow deep breathing and movement drawn from the Chinese internal practice (qigong) tradition	<b>RANI AYAL</b> "Protecting the Jing" - Divergent channels in the treatment of cancer and tumors	<b>DAVID HARTMANN</b> Acupuncture point combinations for the Heart Shen, Seven Emotions, Five Spirits and Five Element Archetypes. Part 1	<b>DAVID HARTMANN</b> Acupuncture point combinations for the Heart Shen, Seven Emotions, Five Spirits and Five Element Archetypes. Part 2
		<b>12:45 - 13:15</b> <b>Lunch brake:</b> Studies and clinical training in GXCMU in China - meeting with <b>prof. Jiang Jichang</b>	<b>18:30 - 19:00</b> author's meeting with <b>Peter Deadman</b>	<b>12:45 - 13:15</b> <b>Lunch brake:</b> Studies MA i PhD in Shulan College of Chinese Medicine	<b>12:45 - 13:15</b> <b>Lunch brake:</b> <b>Yair Maimon, Rani Ayal</b> i <b>Bartosz Chmielnicki</b> – discussion on the acupuncture point	<b>12:45 - 13:15</b> <b>Lunch brake:</b> author's meeting with <b>David Hartmann</b>	<b>12:45 - 13:15</b> <b>Lunch brake:</b> <b>Yair Maimon</b> about treating cancer
B MARS			<b>ZHOU HONGHAI</b> Chinese Shoufa system and it's characteristics, what is the distinction between Shoufa, Tuina, massage, manipulation, chiropractic?	<b>ZHOU HONGHAI</b> How to treat the l umber pain, knee's disease by Shoufa	<b>Master teaching:</b> <b>RICARDO TEIXEIRA</b> <b>DAVID HARTMANN</b> <b>SUN PEILIN</b>		<b>BARTOSZ CHMIELNICKI</b> „Lightening the heart” - acupuncture points and strategies to treat the Shen and transform emotions

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C JOWISZ			<b>SHULAN TANG</b> Prostate Cancer in TCM	<b>LI LING</b> Operation Method and Clinical Practice of „Flying Needle” Insertion	<b>SHULAN TANG</b> Fu Qing Zhu’s Prescriptions for Regulating Menstruation	<b>SUN PEILIN</b> Understand and management of Leaky Gut syndrome with TCM	
F1 NEPTUN	<b>AGNIESZKA KRZEMIŃSKA</b> Health and Beauty later in life.		<b>RICARDO TEIXEIRA</b> Touching Sexuality through the Meridians - a TCM perspective to Sexuality	<b>SUN PEILIN</b> TCM diet and herbs in strengthening Immune system	<b>LI JIE</b> Ling Shu Jing Acupuncture for Treatment of Complex Zang Fu Diseases - Application of Ling Shu Jing’s Ju Ci and Miu Ci Needling Techniques and 5 Shu Points.	<b>YAIR MAIMON</b> „Windows of heaven.” Clinical use of the windows of heaven points.	<b>LI JIE</b> Body Weight Is Not About Weight - How to Preserve Body Weight According to Huang Di Nei Jing’s 5 Constitutions



## PROGRAM

### CZWARTEK/ THURSDAY, 10 PAŹ. / OCT.

16:00 - 19:15

F1 NEPTUN

Wykład Przedkongresowy/ Pre-Congress Lecture  
**Dr Agnieszka Krzemińska**  
*Zdrowie i uroda w drugiej połowie życia/ Health and Beauty later in life*

### PIĄTEK/ FRIDAY, 11 PAŹ. / OCT.

07:30 - 08:15

**Tomasz Chabowski, Peter Deadman**  
*Warsztaty Qigongu medycznego/ Medical Qigong workshops.*

09:30 - 11:00

Sesja plenarna/ Plenary Session  
**prof.dr Jiang Jichang** - *Trudności w komunikacji w Tradycyjnej Medycynie Chińskiej / Difficulties in International Communications of Traditional Chinese Medicine.*

**Ricardo Teixeira** - *Wzmocnienie profesji, połączenie: polityki, badań, edukacji i autonomii zawodowej / Empowerment of the profession, Connecting the Points: Politics, Research, Education and Professional Autonomy.*

**Grażyna Rogulska** - *Medycyna integracyjna w praktyce / Integrative medicine in practice.*

11:00 - 11:30

**Przerwa**

11.30 - 12.30

**David Hartmann** - *Co sprawia, że Twoje serce śpiewa? / Do what makes Your heart sing?*

**Dorota Łapa** - *Edukacja Pacjenta wspierającą formę przyjmowania i akceptowania sposobów leczenia TCM / Patient education supporting the form of admission and acceptance of TCM treatment methods.*

A2 MERKURY

**Yair Maimon** - *Logika czy Magia? / Magic or Logic?*

12:45-13:15

### LUNCH BREAK

#### Lunch break session:

*Studia i staże kliniczne na GXCMU w Chinach - spotkanie z dziekanem, prof. **Jiangiem Jichangiem** / Studies and clinical interships in GVCMU in China- meeting with the dean, prof. **Jiang Jichang**.*

15:00 - 18:30

B MARS

#### Zhou Honghai

*Chiński system Shoufa i jego charakterystyka, jakie jest rozróżnienie między Shoufa, Tuina, masażem, manipulacją, chiropraktyką? / Chinese Shoufa system and it's characteristics, what is the distinction between Shoufa, Tuina, massage, manipulation, chiropractic?*

15:00 - 18:30

A2 MERKURY

#### Peter Deadman

*Jak żyć dobrze i długo? – według nauk wywodzących się z tradycji pielęgnowania życia (yangsheng) / How to live well and long - teachings from the Chinese nourishment of life (yangsheng) tradition*

15:00 - 18:30

C JOWISZ

#### Shulan Tang

*Rak prostaty w TCM / Prostate Cancer in TCM.*

15:00 - 18:30

F1 NEPTUN

#### Ricardo Teixeira

*Dotknąć seksualności poprzez meridiany – seksualność z perspektywy TCM / Touching Sexuality through the Meridians – a TCM perspective to Sexuality.*

18:30-19:00

A2 MERKURY

#### Peter Deadman

*Spotkanie autorskie / Q&A session with the author.*

## SOBOTA / SATURDAY, 12 PAŹ. / OCT.

07:30 - 08:15

**Tomasz Chabowski, Peter Deadman**

*Warsztaty Qigongu medycznego / Medical Qigong workshops*

09:00 - 12:30

**Peter Deadman**

*Wprowadzenie do praktyki powolnego głębokiego oddychania i ruchu, zaczerpniętej z chińskiej tradycji praktyki wewnętrznej (qigong) / An introduction to the practice of slow deep breathing and movement drawn from the Chinese internal practice (qigong) tradition.*

A2 MERKURY

09:00 - 12:30

**Zhou Honghai**

*Jak leczyć ból lędźwi, choroby kolan używając Shoufa / How to treat the lumber pain, knee's disease by Shoufa.*

B MARS

09:00 - 12:30

**Li Ling**

*Metoda działania i praktyka kliniczna nakłuwania techniką „latającej igły” / Operation Method and Clinical Practice of „Flying Needle” Insertion.*

C JOWISZ

15:00 - 18:30

**Sun Peilin**

*Zioła i dieta stosowane w TCM do wspierania układu odpornościowego / TCM diet and herbs in strengthening Immune system*

F1 NEPTUN

12:45 - 13:15

**LUNCH BREAK**

**Lunch break session:**

1. *Studia MA i PhD zaoczne w Shulan College of Chinese Medicine / Weekend MA and PhD studies in Shulan College of Chinese Medicine*

F1 NEPTUN

A2 MERKURY

2. **Yair Maimon, Rani Ayal i Bartosz Chmielnicki** – dyskusja na temat wybranego punktu / **Yair Maimon, Rani Ayal and Bartosz Chmielnicki** discuss the chosen poi

15:00 - 18:20

A2 MERKURY

15:00 - 18:20

C JOWISZ

15:00 - 18:20

F1 NEPTUN

15:00

**Rani Ayal**

*Ochrona Jing - kanały dywergentne w leczeniu raka oraz guzów / “Protecting the Jing” – Divergent channels in the treatment of cancer and tumors.*

**Shulan Tang**

*Fu Qing Zhu Traktat o ginekologii: rozdział o regulowaniu miesiączki, szczegółowa charakterystyka formuł ziołowych / Fu Qing Zhu's Prescriptions for Regulating Menstruation.*

**Li Jie**

*Akupunktura Ling Shu Jing do leczenia chorób Zang Fu. Zastosowanie technik Ling Shu Jing – techniki nakłuwania Ju Ci i Miu Ci oraz 5 punktów Shu / Ling Shu Jing Acupuncture for Treatment of Complex Zang Fu Diseases – Application of Ling Shu Jing's Ju Ci and Miu Ci Needling Techniques and 5 Shu Points.*

**MASTER TEACHING (only in English)**

**Ricardo Teixeira**

*Touching Sexuality through the Meridians - a TCM perspective to Sexuality.*

16:00

**David Hartmann**

*Acupuncture point combinations for the Heart Shen, Seven Emotions, Five Spirits and Five Element Archetypes.*

17:00

B MARS

**Sun Peilin**

*TCM diet and herbs in strengthening Immune system.*

**NIEDZIELA / SUNDAY, 12 PAŹ. / OCT.**

**07:30 - 08:15**

**Tomasz Chabowski, Peter Deadman**  
*Warsztaty Qigongu medycznego / Medical Qigong workshops*

**A2 MERKURY**

**09:00 - 12:30**

**David Hartmann**  
*1 – Kombinacje punktów akupunkturowych dla Shen Serca, Siedmiu Emocji, Pięciu Tchnień i Archetypów Pięciu Elementów, / Acupuncture point combinations for the Heart Shen, Seven Emotions, Five Spirits and Five Element Archetypes.*

**09:00 - 12:30**

**Sun Peilin**  
*Jak rozumieć i radzić sobie z zespołem nieszczelnego jelita zgodnie z TMC / Understand and management of Leaky Gut syndrome with TCM*

**C JOWISZ**

**09:00 - 12:30**

**Yair Maimon**  
*„Okna niebios.” Kliniczne wykorzystanie punktów okien niebios / “Windows of heaven.” Clinical use of the windows of heaven points*

**F1 NEPTUN**

**12:45 - 13:15**

**LUNCH BREAK**

**A2 MERKURY**

1. Spotkanie autorskie z **Davidem Hartmannem** / Q&A session with the author, **David Hartmann**

**F1 NEPTUN**

2. **Yair Maimon** o leczeniu nowotworów / **Yair Maimon** on treating cancer

**14:30 - 17:50**

**A2 MERKURY**

**David Hartmann**

*2 – Kombinacje punktów akupunkturowych dla Shen Serca, Siedmiu Emocji, Pięciu Tchnień i Archetypów Pięciu Elementów, Acupuncture point combinations for the Heart Shen, Seven Emotions, Five Spirits and Five Element Archetypes.*

**14:30 - 17:50**

**B MARS**

**Bartosz Chmielnicki**

*„Światło dla serca” - punkty akupunkturowe i strategie leczenia Shen i transformowania emocji / Lightning the heart – acupuncture points and strategies to treat the Shen and transform emotions.*

**14:30 - 17:50**

**F1 NEPTUN**

**Li Jie**

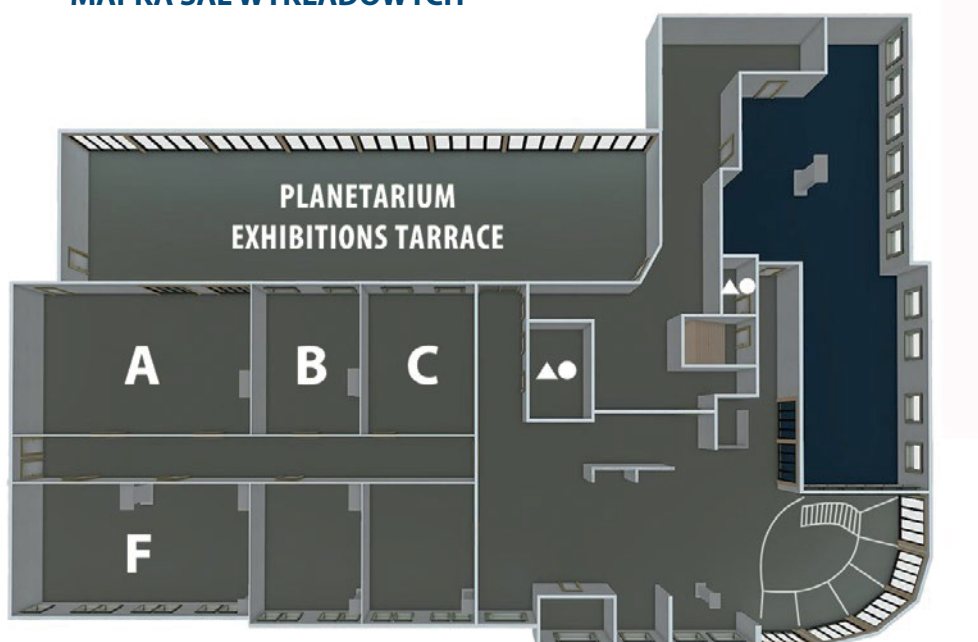
*Waga ciała nie odnosi się do ciężaru ciała – jak zachować właściwą wagę ciała według wywodzącej się z Huang Di Nei Jing koncepcji Pięciu Konstytucji / Body Weight Is Not About Weight – How to Preserve Body Weight According to Huang Di Nei Jing’s 5 Constitutions.*

Wszystkie wykłady będą tłumaczone na język polski / angielski.  
MASTER TEACHING tylko w języku angielskim.

All lectures will be translated into Polish / English.  
MASTER TEACHING in English only.

## GDZIE JEST MÓJ WYKŁAD? / HOW TO GET TO MY LECTURE?

### MAPKA SAL WYKŁADOWYCH



A2 MERKURY

C JOWISZ

B MARS

F1 NEPTUN

## **PRE-CONGRESS LECTURE**

An extra pre-congress Agnieszka Krzemińska's lecture Health and Beauty later in life will be held on Thursday, October 10th at 4 PM (till 7:15 PM) at Hotel Galaxy.

It's not included in the Congress programme therefore it is payable separately.

## **MEDICAL QI GONG WORKSHOP**

During the Congress there will be the opportunity to participate in practical workshop of Medical Qi Gong lead by Tomasz Chabowski.

Medical Qi Gong will be organized every day morning (7:30-8:15 am) in Hotel Galaxy on Terrace space.

## **MEETINGS WITH SPEAKERS**

During lunch breaks and in the evening there will be meetings with lecturers:

On Friday, 11.10.2019 from 12:45-13.15 in room A2 of MERKURY there will be a meeting on the topic of studies and clinical internships at GXCMU in China - a meeting with the Dean, Prof. Jiang Jichang.

On Friday 11.10.2019 from 18.30 to 19.00 in room A2 MERKURY there will be a meeting with Peter Deadman.

On Saturday, 12.10.2019, 12:45-13.15 in room A2 MERKURY, there will be an informational meeting with Prof. Dr. Shulan Tang (China, Great Britain) on the topic of extramural bachelor, master and doctoral studies at the Nanjing Uni-versity of Chinese Medicine - in English, mainly in the form of e-learning.

On Saturday 12.10.2019 from 12.45 - 13.15 in room F1 NEPTUN there will be a discussion on the selected acupuncture point in the room F1: Yair Maimon, Rani Ayal and Bartosz Chmielnicki.

On Sunday, October 13, 2019 from 12:45-13:15 in Room F1 NEPTUN there will be a meeting with Dr. Yair Maimon on cancer treatment. Yair Maimon specializes in the treatment of cancer using Chinese medical methods and for many years has been conducting scientific research on the use of Chinese herbal recipes to destroy cancer cells, strengthen the immune system and eliminate the negative side effects of chemotherapy.

On Sunday, 13.10.2019 from 12:45-13:15 in the Hall and A2 MERKURY there will be a meeting with David Hartmann.

## MASTER TEACHING

### About the academy

The TCM Academy of Integrative Medicine is the leading platform for continuing education in the field of Chinese Medicine. Our aim is to inspire our students, improve their professional confidence through increased knowledge, and to encourage them to participate in clinical research for the benefit of their patients and others. Join the community now at [www.tcm.ac](http://www.tcm.ac)

### About the TCM Talks

TCM Talks/Master Teaching is a unique event using modern technology to share ancient knowledge. Leading teachers of Chinese Medicine will give empowering lectures with a take home message and if you cannot make it to Krakow for the congress, you can join in for a treat of inspiration and learning, from your own home or clinic.

For more information about the event, you can check our Facebook page.

The lectures will take place Sat 12 Oct 2019 from IV International TCM Congress in Kraków at 3:00- 6:20 pm. Please join us for 3 1-hour lectures by these recognized, fantastic teachers:

- » Ricardo Teixeira
- » David Hartmann
- » Sun Peilin

## BANQUET & PARTY

SATURDAY 12.10.2019 at 19.30-24.00 in Hotel Galaxy .

Cost : 170 pln / 40 EURO

Possible paid on the reception of the Congress

## SPEAKERS



### RANI AYAL

Rani Ayal has been practicing and teaching Chinese Medicine for over twenty-five years.

Initially trained in Japan in Shiatsu and Meridian style Acupuncture, he returned to Israel in 1989 to complete his studies in TCM acupuncture and herbal therapy.

Rani then continued his training in Classical Chinese Medicine, specializing in the philosophies of Five Phases and Stems & Branches, with master acupuncturist Joan Duveen of Holland who continues to be his mentor to this day.

Former head of Acupuncture at Sourasky medical center in Tel Aviv and chairman of the Israeli TCM association, Rani maintains a full-time clinic for adults and children, treating over 120 patients a week.

Rani is co-author of an upcoming book on the points of acupuncture, named „Gates of Life” and lectures frequently in Israel and internationally.

### LECTURE

**Saturday, 12th October 2019, 15:00 - 18:20 (A2 Merkury)**

*„Protecting the Jing” - Divergent channels in the treatment of cancer and tumors*

### ABSTRACT

Divergent channel treatments for Cancer patients

Cancer is the 2 cause of death in the modern world. Over 20% of deaths every year are the direct result of malignant diseases, or the side-effects of their treatments. More and more patients, suffering from Cancer and from the side-effects of the medical treatments they are receiving, are turning to Chinese Medicine in an effort to boost their immune system and to combat the ravages of disease.

In Chinese medicine the immune system, or Wei Qi, involves four major organ functions: Kidneys - storing the Jing, or the „Essential Self”; the ability to differentiate between Zhen/Upright Qi of the self from the Xie/Pathological Qi of disease. The Kidneys control the production of the Wei Qi.

Liver – storing and purifying the Blood and Wei Qi; directing them as needed to different parts of the body.

Lungs – moving and dispersing the Wei Qi through the channels and towards the exterior.  
Sanjiao – the ‚Governor of the Waterways‘ – responsible, among other things, for the disposal of wastes and toxins from war between Wei Qi and Xie Qi through the flow of blood and fluids.  
Wei Qi flows through the body at two distinct levels:

The superficial level of the skin and the muscles; governed by the Sinew channels.  
The deep level of the Divergent channels.

Divergent channels protect the internal organs by engaging the pathogen at the level of the joints, the connecting tissues, the interstitial fluids and the mucous membranes; in and around the organs.

Divergent channel pathologies can manifest as chronic low-grade inflammations causing degenerative diseases (osteoporosis, arthritis), auto-immune disorders, growths and Cancer. In this upcoming lecture we will explore the points, trajectories and patho-physiology of the Divergent channels. We will discuss methods of diagnosis, strategies of treatment and numerous examples of treating cancer patients with the help of acupuncture.



## **BARTOSZ CHMIELNICKI**

Bartosz Chmielnicki graduated from the Silesian Medical Academy (now University) in 2002, was interested in acupuncture during his studies. In 2004 he finished acupuncture course for doctors organized in Warsaw. He started his work as acupuncturist in Pain Management Clinic in Tychy. Treating many patients he was looking for explanations he could not find in western medical paradigm. For that reason, he finished four year lasting Chinese Medicine school in Cracow (2005-2009).

Since 2005 he has been studying and practicing Chinese Medicine focusing on acupuncture. He presented many lectures on international TCM congresses in Poland, Czech Republic, Germany, United Kingdom and Israel. He is also an author of acupuncture curriculum for postgraduate pain management studies for doctors at Jagiellonian University. He was a president of Silesian Chapter of Polish Acupuncture Association, and now he is a member of Polish Traditional Chinese Medicine Association.

In 2008 he establishes Compleo – the center for natural medicine and acupuncture academy, and in 2017 he founded Acuart – the International School of Classical Acupuncture. HE published a book about pulse diagnosis and many educational tools for students.

In 2014 he initiated Evidence Based Acupuncture project that turned into international movement presenting the state of scientific research on acupuncture, and since 2011 he has been working on Gates of Life project – the study on acupuncture points.



## **LECTURE**

Saunday, 13th October 2019, 14:30 - 17:50 (B Mars)

*Lightening the heart - acupuncture points and strategies to treat the Shen and transform emotions*

## **ABSTRACT**

“To possess the Shen is the splendour of life, loss of the Shen is ruin.”

SuWen ch.13

Modern Western world is a great place to live. It is safe, rich, tolerant and provides fulfilment of all basic needs for all members of society. On the other hand, the number of psycho-emotional diseases, such as: anxiety, depression, dissatisfaction, feeling of tension is constantly growing.

Acupuncture, by its nature, is very transformational method of healing, focused on the unity of patient's body mind and spirit. It provides effective and safe tools for diagnosis and treatment of suffering on both physical and psycho-emotional levels.

During the lecture we will discuss some of the groups of acupuncture points and points combinations used for treating the Shen, supporting the Heart and transforming emotions. All the points will be presented in unique way, with symbolic pictures based on the “Gates of Life” project.



## PETER DEADMAN

Work experience:

1971 to 1978: co-founder and manager Infinity Foods natural foods business, Brighton, England

1978 - 2008: practitioner of acupuncture and Chinese herbal medicine, Brighton, England

1979 - present: founder, publisher, editor The Journal of Chinese Medicine

1978 - present: international Chinese medicine and health cultivation lecturer (USA, Canada, Australia, UK, France, Belgium, Netherlands, Germany, Austria, Italy, Poland, Denmark, Sweden, Norway, Portugal)

1973 - present: author (Nature's Foods 1973, A Manual of Acupuncture 1998, Live Well Live Long: Teachings from the Chinese Nourishment of Life Tradition 2016)

1981 to present: co-founder and chair of trustees of The Brighton Natural Health Centre educational charity

2009 - present: international qigong teacher

### Education

Bachelor of Acupuncture 1978, East Grinstead, England

Certificate of Chinese Herbal Medicine 1992, London, England

### LECTURES

**Friday, 11th October 2019, 15:00 - 18:30 (A2 Merkury)**

*How to live well and long - teachings from the Chinese nourishment of life (yangsheng) tradition*

**Saturday, 12th October 2019, 09:30 - 12:30 (A2 Merkury)**

*An introduction to the practice of slow deep breathing and movement drawn from the Chinese internal practice (qigong) tradition*

### ABSTRACT

How to live well and long - teachings from the Chinese nourishment of life (yangsheng) tradition  
Introduction to the nourishment of life (yangsheng)

As the 2000+ year old Yellow Emperor's Classic tells us so clearly, waiting for disease to arise before taking action, is like starting to dig a well when we are already thirsty. Learning (and teaching) how to promote health and resist disease is fundamental to the practice of medicine, especially in modern times when a flood of chronic non-infectious disease threatens to overwhelm health services worldwide. Luckily the greatest minds in Chinese medicine have devoted themselves to this subject and we can draw from this wise tradition to help us live longer and more fulfilling lives. This presentation will cover the four main pillars of yangsheng -

cultivating the mind and emotions, diet, exercise and sleep.

An introduction to the practice of slow deep breathing and movement drawn from the Chinese internal practice (qigong)

One of the great treasures of the Chinese yangsheng tradition is the threefold cultivation of jing (body), qi (breath) and shen (mind). This is embodied in the Chinese 'internal arts', including qigong, neigong, tai chi and other soft martial practices. This combined theoretical and practical session will teach simple methods of slow, deep and transformative breathing, and slow, mindful movement (qigong) which everyone can learn to practise and which can be easily taught to patients to help them make significant changes to their body and mind.

This session will be a roughly 50/50 mix of theory and practice. Peter will discuss the enormous physical and psychological benefits that come from qigong (the cultivation of body, breath and mind), and we will then do some qigong to put these into practice. Please wear loose clothing and soft, flat-soled shoes.



## **DAVID HARTMANN**

My name is David Hartmann and I am an acupuncturist and Chinese medicine practitioner that lives in Brisbane, Australia. I have been practicing since 1997 and upgraded my qualifications with a Masters of Acupuncture in 2009. A PhD is pending. I am a contract academic at Endeavour College of Natural Health, where I lecture students in a Bachelor of Chinese Medicine degree.

I'm a keen researcher and writer and have recently written a textbook for the publishing company Singing Dragon titled 'The Principles and Practical Application of Acupuncture Point Combinations'. This has been slated for release in August/September 2019. Prior to that I have also had a textbook titled 'Acupoint Dictionary 2e' published by Elsevier Churchill Livingstone in 2009. I have presented at conferences in the USA, Germany and Australia as well as done stand-alone seminars in the USA, The Netherlands, Australia and New Zealand. I have a wealth of knowledge in the field of Chinese medicine and am forever researching and learning new things. I also have a special interest in anything philosophical; Western or Eastern; ancient or modern. Interestingly, I am also currently writing an historical fiction piece with philosophy front and centre to the storyline.

I have a blog site where I write my research results down, as well as some of my philosophical musings. I also have a website in production.

## LECTURES

Saturday, 12th October 2019, (B Mars)

15:00 – 18:20 *Master Teaching*

Sunday, 13th October 2019, (A2 Merkury)

09:00 - 12:30 *Acupuncture point combinations for the Heart Shen, Seven Emotions, Five Spirits and Five Element Archetypes, part 1*

14:30 - 17:50 *Acupuncture point combinations for the Heart Shen, Seven Emotions, Five Spirits and Five Element Archetypes, part 2*

## ABSTRACT

When I graduated at the end of 1996 and started treating patients full-time, I didn't get patients coming to see me for emotional imbalances. In fact, the most common disorders I saw were musculoskeletal; mostly necks and low back problems. To be fair, they are still the two most common disorders I see in clinic. It seems like not much has changed in over 20 years.

But something definitely has and that is the increased number of patients wanting treatment for emotional imbalances. Not just women either, I'm getting plenty of men who are opening up and wanting treatment for a range of emotional disorders including, but not limited to, depression, anger, anxiety and phobias.

What I find disappointing though is that the literature and textbooks haven't kept up with this trend, and so we, as Chinese medicine practitioners, find ourselves in a bit of a bind. We have patients wanting treatment for emotional disorders, but we have limited literature to teach us what to do; particularly for some of the more obscure emotions outside of the standard seven. This workshop is, therefore, the gap filler. I will start with a discussion on the Wu Xing/Five Element Archetypes and Wu Shen/Five Spirits. Having an understanding of how our patients tick on the inside will help us understand them more when they emote certain ways.

We will then review the Heart Shen before progressing through ten emotions. Each will be defined with an outline of the key organs/elements affected to follow. Typical Zang Fu patterns will be discussed, along with a general acupuncture point combination. An explanation for why the points were chosen will also be included.

Case studies will be discussed and practical demonstrations will be shown. Lastly, a few special acupuncture point combinations will be analysed in the treatment of emotions and the five spirits.

If you treat patients with emotions, or find the topic interesting, join me for this amazing workshop!



## LI JIE

PhD finished his master training at Bei Jing Medical University China in 1989. In 1997, he finished his PhD and post doc study in physiology at Nijmegen University, The Netherlands. He has been engaged in TCM as a teacher and practitioner for more than 20 years. Dr. Li Jie is one of the founders of Qing Bai TCM Academy as well as the TCM Classical Research Institute in the Netherlands ([www.tcmcri.org](http://www.tcmcri.org)).

Dr. Li Jie holds the position of Professor at the Shan Dong TCM University in China, academic supervisor for The Netherlands Acupuncture Association and chief teacher of Qing Bai TCM Academy. Since 2006, he is engaged with the 'International TCM Master training program' at Shan Dong TCM University China. In 2011, he lectured at Bei Jing TCM University and he is elected as the Council Member of the 1st Board of Committee of Examination and Evaluation of World Federation of Chinese Medicine Societies.

In 2012, he is elected as Vice Chairman of Special TCM Association of WFCMS.

### LECTURES

**Saturday, 12th October 2019, 15:00 - 18:20 (F1 Neptun)**

*Ling Shu Jing Acupuncture for Treatment of Complex Zang Fu Diseases - Application of Ling Shu Jing's Ju Ci and Miu Ci Needling Techniques and 5 Shu Points*

**Sunday, 13th October 2019, 14:30 - 17:50 (F1 Neptun)**

*Body Weight Is Not About Weight - How to Preserve Body Weight According to Huang Di Nei Jing's 5 Constitutions*

### ABSTRACT

Ling Shu Jing Acupuncture for Treatment of Complex Zang Fu Diseases - Application of Ling Shu Jing's Ju Ci and Miu Ci Needling Methods and 5 Shu Points.

Huang Di Nei Jing is the original CCM (Classical Chinese Medicine) text for acupuncture. It says that 'A good acupuncturist knows how use yang meridians to treat yin diseases and use yin meridians to treat yang diseases; use lower points to treat upper diseases and use upper points to treat lower diseases; use left points to treat right diseases and use right points to treat left diseases; use four sides points to treat middle diseases.' This is the principle of CCM Acupuncture. In Chapter 63 of Su Wen and Chapter 7 of Ling Shu Jing, it introduces Miu Ci (缪刺) and Ju Ci (巨刺) needling methods. These two methods follow the above principle and have highly clinical effectiveness.

In this lecture, Dr. Li Jie will guide into CCM Ling Shu Jing Acupuncture in following issues:

1. Study and practice Ling Shu Jing needling methods of Miu Ci and Ju Ci
2. How to make the points combination, particularly Wu Xing and Wu Shu points combination and use Miu Ci and Ju Ci methods in clinical applications

3. Introduce Ling Shu Jing Acupuncture Pulses in clinical evaluation of acupuncture treatment
4. Introduce CCM Ling Shu Jing Acupuncture methods of '3 points combinations' for all kinds of pain treatment; '4 points combinations' for tonify qi and blood; and '5 points combinations' for damp-phlegm accumulation and blood stasis.

Body Weight Is Not About Weight - How to Preserve Body Weight According to Huang Di Nei Jing's 5 Constitutions.

Compared to BMI (Body Mass Index) in the western medical health concept, CCM (Classical Chinese Medicine), in Huang Di Nei Jing, the classical text, describes another point of view of human body weight. In Chapter 59 of Ling Shu Jing, it gives 3 types of overweight: Gao (phlegm accumulation type), Zhi (fat accumulation type) and Rou (flesh accumulation type). Particularly, in Chapter 64 of Ling Shu Jing, 5 different constitutions of human body and 25 personal characteristics of people according to the frequencies of meridian navigation have been described in details. Therefore, in CCM point of view, water, wood, fire, earth and metal type of body constitution has its own 'BMI'. In this lecture, Dr. Li Jie will share his CCM knowledge and practical experiences in dealing with today's body weight issues.

**The following aspects will be involved:**

1. The mechanisms of different type of overweight according CCM theories
2. Introduction about 5 type body constitutions and 25 types of personal characteristics in Chapter 64, Ling Shu Jing
3. Introduction of CCM Pulses and Tongue diagnosis in 5 type constitutions and 25 personal characteristics in clinical practices
4. Clinical applications of Jing Fang (Shang Han Lun and Jin Gui Yao Lue formulas) herbal medicine and Ling Shu Jing Acupuncture in treatment of different type of over weight



### **Agnieszka Krzemińska (POLSKA)**

PhD, specializes in Chinese dietetics and herbalism. She is not only a TCM therapist, but also teaches Chinese nutrition therapy and herbalism in TCM schools in Poland. She translated several books on Chinese medicine into Polish language (Huang Di Nei Jing Su Wen, Tongue diagnosis, etc.). She interprets seminars on Chinese medicine from English and French. She is a member of Polish Association of Traditional Chinese Medicine

and popularizes natural approach to health through numerous lectures, courses and seminars across Poland.

#### **WYKŁAD**

**Thursday, 10th October 2019, 16:00 – 19:15 (F1 Neptun)**

*Health and Beauty later in life*

## **ABSTRACT**

Chinese medicine offers a deep understanding of human physiology and pathology, it explains also how the condition of the body influences our mood, intellectual capacity and physical appearance. During the lecture we will discuss especially the changes which take place inevitably in our body with the passing of time: tendency to stagnation and accumulations, deterioration of our physical and mental capacities, shortly – getting older.

Using in practice chinese medicine methods allows to maintain proper circulation of vital substances and good condition of qi, blood and essence in order to cultivate vitality, longevity and beauty. We will learn how to slow down biological aging by means of good dietary choices and using chinese herbs to cook tonifying or detoxifying dishes. Beautiful hair and no wrinkles in the autumn of your life? Shining skin, firm body, good digestion, stable mood and enjoying life as it is? It is possible! Feel invited to our lecture, no matter if you are a woman or a man, young or old, patient or doctor, anyway you will learn things useful on every stage of life.



## YAIR MAIMON

Being an eternal student of Chinese medicine over the last 30 years Yair Maimon was privileged to study with the best teachers all around the world. Dr. Maimon has a vast background in Chinese medicine: "5 Elements", TCM, Stems and Branches, Japanese Acupuncture, Chinese Herbal medicine, and studies of ancient texts. Including postgraduate specialization in: paediatrics, gynaecology and oncology. Dr. Maimon

integrates complementary and western medicine in his own unique way. He formally headed the complementary medical units in leading Hospitals in Israel. He has developed a special insight in diagnosis and treatment of variety of psychological, autoimmune disorders and cancer, which is coming from a deep understanding of the application of Chinese which is coming from a deep understanding of the application of Chinese medicine to ease suffering and promote healing. He had published several outstanding research articles relating to acupuncture and herbal medicine.

Current position: Head of the integrative cancer research – Tal center in Sheba Hospital. Head of the Israeli centre for research in complementary medicine (NPO) and leading "Refuot" integrative medical centre. Chairman of ICCM International congress of CM in Israel. He is lecturing worldwide and is devoted to treating patients.

## LECTURES

**Friday, 11 October 2019, 09:30 – 12:30 (A2 Merkury)**

*Plenary Session Logic or Magic*

**Sunday 13 October 2019, 09:00 – 12:30 (F1 Neptun)**

*"Windows of heaven." Clinical use of the windows of heaven points*

## ABSTRACT

"Windows of heaven." Clinical use of the windows of heaven points.

Heaven (Tian ☰) points are mentioned in Ling Shu, Chapter 21 (5 points)

Relating to the five regions of Heaven and chapter 2 the (10 points) which are now called the "windows of heaven". These points are connected to the Divergent Channels which have a role in harmonizing interior/exterior and in balancing emotional load and conflicts.



A deeper understanding of these points gives us an insight into the inner alchemy and opens another level for clinical application of acupuncture. Applying treatments to the mental suffering, as well as, enhancing health and personal growth.

There is a close link between these points and the orifices of the head and face therefore by using them we can affect the perception and ability to see clearly, help in inner clarity and inner connection to the Shen.

**Some examples of their indications:**

1. Rebellious qi: shortness of breath (Lu-3), goiter (St-9)
2. Acute disorders related to orifices: for sudden deafness (Sj-16)
3. Balance between the head and the body: headaches, dizziness, blood pressure
4. The Shen and heaven: Connects a person to the celestial realm for guidance (heavenly realm)

This lecture will give an in depth understanding of heavenly points and their clinical usage.



## SUN PEILIN

Prof. Dr Sun Peilin is a professor on Guangxi University of Traditional Chinese Medicine and Jiangxi College of Traditional Chinese Medicine - both in China, and on Jing Ming College of Oriental Medicine in Belgium. He leads his own clinic in Gandawa, gives lectures on prestigious TCM schools in many countries and is invited as a lecturer for international TCM Congresses. From 2012 he is also a lecturer in the TCM and Health

Prophylaxis Institute in Krakow and other TCM schools in Poland.

Prof. Sun Peilin is an author of well known books: „The Treatment of Pain with Chinese Herbs and Acupuncture”, „Sports Medicine in TCM”, “Management of Post-Operative Pain with Acupuncture” (together with: Giovanni Maciocia) and “Bi Syndromes” (together with: L. Vangermeersch).

### LECTURES

**Saturday, 12 October 2019**

09:00 - 12:30 *TCM diet and herbs in strengthening Immune system (F1 Neptun)*

15:00 - 18:20 *Master Teaching (B Mars)*

**Sunday, 13 October 2019**

09:00 - 12:30 Understand and management of Leaky Gut syndrome with TCM (C Jowisz)

### ABSTRACT

TCM diet and herbs in strengthening Immune system

Living in a modern era with full of different pollution, radiations, chemical products and negative emotions, everyone needs to build up a strong immune system to be able to cope with these environments.

Theoretically the immune system, which is made up of special cells, proteins, tissues, and organs, should defend people against germs and microorganisms properly, i.e. cleaning the toxin, maintaining a good health and preventing infections. Once immune system fails to carry out these functions, various diseases follow. Disorders of the immune system could cause either immunodeficiency disorders, autoimmune disorders, or allergic disorders, even cancers.

Based on the theory of Yin and Yang, five elements, Zang-Fu organs and meridian systems, and guided by the theory of TCM syndrome differentiation and treatment, administration of certain Chinese herbs or following some dietary recipes could be beneficial to strengthen the immune system so as to promote the health, manage some chronic diseases and improve the quality of human lives. In order to achieve above effects, TCM focuses the emphasis of regulation in Yin and Yang, harmonization of Qi and Blood, and stabilization of internal Zang-Fu organs, etc.

TCM has a long history of health care through combination of herbs and some diet on purpose.

Five tastes and natures of herbs are taken into the consideration during this procedure of health care.

In this half day seminar, common herbs, herbal formulas and some dietary recipes to strengthen the immune system are briefly introduced, demonstrating not only some features of TCM methods, but also the prefunding knowledge and background of this unique way of health care. These common and standard herbs are easy to obtain and prepare, and the dietary materials are also available in daily market. Besides, the preparation of these procedures is relatively simple and practical.

Although leaky gut syndrome, somewhat new to the modern medical world, is at this moment not fully recognized as a real condition by mainstream medical professionals, it may be associated with multiple health problems.

### Understand and management of Leaky Gut syndrome with TCM

Leaky gut syndrome is a condition in which the lining of the intestines become damaged, causing, or increased intestinal permeability with undigested food particles, toxic waste products and bacteria to leak through the intestines and flood the blood stream.

The clinical symptoms vary from fatigue, digestive problems, joint pain, insomnia, low libido, even mild-grade depression to hormone imbalances, a weakened immune system, allergic reactions and even relative severe mental disorders. Because it's causes can be so varied and its symptoms so numerous, it is often confused with irritable bowel syndrome or Crohn's disease. Common its diet is a strict elimination diet that contains grains, pasteurized dairy, starchy vegetables and refined carbs, which has been widely criticized for its restrictive regimen.

Based upon the analysis from TCM point of view, attention should be paid to some different Zang-Fu organs in order to rebalance the body so as to regulate the intestines to produce the enzymes, restore intestinal permeability and build a proper digestion.

During the presentation, its etiology, pathology and TCM treatment, including herbal prescription, acupuncture and diets are introduced accordingly. Both beginners and advanced TCM practitioners are welcome to join to observe the witness of TCM wisdom.



## **LEK. MED. GRAŻYNA ROGULSKA**

Founder and president of the Centre for Integrative Medicine. Grażyna specializes in internal medicine and gained her clinical expertise at the Internal Medicine Clinic and the Nuclear Medicine Department of the Central Clinical Hospital in Warsaw. For over 20 years in her private practice she has been combining achievements of academic medicine and Traditional Chinese Medicine (acupuncture, dietetics).

She is a certified acupuncture professional (Beijing 2002), who completed multiple practical and theoretical courses in acupuncture at TCM universities in Beijing and Nanking (1998, 2000, 2002, 2005), as well as a 4-year TCM programme and 3-year TCM Differential Diagnosis programme at the Avicenna Institute. She took part in multiple TCM courses in Poland and abroad.

Regular lecturer of the Polish Acupuncture Association and TOMO TCM Academy in Gdańsk. Member of the Board of the Mazowian regional department of Polish Acupuncture Association.

### **LECTURE**

Friday, 11th October 2019, 09:30 - 12:30 (A2 Merkury)  
(Plenary Session) Integrative medicine in practice



## **ROF. SHULAN TANG**

Professor Shulan Tang graduated from Nanjing TCM University in 1984 and gained her Master's degree in TCM prescriptions from Beijing TCM University in 1987. She came to the UK in 1991. Since then she has been practicing and teaching TCM in the UK and Europe. She received her professorship in 2002 from Nanjing TCM University. Currently she is President of the Association of Traditional Chinese Medicine

and Acupuncture UK and Vice President of the World Federation of TCM Gynaecology committee. She is also President of the Alumni Association Europe at The Nanjing University of Chinese Medicine. Professor Tang was also one of the foreign consultants for 14 books entitled 'A Newly Compiled Practical English-Chinese Library of Traditional Chinese Medicine' and was the Chief Editor of the Chinese Herbal Patent handbook. She was also Vice Chief Editor of the TCM Gynaecology book for the international textbook.

Professor Tang also maintains a full time practice in Manchester and is principle of the Shulan College of Chinese Medicine.

## LECTURES

Friday, 11th October 2019, 15:00 - 18:30 (C Jowisz)

*Prostate Cancer in TCM*

Saturday, 12th October 2019, 15:00 – 18:20 (C Jowisz)

*Fu Qing Zhu's Prescriptions for Regulating Menstruation*

## ABSTRACT

Prostate Cancer in TCM

Prostate cancer is the most common cancer for males, in Europe, and the third most common cancer in both men and women, across the world.

Shulan has over 30 years of experience in clinical TCM and teaching TCM in the UK, Europe and China . She has summarised the symptoms of the different stages of prostate cancer, analysed the causes of prostate cancer and has made clinical differentiations, and according to the patterns, has set up the treatment principals. She gives her experience in Chinese herbal prescriptions, and Acupuncture treatment methods.

In this lecture, Shulan will share her rich knowledge of TCM theory and great clinical guidance, to benefit TCM practitioners.

Fu Qing Zhu's Prescriptions for Regulating Menstruation

< Fu Qing Zhu Nu Ke > was written by Fu Shan in the late Ming and early Qing dynasty . It is a renowned TCM gynaecological book. The differentiations are precise and the prescriptions are simple, but effective. Mr. Fu treats menstrual disorders by Nourishing the Kidneys whilst concurrently treating the Liver and Spleen. As a result he created his own method of treatment.

In this lecture, Shulan will focus on the chapter on Regulating Menstruation. She has researched and analysed the fourteen disease patterns, and fifteen formulas written in this chapter, and will offer theory and guidance to practitioners.



## RICARDO TEIXEIRA

Licence Acupuncturist and with the number one licence in Traditional Chinese Medicine Specialist in Portugal. Member of Executive Committee of the ETCMA (European Traditional Chinese Medicine Association), ETCMA is an umbrella organisation for professional associations that represent different fields within Traditional Chinese Medicine. Certified Trainer in the area of Traditional Chinese Medicine.

Started TCM training in the APA-DA in 2003, internship in Chengdu University of Traditional Chinese Medicine in 2009 and in 2017 another internship in México with Dr. Roberto González. A postgraduate course in Instituto Van Nghi - Portugal and several courses within the field of TCM. Invited speaker to several conference and congress across Europe. Funding member of the WADO and part of the organization committee of the World Acupuncture Day on the UNESCO Building in Paris. Currently attending a bachelor degree in Clinic Physiology

### WYKŁAD

Friday, 11th October 2019, 15:00 - 18:30 (F1 Neptun)

*Touching Sexuality through the Meridians - a TCM perspective to Sexuality*

Saturday, 12th October 2019, 15:00 – 18:20 (B Mars)

*Master Teaching*

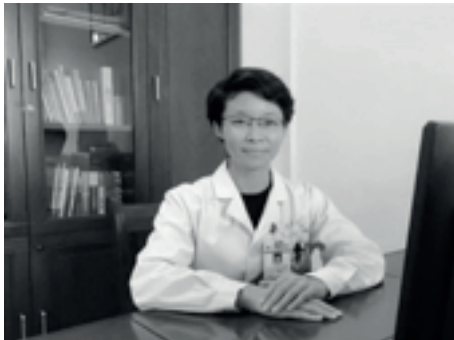
### ABSTRACT

Sexuality is an integral part of being human, a complex mix of mental, emotional, and physical signals. The World Health Organization (WHO) defines Sexual health as: “The integration of the somatic, emotional, intellectual and social aspects of sexual being in ways that are positively enriching and that enhance personality, communication, and love”. With affection and sexual intimacy contributing so greatly to healthy relationships and impacting our overall wellbeing WHO continues by saying that “Every person has a right to receive sexual information and to consider sexual relationships for pleasure as well as for procreation”.

The main premise of sexuality in Traditional Chinese Medicine is the preservation of life and longevity and is therefore understandably considered of significant importance. Furthermore, classic texts such as “The Art of the Bedroom” Fang Zhong Shu view sexuality as an energetic bond and considered it a spiritual experience beyond the physical act and include a variety of practices to preserve and grow ones sexuality.

Along with the positive aspects of human sexuality we also encounter illnesses at times that can lead to a sexuality that feels compromised. Both women and men report encountering sexual difficulties, commonly including low libido, lack of pleasure, premature climax, difficulty in becoming aroused or erect and/or inability to reach orgasm to name a few. Fortunately both ancient and modern medicines have considered sexual health of great importance and explored

a variety of treatments to address these issues. This workshop will focus on acupuncture meridians and their role on sexuality, also the perspective of Traditional Chinese Medicine on sexuality, combining it with the knowledge of Modern Medicine to help us identify and connect to our personal understanding of sexuality and application in the treatment of sexual dysfunction.



## LI LING

Master of Medicine, Dept. Preventive Medicine, First Affiliated Hospital of Guangxi University of Chinese Medicine  
Chinese Martial Arts 5th Duan (Level 5)  
Director of the Academic Department, Traditional Chinese Medicine (TCM) Guided Health Preserving Committee, Guangxi  
China-ASEAN Health Care and Health Preserving Association

Recognized as one of the Excellent Youth Representatives in the “Guangxi University of Chinese Medicine Youth Dialogue” in 2018

Visited and studied in D'Youville College, New York State, in 2015

Research Focus: combining acupuncture based on syndrome differentiation of the meridians with TCM exercise therapy in clinical practice

Good at applying Chinese herbal medicine, acupuncture as well as physical and breathing exercise in treating spinal diseases, sleep disorders, headache and dizziness, spleen and stomach related diseases and sports injuries and health management.

Unique insights in TCM exercise health preserving using the syndrome differentiation of the meridians and the identification of TCM constitutions

Rich experience in bilingual teaching of TCM in Chinese and English.

## LECTURE

**Saturday, 12th October 2019, 09:00 – 12:30 (C Jowisz)**

*Operation Method and Clinical Practice of „Flying Needle” Insertion.*

## ABSTRACT

Operation Method and Clinical Practice of „Flying Needle” Insertion.

1. Brief Introduction of Flying Needle
2. Operation Method of Flying Needle
  - » Insertion Practice
  - » The Method of Strengthen the Finger Force and Qi Sensation: Qigong and Taiji Quan
3. Clinical Application

Key Word: Flying Needle, Needle Insertion, Qi Gong



## **TOMASZ CHABOWSKI**

Tomasz Chabowski is one of the twelfth all over the world student of Master Chen Yong Fa with the title of Dragon Disciple Master. In 2013 he graduated from the Luohan Qigong International College in China and gained the title of International Master of Luohan Qigong. Tomasz Chabowski is also a certified Naturopath and since 2016 he has been running the Therapeutic Cabinet TCM in Wieliczka, where he uses the medical

knowledge of the Chen family, as well as acquired on numerous courses in the TCM Academy of Chinese Medicine in Krakow.

Medical Qigong workshop



## **ZHOU HONGHAI**

Master's degree & doctor's degree supervisor. He graduated from Guangxi university of Chinese Medicine in 1988, received his doctor's degree in Shanghai University of Traditional Chinese Medicine in 1999, and got professor's title in 2004. The famous TCM DOCTOR OF Guangxi, director of the Institute of Orthopaedic & traumatology and Dean of the faculty of Orthopaedic & traumatology of Guangxi university of Chinese

Medicine.

In 2003, he went to Irkutsk Institute of Orthopaedics, Russian Academy of Sciences for research. In 2008, he was funded by the National Overseas Study Fund of China to study in NUFFIELD Orthopaedic Hospital, Department of Orthopaedic Surgery, Oxford University, UK (visiting scholar), and in 2016, Department of chiropractic of Dyouvell college, USA (visiting scholar).

Social positions include the Standing Committee of the Orthopedics Branch of the Chinese Society of Traditional Chinese Medicine, the Vice-Chairman of the Chiropractic Branches of the Chinese Society of Traditional Chinese Medicine, the First Vice-Chairman of the Sports Medicine Branch of the Chinese Society of Traditional Chinese Medicine, the First Director of the Chiropractic Branch of the Guangxi Society of Traditional Chinese Medicine, the Standing Committee of the Orthopedics Branch of the Guangxi Society of Integrated Traditional Chinese and Western Medicine, and the Deputy Director of the Spinal Health Chairman and criteria validation committee, standing director of the professional committee of Orthopaedics and traumatology of the World Federation of Traditional Chinese Medicine, vice-chairman and secretary-general of Guangxi International Manual Medicine Association, executive vice-chairman and secretary-general of the World Manual Medicine Federation, editorial board of Chinese Journal of Orthopedics and Traumatology, Journal of Guangxi University of Traditional Chinese Medicine and



editorial board of Guangxi Traditional Chinese Medicine.

He presided over 2 projects of the National Natural Fund, 3 projects of the Guangxi Natural Fund, 8 projects at the level of departments and bureaus, participated in 10 projects and published 125 articles, of which 47 were the first author and correspondent author, and participated in the compilation of 8 books and textbooks such as <Spine-related Diseases>, <Practical Orthopedics of Traditional Chinese Medicine> and <Clinical Research of Orthopedics of Traditional Chinese Medicine>. He won two second prizes for scientific and technological progress in Guangxi, two first prizes for appropriate medical and health technology promotion in Guangxi, the first prize for excellent audio-visual textbooks of Ministry of Health and the second prize for manipulative treatment of lumbar intervertebral disc herniation.

## LECTURE

**Friday, 11th October 2019, 15:00 – 18:30 (B Mars)**

*Chinese Shoufa system and its characteristics, what is the distinction between Shoufa, Tuina, massage, manipulation, chiropractic?*

**Saturday, 12th October 2019, 09:00 – 12:30 (B Mars)**

*How to treat the lumber pain, knee's disease by Shoufa.*

## ABSTRACT

Chinese Shoufa system and its characteristics, what is the distinction between Shoufa, Tuina, massage, manipulation, chiropractic?

Traditional Chinese medicine (TCM) Shoufa uses doctors' hands as operating tools, and formulates treatment plans and methods according to the basic theory of TCM, anatomy and exercise physiology, and patients' needs. Historically, there are many kinds of translations about the treatment of diseases by hand in traditional Chinese medicine, such as manipulation, tuina, massage, but they actual are not the same meaning.

*How to treat the lumber pain, knee's disease by Shoufa.*

The use of Shoufa in the treatment of low back pain and knee joint diseases is a strong point of traditional Chinese medicine. Manipulative treatment of low back pain and knee pain should be based on the etiology of low back pain, patient's physique, anatomy, meridians and Jingjin theory.



## **MGR INŻ. DOROTA ŁAPA**

A dietician, specialist in TCM dietetics, St. Hildegard of Bingen medicine advisor, a nurse, the founder of Natural Nutrition and Therapy Centre “Fields of Spelt” in Poznan. Dorota is passionate about inspiring and educating people about natural methods of preventive healthcare and treatment. She had initiated multiple educational projects across Poland as part of programmes promoting healthy nutrition and lifestyle at kindergartens and schools.

dergartens and schools.

For years, Dorota has been weaving in TCM basics alongside nutrition knowledge she has been sharing, encouraging her audiences to apply TCM dietetics, herbs and acupuncture. Dorota has co-authored and continues to lead projects like Progressteron Developmental Festival for Women in Poznan, Efficiency Basics in Business, detox programme [www.oczyscorganizm.pl](http://www.oczyscorganizm.pl), Health and Nutrition Coaching, in all of which she passionately explains benefits from applying TCM dietetics. Dorota also published “You Eat Well”, a book of recipes and basic knowledge on healthy cooking.

Dorota also puts a lot of her energy into cooperation with doctors of western medicine promoting TCM. Her “Fields of Spelt” business actively supported the “Greater Poland Oncology” project and cooperated with the Medical University of Poznan on nutrition matters. Dorota has co-authored the “Shared Medicine – Together for the Patient” project aimed at promoting TCM knowledge amongst medical doctors.

Dorota is a graduate in Nutrition Physiology at the Poznan University of Life Sciences (1997) and studied TCM dietetics from Ina Diolosa in 2007-2009. She is currently studying acupuncture at a Greater Poland Acupuncture school she had established together with dr. Bartosz Chmielnicki. In her private life, Dorota is a wife and happy mother of four.

### **LECTURE**

**Friday, 11th October 2019, 09:30 - 12:30 (A2 Merkury)**

*Plenary Session - Patient education supporting the form of admission and acceptance of TCM treatment methods*

## ABOUT US

### Organizer

#### Polish Society of Traditional Chinese Medicine (PTTMC)

PTTMC is a society uniting therapists and medical doctors practicing Classical and Traditional Chinese Medicine all over the country. It was founded in 2009 in Krakow.

From 2013 PTTMC is a full member of European Traditional Chinese Medicine Association (ETCMA) – the most important European society uniting European and Israeli societies of Chinese medicine. PTTMC is representing Poland on international forum in terms of Traditional Chinese Medicine.

#### CONGRESS TEAM

- » Katarzyna Sieluk
- » Magdalena Konior
- » Dariusz Bobowski
- » Izabela Miętka

 **TCMsklep.pl**

## Sklep z akcesoriami do Medycyny Chińskiej

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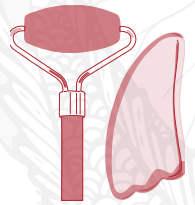
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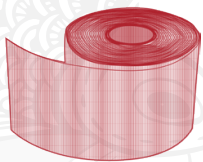
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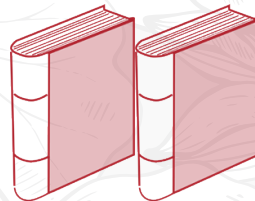
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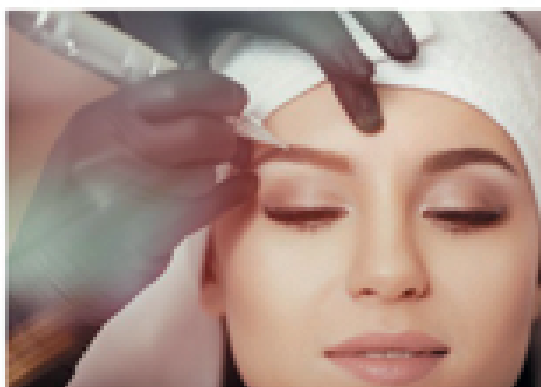
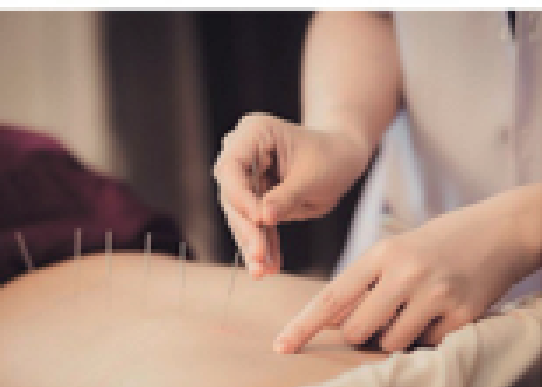
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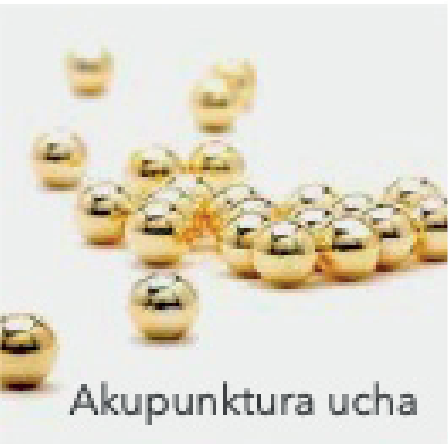


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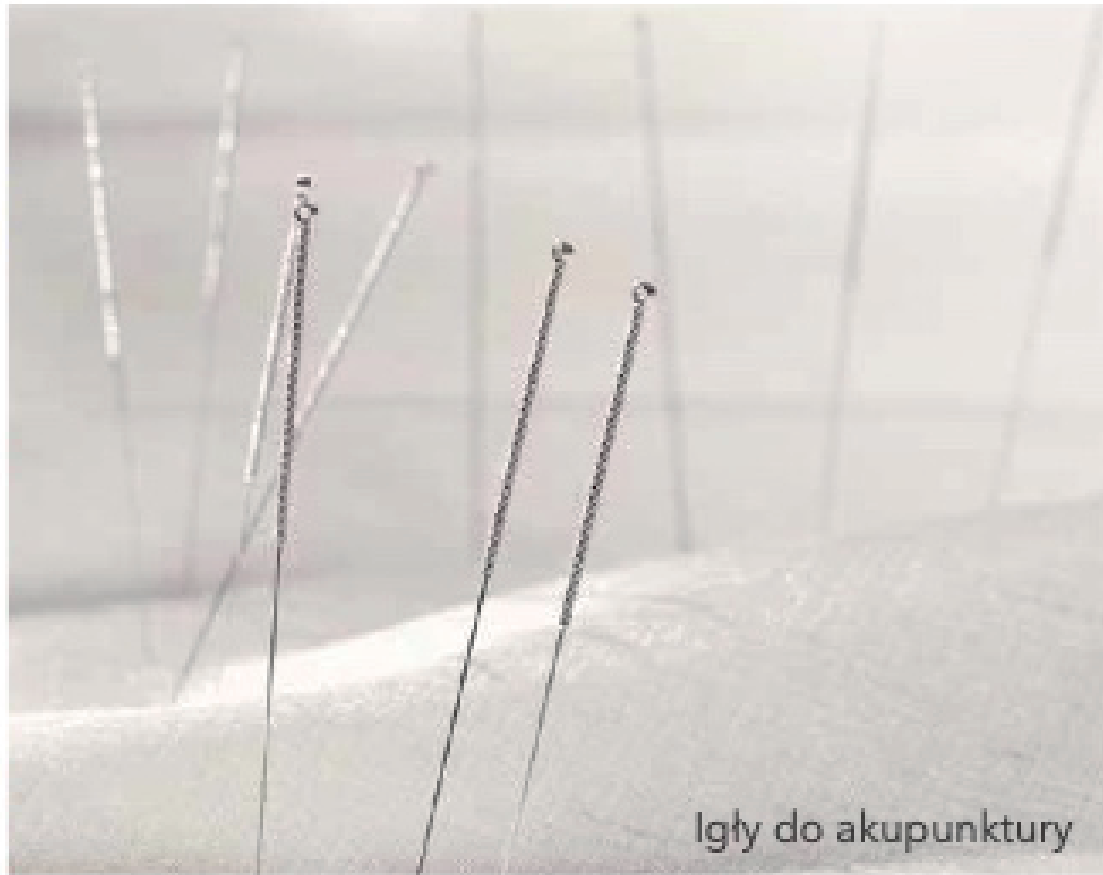
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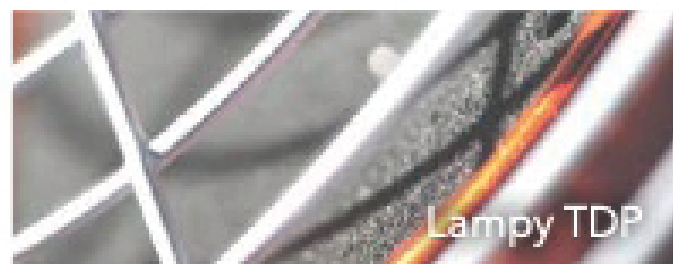
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