



# TCM CONGRESS

## Krakow 2018, Poland

### TCM Congress Programme

The Congress will consist of:

- opening **Plenary Session** (Friday 9:30-12:30) with short (20 min.) lectures,
- **three parallel symposia** (Friday afternoon till Sunday afternoon),
- **the scientific symposium** “TCM and evidence based medicine” (on Saturday, only in English),
- every day, morning **medical Qi Gong workshops**,
- **meetings with lecturers**.

Before the Congress opening, on Thursday 11th of October (3:30 – 7:00 pm), there will be **pre-congress lecture** - “*Diabetes – diet and Chinese herbs treatment*” hold by Agnieszka Krzemińska.

It is separate lecture and all those who have purchased tickets for the Congress may receive a 50% discount.

On Saturday evening we invite you to take part in a **banquet and dances** to a beautifully situated Przegorzały castle in Krakow. We provide bus services.

All lectures of **four symposiums** will take place parallelly in four conference rooms in Hotel Europejski.

Lectures will be given in English and translated into Polish, they will last for 3,5 hours with a 20 - 30 min. break.

#### I. GYNECOLOGY AND FERTILITY

**Friday afternoon (12.10.2018):** 3:00-6.30 pm (30 min. coffee break included):

- Shulan Tang (CN, UK): *The role of TCM in natural beauty*

**Saturday morning (13.10.2018):** 9:00-12:30 (30 min. coffee break included):

- Ina Diolosa (AU): *Libido and aphrodisiacs*

**Saturday afternoon (13.10.2018):** 3:00-6:20 pm (20 min. coffee break included):

- Elisabeth Rochat de la Vallee (FR): *The importance of the emotions in women’s physiology, focusing on fertility*

**Sunday morning (14.10.2018):** 9:00-12:30 (30 min. coffee break included):

- Jiri Bilek (CZ): *Needle more powerful than hormones? Acupuncture treatment of menstrual*

diseases.

**Sunday afternoon (14.10.2018):** 2:30-5:50 pm (20 min. coffee break included):

- Izabela Miętka (PL): *Understanding Bao Gong and supporting the conception – acupuncture supporting fertility*

## II. PEDIATRIC DISEASES

**Friday afternoon (12.10.2018):** 3:00-6.30 pm (30 min. coffee break included):

- Julian Scott (UK): *Insomnia and night terrors in children*

**Saturday afternoon (13.10.2018):** 3:00-6:20 pm (20 min. coffee break included):

- Joan Duveen (NL): *Childhood development and related pathologies*
- Julian Scott (UK): *Stages of life – the gates of life, and how early problems appear much later in life, possibly in menopause or even in old age*

**Sunday morning (14.10.2018):** 9:00-12:30 (30 min. coffee break included):

- Yifan Yang (CN, NL): *Food allergy and intolerance in children-the understanding and treatment possibility in TCM*

## III. SHEN AND PSYCHIC & PSYCHOSOMATIC DISEASES

**Friday afternoon (12.10.2018):** 3:00-6.30 pm (30 min. coffee break included):

- Yuan Heping (CN, D): *Presentation of effective recipes and therapeutic plans for various mental illnesses*
- Tzafrir Nachmani (IL): *The troubled Shen – treating trauma. Understanding the PTSD healing process.*

**Saturday morning (13.10.2018):** 9:00-12:30 (30 min. coffee break included):

- Elisabeth Rochat de la Vallee (FR): *Madness (dian kuang)*
- Joan Duveen (NL): *Shen-Yi-Zhi*

**Saturday afternoon (13.10.2018):** 3:00-6:20 pm (20 min. coffee break included):

- Sun Peilin (CN, BL): *Application of 13 ghost points in the practice for Shen disorders*

**Sunday morning (14.10.2018):** 9:00-12:30 (30 min. coffee break included):

- Tzafrir Nachmani (IL): *Addiction- the epidemic of our time*

**Sunday afternoon (14.10.2018):** 2:30-5:50 pm (20 min. coffee break included):

- Bartosz Chmielnicki (PL): *Luo channels and points in treatment of body diseases and emotional disorders*
- Yair Maimon (IL): *The spirit of the acupuncture points*

#### **IV. TCM AND EVIDENCE BASED MEDICINE**

All lectures of **the scientific symposium** will take place on Saturday, 9:00-12:30. Lectures will be given only in English, they will last for 20 minutes plus 10 min. for a discussion.

Lectures:

- Shulan Tang (CN, UK): *Importance of regulating the menstrual cycle*
- Bartosz Chmielnicki (PL): *The effectiveness of acupuncture in cardiology*
- Yair Maimon (IL): *Best research on acupuncture and oncology*
- Yifan Yang (CN, NL): *East meet west – TCM therapies enhance the result of western medical treatment*
- Sun Peilin (CN, BL): *Evidence-based medical research on acupuncture and moxibustion for treatment of primary depression*
- Marek Kalmus (PL): *EBM research on TCM – traps and propositions for changes*

#### **MEDICAL QI GONG WORKSHOP**

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

Medical Qi Gong will be organized every day morning (7:30-8:15 am) in Hotel Europejski in Ball Room.

#### **MEETINGS WITH SPEAKERS**

During lunch breaks and in the evenings will take place meetings with speakers.