

Dutch
TCM
Congress



中 Zhong

DUTCH TRADITIONAL
CHINESE MEDICINE
ASSOCIATION

荷蘭國際中醫藥大會

王守林題

DUTCH TCM CONGRESS PROGRAMMABOEKJE | PROGRAM 2021

Health,
We All Count!

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Welkom Welcome 歡迎

Dear colleagues, dear friends,

On behalf of the Dutch Association of Traditional Chinese Medicine (NVTCCG Zhong), We proudly present the 4th Dutch TCM Congress and warmly invite everyone to join this year's virtual congress on the weekend of Saturday the 6th and Sunday the 7th of November, 2021!

This year's theme is "Health, We All Count!". We strive for inclusiveness in the health care system. Instead of emphasising regular medicine vs alternative medicine, western medicine vs eastern medicine, or modern medicine vs traditional medicine, we focus on medicine from all health professionals that brings health and well-being to mankind.

With this theme in mind, we have incorporated a very broad spectrum of well-known national and international speakers pertaining from an equally broad field of medicine. The subject of "Health" will be highlighted from different disciplines like Herbal Medicine, Acupuncture, Tuina, Shiatsu, QiGong and many more by our international and national speakers.

Thanks should also go to this great era and the amazing technology which enables us to share the knowledge and experience of speakers from the USA, Israel, UK, Belgium, Denmark, Sweden, South Korea, Poland, Australia, the Netherlands and China.

So be ready to get inspired by our "health" feast. I wish you a good appetite.

Weixiang Wang

President of Dutch TCM Congress



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Plenair programma *(Voertaal: Engels)* Plenary Program *(Language: English)*

ZATERDAG / SATURDAY 6 NOVEMBER 2021

	09:00 - 10:00	Dr. Weixiang Wang	Opening ceremony
LEZING / LECTURE 1	10:00 - 10:30	Dr. Yair Maimon	What to do when you don't know what to do Clinical solution to most common clinical dilemma
LEZING / LECTURE 2	10:30 - 11:00	Prof. Xiaoshu Zhu	The Role of the Integrative Cancer Care Research in Bringing Traditional Chinese Medicine into the Mainstream in Australia
LEZING / LECTURE 3	11:00 - 11:30	Dr. Mei Wang	International policies and challenges on the legalization of traditional medicine/herbal medicines in the fight against COVID-19
	11:30 - 12:00		T/C Break
LEZING / LECTURE 4	12:00 - 12:30	Dr. Peilin Sun	Importance of TCM Management during the convalescence of COVID-19
LEZING / LECTURE 5	12:30 - 13:00	Mr. Peter Deadman	Healthy individuals, healthy communities, healthy planet Lessons from the Chinese yangsheng (nourishment of life) tradition
	13:00 - 14:00		Lunch
LEZING / LECTURE 6	14:00 - 14:30	Mr. Ricardo Teixeira	A conventional law for an unconventional medicine An overview of the Portuguese CAM Law
LEZING / LECTURE 7	14:30 - 15:00	Dr. Jie Li	Search The Shadow of Jing Fang Introduction to The Classic of Fu Xing Jue, The Meeting Point Shang Han and Jin Gui with Tang Ye Jing? As well in Acupuncture Applications and Pulse Diagnosis
LEZING / LECTURE 8	15:00 - 15:30	Mr. Charles Buck	On Timelines, Prevention and Wu Wei Medicine
	15:30 - 16:00		T/C Break
LEZING / LECTURE 9	16:00 - 16:30	Dr. Tianjun Wang	Brain Damages Related to Post COVID-19 and Acupuncture Strategy
LEZING / LECTURE 10	16:30 - 17:00	Dr. John Lie	How about the needles?
LEZING / LECTURE 11	17:00 - 17:30	Dr. Sabine Wilms	The Physician's Virtue-Power
	17:30		End Dutch TCM Congress 2021 - Day 1

Workshops Forum Nederlands Workshops Forum Dutch

ZONDAG / SUNDAY 7 NOVEMBER 2021

WORKSHOP 1	09:00 - 10:00	Mevr. Anoshe Overington	Yoga movement voor Tai Yang of de 'Superficial Backline', een myofasciale meridiaan
	10:00 - 10:15		T/C Break
WORKSHOP 2	10:15 - 11:15	Mevr. Joyce Vlaarkamp	Shiatsu en het Innerlijk Landschap
	11:15 - 11:30		T/C Break
WORKSHOP 3	11:30 - 12:30	Mevr. Joke Bik-Nowee	Japanse Stijl Acupunctuur
	12:30 - 13:30		Lunch
WORKSHOP 4	13:30 - 14:30	Dhr. John Zantinge	De fenomenologie van het element Metaal in relatie tot de corona pandemie
	14:30 - 14:45		T/C Break
WORKSHOP 5	14:45 - 15:45	Dhr. Felix de Haas	Palpatie in de Oost Aziatische Geneeskunde
	15:45 - 16:00		T/C Break
WORKSHOP 6	16:00 - 17:00	Dr. Zhigang Yang	Acupunctuur voor pijnbestrijding bij kankerpatiënt
	17:00		End Dutch TCM Congress 2021 - Day 2

Workshops Forum Engels Workshops Forum English

ZONDAG / SUNDAY 7 NOVEMBER 2021

WORKSHOP 1	09:30 - 10:30	Dr. James Flowers	The Potential Role of the Humanities in Bringing Chinese Medicine into the Mainstream
	10:30 - 10:45		T/C Break
WORKSHOP 2	10:45 - 11:45	Ms. Deirdre Murphy	Treatment of a Complex Condition with a Complex Medicine. A Traditional Chinese Medicine Approach to Cystic Fibrosis
	11:45 - 12:00		T/C Break
WORKSHOP 3	12:00 - 13:00	Master Wu	Zhen 震 / Thunder Qigong for Healing
	13:00 - 14:00		Lunch
WORKSHOP 4	14:00 - 15:00	Dr. Fanyi Meng	How to tonify using the Back Shu point
	15:00 - 15:15		T/C Break
	15:15 - 16:15	Mr. Nicholas Garner	Diagnose and uncover the natural beauty of the face
WORKSHOP 5	16:15 - 16:30		T/C Break
	16:30 - 17:30	Mr. Mariusz Gیزیcki	Treating with flavours according to SuWen 22
WORKSHOP 6	17:30		End Dutch TCM Congress 2021 - Day 2

Workshops Forum Chinees Workshops Forum Chinese

ZONDAG / SUNDAY 7 NOVEMBER 2021

WORKSHOP 1	09:30 - 10:30	Dr. Jianhua Sun	调神健脾针法治疗功能性肠病临床及效应机制研究 Clinical study and effect mechanism of mind-regulating and spleen strengthening needling technique on functional bowel disease
	10:30 - 10:45		T/C Break
WORKSHOP 2	10:45 - 11:45	Dr. Zijie Lu	五味宁石饮预防草酸钙结石复发的临床与机制研究 Clinical and mechanism studies on preventing the recurrence of calcium oxalate stone with Wuwei Ningshi Decoction
	11:45 - 12:00		T/C Break
WORKSHOP 3	12:00 - 13:00	Dr. Yun Chen	卵巢衰老与生育力保护之中西观 A Chinese and Western View on Ovarian Aging and Fertility Protection
	13:00 - 14:00		Lunch
WORKSHOP 4	14:00 - 15:00	Dr. Fengli Yao	风湿性纤维肌痛综合征. Fibromyalgia Syndrome
	15:00 - 15:15		T/C Break
WORKSHOP 5	15:15 - 16:15	Dr. Qian Cheng	头痛的辨证及针灸中药临床实用治疗方法 Syndrome Differentiation of Headache and Its Clinical Practical Treatment Methods of Acupuncture and Chinese Medicine
	16:15 - 16:30		T/C Break
WORKSHOP 6	16:30 - 17:30	Dr. Liuzhong Ye	从病例谈经络循诊治治疗难治性神经系统病变的思路 Case study on treatments for several difficult neurological illnesses by meridian palpation approach
	17:30		End Dutch TCM Congress 2021 - Day 2





Dr. Yair Maimon

Zaterdag / Saturday 6 November
10:00-10:30

What to do when you don't know what to do. Clinical solution to most common clinical dilemma (EN)

"From not knowing to knowing is the path of the healer". Not knowing what to do- relates to the period before making a clinical decision. This period is a common situation accompanying any clinician. These few moments can lead to either doubt or certainty. In this process, from dilemma, a decision emerges. The presentation discusses this process step by step from uncertainty to certainty. When there is a clear diagnosis or clinical experience this process is much easier, but exploring the decision-making process in the case when there is no clarity is the real challenge. The lecture relies on 30 years of clinical experience, interviewing many colleagues on this topic and observing the writings of Acupuncture Masters, who shared the points prescriptions protocols they used in these situations.

In order to get the best clinical effect and create healing it is important to create clarity and to see all the options. From deep understanding of points with wide application such as the Four Command Points: Stomach & Abdomen St-36, Head & Back of Neck Lu-7, Lower Back Bl-40, Face & Mouth Co-4; Eight Hui meeting points; combining front and back Shu points; Ma Dan Yang's 12 heavenly star points. Discussing 10-point protocol of Master Tung's "Magic Points.": ST36, SP6, LI4, LI11, and LU7 as were used by

the famous acupuncturist Miriam Lee who saw hundreds of patients a week.

In the classics it is stated that in order to practice one needs to understand: Yin and Yang, relationship of heaven-man-earth and the five elements. These guidelines still are effective and can help in the transition from symptoms to inner growth and health.

This lecture gives an insight and guidance to this uncomfortable and yet unavoidable situation, the Participants will receive clinical tools and effective points.

About Dr. Yair Maimon OMD PhD Ac

Dr. Yair Maimon is an internationally renowned figure in the field of Integrative and Chinese Medicine with over 30 years of clinical, academic, and research experience. He is the president of ETCMA, the European TCM association.

Dr. Maimon has been leading a unique research in herbal medicine and acupuncture at Center of integrative oncology at the institute of Oncology, in the largest hospital in Israel and the middle east- Sheba Medical center. Founder of Refuot integrative medicine center.

>>

Dr. Yair Maimon has published several outstanding research articles in prominent scientific medical journals showing a unique, promising results on the effect of herbal medicine in cancer care and prevention.

He is the President of the International Congress of Chinese Medicine in Israel (ICCM).

Founder of the eLearning: TCM Academy (TCM.AC), which is an innovative online platform for expanding the knowledge of Chinese medicine worldwide.

Over the years, Dr. Maimon has developed a special insight in diagnosis and treatment of variety of psychological, autoimmune disorders and cancer, stemming from a deep understanding of Chinese medicine.

In addition to being a man of research and a teacher Dr. Maimon is a fully active integrative and Chinese medical clinician, treating numerous patients and devoted in order to ease suffering and promote healing.



De voordelen van de NatuurApotheek voor u op een rij

Wij staan garant voor de beste prijs-kwaliteit verhouding van alle kruidenbereidingen:

- **Gegarandeerd de hoogste en continue dezelfde kwaliteit van de droge Chinese granulaten**, overeenkomend met de traditioneel gebruikte kwaliteit, zoals ook beschreven in het boek *Notes from South Mountain*.
- **Gegarandeerd de hoogste zuiverheid van de droge Chinese granulaten**. Zo wordt iedere batch o.a. gecontroleerd op de aanwezigheid van zware metalen en enkele honderden pesticiden.
- **Alle TCM formules worden zoveel mogelijk samengesteld zoals ze oorspronkelijk bedacht zijn**. Als bijv. Ren Shen in de formule staat wordt dit ook daadwerkelijk gebruikt in de samenstelling.
- **Inclusief allerlei droge granulaten die in Nederland alleen door een apotheek gebruikt mogen worden in een eigen bereiding**. Zoals o.a. ma huang (ephedra), zi cao (lithospermum), kuan dong hua (tussilago), bai tou weng (pulsatilla), guan zhong (dryopteris) en pei lan (eupatorium).
- **Wij leveren ook alle samen gedecocteerde formules en alle ruwe kruiden en probeer ook eens onze hydrofiel-concentraten!**

Interactie controle en advies op maat

Op verzoek vindt er een controle plaats op interacties met synthetische medicatie die uw patiënt gebruikt en krijgt hij/zij zinnvolle adviezen over het gezamenlijk gebruik van de kruiden met de synthetische medicatie. Ook kunt u op verzoek een advies op maat aanvragen voor uw TCM behandelstrategie.

Aflevering geschiedt in de beste verpakking

Lucht-, licht- en vocht dicht voor een optimale houdbaarheid en recyclebaar. Klaar om dagelijks om te schudden vóór het gebruik, zodat de granulaten samenstelling voor gebruik goed is gemengd.

Veel merken acupunctuurnaalden op voorraad

Het merk **Marco Polo** bestelt u via recepten@natuurapotheek.com. Het merk **Seirin** via info@euroherbs.nl of nog makkelijker via onze webshop voor artsen en therapeuten www.euroherbs.nl (eenmalig registreren). De merken **Hwa**, **DongBang**, **Shenzhou**, **Orca Advanced** en **Tian Xie** via info@sanjiao.nl.

Receptbestellingen die vóór 12.00 uur binnen komen, worden nog diezelfde dag verwerkt en verzonden (indien alle grondstoffen voorradig zijn)



U kunt áltijd terecht met uw vragen

U bent van harte welkom in onze apotheek!

Wij organiseren een maal per maand op een woensdag een rondleiding voor artsen en therapeuten. Bij interesse graag reserveren per e-mail: recepten@natuurapotheek.com



Prof. Xiaoshu Zhu

Zaterdag / Saturday 6 November
10:30-11:00

The Role of the Integrative Cancer Care Research in Bringing Traditional Chinese Medicine into the Mainstream in Australia (EN)

About Prof. Xiaoshu Zhu

Professor Zhu is Associate Dean, School of Health Sciences, Western Sydney University. She is inaugural Co-Director, Chinese Medicine Centre, an international partnership between and Beijing University of Chinese Medicine (BUCM) and Western Sydney University. This was one of the outcomes of the China-Australia Free Trade Agreement in 2014. She leads Chinese Medicine Education Program and cancer research at NICM Health Research Institute, the Australia's premier research institute in complementary and alternative medicine (CAM).

Professor Zhu is prominent researcher in the field of integrative cancer care. She is influential in promoting integration of CAM with mainstream medicine forming a new supportive cancer care model in Australia. She plays a key role setting up the first Sino-Australian Oncology Research Alliance, an international clinical collaboration platform involving multi-institutes. She has made a major contribution with her research partners and colleagues securing A\$2 million from the Australian Cancer Research Foundation (ACRF) to build a state-of-the-art cancer survivorship research facility, the innovative Oncology Alliance for the Science of Integrated Survivorship Centre.

Her achievements have contributed to the university's reputation, 5 rating (well above the world standard) in the field of in CAM and cancer, evaluated by the Excellence of Research in Australia (ERA), Australia Research Council.

Professor Zhu is accomplished academic in traditional Chinese medicine, her teaching excellence has not only changed perspectives of many students but also academics who are now equipped with teaching skills through many pedagogy initiatives she led both in Australia and China.

She serves for the World Health Organisation as consultant on CAM research methodology and standardisation of TCM terminology. She is long-standing committee member of the International Organisation for Standardisation (ISO) representing Australia on developing international standards of TCM. She is Working Editor, the Gynaecology and Fertility Group, the Cochrane Collaboration.

International Lectures
east - west medicine - philosophy - management

→ Kinesiologie en acupunctuur van de emotie ☞ Jan Willem Ilbrink	<ul style="list-style-type: none"> 13-14 November 2021  22-23 January 2022 ☑ Kontakt der Kontinenten
→ The beauty of 5-element facial acupuncture ☞ Nicholas Van Bergen Garner & Lisa Garner Wright	<ul style="list-style-type: none"> 10-12 December 2021  28-30 January 2022 ☑ Kontakt der Kontinenten
→ Harmonizing the Five Spirits with Acupuncture ☞ C.T. Holman	<ul style="list-style-type: none"> 19-20 February 2022  ☑ Online webinar
→ Effective pain relieving needling techniques ☞ Nicholas Van Bergen Garner	<ul style="list-style-type: none"> 11-13 March 2022  ☑ Kontakt der Kontinenten

→ For further information & registration www.internationallectures.com

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Dr. Mei Wang

Zaterdag / Saturday 6 November
11:00-11:30

International policies and challenges on the legalization of traditional medicine/herbal medicines in the fight against COVID-19 (EN)

The coronavirus disease 2019 (COVID-19) has now rapidly spread around the world, causing an outbreak of acute infectious pneumonia. To develop effective and safe therapies for the prevention and treatment of COVID-19 has become the major global public health concern. Traditional medicine (TM)/herbal medicines (HMs) have been used to treat multiple epidemics in human history, which

brings hope for the fight against COVID-19 in some areas. For example, in China, India, and South Korea with traditional medication history and theory, the governments issued a series of guidelines to support TM/HMs in the medication of COVID-19. In contrast, other countries, e.g. North American and European governments, are typically silent on these practices, unless to warn of possible harm and overselling. Such difference is due to the discrepancy in culture, history and philosophical views of health care and medication, as well as unharmonized policies and standards in the regulation and legalization of TM/HMs among different areas. Herein, we reviewed the responses and researches from seven selected countries on the policies and legalization of TM/HMs to treat COVID-19, and also analyzed the major challenges and concerns to utilize the traditional knowledge and resource. Some new progress on Chinese medicine research will be presented as well.

About Dr. Mei Wang

Dr. Mei Wang is the founder of Leiden University - European Center for Chinese Medicine and Natural Compounds (LUECCM) and CEO of SU Biomedicine. The LUECCM is a research center for studies on Chinese herbal medicine and natural compounds located in the Sylvius Laboratory, In-

stitute of Biology Leiden (IBL), Leiden University. She has more than 160 publications in international double refereed journals. As reviewer she has reviewed manuscripts for publication in more than 15 international journals and joins the editorial board of 3 international journals. She is associate editor of Phytomedicine. As co-promoter, she has supervised 12 PhD students who have obtained their PhD degree at Leiden University in the period from 1994 to 2017. Currently she is co-promoter of 3 PhD students at Leiden University. She is teaching a course for master students on "Pharmaceuticals from Plants" at Leiden University. She is representing the Netherlands for the Dutch pharmacopeia as expert working at the European Directorate for the Quality of Medicines & Health Care (EDQM) in the working party of Chinese herbal medicine. She is in the board of management of the NVF (the Dutch association of phyto-therapy) and board member of Good practice TCM Research Association (GP-TCM RA). She is the Dutch NEN, ISO TC249 voting member. In 2018, she obtained the international "Qihuang prize" which was awarded by Chinese Medicine Society. In 2020, she obtained the 2nd prize for International Contribution Award of Traditional Chinese Medicine-Science and Technology Progress Award WFCMS.



Dr. Peilin Sun

Zaterdag / Saturday 6 November
12:00-12:30

**Importance of TCM
management during the
convalescence of COVID-19
(EN)**

From symptoms onset till the convalescence, COVID-19 undergoes different stages, in which convalescent stage is an important period. Besides profounding understanding and knowledge on convalescence, TCM has offered a comprehensive treatment, aiming at speeding up the recovery, clearance of SARS-CoV-2 in the body, and reduction of the risk for

further viral transmission or deterioration. Moreover, recovery of COVID-19 in TCM is not only the restoration of physical conditions, improvement of energetic feelings, and alleviation of a lot of minor remaining symptoms, but also the mental improvement for the patients and regaining of the dynamic balance between the physical and mental conditions of the entire body. At present, both modern medicine and TCM only focus on the treatment of hospitalized patients during the acute stages of COVID-19. A consequence of the incomplete or improper treatment of convalescence includes the persistence of some symptoms, resulting directly in the occurrence of long COVID. One study published on The Lancet on August 28, 2021, pointed out the proportion of patients with at least one sequelae symptom was 68% at 6 months and 49% at 12 months respectively, and more patients had anxiety or depression at 6-month vs at 12-month visit. The speech will cover a TCM analysis on the importance of the convalescent stage, the patterns, and TCM treatment, emphasizing that convalescence of COVID-19 is one of the principal stages in this acute pandemic, and TCM provides a unique approach for the complete recovery of COVID-19 and prevention of long COVID-19.

About Dr. Peilin Sun

Professor Sun Peilin has been engaged in TCM clinical practise and teaching for more than forty years. Before settling in Europe in 1990, he was lecturing at the International Acupuncture Training Centre, Nanjing University of Traditional Chinese Medicine after his graduation from his master's study in 1988.

Currently Prof. Sun teaches at the Belgian School of Medicine (www.ICZO.be), and other European countries. Meanwhile, he is a visiting professor at a number of China Universities of Traditional Chinese Medicine and a tutor on the masters and PhD degree programmes at Nanjing University of TCM and Shulan College of Chinese Medicine, UK.

Some of his published books include:

- Bi syndrome or rheumatic diseases treated by TCM
- The treatment of pain with Chinese herbs and acupuncture
- The management of postoperative pain with acupuncture
- Sports medicine in TCM, etc.



Mr. Peter Deadman

Zaterdag / Saturday 6 November
12:30-13:00

**Health individuals, healthy
communities, healthy planet
– lessons from the Chinese
yangsheng (nourishment of
life) tradition (EN)**

The 2500 year old Chinese yangsheng tradition teaches us how to manage our body-mind to maximise health and wellbeing at all stages of life. Rooted in Chinese philosophy, especially Daoism, it offers a joined-up view of how to live well as a human being. Yet it also acknowledges that the pursuit of health can become narcissistic without the cultivation of generosity and compassion. In this way, we can try not only to look after ourselves but also our families and communities. And reaching further, especially with its Daoist roots, it understands that we are an inseparable part of nature and that unless we love and care for the planet and all its inhabitants, we injure ourselves.

About Mr. Peter Deadman

Peter Deadman has worked in the field of health promotion for 50 years. In the 1970s he co-founded a natural and organic food shop and bakery and set up a charity (Brighton Natural Health Centre) to teach ways of maintaining health and wellbeing. He qualified as an acupuncturist in 1978 and as a herbal medicine practitioner in 1993. He is founder-editor of The Journal of Chinese Medicine, co-author of A Manual of Acupuncture, and author of Live Well Live Long: Teachings from the Chinese Nourishment of Life Tradition. He is a dedicated practitioner and teacher of qigong and has taught Chinese medicine, yangsheng and qigong worldwide for over 40 years.



Mr. Ricardo Teixeira

Zaterdag / Saturday 6 November
14:00-14:30

A conventional law for an unconventional medicine – An overview of the Portuguese CAM Law (EN)

In Portugal Complementary and Alternative Medicines (CAM) are in the middle of a journey that began in 2003, with the approval of the law that establishes the framework of the activity and the exercise of CAM professionals as the World Health Organization defines them.

After 10 years in 2013 comes the law that defines 7 CAM (Acupuncture, Homeopathy, Herbal Medicine, Traditional Chinese Medicine, Naturopathy, Osteopathy and Chiropractic) and the ordinances that define the cycle of studies, characterization and functional contents of the profession, Liability insurance and the issuance of Professional License by the Portuguese Ministry of Health.

At this moment in Portugal an Acupuncture practitioner or any other licensed CAM professional, have their profession well defined and with autonomy in the diagnosis and the means of therapeutics. It is still necessary to find its place in the health systems of Portugal. After the Ordinance 1/2017 all CAM therapies address in the law are VAT free.

In this moment in Portugal there are more than 2647 CAM Professional License issued, and several high education institutions with the bachelor degree in Acupuncture and Oste-

opathy, it is a great step in order to protect public health, respecting the individual right to health protection. But there are still many threats, it is not easy to find a law that serves as a glove when there are so many hands of different sizes, the fight is far from over but in the words of Lao-tsé “A great walk begins with the first step”

About Mr. Ricardo Teixeira

Acupuncturist and Traditional Chinese Medicine Specialist in Portugal. Member of Executive Committee of the ETCMA (European Traditional Chinese Medicine Association), head of the Advocacy Committee.

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 Meixico with Dr. Roberto Gonzalez. 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 the final year of the bachelor degree in Clinic Physiology.



Dr. Jie Li

Zaterdag / Saturday 6 November
14:30-15:00

Search The Shadow of Jing

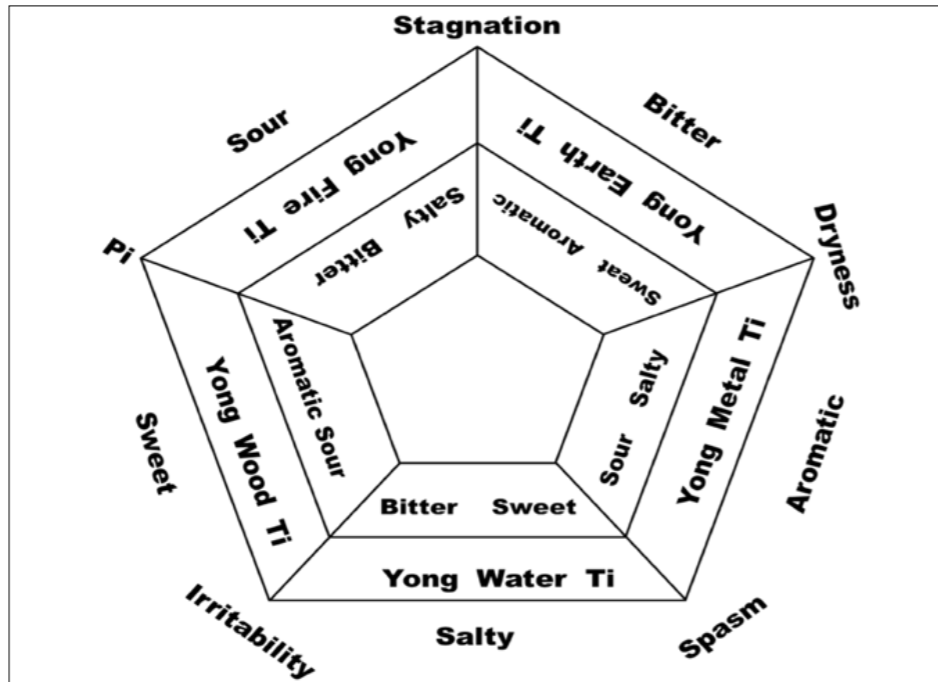
Fang - Introduction to The Classic of Fu Xing Jue. The Meeting Point of Shang Han and Jin Gui with Tang Ye Jing? As well in Acupuncture Applications and Pulse Diagnosis (EN)

Last decades, more and more CCM (Classical Chinese Medicine) scholars believe that Fu Xing Jue is a secret script of the essence from Tang Ye Jing, Huang Di Nei Jing, Shen Nong Ben Cao Jing and other ancient classics. It had authored by Tao Hong Jing, a fa-

mous Taoist CCM scholar, from Nan Bei Dynasty. Many herbal formulas from Shang Han Lun and Jin Gui Yao Lue have been acknowledged from Tang Ye Jing. This book employs the original classical theories of Ti (Yin) and Yong (Yang) to understand and explain the theory on five- phases-five-tastes (Wu Xing). Thanks for Sabine Wilms for translating this book in English, which has been published as 'Celestial Secrets of the Mythic Tang Ye Jing'. However due to many complexities and ancient languages, it is not easy to study and apply this book. Last decade Dr. Li Jie has thoroughly studied Fu Xing Jue. In this lecture he will combine with Huang Di Nei Jing Su

Wen chapter 22, Shang Han Lun and Jing Gui Yao Lue to explain Fu Xing Jue in theory and practise to reveal the shadow and root of the CCM Classics. The meeting points of Ling Shu Jing classical acupuncture and these classical herbal formulas from Fu Xing Jue will be explained and demonstrated. In accordance with the classical pulse diagnosis system to Fu Xing Jue will be introduced.

Figure shows the secrets of Tang Ye Jing. The natures of herbs which are in accordance with the text in Huang Di Nei Jing, Su Wen, Chapter 22, Zang Qi Fa Shi Lun.



About Dr. Jie Li

- He has been practicing TCM 30 years in Europe.
- He has been involved in the development of international education and practices of Classical Chinese Medicine (CCM) in the countries like the Netherlands, Germany, Sweden, Switzerland, Austria, Poland, Rumania, Czech Republic, Denmark and China for last decades.
- He is one of the founders of Qing-Bai TCM Academy in the Netherlands, the TCM Classical Research Institute and TCM School TOMO in Poland.
- He is annual speaker at the TCM congress in Rothenburg (Germany).
- He is a board member of the World Federation of Chinese Medicine Societies (WFCMS) examination committee.
- Since 2003 he has been appointed as a guest professor of Shandong TCM University Jinan China.
- He is also the holding director of the European Branch of "Inheritance of Traditional Chinese Medicine China National Qi Lu School of Miscellaneous Diseases".
- Since 2005, he has focused on lecturing Classical TCM works, Huang Di Nei Jing, Shang Han Lun and Jin Gui Yao Lue, Nan Jing, Zhen Jiu Jia Yi Jing, Zhen Jiu Da Cheng and etc.
- He has a PhD of Physiology, Nijmegen University in The Netherlands.



Mr. Charles Buck

Zaterdag / Saturday 6 November
15:00-15:30

On Timelines, Prevention and Wu Wei Medicine (EN)

Since its inception Chinese medicine has taken a different approach to prevention to that of modern biomedicine, it has focussed on strategies matched to individuals that takes into account the person's past and includes predictions about their future health status. Skilled Chinese medicine practitioners see things in terms of a timeline and so, in this session, we look at the origins of these timeline ideas in the sages of the Warring States period, their relation to expert cognition and to the idea of wu wei – 'not-doing'. We see some ways that this offers a key to disease prevention in skilled TCM practice.

About Mr. Charles Buck

Mr. Charles Buck is a veteran UK TCM clinician, educator and author known internationally for his insightful understanding of this medicine and his lucid, engaging style. With four decades in the field Charlie's diverse interests have included classical Chinese medicine, medical sciences, and communications and he developed speci-



alist understanding of dermatology, fertility and oncology.

With a background in physiology Charlie studied at ICOM UK from 1981 and went on to pioneer CHM teaching and practice in the UK, notably teaching in senior roles for 20 years at the UK's Northern College of Acupuncture. In 2000 he completed his MSc on research evaluating Chinese medicine's explanatory diagnostic models. Charlie has published extensively and presented at numerous conferences and colleges across the world. Working for TCM advocacy for many years Charlie also served a term as chair of the British Acupuncture Council and his contributions have been recognised by Fellowships of all three main UK TCM registers. His textbook *Acupuncture and Chinese Medicine – Roots of Modern Practice* (Singing Dragon Press) is an essential read.



Dr. Tianjun Wang

Zaterdag / Saturday 6 November
16:00-16:30

Brain Damages Related to Post COVID-19 and Acupuncture Strategy (EN)

With the outbreak of COVID-19 worldwide, increasing evidences have indicated it is a multi-organ disease with a broad spectrum of manifestations. Brain damages, including neurological and psychological disorders, are common problems related to COVID-19, not only infection time but also post period.

The mostly common seen brain damages related to post COVID-19 are fatigue, anxiety, depression, sleep disturbances, PTSD, cognitive disturbances (brain fog), headaches, etc. The interests of TCM and acupuncture understanding and possible help are increasing.

TCM has a long history in dealing with these conditions, it was mostly related to five-zang organs. With the development of TCM Brain theory and clinical practice, more interesting have been moved to Brain and its related techniques, such as scalp acupuncture, Dumai Dao-qi acupuncture, etc.

The talk, Brain damages related to post COVID-19 and acupuncture strategy, will briefly introduce the Brain theory and techniques and focus on its clinical practice for the brain damages related to post COVID-19 with some real cases studies.

About Dr. Tianjun Wang

Dr. Tianjun Wang graduated from Nanjing University of Chinese Medicine (NJUCM) in 1989 and then worked as a medical doctor in a TCM hospital in Nanjing China. He completed his PhD at NJUCM in 2008. Dr. Wang moved to the UK and joined the University of East London UK as a Senior Lecturer and the Director of Acupuncture Clinic 2007- 2014. He is a Guest Professor of NJUCM and the Master and PhD course supervisor at UK Centre of NJUCM. Current Prof. Wang is the Principal of the London Academy of Chinese Acupuncture. Prof. Wang is the Vice President of the Scalp Acupuncture Committee of World Federation of Chinese Medicine Societies (WFCMS) and the president of the Institute of Scalp Acupuncture UK. He owns TJ Acupuncture Clinic and Brain Care Centre in London.

Dr. Wang has authored and co-authored more than 50 academic papers as well as peer reviewers to many international journals. His authored book "Acupuncture for Brain: Treatment for Neurological and Psychologic Disorders" published by Springer 2020. As a well-known speaker, Prof. Dr. Wang has talked in lots of international conferences and seminars.



Dr. John Lie

Zaterdag / Saturday 6 November
16:30-17:00

How about the needles? (EN)

We as acupuncturists use thousands and millions of needles worldwide. What do we know about the needles, the quality and in particular the sharpness of needles? Electron microscope images reveal some of its secrets.

About Dr. John Lie

John LWT Lie, MD LLM

His alma mater is the Free University of Amsterdam where he earned his Western medical degree and masters degree in Law in 1990 at the same time when he was an exchange student following a program in Traditional Medical Science and Acupuncture at the Beijing Capital University. After graduation he worked till 2012 as a specialist in immunogenetics for unrelated bone marrow transplantation at the Leiden University Medical Centre and participated in various scientific programs, associations and publications in transplantation immunology.

Also he participated actively in the Dutch medical acupuncture society NAAV since 1998, first as a science commissioner, later serving as board member. From 1999 on his acupuncture practice is in Amsterdam.



Dr. Sabine Wilms

Zaterdag / Saturday 6 November
17:00-17:30

The Physician's Virtue-Power (EN)

In this talk, Dr. Wilms will be exploring the unique twist on medical ethics that is expressed in the traditional Chinese concept of 醫德 yīdé. How does this concept, which is the conventional modern translation of the Western, biomedical understanding of "medical ethics," differ from our standard assumptions? And what might we be able to learn from traditional (small "t") Chinese medicine, to expand the biomedical and popular understanding of this concept?

As a student and translator of the great 7th-century medical sage Sun Simiao for the past thirty years, I will introduce the audience not only to Sun Simiao's writings on medical ethics, but also bring in classical Daoism and Confucianism, and perhaps even touch on Buddhism. What are the various dimensions of this Chinese concept of dé 德, which is usually translated into English as "virtue," "power," or even "potency," in classical Chinese philosophy? And how was this term used in traditional medical literature to conceptualize the role of the medical provider, whether shamanic healer, exemplary scholar-physician, or Buddhist publisher of midwifery treatises? It is my deep conviction that Chinese medicine has so much more

to contribute to our current world than the formulas and acupuncture protocols that students learn in institutional education. In this talk, I invite you to join me in considering some of the more esoteric, but not less important gifts expressed in the classics of Chinese medicine.

About Dr. Sabine Wilms

After starting her undergraduate studies in Germany, Sabine Wilms spent two years in Taiwan, studying modern and classical Chinese language. She then moved to the US to complete a PhD in Asian Studies and Medical Anthropology, and has lived there most of the time since. While her academic background has given her a solid foundation in early Chinese philosophy, science, and cosmology and therefore in a historically and culturally sensitive approach to classical Chinese medicine, she also enjoys approaching Chinese medicine as a living, clinically effective, and ever-changing response to any cultural environment. Some of her favorite topics are gynecology and reproduction, pediatrics, medical ethics, and "nurturing life," as understood in the broadest sense by the great medieval "King of Medicinals" Sun Simiao.

Sabine is happiest when engaging in a dialogue with practitioners on how to make this ancient wisdom come to life in our modern times. Besides writing and publishing books on Chinese medicine through her company Happy Goat Productions, and lecturing and mentoring in the US and around the world through her "Imperial Tutor" mentorship program, Sabine loves raising happy goats.

Her most recent publications include *Celestial Secrets: A Dunhuang Manuscript of Medicinal Decoctions for the Zangfu Organs*; *Channeling the Moon: A Translation and Discussion of Qi Zhongfu's Hundred Questions on Gynecology, Parts One and Two*; *Humming with Elephants: A Translation and Discussion of the Resonant Manifestations of Yin and Yang*; *Divine Farmer's Classic of Materia Medica*; *Twelve Characters: A Transmission of Wang Fengyi's Teachings*; *Let the Radiant Yang Shine Forth: Lectures on Virtue by Liu Yousheng*, translated by Sabine Wilms and Liu Zuozhi; and *Venerating the Root: A Translation of Sun Simiao's Writings on Pediatrics, Parts One and Two*, all published through her own Happy Goat Productions.

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Mevr. Anoshe Overington

Zondag / Sunday 7 November
09:00-10:00

**Yoga movement voor
Tai Yang of de 'Superficial
Backline', een myofasciale
meridiaan (NL)**

Deze bijeenkomst is vooral een lichamelijke ervaring, en we gaan samen bewegen.

We zullen kijken hoe de overeenkomst is tussen de Urineblaas meridiaan en een myofasciale strook, die Tom Myers de 'Superficial backline' noemt. We zullen dan vooral deze bindweefsel strook gaan strekken door eenvoudige beweging, bal massage, en statische houdingen die tractie veroorzaken in het bindweefsel, deze houdingen hebben een ontspannen en meditatie effect en wordt yin yoga genoemd. We zullen eindigen met een yin houding voor het hart en de nier meridiaan (Shao Yin).

Wat je nodig hebt: Losse kleding, een aantal kussens, een bolster is ideaal, of opgerolde slaapzak, 2 tennisballen of massage balletjes, Yogablokken of stapel dikke boeken en een deken.

Over mevr. Anoshe Overington

Anoshe is een internationaal Vinyasa en Yin yogadocente en heeft yoga, meditatie en chi kung lessen ontvangen sinds 1982. Sindsdien deelt ze haar yoga kennis en kunde, die geworteld is in de Hatha Vinyasa yoga maar is over de jaren heen sterk beïnvloed door haar passie voor de Chinese geneeskunde, Yin yoga en Taoïsme. Haar bewegingssequenties zijn geba-

seerd op specifieke meridianen om het lichaam, fysiek en energetisch, in een bepaalde richting te openen. In haar lessen focust zij op een veilige en meridiaan stimulerende belijning in de houdingen. Ze werkt veel met de 6 divisies, daar oude hatha houdingen in deze diepe kennis gebaseerd lijken te zijn. De klassieke houdingen in hun arm en been belijning strekken altijd een arm en been meridiaan. De Indiase meridianen kennis van de nadi's is veel minder toegankelijk dan de Chinese klassieke meridianen kennis maar komt sterk overeen, aangevoeld in het onderzoek van Dr. Motoyama. Anoshe doceert en ontwerpt haar yogaklassen met de seizoenen, organen klok, chi kung en bindweefsel strekkingen. Haar individuele yoga sessies zijn gebaseerd op een polsdiagnose. Half Chinees en Nederlands probeert ze het moderne westen met de wijsheid van het Oosten te verenigen, en is het bindweefsel een prachtig aanknoop punt om beide werelden tezamen te brengen. Ze doceert meridiaan gebaseerde yoga en meditatie opleidingen tezamen met haar man en acupuncturistes, waar de student een individuele begeleiding krijgt gebaseerd op de polsdiagnose. www.stillnessinyoga.com.



Mevr. Joyce Vlaarkamp

Zondag / Sunday 7 November
10:15-11:15

Shiatsu en het Innerlijk Landschap (NL)

In ons oosterse geneeskunde- vakgebied werken we holistisch, we brengen geen scheiding aan tussen lichaam en geest, een gedachtegoed waarmee we in de westerse wereld allemaal groot zijn geworden. Hoewel het woord het tegendeel oproept werken we in de oosterse geneeskunde wel vanuit een dualisme: die van het innerlijk en het uiterlijk landschap. Het uiterlijk landschap, ook wel het gemanifesteerde landschap, is wat je ziet en vast kan pakken. De meeste (para) medische (be)handelingen die we kennen vinden plaats in dat landschap.

Het innerlijk landschap is datgene waar ons gemanifesteerde lichaam uit ontstaat en weer in terug stroomt, meer als een potentie. Door je op dit niveau af te stemmen maak je contact met ki of Qi :de meridianen en chakra's. Dit landschap is heel en ook buitengewoon overvloedig. Wat ook je ziektegeschiedenis is, alles in dit lichaam heeft de originele instellingen, alles is compleet. Behandelingen en training van dit landschap werkt op optimalisering van Ki of Qi van de meridianen en daarmee op energiehuishouding en bewustzijn. In het Daoïstische wereldbeeld is het Uiterlijk Landschap als een soort topje van een golf. Terwijl de oceaan die de golf draagt of voortbrengt het Innerlijke Landschap is. Waarom met het puntje

van de golf werken als je een oceaan in beweging kan brengen?

Voor een behandelaar is het interessant zelf af te stemmen op de drie Schatten (San Bao) om zo het landschap van de client goed te kunnen waarnemen.

In de lezing die ik geef voor de DT-CMC/ Zhong op 7 november as. zal ik meer vertellen over het innerlijk landschap en de drie schatten en het je laten ervaren aan de hand van een meditatie. Graag tot dan!

Over mevr. Joyce Vlaarkamp

Joyce Vlaarkamp (1959) is Zen shiatsu therapeut, acupuncturist Japanse stijl (Toyo Hari) en directeur van de Zen Shiatsu Opleiding sinds 1996. Zij is auteur van het boek "Met zachte ogen, shiatsu en het innerlijk landschap" wat dit jaar verscheen in eigen beheer



Mevr. Joke Bik-Nowee

Zondag / Sunday 7 November
11:30-12:30

Japanse Stijl Acupunctuur (NL)

Om de verschillen tussen Japanse en Chinese acupunctuur te kunnen begrijpen is kennis van de geschiedenis van acupunctuur in Japan nodig. Er wordt in gegaan op de verschillen tussen Chinese en Japanse acupunctuur, de kenmerken van Japanse acupunctuur worden gegeven en de stijl Meridiaan Acupunctuur wordt verder belicht.

Over mevr. Joke Bik-Nowee

Joke Bik-Nowee is afgestudeerd als fysiotherapeut aan de Haagse Academie voor Fysiotherapie. Na haar studie fysiotherapie is ze afgestudeerd als acupuncturist aan de EUTCM in 1990. Sindsdien is zij als acupuncturist werkzaam in haar eigen praktijk in Leidschendam en Den Haag. Zij heeft zich gespecialiseerd in Japanse Acupunctuur en verschillende stijlen gestudeerd, waaronder Manaka, Kiiko Matsumoto, Shonishin en Toyohari. Vanaf 2000 werkt ze met Toyohari in haar praktijk. Sinds 2006 geeft ze les in Toyohari bij de EBTA (European Branch of the Toyohari Association) in Amsterdam en in Europa. In 2015 heeft ze de Meridiaanschool opgericht, een nascholingsinstituut voor Japanse acupunctuur.



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Dhr. John Zantinge

Zondag / Sunday 7 November
13:30-14:30

**De fenomenologie van het
element Metaal in relatie tot
de corona pandemie (NL)**

De covid pandemie raakt alle vlakken van ons bestaan.

In de dagelijkse TCM praktijk wordt duidelijk welke impact de pandemie heeft op onze lichamelijke geestelijke en sociale gezondheid en hoe we worstelen met de opgelegde maatregelen en restricties.

In deze presentatie wil ik een aantal bekende en minder bekende Metaal fenomenen onderzoeken teneinde meer inzicht te krijgen in hun dynamiek.

Over Dhr. Johan Zantinge

- Studeerde Natuurgeneeswijzen en Traditionele Chinese Geneeswijzen in Duitsland alwaar hij in 1985 als Heilpraktiker afstudeerde.
- In 1997 diploma ' Traditional Chinese Herbal Medicine' bij Ted Kapchuk (Anglo Dutch)
- Vanaf 1987 tot heden voert hij een Praktijk voor TCM en Oosterse psychologie in Leeuwarden.
- Van 1988 - 2019 docent Westerse en Oosterse Traditionele Geneeswijzen aan de Academie voor Natuurgeneeskunde te Meppel.
- Van 2000 -2005 hoofddocent en vakdocent aan de basisvakopleiding en acupunctuur opleiding Qing Bai.

- Vanaf 2000 docent van vijfdaagse Wu Xing nascholingen (NVA, Zhong, NWP, VNT) aan verschillende instituten.
- Vanaf 2003 gastdocent Wu Xing aan de TCMA.
- Geeft regelmatig workshops en gastcolleges en is spreker op congressen op het gebied van de procesfilosofie, TCG, Wu Xing, en de oosterse psychologie waarin hij gespecialiseerd is.



Dhr. Felix de Haas

Zondag / Sunday 7 November
14:45-15:45

Palpatie in de Oost Aziatische Geneeskunde (NL)

De belangrijke rol die palpatie heeft gespeeld in de geschiedenis van de Oost Aziatische Geneeskunde en het belang van palpatie in de huidige klinische praktijk.

Palpatie heeft vanaf het ontstaan van de Chinese Geneeskunde een belangrijke rol gespeeld. Uit overgeleverde en opgegraven teksten blijkt dat palpatie in de vroege dagen van de Chinese Geneeskunde een elementaire rol gespeeld heeft.

Sommige vormen van palpatie, als pols diagnose zijn altijd centraal gebleven, andere vormen van palpatie zijn door verschillende factoren naar achteren geschoven of verdwenen, andere vormen hebben zich juist verder ontwikkeld in andere Oost Aziatische landen zoals de Hara (abdominale) diagnose in Japan.

Zowel in Oost Azië als in het Westen is de belangstelling voor palpatie toegenomen. Een voorbeeld is de Chinese arts Wang Ju-Yi, die palpatie van de jing luo een prominente plaats heeft gegeven in zijn benadering van acupunctuur. Ook in het Westen zijn benaderingen ontwikkeld die palpatie een centrale plaats geven in de diagnose. Een daarvan is Engaging Vitality dat een brug slaat tussen Osteopathische benaderingen en acupunctuur. Ook Japanse benaderingen waarin

palpatie een belangrijke rol speelt, winnen aan populariteit.

Het grote voordeel van palpatie is dat het veel diagnostische informatie verschaft die niet via vragen of andere vormen van observatie verkregen kunnen worden. Men krijgt een direct beeld van de Qi dynamiek. Tevens is het een geweldig feedback mechanisme, wat de beoefenaar tijdens de behandeling in staat stelt om te voelen wat zijn/haar behandeling doet. Zo geeft het je de mogelijkheid om ook een behandeling bij te kunnen sturen.

In deze lezing zal Felix ingaan op zowel de historische aspecten als wel de klinische waarde van palpatie in de hedendaagse praktijk.

Over Dhr. Felix de Haas

Felix de Haas heeft de afgelopen 35 jaar zich verdiept in de Oost Aziatische Geneeskunde. Hij heeft gestudeerd met vooraanstaande leraren in het veld waaronder Francois Ramakers, Bob Flaws, Stephen Birch, Yanagista Sensei, Takai Sensei, Dan Bensky, Charles Chace en Volker Scheid.

Hij heeft zich verdiept in verschillende benaderingen van acupunctuur, waaronder Chinese en Japanse tradities en verschillende benaderingen in de Chinese kruidengeneeskunde. >>

Hij heeft een bijzondere belangstelling voor de historische aspecten van de Oost Aziatische Geneeskunde en de interactie tussen verschillende culturen in Azië en het effect op de ontwikkeling van ideeën in de geneeskunde.

Tevens heeft hij zich zijn leven lang verdiept in het zogenaamde "umfeld" van de Chinese geneeskunde zoals de Chinese filosofie en interne cultivatie technieken.

Hij heeft twee praktijken in Voorburg en Haarlem en geeft les in Engaging Vitality, een benadering van acupunctuur ontwikkeld door Dan Bensky en Charles Chace, die een brug slaat tussen osteopathie en Chinese geneeskunde.

Palpatie staat centraal in zijn benadering in de klinische praktijk.





Dr. Zhigang Yang

Zondag / Sunday 7 November
16:00-17:00

Acupunctuur voor pijnbestrijding bij kankerpatiënt (NL)

Chronische kankergerelateerde pijn is een van de meest voorkomende symptomen die veroorzaakt kunnen worden door kanker of door de behandelingen ervan (chirurgie, chemotherapie en radiotherapie).

Volgens de klinische statistieken van de World Health Organization (WHO) lijden 25% tot en met 30% van de nieuw gediagnosticeerde kankerpatiënten aan pijn. De percentages kunnen oplopen tot 70% en 80% bij

gevorderde kankerpatiënten. De pijn kan de behandeling van kanker beïnvloeden, evenals de kwaliteit van leven van de patiënten op fysiek en psychosociaal niveau.

De huidige conventionele behandelingen bij de behandeling van pijn als gevolg van kanker zijn voornamelijk gebaseerd op medicijnen (niet-steroïde en opioïde analgetica), maar sommige niet-medicamenteuze behandelingen worden ook geleidelijk toegepast. Denk hierbij aan fysiotherapie, psychotherapie, muziektherapie en acupunctuur. Vooral acupunctuur heeft duidelijk pijnstillende effecten en wordt veel gebruikt bij de behandeling van pijn bij kanker vanwege de kosteneffectieve voordelen.

Acupunctuur wordt beschouwd als een van de niet-medicamenteuze therapieën om pijn kunnen verlichten en de fysiek functie te verbeteren. Dit wordt erkend in de richtlijn 'Nationaal Integraal Kankernetwerk' (NCCN).

In deze lezing wordt de behandeling van acupunctuur en moxibustie besproken, waaronder de behandelprincipes, TCM patronen, puntselectie, naaldtechniek en moxibustie.

Over Dr. Zhigang Yang

Zhigang Yang werkt als acupuncturist en Chinese kruiden specialist in Nederland sinds 1987. Tot 1986 heeft hij medische opleidingen afgerond en was hij werkzaam als arts op het gebied van de integratieve geneeskunde in de Shanghai Stomatological Hospital, Fudan University.

In 1986 werd hij uitgenodigd door Prof. van Willegen om deel te nemen aan het onderzoeksproject van pijnbestrijding met acupunctuur aan de Rijksuniversiteit Groningen.

In 1991 werd hij lid van de beroepsvereniging NVA en begon hij zijn TCM-praktijk in Hilversum. Sindsdien geeft hij ook lezingen aan de volgende TCM instituten:

- European Academy of Traditional Medical Science (EATMS);
- Dutch Acupuncture Academy (DAA);
- Shenzhou Open Universiteit of TCM Amsterdam;
- Nei-Jing Acupunctuur School in Nederland;
- Chinese Kruiden opleiding "Bao Ku" in Utrecht;
- Jing-Ming TCM College in België; en
- Hara Shiatsu school in Oostenrijk.



Dr. James Flowers 張仲民

Zondag / Sunday 7 November
09:30-10:30

**The Potential Role of the
Humanities in Bringing
Chinese Medicine into the
Mainstream (EN)**

In the global context, Chinese Medicine, or East Asian Medicine, remains in a marginalized position. This paper argues that the Chinese Medicine field needs a cadre of humanities-trained scholar-physicians to attempt to break the mold of its marginality in medicine as a whole. Although an increasing number of elite medical institutions have opened Chinese Medicine training and research programs, and an increasing number of patients seek this form of therapy, the field is, at best, tolerated as a complementary adjunct therapy. Such marginalization has come into sharp relief during the ongoing Covid-19 pandemic. Outside of China, no public institutions take Chinese medicine seriously as a beneficial therapy for COVID-19. For at least two decades, Chinese medicine scholars have published many hundreds of scientific articles that present evidence of Chinese medicine's efficacy. I argue that by limiting arguments to that of science, Chinese medicine scholars have already surrendered to a politically dominant and well-organized biomedical profession. Only by making arguments that speak to a wider audience of thought-leaders, beyond the narrow sciences, can Chinese medicine academics make a persuasive case to explain the social role of medicine. In other words, humanities-trained scholars need to work with the skills of intellectual

argument to break down the artificial boundaries that the biomedicine field created to claim the authority of a high church. Such work requires scholars who can explain the history of Chinese medicine's marginalization to a wider public audience. For example, historical facts show that Chinese medicine, including acupuncture, enjoyed popularity in Europe as early as the seventeenth century. Recovering the actual history can show that biomedical dominance is a recent phenomenon, with its origins in political organization. In short, I argue the need for medical humanities research and writing that can engage a wide audience beyond medical scientists.

**About Dr. James Flowers
張仲民**

Brain Pool Program Research Fellow (National Research Foundation, Korea), Industry-Academic Cooperation Foundation, Kyung Hee University. PhD, History of Medicine, Johns Hopkins University School of Medicine. MA, International Studies, University of Technology Sydney. Diploma Chinese Medicine, Sydney College of Traditional Chinese Medicine. Director, International Society of Oriental Medicine. Former President, Australian Acupuncture and Chinese Medicine Association, 2000-2009.

>>

His current research focuses on the history of traditional medicine in East Asia in the twentieth century, with a focus on Korea. He has also published work on the history of science in China in the Qing period and his article on the history of Chinese medicine in Australia is forthcoming soon. His articles have been published in Asian Medicine: Tradition and Modernity, Integrative Medicine Research, Social History of Medicine, Journal of Korean Society of Medical History, and Evidence-Based Complementary and Alternative Medicine. He is currently working on his book manuscript on the history of traditional medicine in Korea during Japanese rule 1910-1945. He taught Chinese medicine at University of Western Sydney and the Sydney Institute of Traditional Chinese Medicine from 1997-2008. He practiced Chinese Medicine in his private clinic from 1995-2009.





Ms. Deirdre Murphy

Zondag / Sunday 7 November
10:45-11:45

Treatment of a Complex Condition with a Complex Medicine. A Traditional Chinese Medicine Approach to Cystic Fibrosis (EN)

Cystic fibrosis is an inherited condition affecting 70,000 individuals worldwide and currently with a life expectancy of 40 years. It is estimated that in the Netherlands there are 1,500 people with Cystic Fibrosis and another 100 people with Cystic Fibrosis-related diseases.

The background to this presentation stems from a review and analysis of the literature conducted as part of MSc degree in Advanced Oriental Medicine: Research and Practice by the presenter on the role of acupuncture and Chinese herbal medicine in cystic fibrosis. Until now very little information has been available for Traditional Chinese Medicine practitioners on this topic.

This presentation will explore:

- The nature of Cystic Fibrosis as a complex condition
- A Western perspective on Cystic Fibrosis including the burden on healthcare providers and Cystic Fibrosis patients that adversely affect quality of life and survival.
- Understanding Cystic Fibrosis from a Traditional Chinese Medicine perspective
- What the research shows in relation to the role of acupuncture and Chinese Herbal Medicine in the treatment of Cystic Fibrosis
- Willingness of Cystic fibrosis patients to utilise Chinese Medicine treatments.
- Considerations for the development of integrated practices.
- How Traditional Chinese Medicine has already been integrated with modern medicine in the treatment of Cystic Fibrosis and opportunities for further collaboration between

professionals from both paradigms.

- How Chinese Medicine practitioners could contribute to enhancing the treatment of Cystic Fibrosis, alleviating associated burdens and improving quality of life for Cystic Fibrosis patients.

About Ms. Deirdre Murphy

Deirdre Murphy is a traditional Chinese Medicine Practitioner running a successful clinic in the North West of Ireland for over a decade. Having graduated from the National University of Ireland with a B.Sc. in Biology, Chemistry & Mathematics and Higher Diploma in Education, Deirdre went on to study Chinese Medicine, qualifying with: a Diploma in Acupuncture & TCM; Certificate in Clinical Medicine; and Diploma in Chinese Herbal Medicine. Deirdre most recently completed an M.Sc. in Advanced Oriental Medicine with the Northern College of Acupuncture & Middlesex University (UK). She has also undertaken internships in China studying classical Chinese acupuncture and herbal medicine.

Deirdre is passionate about promoting the enormous contribution Chinese medicine can make to delivery of healthcare while recognising that integration with broader healthcare systems requires the highest

standards of training and practice amongst Chinese medicine practitioners. Hence she became involved in the Acupuncture Foundation Professional Association (AFPA) initially as Chair of the Education Committee and subsequently AFPA Chairperson for 6 years while representing Ireland on the ETCMA (2012-2018).

Deirdre has worked to encourage and support practitioners in their profession and build bridges to integrate Chinese medicine with Western healthcare. She represented acupuncture professionals in many meetings with Ireland's Health Service Executive; several Ministers for Health; and the Irish Department of Health. Deirdre established the AFPA annual awareness week, organised many Chinese Medicine educational events and has been a conference keynote speaker in both Ireland and The Netherlands. Most recently Deirdre has presented at the UK ARRC research Conference.

As AFPA Chairperson Emeritus, Deirdre continues to promote the professionalism and effectiveness of Chinese Medicine at home and abroad. Most importantly her primary focus is on the treatment of patients in her clinic and the benefits they derive from Chinese Medicine therapies in these challenging times for healthcare practitioners.



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Master Wu

Zondag / Sunday 7 November
12:00-13:00

Zhen震 /Thunder Qigong for Healing (EN)

According to the classical Qigong tradition, there is only one disease: Qi stagnation. This fundamental principle of traditional Chinese medicine is described to us in the HuangDi NeiJing 黄帝内经: BuTongZeTong 不通则痛 – If there is no flow, there is disease. Qi stagnation (or loss of Qi flow) forms irregular patterns in the energetic, mental and/or physical planes of the body. Left unchecked, Qi stagnation will manifest as the myriad of diseases known to modern medicine. By learning to transform areas of stagnation back to free-flowing Qi, we work to recover our health and sense of wellbeing.

In China's esoteric EMeiZhenGong 峨嵋真功 (Mt. Emei Sage Style) school, transforming areas of Qi stagnation is the key to healing illness and imbalance. Guided by the principles of the Yijing 易经 (I Ching), this classical Qigong therapy promotes the free flow of Qi throughout the body, optimizes the function of the organ systems, awakens the Shen 神, and brings balance to the physical and mental bodies.

This Qigong session will be of interest to practitioners looking for a simple, yet powerful tool for helping themselves and their patients overcome sickness and developing their healing skills. Participants will learn Daoist internal alchemical healing principle, Zhen 震 (Thunder) Qigong, and experience the healing and spiritual transformation effects of this traditional Qigong practice.

About Master Zhongxian Wu

Master Zhongxian Wu, lifelong Daoist practitioner, was born in a traditional fishing village on China's eastern shore, where the sunlight first touches the Chinese mainland. At an early age he committed himself to the pursuit of the ancient arts of internal cultivation: Qigong, Taiji, internal martial arts, Chinese medicine, Yijing science, FengShui, Chinese astrology and cosmology, Chinese calligraphy and traditional Chinese music.

Master Wu has authored numerous articles and 15 books (5 in Chinese) on China's ancient life sciences. He synthesizes wisdom and experience for beginning and advanced practitioners, as well as for patients.



Dr. Fanyi Meng

Zondag / Sunday 7 November
14:00-15:00

How to tonify using Back Shu Point (EN)

The use of back shu points have been one of the keys for clinical success in treatment of chronic conditions with acupuncture. However, the recent trend is relying on some less reliable information. For example, the location of the spinal vertebrae could lead to the wrong location; the avoidance of vertical needling in all back shu points, the intention to stimulate spinal nerves, etc. The speaker would like to address some of the common mistakes and review some details for better clinical response.

About Dr. Fanyi Meng

Dr. Meng has been the programme leader of BSc (Hons) Acupuncture of Lincoln College in partnership with University of Lincoln and Open University of UK since 2004, and the course is the only state owned in Chinese medicine in UK.

He started his Chinese medicine education in 1978 in Beijing University of Chinese Medicine, and continued his training to become a Chinese medicine doctor. He got his Medical Master degree in Chinese Medicine in 1990 and was actively engaged in the clinical researches of Chinese Medicine. In 1992, he was promoted as an associate-professor at Beijing University of Chinese Medicine at the age of 32, one of the youngest to reach the rank of senior academics. He received 2 national-level awards for the researches he carried out during those years. From 2000, Dr. Meng took a role of Clinic Director of Teaching Clinic of Middlesex

University's Chinese Medicine Programme in the UK. And in 2004, he moved to Lincoln to take the role of programme leader of BSc (Hons) Acupuncture.

In the past 15 years, Dr. Meng has also worked for University of Derby (BA

Complementary Medicine), University of Wales (MSc Chinese Medicine), and University of Salford (BSc Chinese Medicine) as their External Examiner (independent quality controller), and gained extensive knowledge and experience in Chinese medicine education and researches.

Dr. Meng is also an active member of many professional bodies, as well as the World Federation of Chinese Medicine Societies, in several subject committees.

Dr. Meng has been teaching theories of Chinese medicine, Chinese medicine pulse study, acupuncture theory and practice, clinical subjects, and Chinese medical Tuina for 20 years. His main research areas are research methods in acupuncture, placebo effect, mental health, and male problems. More than 30 papers and 15 book/chapters have been published. Since 2008, as an external speaker for Beijing University of Chinese Medicine, Dr. Meng has given more than 20 sessions of seminars/special lectures on a broad range of subjects in Chinese Medicine.

Dr. Meng's daily teaching and clinical practice are based at Lincoln College, United Kingdom.



Mr. Nicholas Garner

Zondag / Sunday 7 November
15:15-16:15

Diagnose and uncover the natural beauty of the face (EN)

Topic of the congress is 'Health we can count on'. To count on good health we, as practitioners need accountable diagnostic tools. The face is such a tool and has been used in both Classical Chinese Medicine and modern Western psychology and is the focus of this talk.

The eyes are the windows of the soul, and the face is a mirror showing the world our inner nature and balance

along with how we feel. Basic emotions like anxiety, fear, happiness, sadness, anger, and sorrow all show in our facial expressions. These expressions are reproducible in all humans despite cultural background, and they leave specific colours, and permanent marks in form of lines and shapes, especially around the mouth, eyes, and forehead.

To fully understand the expressions of the face and comprehend a person's true nature, one must understand the rhythms and emotional frequencies of wu xing / the five elements. Uncovering the natural beauty means understanding, accepting, and responding to these complexities both in ourselves and in our patients, and transforming emotional boundaries using acupuncture.

Acupuncture can soothe the heart and help balance yin and yang. Treatments can transform and release an inner vitality and alertness and bring clarity to the mind. This is also known as Shen Ming in Chinese Medicine and this pure heart clarity helps us accept and look at emotional problems without fear.

The talk will encompass diagnosing and interpreting facial emotional expressions, and facial characteristics according to both classical wu xing

and modern psychology. Examples of how facial expressions may change during a course of acupuncture treatment will be given.

About Mr. Nicholas Garner

Nicholas Van Bergen Garner graduated at the Scandinavian College of Acupuncture in 1995 and has a Bachelor of Physical Therapy from 2000.

Facial diagnosis and emotional recognition and interpretation according to both Classical Chinese Medicine and modern Western psychology has had a primary focus for Nicholas for the last 10 years. In 2020 he graduated as a Master of Science of Advanced Oriental Medicine from Northern College of Acupuncture and Middlesex University in the UK. The Master's degree was completed with a clinical research trial on developing a facial model for practitioners to help recognize facial expressions of anxiety.

Nicholas practices Acupuncture and Chinese Medicine at Meditalklinik in Copenhagen Denmark and is a school leader and a teacher at Copenhagen & Aarhus Schools of Acupuncture. He also teaches at schools and conferences around Europe.

Contact information: nicholas@meditalklinik.dk and www.kbh-aku.dk



Mr. Mariusz Giżycki:

Zondag / Sunday 7 November
16:30-17:30

Treating with flavours according to SuWen 22 (EN)

The flavours are the most basic concept in Chinese Medicine. Archetypically each taste (flavour) is attributed to one of the five phases with affinity to particular internal organs (fe salty Water and enters Kidney). Also each flavour has special qualities (f.e salty moistens and softens, draws in and enters blood). The common notion is that the attributed flavour tonifies/benefits a specific organ (phase). However having just one flavour for each phase we are at loss when asked about tonification and reduction of particular phase. Chapter 22 Suwen presents a system that precisely regulate each phase. Each phase is attributed with three flavours that directly tonify, reduce and moderate it. Interestingly, often the therapeutic action of a particular taste is in contrast with its common archetypical notion (fe salty taste reduces Water). Moreover each taste acts in a specific way not on one but on three different phases (fe sour on Metal. Wood and Fire) Understanding this precious system allows broader and more precise perception of flavours and their action. This at least prevents us from giving wrong dietetic advices to our patients and in a long run allows precise insight into dietetic and herbal medicine.

About Mr. Mariusz Giżycki

Master in Applied Physics (Poland) and Medical Diploma (Poland). PhD in Medicine from the University of London (2002).

Training in Chinese Medicine started in LAOM (London) (L.Ac). Then studied with many teachers of whom most influential have been Claude Diolosa, Dr. Li Jie, prof Feng Shi Lun and dr Arnaud Versluys. Very strong interest in Classical Chinese Medicine both herbal and acupuncture. At present a teacher in TOMO (Gdansk, Poland).



Dr. Jianhua Sun

Zondag / Sunday 7 November

09:30-10:30

调神健脾针法治疗功能性肠病临床及效应机制研究

Clinical study and effect mechanism of mind-regulating and spleen strengthening needing technique on functional bowel disease (CN)

演讲摘要

南京中医药大学首任校长承淡安教授于20世纪30年代创办澄江针灸学派。至今为止，澄江针灸学派在世界范围内已传承了四代。

消化系统疾病包括炎症性胃肠病、功能

性胃肠病、肿瘤等。目前，消化系统疾病是针灸的优势之一。著名期刊已发表了针灸治疗消化系统疾病的文章，如慢性功能性便秘(IF: 21.317)、功能性消化不良(IF: 10.171/IF: 7.890)、术后恶心呕吐(IF: 7.067)、术后肠梗阻(IF: 17.373)、肠易激综合征(IF: 7.091)等。

肠易激综合征(IBS)是一种功能性胃肠道疾病，以腹痛或不适为特征，并伴有粪便不规则，包括便秘型(IBS-C)、腹泻型(IBS-D)、混合型(IBS-M)和不稳定型(IBS-U)。世界上约9.2%的人口受IBS影响。目前对肠易激综合征的治疗包括改变生活方式、专门饮食、心理治疗和药物治疗。

针灸是一种有益的治疗IBS替代方法。目前，本团队的多中心随机对照试验(519名患者IBS-C/IBS-D)证明了调神健脾针法(百会、印堂，双侧天枢、足三里、上巨虚、三阴交、太冲)比聚乙二醇/匹维溴铵更有效的减轻了IBS的症状，且效果可持续12周。参与者未发生严重副作用。此外，调神健脾针法治疗IBS的调节机制如下：免疫因子TH1/TH2和MC活化-PAR2-CGRP，内脏高敏感BDNF，脑-肠轴5-HT、NPY、CGRP，肠动力SCF/c-kit通路，肠道微生物和静息态功能下的大脑神经活动。

Professor Chang Danan, the founding president of Nanjing University of Chinese Medicine, founded Chengjiang Acupuncture School in 1930s. It has been passed down for four generations worldwide.

Diseases of the digestive system include inflammatory gastroenteropathy, functional gastroenteropathy, tumors, and others. At present, digestive system diseases are one of the advantages of acupuncture and moxibustion. For example, famous journals have published articles on acupuncture treatment of digestive system diseases, such as chronic severe functional constipation (IF: 21.317), functional dyspepsia (IF: 10.171/IF: 7.890), postoperative nausea and vomiting (IF: 7.067), postoperative ileus (IF: 17.373), and irritable bowel syndrome (IF: 7.091).

Irritable bowel syndrome (IBS) is a functional gastrointestinal disorder characterized by abdominal pain or discomfort that is associated with stool irregularities, including constipation-predominant IBS (IBS-C), diarrhea-predominant IBS (IBS-D), mixed IBS (IBS-M), and unsteady IBS (IBS-U). It is estimated to affect approximately 9.2% of the world's population. The current management for IBS includes lifestyle modification, specialized diets, psychological treatment, and pharmacologic therapies.

Acupuncture is considered a beneficial alternative treatment for IBS. Our previous multicenter randomized controlled trial (519 patients of IBS-C and IBS-D) has proved that mind-regulating and spleen strengthening needing technique (GV20, GV29, LR3,

ST36, SP6, ST25 and ST37) may be more effective than PEG 4000/pinaverium bromide in alleviating the symptoms of IBS, with its effects lasting up to 12 weeks. No participant experienced severe adverse effects. Moreover, the regulation mechanism of Mind-regulating and spleen strengthening needing technique for IBS as follows: the immune of TH1/TH2 and MC activation -PAR2-CGRP, the visceral high sensitive of BDNF, the brain-intestinal axis of 5-HT, NPY and CGRP, the intestinal dynamic of SCF/c-kit pathway, gut microbes, and the resting state functional of brain activity.

About Dr. Jianhua Sun

个人简介

孙建华,博士,南京中医药大学博士生导师,首批“江苏省中医药领军人才”培养对象,“江苏省六大高峰人才”培养对象,现任江苏省中医院针灸康复科主任中医师,中国针灸学会常务理事,江苏省针灸学会副会长兼临床分会主任委员,中国针灸学会减肥与美容专业委员会主任委员,中国针灸学会盆底功能障碍专业委员会副主任委员,江苏省康复医学会常务理事,国家自然科学基金项目评审专家。国家中医药管理局重点学科、重点临床专科,江苏省中医药管理局重点临床专科、中医药示范专科学科负责人及学术带头人,SCI和中文杂志审稿专家。主持和参加各级课题50余项,其中国家自然科学基金3项,其他国家级课题10余项,部省级课题20余项;发表SCI论文10余

篇,包括著名期刊《Mayo Clinic Proceedings》(IF:7.091)、《Annals of Internal Medicine》(IF:17.135)、《JAMA》(IF:44.405),中文核心期刊百余篇,出版编著5部,出版教材1部,申请专利7项。分别获得中国针灸学会科技进步和江苏省中医药科技进步奖的二等奖三等奖,中国中医科学院科技进步三等奖1项。致力于功能性胃肠病、中风病、痛症针灸效应机制研究30余年,具有丰富的临床经验,认为“治神”是针灸疗效关键,提出调神健脾针法治疗肠易激综合征的针灸特色治疗方案。

Sun Jianhua, PhD. Professor of Nanjing University of Chinese Medicine, the first batch of “Jiangsu Province TCM Leading Talents” and “Six Peak Talents in Jiangsu Province” training objects, director of acupuncture and rehabilitation department, Jiangsu Hospital of Traditional Chinese Medicine, director of Chinese Society of Acupuncture and Moxibustion, vice president and clinical chairman of Jiangsu Province acupuncture and moxibustion association, chairman of Weight-loss and Beauty Professional Committee of Chinese Acupuncture and Moxibustion Society, vice chairman of pelvic floor dysfunction committee of Chinese Society of Acupuncture and Moxibustion, director of Jiangsu Rehabilitation Association, the principal and academic leader of the key clinical specialty and TCM

demonstration specialty of the State Administration of Traditional Chinese Medicine, the editorial board member of SCI and Chinese journal, evaluation expert of National Natural Fund project.

Presided and participated in more than 50 projects, including 3 projects funded by the National Natural Science Foundation of China, more than 10 other national projects, and more than 20 ministerial and provincial projects; Published more than 10 SCI papers, including Mayo Clinic Proceedings, Annals of Internal Medicine, and JAMA; Moreover, published 100 Chinese core journals, 5 books, 1 textbook, and applied 7 patents; Won the second and third prize of Scientific and technological progress of Chinese Acupuncture and Moxibustion Society, and Jiangsu TCM Science and Technology Progress, and the second and third prize of China Academy of Chinese Medical Sciences science and Technology.

Dedicated to the study of acupuncture effect mechanism of functional gastroenteropathy, apoplexy and pain for more than 30 years. Has rich clinical experience and believes that “treating the mind” is the key to the curative effect of acupuncture and moxibustion, and proposes the treatment of mind-regulating and spleen strengthening needing technique for irritable bowel syndrome.



Dr. Zijie Lu

Zondag / Sunday 7 November
10:45-11:45

五味宁石饮预防草酸钙结石复发的临床与机制研究.

Clinical and mechanism studies on preventing the recurrence of calcium oxalate stone with Wuwei Ningshi Decoction (CN)

卢子杰简历及讲座提要简历

卢子杰，男，医学博士，中药学博士后，江苏省中医院主任中医师、南京中医药大学第一临床医学院教授，江苏省优秀中医临床人才，江苏省青年岗位能

手，入选国家中医药岐黄工程培养计划，全国优秀中医临床人才，师从著名中医药学家、国医大师、北京中医药大学王琦教授，担任世界中医药联合会男科分会常务理事，中国中西医结合学会泌尿系统专业委员会性与生殖学组委员，江苏省中西医结合学会泌尿系统专业委员会常委，江苏省医学会泌尿外科分会男科学组委员。擅长中西医结合治疗泌尿生殖系统疾病及中医经方治疗内科疑难杂症。

讲座题目：五味宁石饮预防草酸钙结石复发的临床与机制研究。

内容提要：泌尿系结石具有发病率高、复发率高等临床特点，治愈后五年的复发率在百分之五十以上。中国属于世界泌尿系结石高发地区之一，人群患病率达百分之七左右。目前现代医学对泌尿系结石复发率高的原因尚不十分清楚。随着历史变迁与人类生活习惯的变化，泌尿系结石已从过去的下尿路结石演变为上尿路结石，中医病名也已从以尿频、尿急、尿痛、尿中有砂石排出的“石淋病”转变为以症状为主的“腰痛病”，中医病机从湿热下注，煎熬尿液成石，日久则脾肾两虚的“由实转虚”转为饮食失节，脾胃内伤在先，湿热蕴结下焦，煎熬尿液成石的“由虚转实”。讲座将从中医药的角度探讨泌尿系结石高复发的病因，并阐明中医药预防草酸钙结石复发的机制及临床疗效。

The clinical status of urinary calculus is on high incidence and recurrence rate with more than 50 percent rates

of recurrence after 5 years of healing. China is one of the highest incidence areas of urinary calculus in the world with the prevalence of 7 percent or so. At present, the reason for high recurrence rate of urinary calculi is not very clear. The location of urinary calculus has evolved from lower urinary to upper urinary with the development of history and human life habits. The terminological name of the disease is developed from “Stone urinary disease” with the main symptoms of frequent, urgent and painful urine accompanied with stone excreted from the urine to “lumbago” with the main symptoms of flank pain. The TCM pathogenesis is also developed from the burning urine into stone due to downward accumulation of damp-heat, followed by spleen-kidney deficiency resulted which formed form excess to deficiency to the diet abnormal and digestion injuries first and then burning urine into stone from the downward accumulation of damp-heat the next. The lecture will focus on the explanation of the etiology of the high recurrent rate of urinary calcium oxalate and the mechanisms of preventing its recurrence as well as the clinical effects from the theories of TCM.

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About Dr. Zijie Lu

Zijie Lu, male, MD & postdoctor of Chinese medicine; Chief Chinese physician of Jiangsu Province Hospital; Professor of the first clinical medical school of Nanjing University of TCM, Excellent clinical talents of TCM in Jiangsu province; the youth post master in Jiangsu province; the membership of national giza project training program of TCM; National excellent

clinical talents of TCM with the tutor of the famous professor Wangqi who is the national master of TCM and works in Beijing University of TCM; the routine member of the men’s branch of the world federation of traditional Chinese medicine; Member of the sexual and reproductive section of the professional committee of urinary system of the Chinese association of traditional Chinese and western medicine; Member of the professional

committee of urinary system of the association of traditional Chinese and western medicine in Jiangsu province; Member of the men’s department of urology branch of jiangsu medical association; Good at the treatment of urogenital system diseases with the combination of Chinese and western medicine in the treatment as well as the treatment of internal difficult and complicated diseases with Chinese classic herbal formula.



龙
Qing-Bai
ACADEMIE VOOR
CHINESE GENEESWIJZE



Dr. Yun Chen

Zondag / Sunday 7 November
12:00-13:00

卵巢衰老与生育力保护之中西观 A Chinese and Western View on Ovarian Aging and Fertility Protection (CN)

生殖寿命对生育能力至关重要，并影响妇女的健康老龄化甚至寿命。在过去的150年里，女性预期寿命从45岁增加到了85岁，但生殖衰老的时间（自然绝经年龄）在50-52岁左右保持相对不变。40岁前的生殖衰老被称为早发性卵巢功能不全(POI)，每100名女性中就有1-10位发生；绝经相关问题也一直是影响女性身心健康的常见热点问题。近五十年来，全球生育力的下降引起了世界各国的重视。女性的生育力是衡量全球总生育率的指标，也与女性个体的生活质量与生命长短息息相关。如何通过中西医结合方法保护生育力、帮助年轻的患者保存生育力是本次演讲的重点。通过病例分享倡导临床医师要将生育力的评估及保护方法放在至关重要的地位，并总结归纳了国医大师夏桂成教授对于卵巢衰老病机的认识与中医药治疗方法。

Reproductive life span is very important to fertility and affects women's health, aging, and even life span. In the past 150 years, female life expectancy has increased from 45 to 85 years, but the time of reproductive aging (natural menopausal age) has remained relatively unchanged at around 50-52 years. Reproductive aging before the age of 40 is called Premature Ovarian Insufficiency (POI), which occurs in 1-10 in every 100 women; Menopausal-related issues have always been a common hot issue affecting women's physical and mental health. In the past 50 years,

the global fertility declination has attracted the attention of countries all over the world. Female fertility is a measure of the global total fertility rate, and it is also closely related to the quality of life and length of life of individual women. How to protect fertility through Chinese and Western medicine methods and help young patients preserve fertility is the focus of this speech. Through case sharing, clinicians are encouraged to place the assessment and protection of fertility in a vital position. Summary of the understanding of the pathogenesis and clinical treatment of Professor Xia Guicheng, a National TCM Master of traditional Chinese medicine in China will be shared as well.

About Dr. Yun Chen

陈贲，女，江苏省中医院（南京中医药大学附属医院）妇科，副主任中医师，国家二级心理咨询师。江苏省中医药学会妇科分会委员，南京中医药学会妇科分会委员，中医、中西医结合妇产科学教学课程发展联盟理事，中国民族医药学会教育分会、科普分会理事，中国中医药研究促进会生殖医学分会委员。曾于北京协和医院学习，美国芝加哥多所医院临床访学。目前在北京大学第三医院生殖医学中心访学。擅长绝经综合征、卵巢功能减退相关疾病、异常子宫出血、不孕症、PCOS、子宫肌瘤、子宫内膜异位症、宫颈病

变、盆腔炎的中西医治疗。参与主持国家自然科学基金、省自然等国家级、省部级科研项目多项。参与江苏省科技进步一等奖。发明专利一项。

Chen Yun, female, Department of Gynecology of Jiangsu Provincial Hospital of Traditional Chinese Medicine (Affiliated Hospital of Nanjing University of Traditional Chinese Medicine), Deputy Chief Physician, National Level 2 Psychological Counselor. Member of the Gynecology Branch of Jiangsu Society of Traditional Chinese Medicine, Member of the Gynecology Branch of Nanjing Society of Chinese Medicine, member of a council of the

Development Alliance of Obstetrics and Gynecology Teaching Curriculum Development Alliance of Traditional Chinese Medicine and Integrated Traditional Chinese and Western Medicine, member of a council of the Education and Science Branch of the Chinese Society of Ethnic Medicine, Reproductive Medicine of the Chinese Society for the Promotion of Traditional Chinese Medicine Branch members. She is also a Visiting scholar at Peking Union Medical College Hospital and several hospitals in Chicago in USA. At present, she is a visiting scholar in the Reproductive Medicine Center of Peking University Third Hospital.

She specializes in the treatment of menopausal syndrome, ovarian dysfunction-related diseases, abnormal uterine bleeding, infertility, PCOS, uterine fibroids, endometriosis, cervical lesions, and pelvic inflammatory disease. Participated in presiding over a number of national, provincial and ministerial-level scientific research projects such as National Nature and Provincial Nature. Participated in the first prize of Jiangsu Science and Technology Progress Award. One invention patent.

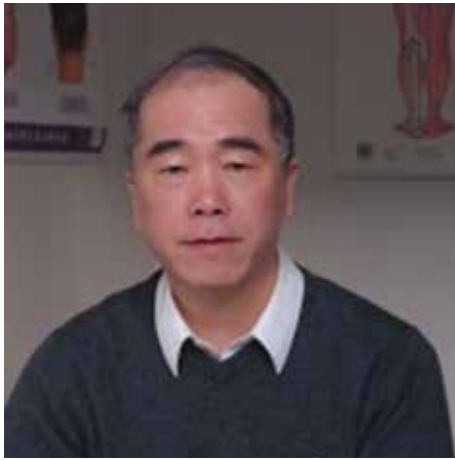
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Acupunctuurnaalden Cupping Moxa Gua Sha

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*Geldig tot 30.11.2021



Dr. Fengli Yao

Zondag / Sunday 7 November
14:00-15:00

风湿性纤维肌痛综合征 Fibromyalgia Syndrome (CN)

Fibromyalgia syndrome is mainly painful muscle and joints pain which closely related with weather changes. It means cold, wet weather make patients suffer more painful syndromes. Most patients are usually ruling out other rheumatoid disorders. In most cases the blood tests are normal. Pain killers are effective but cannot solve problems, eventually patients stop the pain killers due to their side effects. Most fibromyalgia patients are female usually older than 30 years old.

However, we can see some patients are younger age. They have severe fatigue, joint pain especially in the shoulders, hips and legs. Some patients have digestive symptoms. Some clients also report depression and sleep disorders.

Spleen Qi deficiency, Kidney deficiency, wind cold damp invasion and Qi blood stagnation are major patterns of fibromyalgia.

Treatment:
Acupuncture treatment to relieve pain, calm down mind, improve sleep, easy emotion, promote Qi and blood stagnation.

Herbal medicine can tonify Spleen and kidney Qi, relieve pain and keep patients stable.

Chinese Herbal formula brief introduction for fibromyalgia treatment.

讲课简介:

风湿性纤维肌痛综合征主要是肌肉和关节疼痛，与天气变化密切相关。中医认为多数为肌痹。《黄帝内经素问·长刺节论》：“病在肌肤，肌肤尽痛，名曰肌痹，伤于寒湿”。

在荷兰，地势低下，寒冷潮湿的气候变化使患者遭受更多痛苦。大多数患者通常会排除其他风湿疾病。在大多数情况下，血液检查是正常的。一般止痛药有效但不能持久解决问题，最终患者因副

作用而停止服用止痛药。大多数纤维肌痛患者是女性，通常年龄超过 30 岁。但是，我们可以看到一些患者年龄较小，多半有家庭遗传。他们有严重的疲劳和关节痛，尤其是肩部、颈部，背部，臀部和腿部。部分患者有消化系统症状。由于长期疼痛，还有些病人出现抑郁症和睡眠障碍。

脾气虚、肾虚、风寒湿侵、气血凝滞是风湿性纤维肌痛的主要辩证分型。

治疗：
针灸能止痛、镇静心神、改善睡眠、缓解情绪、促进气血运行，活血化瘀。中药可祛风除湿，活血化瘀，健脾补肾，止痛安神。
治疗纤维肌痛的中药方剂简介。

About Dr. Fengli Yao

Mr. Fengli Yao, member of N.V.A, successfully completed an education in Traditional Chinese Medicine (TCM) in his native country China in 1982. He spent more than 7 years studying at universities in China and gets Master degree of Medicine. He worked as clinical doctor and teacher in Beijing Wangjing Hospital which now is teaching hospital of National Research Academy of TCM.



His clinical experience involves almost 20 years' work in Chinese hospitals. He is skillful in treating painful disorders and stress by acupuncture and moxibustion. For some more complicated diseases, such as skin, digestion and gynecological diseases he makes use of Chinese herbs to help patients more efficiently. In his clinic he works more efficiently than only acupuncture treatment. Since 2000 He works in The Netherlands as an acupuncturist and herbalist.

He has his own clinic in The Hague since 2006.

中文简历

1982年毕业于江西中医药大学，1987年毕业于南京中医药大学，后获得医学硕士学位。曾在北京望京医院（现为中国中医研究院教学医院）任临床医生和教师，副主任医师，从事中医药和针灸治疗消化病、风湿病。2000年，他就职荷兰针灸诊所，从事针灸治疗工作。自 2006 年以来，他在海牙拥有自己的诊所，对疼痛疾病，过敏性疾病，紧张症，妇科疾病及其皮肤疾病有一些体会，同时在多个针灸学校从事教学工作。



Dr. Qian Cheng

Zondag / Sunday 7 November
15:15-16:15

头痛的辨证及针灸中药临床实用 治疗方法

Syndrome Differentiation of Headache and Its Clinical Practical Treatment Methods of Acupuncture and Chinese Medicine (CN)

头痛是临床极为常见的一种病症，同时又是一个常见症状。据统计荷兰约60%的荷兰男性和 80% 的女性偶尔会出现头痛。大约 4% 的荷兰人每天都头痛，大约 1% 的人每天服用止痛药治疗头痛。头痛可以发生于多种急慢性疾病过程中，有时亦是某些相关疾病加重或恶化的先兆，需要进一步检查。其中最常见的是紧张性头痛和偏头痛，而这两种头痛又是中医治疗的主要适应症。中医治疗头痛有悠久的历史，疗效显著，对某些功能性头痛能够达到治愈的目的。对器质性病变引起的头痛，也能改善症状，辨证明确，取穴精准、手法得当，用药合理，则是保证疗效的重要因素。本次讲座将着重介绍临床常用辩证论治方法，希望对提高临床疗效有所帮助。

About Dr. Qian Cheng

钱成教授，1982年毕业于河北医科大学，曾先后在中国医科大学、中国中医研究院等继续深造，曾从师于多位名老中医。先后在空军467医院、北京中医医院、中国中医研究院等从事教学、科研及临床工作，近40年来积累了大量临床工作经验。现仍为中国中医科学院特聘教授。自来荷兰后长期在Anglo-Dutch英-荷中医学院、TCMA中医学院、荷兰自然医学院、神州中医药大学等任教并从事临床工作，多次在国际国内学术会议上演讲及发表多篇论文，并长期担任各学会继续教育教学工作。



Dr. Liuzhong Ye

Zondag / Sunday 7 November
16:30-17:30

从病例谈经络循诊治治疗难治性神经系统病变的思路.

Case study on treatments for several difficult neurological illnesses by meridian palpation approach (CN)

个人简介

叶柳忠博士，本科毕业于北京中医药大学，并于广州中医药大学取得硕士，博士学位。2003年来英至今。目前除开设个人诊所外，同时担任：英国伦敦中国针灸学院 (LACA) 及英国自然疗法学院资深讲师 (CNM)，波兰罗兹克罗夫针灸学院资深讲师 (Wroclaw Academy of Acupunture)，瑞士高等中医药学院特约讲师(Swiss Academy of TCM)，以及英国淑兰中医学院，南京中医药大学联合培养硕博课程的特约导师。叶博士擅长运用经络循诊指导下的中医精细辨证治疗，目前在推广经络循诊与针灸，中药结合治疗各科疑难杂病。他在海外中文与英文的教学与临床经验丰硕，已经在多地开设多期的培训课程，学员遍及国内外，各大洲。叶博士同时是英国中医联盟学会的现任会长，以及英国头针研究会的秘书长，世中联WFCMS现任理事。

About Dr. Liuzhong Ye

Dr. Liuzhong Ye, Ph.D of TCM from Beijing and Guangzhou University of TCM in China, started his practice of TCM as senior consultant in the UK since 2003. After establishing his own TCM practice in Norwich, Hado, in 2008, he started his career as lecturer in TCM at several acupuncture and Chinese medicine colleges across Europe, including CNM London, LACA London, Wroclaw academy of Acupuncture Poland, and Swiss TCM

Academy. And he is appointed as supervisor professors of Master and PhD scheme of TCM at Shulan College Manchester UK, in association with Nanjing University of TCM China. In addition, He serves as the director of CAHMA (Chinese Acupuncture and Herbal Medicine Alliance) and the general Secretary of British Institute of Scalp Acupuncture. Dr. Ye's speciality in diagnostic differentiation by meridian palpation enables him to achieve great success in clinical practice and wins him high reputation in the acupuncture and TCM teaching across the world. He has held many workshops and seminars in many countries on meridian palpation.

演讲题目：从病例谈经络循诊治治疗难治性神经系统病变的思路。

本演讲将就数则本人接诊的神经系统疾病：帕金森氏病，中枢性震颤，运动神经元病，嗜睡症，通过病案分析总结经络循诊对该类疾病的认识与诊治思路。提出经络循诊系统里的阳经病，阴经病与二级病机三维疾病观，在诊治各类辨证困难，治疗困难的疾病中可以起到拨云见日的重要指导作用。

Projectteam



Alex Djukanovic

"Ik help het DTCM congress voornamelijk omdat verbinden in deze tijd heel belangrijk is. We hebben als TCM-ers een hoop met elkaar gemeen en daarmee kunnen we elkaar versterken."



Dopey Calor

"In this modern fast-paced society, it is more important than ever to be able to reconnect with ourselves as human beings, being part of a global-ecosystem that needs to be perfectly balanced."



Emielieke Geubbels

"Laat dit congres voeding zijn voor de Shén in ieder die aanwezig is en/of zijn kennis deelt."



Ga Fung Chong

"I strongly believe that the ancient Chinese medical tradition can bring health and wellbeing to mankind!"



Sandra Vonk

"I love the fact that we think and treat a human being. I like to diagnose with the help of thinking in systems."



Grace

"TCM is simple, effective and the most natural remedy."



Natasja Peijer

"Wat zou het mooi zijn als de mensen (meer) in zichzelf en hun gezondheid gaan investeren. Dat deze zorg het brede publiek bereikt door de handen van de TCM therapeuten."



Ronald de Wee

"In my profession as TCM Therapist I constantly promote the beauty and skill to people. To contribute at the DTCM Congress 2021 is a great opportunity and honor to promote amongst colleagues our skills."



Tianrong Ren

"Ik hoop dat ik mijn traditionele Chinese geneeskunde en klinische ervaringen kan delen met mijn Nederlandse collega's. 我们的双手真正帮助到他们！"



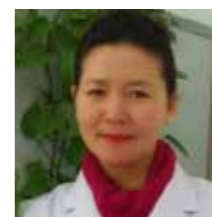
Viviane Liu

"It is a huge honour and great opportunity to be able to work with very experienced TCM-practitioners who are experts in their field from all over the Netherlands and the rest of the world."



Weixiang Wang

"One world, one health, one medicine" should not only be a dream, but a feasible reality. Let's work together to reach this goal."



Xue Cao

"Dankzij de steun en hulp van Zhong, de leerleiders, collega's en vrienden, kunnen we nu samenwerken om de Chinese geneeskunde nog verder promoten."



Lisanne van Beek

"Gezond zijn en blijven is een investering. Je krijgt er iets voor terug wat onbetaalbaar is. Hierin kan de TCM een hele mooie bijdrage aan leveren!"



Marianne Schlicher

"Waarbij wij als Zhong en leden van Zhong bij kunnen dragen aan de gezondheid van iedereen. Dat iedereen zich bewust wordt van de mogelijkheden binnen de humane geneeskunde."

COLOFON

Deze uitgave is het programmaboekje voor het Dutch TCM Congress 2021.

VORMGEVING

PSYmedia, Mathanje Huisman

BEELDMATERIAAL

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