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# *Journal of Complementary Therapies* ————— *in Health* —————

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# SCIENTIFIC SEMINARS OF COMPLEMENTARY THERAPIES IN HEALTH

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## EDITORIAL

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## Editorial

# Dr Zhengang Guo: From the Man to the Medicine.

Dr Zhengang Guo, a pillar of Chinese Herbal Medicine, has left us an invaluable legacy. His career, defined by a passion for medicine and a relentless pursuit of effective and successful cures, has inspired generations of healthcare professionals. His special fondness for our country allowed many Traditional Chinese Medicine (TCM) practitioners in Portugal to learn from his methods and results. Born in China during a challenging historical period, Dr Guo developed a deep connection with the ancestral wisdom of traditional medicine. Following a family tradition of TCM specialists and herbalists, he masterfully combined these ancient practices with Western medical knowledge. After emigrating to the United States, he collaborated with prestigious universities with the ultimate goal of advancing Chinese herbal medicine and bridging the gap for Western doctors and scientists to whom it was largely unknown.

His professional journey was marked by a constant quest for excellence and innovation. Through tireless research and clinical practice, Dr Guo developed a holistic treatment method that addressed the person as a whole, considering not only physical symptoms but also emotional and spiritual well-being. This unique approach enabled him to help countless patients, many of whom faced conditions considered complex and challenging by conventional medicine—patients who had almost given up hope of reclaiming a healthy, active life.

Determined not to limit these results to his own clinic, he began sharing his discoveries early on. This led him to recover many family formulas, adapting them into formats suitable for the needs of his Western patients. The partnership with the International Institute of Alternative Medicine (IIMA) was fundamental in developing innovative phytotherapeutic formulas that became a benchmark in integrated medicine. These formulas, the result of years of research and clinical experience, demonstrate Dr Guo's commitment to providing safe and effective therapeutic solutions.

Throughout his life, Dr Guo developed hundreds of formulas tailored to the needs of his patients, particularly those suffering from pathologies prevalent in the Western lifestyle. He helped thousands of patients, many of whom became lifelong friends. Dr Guo's legacy transcends the boundaries of TCM, inspiring professionals across various healthcare fields to seek a more holistic and humanised approach to patient care. His vision of medicine centred on both the individual and nature continues to guide those who follow in his footsteps.

Dr Guo's absence is deeply felt by all who had the opportunity to know and work with him. His life was one of extreme dedication to healing and human well-being, particularly in the field of cancer, and his legacy will continue to inspire future generations.



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## Academic and Scientific Summary

In this brief biographical record, we include further relevant details of his academic and scientific activity. His training in TCM began under the tutelage of his father, Guo Xiang-Li, who passed down a vast number of prescriptions and family technical treatments spanning six generations.

- 1970: Completed academic studies at Lanzhou Medical School, Lanzhou, Gansu, China.
- 1970–1975: Completed specialist studies at Linxia County Hospital, Gansu, in General Surgery, Gynaecology, Obstetrics, and Paediatrics, while deepening his knowledge of acupuncture and herbal medicine applied to these fields.

- 1975–1980: Practised at Lanzhou Chinese Medicine Hospital, where he furthered his expertise in these specialities. During this period, he completed his Ph.D. in Oncology.
- 1981–1983: Emigrated to the USA, where he held a post-doctoral fellowship at the Anderson Hospital & Tumor Institute, University of Houston, Texas.
- 1983–1985: Served as a Research Associate at the College of Pharmacy, University of Illinois Chicago.

During his professional and academic tenure in the USA, he obtained certifications as a Surgical Oncologist, as well as a Specialist in Acupuncture, Herbal Medicine, Nutrition, and TCM. He was a member of ASCO (American Society of Clinical Oncology) and AAOM (American Association of Oriental Medicine).

**Sebastião Araújo, Jorge Machado, Manuel Laranjeira, Christian Alves**

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## Abstract

# Values of Traditional Chinese Medicine in Modern Healthcare System.

Xiao Ye<sup>1,2\*</sup> <sup>1</sup> Institute of Zhejiang Chinese Medical Culture, Zhejiang Chinese Medical University, Hangzhou, China;<sup>2</sup> School of Medical Humanities, Nanjing University of Chinese Medicine, Nanjing, China.\* Correspondence: [yexiao@zcmu.edu.cn](mailto:yexiao@zcmu.edu.cn)

## Abstract

❖ **There is no omnipotent method in the world that can solve all the problems and one problem can be solved by many different methods. For complicated problems, such as disease prevention, chronic diseases and syndromes in medicine, multiple methods are often required to work together.**



Traditional Chinese Medicine (TCM) holds significant and diverse values in modern healthcare system. It effectively compensates for the limitations of conventional biomedicine, which struggles with functional diseases, chronic illnesses, sub-health conditions, and issues like chemical drug side effects, bacterial drug resistance, and high costs of complex examinations. As a representative of traditional medical systems, TCM has maintained uninterrupted development rooted in Chinese culture, emphasizing holism, individualized treatment, and natural healing, and was officially included in the ICD-11 by the WHO in 2019. TCM's systemic thinking aligns with the rise of systems biology, which focuses on interactive networks within the body rather than isolated components. Furthermore, rich in daily healthcare wisdom accumulated over 2,500 years, TCM offers profound wisdom for daily health maintenance, advocating preventive care and lifestyle balance, as illustrated by its historical "treating the disease before it arises" philosophy. In recent decades, TCM provides innovative ideas supported by growing evidence, such as artemisinin for malaria and arsenic trioxide for leukaemia, demonstrating its potential for integration with contemporary medical science. The convergence of TCM and biomedicine could foster a more comprehensive, personalized, and sustainable model of future healthcare, harmonizing detailed molecular insights with systemic and contextual understanding.

**Keywords:** Traditional Chinese Medicine; Integrative Medicine; Systems Biology; Preventive Healthcare; Personalised Medicine; ICD-11.

**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 28 June 2025.

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## Abstract

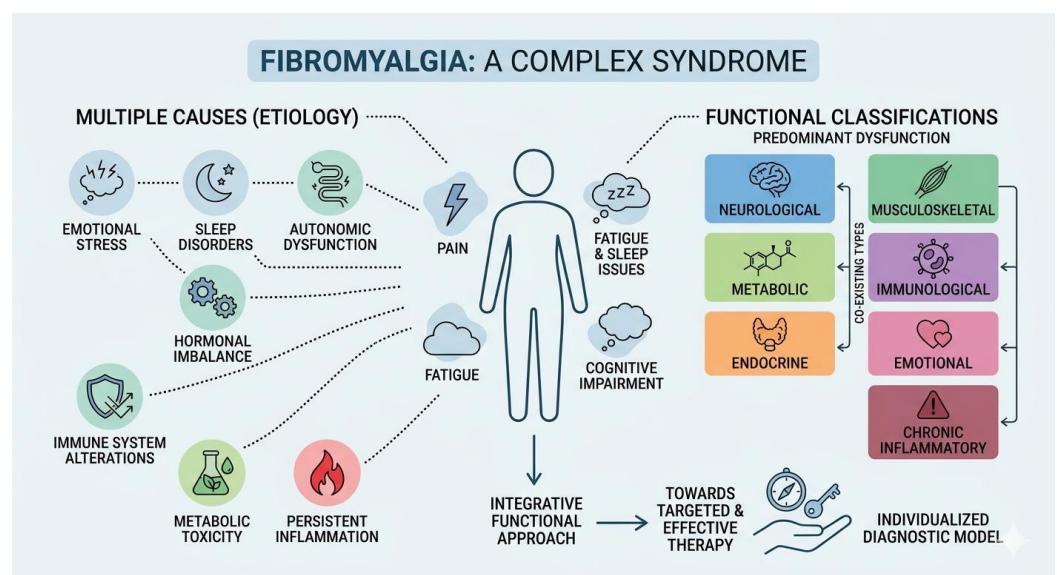
# Characterisation of Fibromyalgia Types and the Seven Main Etiological Causes.

António Ferreira<sup>1\*</sup>.

<sup>1</sup> António Ferreira Clinic, Queluz de Baixo, Barcarena.

\* Correspondence: [fitonatur@sapo.pt](mailto:fitonatur@sapo.pt)

## Abstract



Fibromyalgia is a complex chronic syndrome characterised by widespread musculoskeletal pain, persistent fatigue, sleep disturbances, cognitive impairment, and a broad range of systemic symptoms. Despite its high prevalence, it continues to pose significant diagnostic and therapeutic challenges due to its multifactorial and heterogeneous nature. This paper aims to characterise the main types of fibromyalgia and identify seven fundamental etiological causes involved in its development, based on an integrative and functional clinical approach.

From a physiological and functional perspective, fibromyalgia can be classified into different types depending on the predominance of neurological, musculoskeletal, metabolic, immunological, endocrine, emotional, or chronic inflammatory/infectious dysfunctions. These categories are not mutually exclusive and frequently coexist, contributing to the clinical variability observed among patients.

The seven primary causes identified include chronic emotional stress, sleep disorders, autonomic nervous system dysfunction, hormonal imbalances, immune system alterations, metabolic toxicity, and the presence of persistent inflammatory or infectious processes. The dynamic interaction of these factors leads to alterations in pain perception, central sensitisation phenomena, and neurovegetative dysregulation, which are often undetected by conventional diagnostic methods.

The results presented reinforce the importance of an individualised diagnostic model that integrates structural and functional aspects, allowing for a deeper understanding of the pathophysiology of fibromyalgia. Identifying different clinical types and their respective etiological causes may contribute to more targeted and effective therapeutic strategies, promoting an integrated approach between conventional and complementary medicine.

**Citation:** Ferreira A. Characterisation of Fibromyalgia Types and the Seven Main Etiological Causes. *Journal of Complementary Therapies in Health*. 2026;4(2).

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**Keywords:** Fibromyalgia; Chronic Pain; Aetiology; Functional Diagnosis; Integrative Medicine.

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**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 28 June 2025.

## Abstract

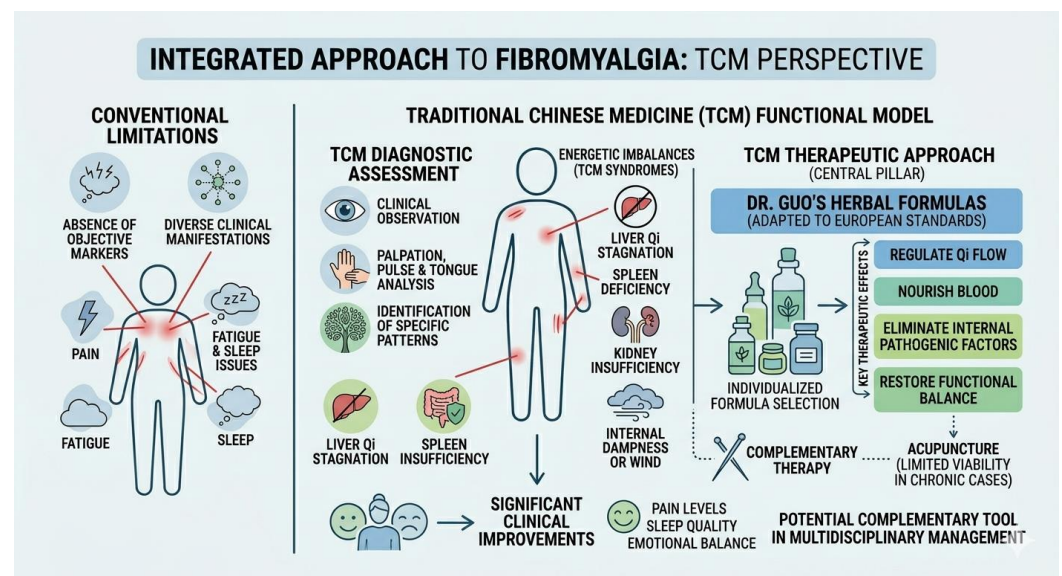
# Diagnosis and Therapy of Fibromyalgia According to Traditional Chinese Medicine: Application of Dr. Guo's Formulas.

António Ferreira<sup>1\*</sup>.

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## Abstract



**Citation:** Ferreira A. Diagnosis and Therapy of Fibromyalgia According to Traditional Chinese Medicine: Application of Dr. Guo's Formulas. *Journal of Complementary Therapies in Health*. 2026;4(2). 10.5281/zenodo.19884314

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Fibromyalgia is a clinical entity that is difficult to manage within the context of conventional medicine, due to the absence of specific objective markers and the diversity of its clinical manifestations. Traditional Chinese Medicine (TCM) offers a functional and systemic diagnostic model that can provide relevant contributions to the assessment and treatment of this pathology. This paper aims to describe the diagnosis and therapeutic approach to fibromyalgia according to TCM principles, with a particular focus on the application of herbal formulas developed by Dr. Guo.

According to TCM, fibromyalgia results from energetic imbalances involving *Qi*, Blood, *Yin*, and *Yang*, often associated with Liver *Qi* stagnation, Spleen deficiency, Kidney insufficiency, and the presence of internal Dampness or Wind. Diagnosis is based on a detailed functional assessment, including clinical observation, palpation, pulse and tongue analysis, and the identification of specific syndromic patterns.

The therapeutic intervention prioritises herbal medicine as the central pillar of treatment, through the individualised selection of Dr. Guo's formulas, adapted to European regulatory standards. These formulas aim to regulate the flow of *Qi*, nourish the Blood, eliminate internal pathogenic factors, and restore the body's functional balance. While acupuncture may be used as a complementary therapy, its intensive application can limit its practical viability in cases of chronic fibromyalgia. The clinical experience presented suggests significant improvements in pain levels, sleep quality, emotional balance, and the overall functionality of patients undergoing this personalised approach. Integrating TCM diagnostic principles allows for a therapeutic strategy more closely tailored to individual needs.

This paper highlights the potential of TCM and Dr. Guo's formulas as relevant complementary tools in the multidisciplinary management of fibromyalgia.

**Keywords:** Fibromyalgia; Traditional Chinese Medicine; Herbal Medicine; Functional Diagnosis; Dr. Guo's Formulas.

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**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 28 June 2025.

## Abstract

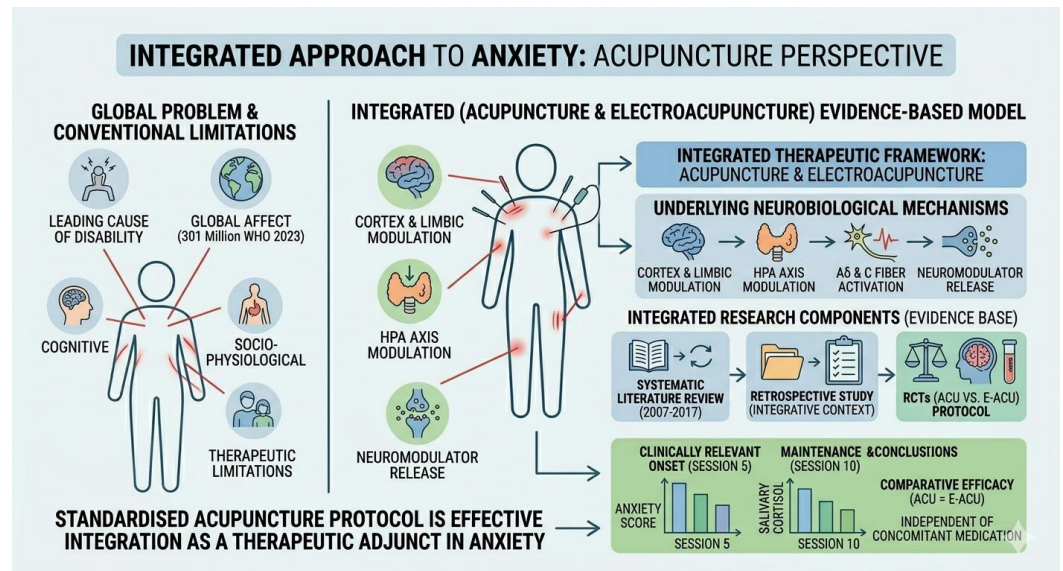
# Electroacupuncture and Acupuncture in the Treatment of Anxiety: A Double-Blinded Randomised Parallel Clinical Trial.

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## Abstract



Anxiety disorders currently represent one of the leading causes of disability globally, affecting approximately 301 million people worldwide (WHO, 2023), with a significant impact on cognitive, physiological, and socio-professional functioning. Given the high prevalence and existing therapeutic limitations—including cases of partial response or non-response to anxiolytic medication—it is pertinent to investigate complementary approaches based on scientific evidence.

This presentation provided an integrated analysis of the efficacy of manual acupuncture and electroacupuncture in treating anxiety, framing their foundations in the light of both Traditional Chinese Medicine and contemporary neurophysiology. The underlying neurobiological mechanisms were discussed, including the activation of A $\delta$  and C afferent fibres, modulation of the hypothalamus–pituitary–adrenal (HPA) axis, the release of neuromodulators (such as  $\beta$ -endorphins and enkephalins), and the influence on prefrontal cortex and limbic system activity.

The presentation integrated three main components:

- Systematic Literature Review (2007–2017): Highlighting consistency in the reduction of anxiety levels through acupuncture, despite a scarcity of robust clinical studies regarding electroacupuncture.
- Retrospective Study in an Integrative Medicine Context: Demonstrating a significant reduction in anxiety after five treatment sessions, regardless of whether patients were taking psychotropic medication.
- Randomised, Double-Blinded, Parallel Clinical Trial: Comparing acupuncture and electroacupuncture using a standardised 10-session protocol. The BAI, GAD-7, and OASIS scales were used, alongside salivary cortisol monitoring.

The results demonstrated:

- A significant reduction in anxiety levels after 5 and 10 sessions.
- A parallel decrease in morning salivary cortisol.

**Citation:** Amorim D. Electroacupuncture and Acupuncture in the Treatment of Anxiety: A Double-Blinded Randomised Parallel Clinical Trial. *Journal of Complementary Therapies in Health*. 2026;4(2) 10.5281/zenodo.19884511

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- Similar efficacy between manual acupuncture and electroacupuncture.
- Results independent of the concomitant use of anxiolytic medication.

In conclusion, a standardised protocol of acupuncture and/or electroacupuncture is effective in reducing anxiety levels, with a clinically relevant onset of effect after the fifth session and maintenance until the tenth session. These data support the integration of this approach as a therapeutic adjunct in the treatment of anxiety within conventional clinical settings, contributing to a more integrative, evidence-based, and patient-centred medicine.

**Keywords:** Traditional Chinese Medicine; Integrative Medicine; Acupuncture; Electroacupuncture; Personalised Medicine; Anxiety.

---

**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 11 July 2025.

## Abstract

# Functional and Structural Brain Changes During Acupuncture Therapy of Migraine.

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## Abstract

**Introduction:** Migraine without aura is a common and debilitating neurological condition characterised by recurrent attacks of intense pain and a significant impact on quality of life. Acupuncture, recognised by the World Health Organization as a therapeutic option for migraine prophylaxis, has shown promising clinical results. However, the neural mechanisms underlying its analgesic effects remain poorly understood. The ACU-BRAIN study was designed to bridge this gap by using advanced neuroimaging techniques to investigate how acupuncture modulates the microstructural organisation of white matter and the functional connectivity of brain networks involved in pain. Understanding these mechanisms may contribute to the development of neural biomarkers and the refinement of personalised therapeutic approaches.

**Methodology:** The ACU-BRAIN study is a randomised, sham-controlled, single-blind trial involving 40 adult patients diagnosed with migraine without aura. Participants were divided into two groups: real acupuncture and sham acupuncture, receiving five sessions of standardised acupuncture spaced 15 days apart. Clinical and neuroimaging assessments were performed during the first and last sessions, both before and after the intervention. Imaging techniques included:

- Diffusion Tensor Imaging (DTI): For the microstructural analysis of white matter.
- Resting-state fMRI (rs-fMRI): To investigate local brain connectivity and functional networks.

Clinical variables included pain intensity (VAS), functional impact (HIT-6), Patient Global Impression of Change (PGIC), and the number of migraine days per month. This combination allows for a parallel evaluation of neural changes and clinical progression.

**Results:** The ACU-BRAIN study results show that after the treatment sessions, the real acupuncture group presented significant differences in white matter microstructure and functional brain connectivity compared to the sham group. Specifically:

1. **Structural Changes:** Higher Fractional Anisotropy accompanied by lower Mean Diffusivity was identified, suggesting adaptive processes of microstructural reorganisation throughout the treatment.
2. **Functional Changes:** An increase in Regional Homogeneity was observed, alongside greater expressivity of the Default Mode Network (DMN). This indicates enhanced local synchronisation of neuronal activity and potential functional reorganisation of networks related to pain perception and modulation.
3. **Integration of Findings:** When analysed together, these structural and functional patterns are consistent with adaptive processes and neural reorganisation associated with the therapeutic effect of acupuncture.
4. **Correlation with Clinical Improvement:** These neural modifications correlated positively with clinical recovery indicators, including:
  - Reduction in the number of migraine days per month.
  - Decrease in pain intensity (VAS).
  - Significant improvement in functional impact scores (HIT-6).

**Conclusions:** The findings suggest the presence of neural biomarkers capable of explaining and potentially predicting the therapeutic response to acupuncture, reinforcing its potential as a modulator of brain circuits related to pain. The safety profile was favourable: adverse events were mild and

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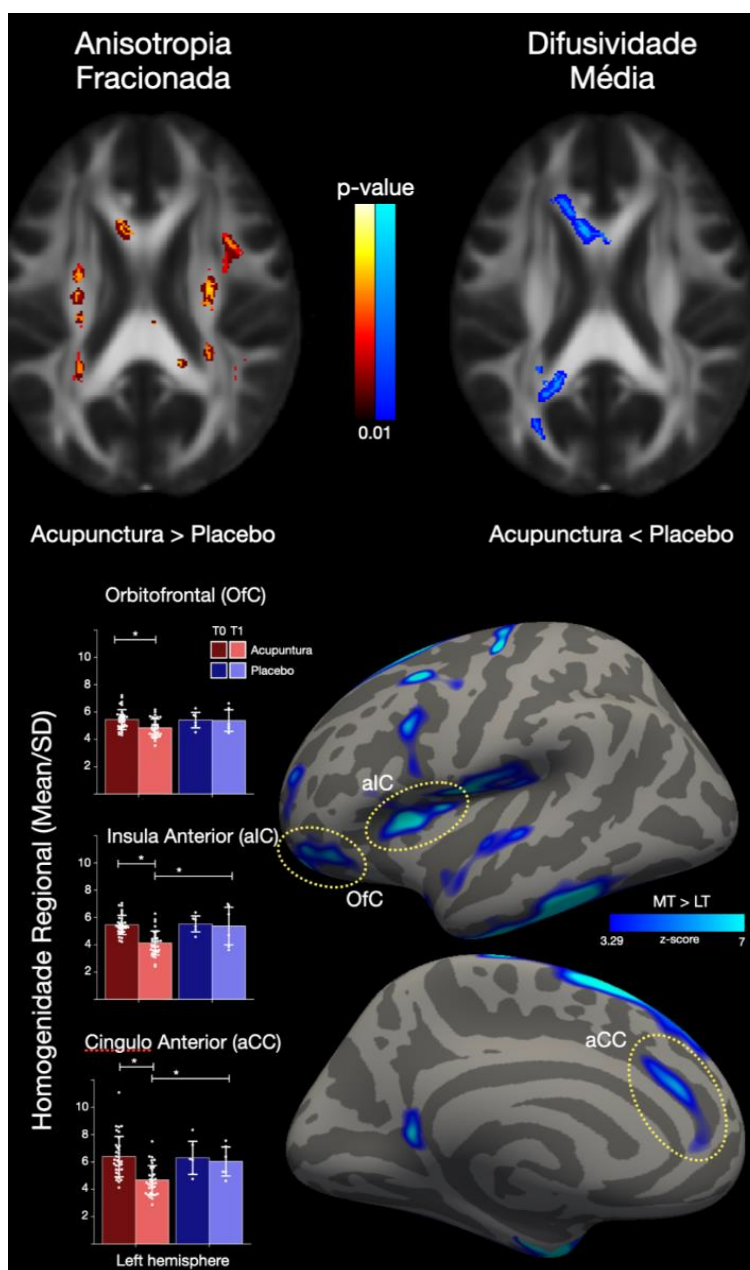


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transient (such as site discomfort, minor bruising, or vasovagal reactions), and the non-contrast MRI remained safe for all participants.

Overall, the ACU-BRAIN study provides evidence that acupuncture is not only associated with a reduction in clinical symptoms but also correlates with detectable changes in microstructural organisation and brain network functioning. These results support acupuncture as a mechanism-based therapeutic strategy.

Limitations: The study has several limitations. The relatively small sample size (40 participants) reduces statistical power and may limit the generalisability of the results. As a single-centre study, extrapolation to other populations is restricted. Furthermore, the two-month follow-up duration does not allow for an assessment of long-term persistence. Finally, while sham acupuncture is a strong methodological control, it can still produce minimal neurophysiological responses, potentially attenuating the differences between groups.



**Keywords:** Migraine; Acupuncture; Neuroimaging; DTI; rs-fMRI; Brain Plasticity.

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**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 11 July 2025.

## Abstract

# The Laws of Physics as a Rational Support in Traditional Chinese Medicine.

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<sup>2</sup> ESMTC - School of Traditional Chinese Medicine, Lisbon.

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## Abstract

**Introduction:** Traditional Chinese Medicine (TCM) is a millennia-old medical system developed through the systematic observation of nature, human physiology, and functional patterns. It is grounded in its own theoretical rationale and a specific conceptual language for describing the processes of health and disease. As a paradigm distinct from conventional medicine, TCM relies on its own functional and relational explanatory models to describe physiological and pathological phenomena. In a similar manner, Physics constructs its models and laws through the systematic observation of natural phenomena, identifying regularities and patterns that enable their description and understanding. Within this framework, many phenomena described in TCM can be interpreted in light of the universal principles of Physics, which govern natural systems and provide a rational basis for their understanding.

**Objective:** To explore how selected laws of Physics may provide a rational framework for understanding phenomena described in TCM, without reducing one system to the other, while promoting health literacy and integrative, interdisciplinary, and transdisciplinary dialogue.

**Conceptual Approach:** Classical laws of Physics are used as reference points—including Lavoisier's Law, the First Law of Thermodynamics, the Stefan–Boltzmann Law, Fourier's Law, and Pascal's Law—to act as a rational framework for interpreting TCM phenomena. These include:

- The formation of phlegm (mucus) or dryness in the body.
- Thermal regulation associated with the ingestion of foods and beverages at different temperatures.
- The physiological effects of moxibustion.
- The stagnation of Blood and Body Fluids.

**Conclusion:** The use of Physics as a neutral and universal interpretative framework may facilitate interdisciplinary dialogue between Traditional Chinese Medicine and contemporary biomedical sciences. This contributes to the development of research and the implementation of integrative healthcare practices.

**Citation:** Pinheiro D, Viegas P. The Laws of Physics as a Rational Support in Traditional Chinese Medicine. *Journal of Complementary Therapies in Health*. 2026;4(2) 10.5281/zenodo.19886208

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## TRADITIONAL CHINESE MEDICINE (TCM)

*(phenomenological / observational level)*

1. Mucus formation / dryness
2. Thermal regulation associated with the intake of foods and beverages at different temperatures
3. Effects of moxibustion and acupuncture techniques
4. Effects of Blood and Body Fluids stagnation



## PHYSICS (UNIVERSAL PRINCIPLES)

*(rational interpretative framework)*

1. Conservation of mass (Lavoisier's Law)
2. Conservation of energy (First Law of Thermodynamics)
3. Heat transfer (Fourier's Law) and thermal radiation  
(Stefan-Boltzmann law)



## PHYSIOLOGICAL PROCESSES

*(biomedical interpretation)*

1. Metabolism and fluid dynamics
2. Thermoregulation
3. Tissue perfusion (blood supply and tissue nutrition)
4. Circulatory dynamics (blood and lymphatic circulation)

**Figure.** Conceptual framework illustrating how selected classical laws of Physics may function as a rational support for understanding phenomena described in Traditional Chinese Medicine (TCM). Physics is presented as a neutral and universal interpretative framework, enabling bridges to be established between the phenomenological observation of TCM and physiological processes described by contemporary biomedical sciences, without reducing one system to the other, and promoting health literacy as well as integrative, inter- and transdisciplinary dialogue.

**Keywords:** Traditional Chinese Medicine; Biophysics; Thermodynamics; Heat Transfer; Integrative Medicine.

**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 11 July 2025.

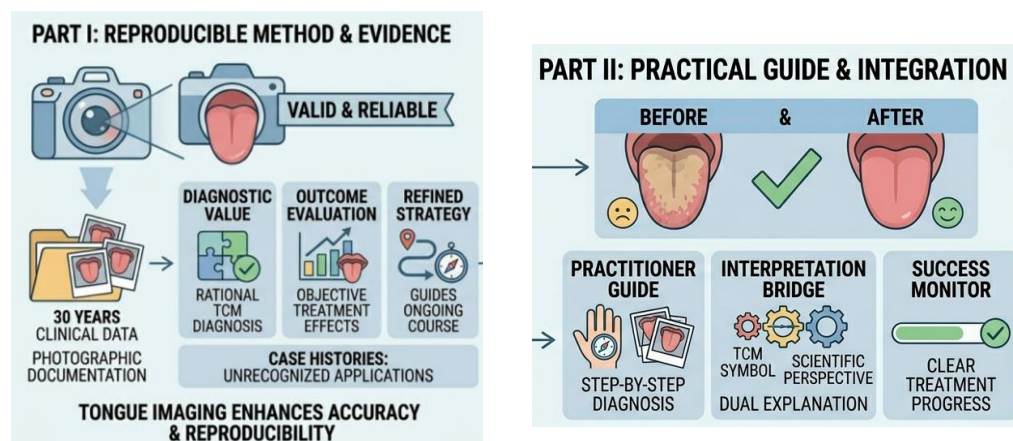
## Abstract

# Tongue Diagnosis as a Valid and Reproducible Method in Clinical TCM Practice.

Oliver Gerlach<sup>1\*</sup>.<sup>1</sup> Shen-Zentrum für Traditionelle Chinesische Medizin, Erlangen, Bayern, Germany.\* Correspondence: [oliver.gerlach@gmx.de](mailto:oliver.gerlach@gmx.de)**Abstract**

Part I: This paper addresses tongue diagnosis as a valid and reproducible method for establishing a logical and rational diagnosis within the framework of Traditional Chinese Medicine (TCM). Beyond its diagnostic value, tongue observation serves as an objective tool for evaluating therapeutic outcomes and guiding the ongoing course of treatment.

Based on 30 years of clinical data, including photographic documentation of each patient's tongue at every consultation, this approach reveals previously unrecognized applications of tongue diagnosis in everyday clinical practice. Multiple case histories provide insight into how consistent tongue imaging can enhance diagnostic accuracy, objectify treatment effects, and refine therapeutic strategies. This report emphasises the role of tongue diagnosis as a valid, reliable, and reproducible method in TCM.



**Citation:** Gerlach O. Tongue Diagnosis as a Valid and Reproducible Method in Clinical TCM Practice. *Journal of Complementary Therapies in Health*. 2026;4(2) 10.5281/zenodo.19886588

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Part II: This method serves as a practical guide for TCM practitioners to reach a clear, logical, and rational diagnosis using tongue photography and patient histories. It acts as a bridge between TCM and scientific, allopathic medicine, providing an explanation for each change in the tongue from both perspectives.

Through this comprehensive guide, practitioners can follow step-by-step directions to identify and understand all significant tongue changes, enabling them to arrive at an effective diagnosis and rational therapy for any patient. Therapeutic success is continuously monitored through before-and-after tongue images, clearly documenting the progress of the treatment.

**Keywords:** Tongue Diagnosis; Clinical TCM; Allopathic Medicine; Therapeutic Monitoring.

**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 24 July 2025.

## Abstract

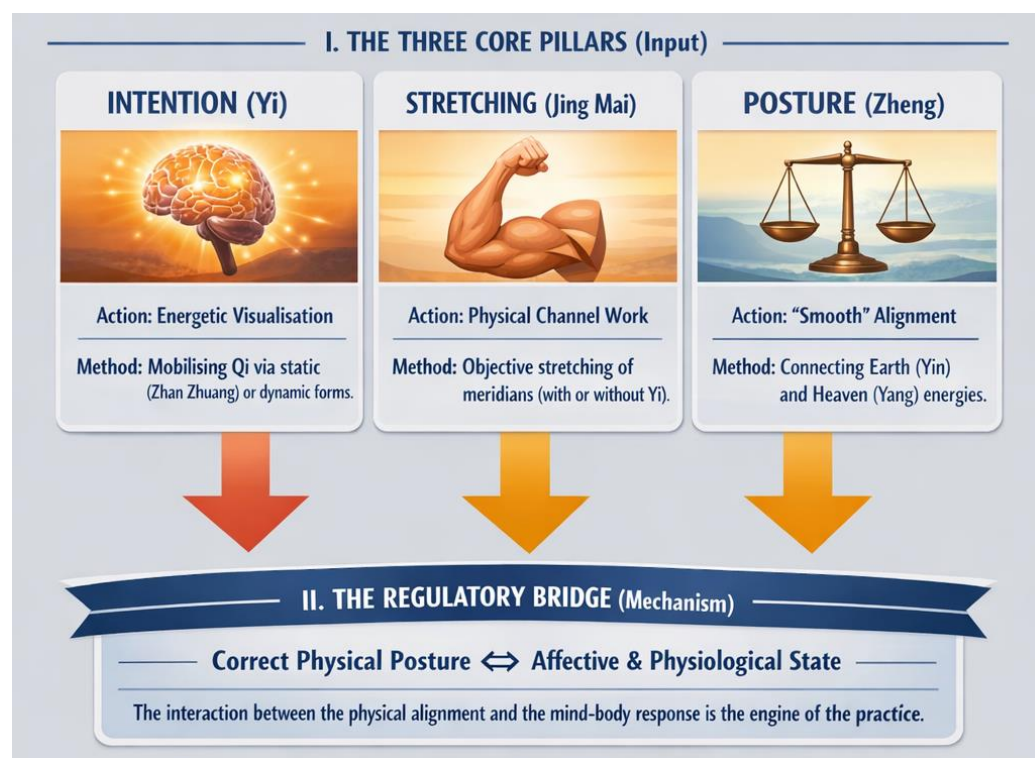
# Practical Foundations for Chikung (Qigong) Practice.

Jorge Magalhães Rodrigues<sup>1\*</sup> 

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## Abstract



**Citation:** Rodrigues J.M. Practical Foundations for Chikung (*Qigong*) Practice. *Journal of Complementary Therapies in Health*. 2026;4(2) 10.5281/zenodo.19886778

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Chikung (*Qigong*) is a traditional Chinese discipline that integrates movement, breath, and mind regulation to cultivate and balance vital energy (*Qi*). This communication explores the essential practical foundations that underpin effective *Qigong* practice, categorising the exercises into core pillars: intention, stretching, posture, for the cultivation of *Qi*.

The technical application of these foundations involves:

- **Intention (Yi):** The use of energy visualisation to mobilise *Qi* within the body according to specific therapeutic goals. This can be achieved through static postures, such as the *Zhan Zhuang* system, or through physical movement.
- **Stretching of Channels:** Practical exercises focused on the objective stretching of energy channels (*Jing Mai* or *Jing Luo Gong*), which can be performed with or without specific energetic visualisation.
- **Posture and Alignment:** The establishment of a "smooth" posture that facilitates a connection between the Earth (*Yin* energy) and the Heaven (*Yang* energy).

Crucially, these practical elements are not merely physical; research indicates that posture regulation has a direct impact on both physiological and affective states. Scientific evidence demonstrates that specific postures can influence cardiovascular control, plasma catecholamines, and mood states during rest and mental stress. By understanding these interactions between the

physical and the mental, practitioners can better utilise *Qigong* as a tool for physiological regulation and psychological well-being.

**Keywords:** *Qigong*; Qi Cultivation; Posture Regulation; Intention; Mind-Body Interaction.

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**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 24 July 2025.

## Abstract

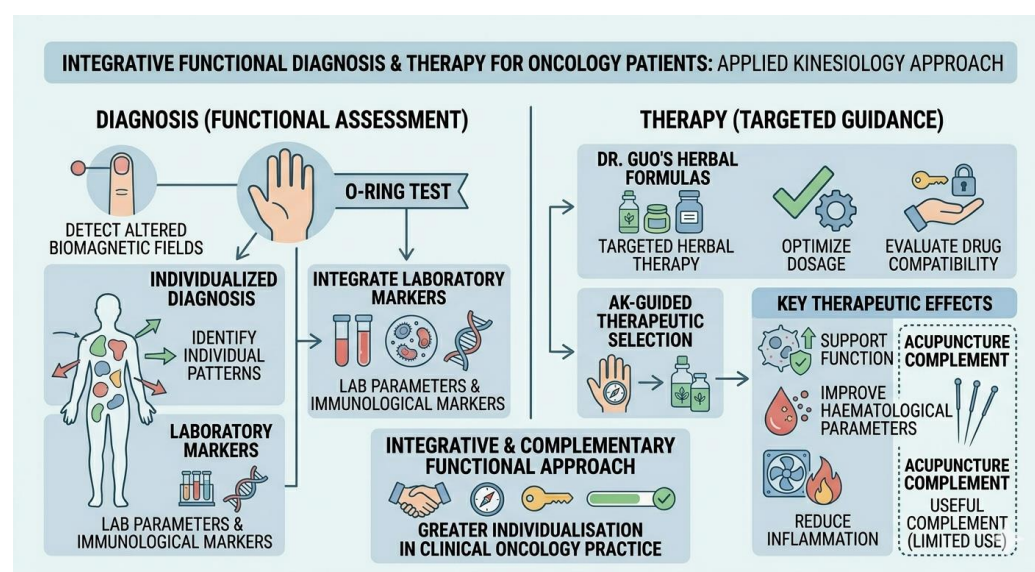
# Applied Kinesiology in the Characterisation, Diagnosis, and Therapy of Cancer Pathologies: Application of Dr. Guo's Phyto-Formulas.

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## Abstract



Oncological pathologies are complex systemic diseases that require comprehensive diagnostic and therapeutic approaches. This paper addresses the application of Applied Kinesiology in the characterisation, functional diagnosis, and therapeutic guidance of various oncological conditions, integrating functional neurological assessment with the use of herbal medicine based on Dr. Guo's formulas.

Applied Kinesiology is based on the physiological response of the neuromuscular system to specific stimuli, reflecting functional alterations in organs and tissues. The method is grounded in biomagnetic and neurophysiological mechanisms, in which pathological tissues exhibit altered electrical and magnetic fields. These can be detected through controlled muscle tests, specifically the O-Ring test performed with the fingers. This methodology allows for real-time functional assessment without the need for invasive procedures or complex equipment.

In an oncological context, Applied Kinesiology was used to interpret laboratory parameters, immunological markers, and systemic imbalances, aiding the identification of functional patterns associated with different types of cancer. Furthermore, this method enables the personalised selection of herbal formulas, the optimisation of dosages, the assessment of drug compatibility, and the detection of substances that may be potentially toxic or ineffective for each individual patient.

The therapeutic approach prioritises the specialised herbal medicine developed by Dr. Guo, adapted to European regulatory standards, with the aim of supporting immune function, improv-

**Citation:** Ferreira A. Applied Kinesiology in the Characterisation, Diagnosis, and Therapy of Cancer Pathologies: Application of Dr. Guo's Phyto-Formulas. *Journal of Complementary Therapies in Health*. 2026;4(2). 10.5281/zenodo.19887060

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ing haematological parameters, reducing inflammatory processes, and strengthening systemic homeostasis. Acupuncture was considered as a complement, though its use remains limited by practical and economic factors in oncology settings.

The integration of Applied Kinesiology with targeted herbal therapy presents a functional approach complementary to conventional medicine, contributing to greater individualisation in clinical oncology practice.


**Keywords:** Applied Kinesiology; Cancer; Functional Diagnosis; Herbal Medicine; Integrative Oncology.

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**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 13 September 2025.

## Abstract

# Acupuncture Effect on Reaction-Time Changes in Parkinson's Disease Patients – Case Study Series.

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## Abstract

**Background:** Parkinson's Disease (PD) is a progressive neurodegenerative condition associated with deficits in reaction time. These delays can lead to falls, resulting in limited independence, diminished quality of life, higher rates of institutionalisation, and increased healthcare costs. This study aimed to examine the effects of an acupuncture protocol on motor time response following an auditory stimulus.

**Methods:** This study employed a case series design. Reaction times to both rhythmic and random auditory stimuli were evaluated at six different intervals over a month-long acupuncture treatment protocol using the Biopac MP36 system.

**Results:** A tendency for more pronounced improvements in response time was observed on the side of the body more affected by the disease compared to the contralateral side. Patients generally showed better response values to random auditory stimuli than to rhythmic ones. Additionally, there was a noticeable trend towards improved results when considering the cumulative effects of the acupuncture protocol.

**Conclusions:** Our findings indicate that reaction time may serve as a sensitive and useful tool for motor function assessment in PD patients. Furthermore, the results suggest that the acupuncture protocol used may improve the efficacy of motor responses following both random and rhythmic stimuli. A tendency for higher acupuncture efficacy in random stimuli responses was found during the early stages of the disease. However, further in-depth research with a larger participant pool and statistical evaluation is necessary to validate these promising results.

**Citation:** Pereira C. R. Acupuncture Effect on Reaction-Time Changes in Parkinson's Disease Patients – Case Study Series. *Journal of Complementary Therapies in Health*. 2026;4(2) 10.5281/zenodo.19887192

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**Keywords:** Acupuncture; Traditional Chinese Medicine; Heidelberg Model; Parkinson's Disease; Reaction Time; Biopac System.

**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 26 September 2025.

## Abstract

# Effectiveness of Acupuncture in Achilles Reflex Behaviour in Parkinson's Disease Patients.

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## Abstract

**Background:** Understanding the physiology of rigidity in Parkinson's Disease (PD) involves the study of reflexes. Patients with Parkinson's commonly exhibit diminished sensitivity in polysynaptic reflexes, which is associated with postural instability and falls. Key reflexes, such as the Achilles reflex, are crucial for adapting the foot to the ground and maintaining smooth gait and postural integrity. Improvements in this reflex can represent enhanced motor function in PD patients.

**Aim:** To determine the effectiveness of acupuncture in modulating Achilles reflex behaviour.

**Methods:** The sample consisted of four patients with a clinical diagnosis of PD at stages I–IV (Hoehn and Yahr Scale), who had been medically stable for at least three months. Reflex amplitude and velocity were evaluated at six intervals over a month-long acupuncture treatment protocol using the Biopac MP36 system.

**Results:** A tendency toward improvement in both the range of movement and the velocity of the Achilles reflex was observed. Specifically, positive acute and cumulative effects were noted in the Achilles reflex across stages I and II, particularly in younger patients.

**Conclusions:** Our findings suggest that acupuncture may enhance the Achilles reflex in PD patients, primarily in those who are younger or at stages I and II of the disease. Adjusting the "dose" of acupuncture treatment according to the stage of the disease appears to be a significant factor for clinical success.

**Citation:** Pereira C. R. Effectiveness of Acupuncture in Achilles Reflex Behaviour in Parkinson's Disease Patients. *Journal of Complementary Therapies in Health*. 2026;4(2) 10.5281/zenodo.19887291

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**Keywords:** Parkinson's Disease; Motor Symptoms; Achilles Reflex; Acupuncture Treatment.

**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 26 September 2025.

## Abstract

# Mapping the PS Area: New Scalp Acupuncture for Post-Viral Sensory Recovery.

Paula Sousa<sup>1,2\*</sup> , Jorge Rodrigues<sup>1,2</sup> , Madalena Deus<sup>2</sup>, Mariana Pedrosa<sup>2</sup>, Raquel Parreira<sup>2</sup>, Fabrício Pereira<sup>3</sup> , Jorge Machado<sup>1,2</sup> , and António Moreira<sup>4</sup>.

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## Abstract

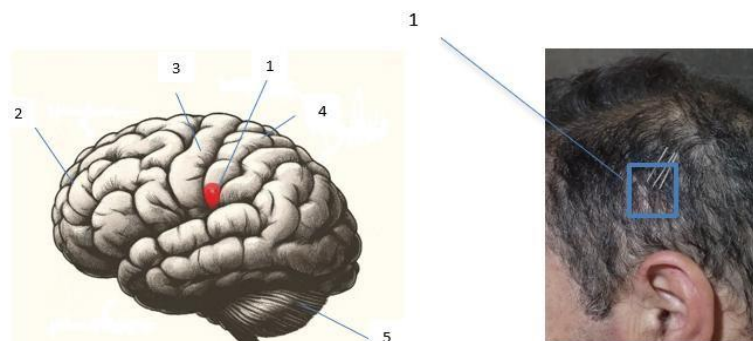
Smell and taste disorders have gained significant clinical prominence following the COVID-19 pandemic. Anosmia, hyposmia, dysgeusia, and hypogeusia have emerged as some of the most prevalent and persistent post-viral sequelae. These sensory impairments substantially diminish quality of life, affecting nutritional habits, emotional well-being, and personal safety. Given that effective pharmacological treatments remain limited, there is an increasing interest in exploring complementary neuromodulatory interventions. Cranial acupuncture, specifically Zhu's Scalp Acupuncture (ZSA), is predicated on the functional correlations between specific scalp regions and their underlying cortical areas. While ZSA offers established protocols for various neurological and sensory conditions, a specific scalp area for the systematised treatment of taste disorders had not yet been defined. Drawing upon neuroanatomical principles and functional cortical mapping, this communication introduces a newly developed cranial acupuncture region: the PS Area. The PS Area was defined based on the presumed cortical projection of the gustatory sensory cortex, situated within the parietal opercular–insular network. Anatomically, this area is mapped on the scalp as a bilateral 1 cm<sup>2</sup> square, centred approximately 2.5 cm vertically above the apex of the ear. Although originally conceived to address gustatory dysfunction, preliminary clinical observations suggest concurrent therapeutic effects on olfactory perception.

**Citation:** Sousa P., Rodrigues J., Deus M., Pedrosa M., Parreira R., Pereira F., Machado J., Moreira A. Mapping the PS Area: New Scalp Acupuncture for Post-Viral Sensory Recovery. *Journal of Complementary Therapies in Health*. 2026;4(2) 10.5281/zenodo.19887482

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**Figure 1** – Functional areas of the external surface of the left cerebral cortex: 1 - PS Area; 2 – Pre-frontal cortex; 3 – motor cortex; 4 – sensory cortex; 5 cerebellum

**Keywords:** Anosmia, Dysgeusia, Hypogeusia, Craniopuncture, Gustatory and Olfactory Dysfunctions.

**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 26 September 2025.

## Abstract

# The 'Epley Area': A New Cranial Acupuncture Site for Vertigo and Dizziness.

Paula Sousa<sup>1,2\*</sup>, Jorge Rodrigues<sup>1,2</sup>, Madalena Deus<sup>2</sup>, Mariana Pedrosa<sup>2</sup>, Raquel Parreira<sup>2</sup>, Fabrício Pereira<sup>3</sup>, Jorge Machado<sup>1,2</sup>, and António Moreira<sup>4</sup>.

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## Abstract

**Background:** It is estimated that 20% to 30% of adults experience dizziness or vertigo at some point in their lives. Primary causes include dysfunctions of the peripheral vestibular system and the central nervous system, such as cerebrovascular disorders, Benign Paroxysmal Positional Vertigo, hyperventilation syndrome, and inner ear diseases (e.g., Ménière's disease and vestibular neuritis). Other contributing factors include cardiovascular disease, adverse drug reactions, age-related vestibular decline, and whiplash syndrome. In clinical practice, these syndromes are frequently observed and can be highly disabling, significantly impairing a patient's quality of life and functional independence.

**Objective:** Evaluate the clinical efficacy of a novel cranial acupuncture intervention in three adult patients presenting with persistent vertigo or dizziness.

**Methods:** A pioneer cranial acupuncture technique was applied to a newly proposed anatomical site, designated as the 'Epley Area'. Treatment involved bilateral needling, with each session lasting 60 minutes. Symptom severity was monitored using a VAS, administered immediately before and after each clinical session to track real-time progress.

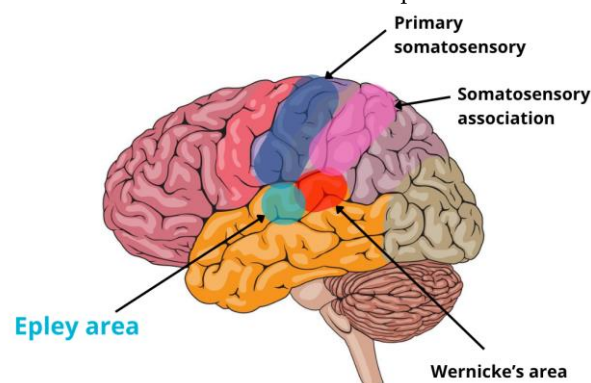
**Results:** Following a course of four acupuncture sessions, all three patients reported complete resolution of their vertigo and dizziness. Notably, one patient with comorbid tinnitus reported a significant reduction in its intensity. These preliminary findings suggest that the 'Epley Area' may be a highly effective site for neuromodulatory intervention. Robust randomised controlled trials are required to validate these results and establish standardised protocols.

**Citation:** Sousa P., Rodrigues J., Deus M., Pedrosa M., Parreira R., Pereira F., Machado J., Moreira A. The 'Epley Area': A New Cranial Acupuncture Site for Vertigo and Dizziness. *Journal of Complementary Therapies in Health*. 2026;4(2) 10.5281/zenodo.19887892

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**Keywords:** Dizziness; Vertigo; Acupuncture; Scalp Acupuncture; Epley Area; Vestibular Rehabilitation.

**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 26 September 2025.

## Abstract

**Potential Antiplatelet Activity of *Hypericum perforatum*.**

Maria Begoña Criado<sup>1\*</sup>, Maria Céu Monteiro<sup>1</sup>, Daniela Costa<sup>2</sup>, Alberto Dias<sup>2</sup>, Luís Bernardo Pina-Cabral<sup>1</sup>, António Almeida-Dias<sup>3</sup>, and Jorge Machado<sup>4</sup>.

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  - <sup>2</sup> CITAB-UM-Centre for the research and Technology of Agro-Environmental and Biological Sciences, Department of Biology, University of Minho, Campus de Gualtar, Braga, Portugal;
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- \* Correspondence: [mbegona.criado@ipsn.cespu.pt](mailto:mbegona.criado@ipsn.cespu.pt)

**Abstract**

*Hypericum perforatum* (HP) is currently one of the most widely consumed medicinal plants worldwide. Beyond its well-known use as an antidepressant, several studies have reported antibacterial, antioxidant, and antiviral properties of HP. Despite this therapeutic potential, many of the bioactivities attributed to HP still require further scientific validation. In Traditional Chinese Medicine, *Hypericum* (*Guan Ye Lian Qiao*) is classified as a heat-clearing herb and is commonly used to treat various infectious and inflammatory conditions. In contrast to the extensive literature on its antidepressant effects, little is known about the impact of HP on platelet function. Therefore, the main objective of this study was to investigate the potential relevance of HP in two key aspects of platelet physiology: platelet activation and platelet aggregation.

**Methods:** Platelet activation in the presence of HP extracts was characterised by flow cytometry through the assessment of molecular markers, including intracellular  $Ca^{2+}$  mobilisation and the expression of platelet activation receptors such as activated GPIIb/IIIa and P-selectin (CD62P). The effects of different concentrations of a total alcoholic extract of HP on platelet aggregation were evaluated in nine healthy donors using light transmission aggregometry with collagen as the agonist. Subsequently, dose–response curves were obtained from three independent experiments performed in a single individual, using collagen, adenosine diphosphate (ADP), and epinephrine as agonists.

**Results:** The results indicate a potential inhibitory effect of HP on platelet activation, which may be related to reduced intracellular calcium mobilisation and decreased expression of activated GPIIb/IIIa receptors. In addition, marked inter-individual variability was observed, along with a significant dose-dependent reduction in collagen-induced platelet aggregation in the presence of HP extracts (mean minimum inhibition of 8% at 0.068 mg es/mL and mean maximum inhibition of 43% at 0.456 mg es/mL). Based on these data, an  $IC_{50}$  value of 0.34 mg es/mL was determined.

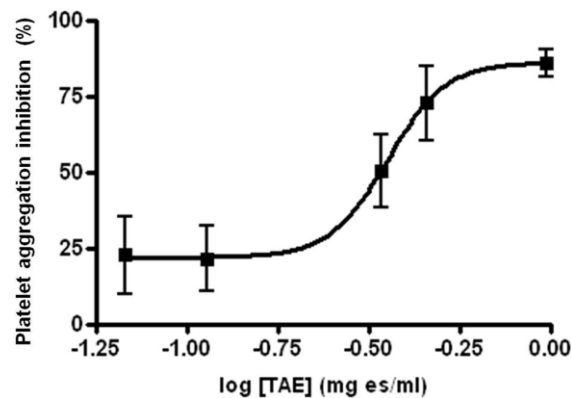
**Conclusions:** Despite the inherent limitations of an in vitro study, these findings suggest that HP exerts a dose-dependent inhibitory effect on platelet function, affecting both activation and aggregation responses. Consequently, HP may be considered an herbal product with potential antiplatelet properties. Further studies are required to clarify its effects on haemostasis and to evaluate the clinical relevance of these findings.

**Citation:** Criado M.B., Monteiro M.C., Costa D., Dias A., Pina-Cabral LB., Almeida-Dias A., Machado J. Potential Antiplatelet Activity of *Hypericum perforatum*. Journal of Complementary Therapies in Health. 2026;4(2). 10.5281/zenodo.19888748

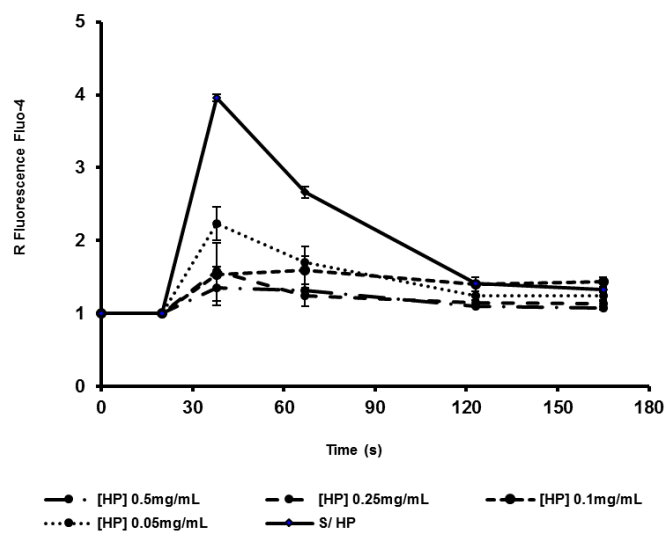
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Effect of HP on the kinetics of free cytosolic  $Ca^{2+}$  after stimulation with thrombin (0.05 U/mL) in whole blood platelets. Data are presented as mean  $\pm$  SEM for three different experiments with the same donor. Fluorescence ratios = mean FL1 intensity in agonist-stimulated platelets / mean FL1 intensity in unstimulated platelets.








Effect of *Hypericum perforatum* on platelet aggregation induced by collagen (1  $\mu$ g/mL) in Platelet-Rich Plasma (PRP).

**Keywords:** *Hypericum perforatum*; Flow Cytometry; Platelet Activation; Traditional Chinese Medicine.

**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 10 October 2025.

## Abstract

# Potential Therapeutic Properties of *Olea Europaea* Leaves from Selected Cultivars Based on Their Mineral and Organic Profiles.

Nátalia de Oliveira<sup>1,2\*</sup> , Maria Begoña Criado<sup>3</sup> , Jorge Machado<sup>1,2</sup> , Maria Helena Chéu<sup>4</sup>, Lara Lopes<sup>1,2</sup>, Maria Fátima Barroso<sup>5</sup>, Aurora Silva<sup>5</sup> , Sara Sousa<sup>5</sup>, Valentina Domingues<sup>5</sup>, and Clara Grosso<sup>5</sup> .

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<sup>5</sup> REQUIMTE/LAQV, IPP - Polytechnic Institute of Porto, Porto, Portugal.

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## Abstract

**Background:** Interest in complementary therapies, such as functional nutrition and phytotherapy, has grown significantly, influenced by the global dissemination of knowledge from Oriental herbal medicine. This shift is further driven by an emerging economic paradigm moving from linear to circular models, where agricultural by-products are upcycled into value-added therapeutic applications. Various parts of Western plants, particularly olive leaves (*Olea europaea* L.), are increasingly consumed as extracts, infusions, or whole powders due to their documented health benefits.

**Objective:** This study evaluated the antimicrobial potential of olive leaf extracts derived from three distinct Portuguese cultivars—Cobrançosa, Madural, and Verdeal. The samples were sourced from a mixed-cultivation olive grove located in Vale de Salgueiros, Portugal, to assess their efficacy against a range of Gram-positive (+) and Gram-negative (-) bacteria.

**Methods:** The antimicrobial activity of the leaf extracts was measured using the agar diffusion assay. The extracts were tested against Gram-positive strains (*S. aureus*, *S. epidermidis*, *B. cereus*) and Gram-negative strains (*P. aeruginosa*, *Salmonella Enteritidis*, and *E. coli*).

**Results:** All three cultivars exhibited antimicrobial activity against Gram-negative *P. aeruginosa* and *Salmonella Enteritidis*, as well as Gram-positive *B. cereus*. Only the Verdeal cultivar demonstrated activity against *S. aureus*. None of the extracts showed significant inhibitory effects against *S. epidermidis* or *E. coli*.

**Conclusions:** Overall, the leaves of Portuguese *O. europaea* cultivars demonstrated effective antimicrobial properties against several prevalent bacterial strains. These findings suggest significant potential for their use in therapeutic formulations for both human and veterinary medicine, as well as their application as natural preservatives in the food and cosmetic industries.

**Keywords:** *Olea Europaea*; Herbal Medicine; Antimicrobial Potential.

**Citation:** de Oliveira N., Criado M.B., Machado J., Chéu M.H., Lopes L., Barroso M.F., Silva A., Sousa S., Domingues V., Grosso C. Potential Therapeutic Properties of *Olea Europaea* Leaves from Selected Cultivars Based on Their Mineral and Organic Profiles. Journal of Complementary Therapies in Health. 2026;4(2) 10.5281/zenodo.19889187

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**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 10 October 2025.

## Abstract

# Vitamin D in Western and Chinese Medicine: An Integrative Perspective.

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<sup>2</sup> 1H-TOXRUN – One Health Toxicology Research Unit, University Institute of Health Sciences (IUCS), CESPU, Gandra, Portugal.

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## Abstract

**Background:** The profound impact of solar radiation on physiological and psychological well-being is a cornerstone of holistic health. Acting as both a vital micronutrient and a pro-hormone, Vitamin D is synthesised primarily within the dermal layers through direct interaction with ultraviolet (UV) radiation. Human Vitamin D production is physiologically self-regulating; excessive UV exposure triggers the degradation of 7-dehydrocholesterol, effectively preventing toxicity from over-synthesis. Furthermore, the enhanced mental well-being associated with sun exposure is linked to the release of beta-endorphins by keratinocytes—a biological phenomenon that aligns closely with the Traditional Chinese Medicine (TCM) concept of enhancing Vitality or *Qi*.

**Objective:** While Western medical paradigms are rooted in empirical, laboratory-driven evidence, TCM prioritises prophylactic care and the restoration of systemic equilibrium. Despite these differing methodologies, both perspectives converge on the consensus that Vitamin D is pivotal for optimising biological and physiological processes. This review analyses the potential benefits and challenges of integrating complementary and Western medicine to address Vitamin D deficiency and provides a strategic framework for future research.

**Methods:** A comparative analysis was conducted to bridge Western biochemical understanding with TCM energetic principles. The review explores the synergy between Vitamin D supplementation, lifestyle interventions (such as heliotherapy), and the TCM concept of *Yang Qi* to identify more effective, multi-dimensional clinical strategies.

**Results:** Given the global prevalence of Vitamin D deficiency across diverse demographics, addressing this insufficiency has become a clinical priority. The integration of TCM's focus on constitutional balance with Western medicine's precise diagnostic tools offers a more robust approach to patient care. By aligning Vitamin D's role in bone and immune health with the TCM 'Kidney' and 'Defensive *Qi*' (*Wei Qi*) systems, clinicians can provide more personalised and preventative guidance.

**Keywords:** Vitamin D3; 25-hydroxycholecalciferol; Vitamin D Deficiency; Vitamin D Supplementation; *Yang Qi*; Traditional Chinese Medicine.

**Citation:** Moura A., Rodrigues J., Machado J., Criado M.B. Vitamin D in Western and Chinese Medicine: An Integrative Perspective. Journal of Complementary Therapies in Health. 2026;4(2).

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## Abstract

# Bioelectrical Changes in *Ren Mai* and *Du Mai* Acupoints During *Qigong*: A Quantitative Study of the 'White Ball' Exercise.

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## Abstract

**Background:** *Qigong* is a cornerstone therapeutic modality of Traditional Chinese Medicine (TCM), integrating deliberate, fluid movements and specific postures with regulated breathing and a meditative state of 'awareness'. According to TCM theory, *Qigong* facilitates the 'circulation of *Qi*'—specifically the ascent of *Yang Qi* and the descent of *Yin Qi*—to establish systemic equilibrium. In Western physiological terms, this process is broadly analogous to achieving vegetative homeostasis and a state of emotional regulation.

**Objective:** Previous research into the functional movement of *Qi* has frequently relied on skin electrical resistance measurements. However, these methodologies have often faced challenges regarding validation, repeatability, and interpretation. This study aimed to address these limitations by measuring changes in skin electrical potential between specific points within the same meridian system during active practice.

**Methods:** The study assessed fluctuations in skin electrical potential at key acupoints along the *Ren Mai* (Conception Vessel) and *Du Mai* (Governing Vessel) conduits, alongside other points of interest. Measurements were recorded while participants performed a specific *Qigong* exercise known as the 'White Ball'.

**Results:** Significant changes in skin electrical potential were observed at several key points. Along the *Du Mai* conduit, notable shifts occurred at *Mingmén* (GV 4), *Shèndào* (GV 11), and *Bǎihuì* (GV 20). Along the *Ren Mai* conduit, significant activity was recorded at *Huìyīn* (CV 1), *Qìhǎi* (CV 6), *Zhōngwǎn* (CV 12), and *Tánzhōng* (CV 17).

**Conclusions:** These findings align with traditional TCM theoretical frameworks regarding energy flow. Furthermore, they provide a measurable physiological basis for the vegetative changes associated with the 'circulation of *Qi*', offering a potential bridge between traditional practice and bioelectrical monitoring.

**Keywords:** Electrical Potential; Heidelberg Model of TCM; *Qigong*; Vegetative Biofeedback; *Qi*.

**Citation:** Matos L.C., Machado J., Greten H.J., Monteiro F.J. Bioelectrical Changes in *Ren Mai* and *Du Mai* Acupoints During *Qigong*: A Quantitative Study of the 'White Ball' Exercise. *Journal of Complementary Therapies in Health*. 2026;4(2) 10.5281/zenodo.19889697

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**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 24 October 2025.

## Abstract

# The Impact of Acupuncture on Hamstring Flexibility: A Randomised, Blinded, and Controlled Pilot Study.

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## Abstract

**Background:** Reduced flexibility is frequently cited as a significant risk factor for hamstring injuries. Acupuncture, a key therapeutic modality of Traditional Chinese Medicine (TCM), is increasingly utilised in sports medicine to enhance muscle strength, improve microcirculation, and alleviate soreness. The primary objective of this pilot study was to examine the immediate effects of acupuncture on hamstring extensibility and the associated levels of pain or discomfort reported during stretching.

**Methods:** To account for individual variability and the constraints of a small sample size, a triple-arm crossover design was employed. Each participant underwent three distinct interventions: verum (active acupuncture at specific points), sham (needling at non-acupoint sites), and placebo (non-penetrating stimulation using a guide tube and wire). Flexibility was quantified using the Sit and Reach (SR) test, while subjective pain and discomfort were monitored via a Visual Analogue Scale (VAS). Assessments were conducted immediately before and after each intervention.

**Results:** A significant increase in flexibility was observed following verum acupuncture ( $p = 0.03$ ), whereas no significant improvements were recorded in the sham or placebo groups ( $p = 0.86$  and  $p = 0.18$ , respectively). Regarding the perception of pain or discomfort during stretching, no significant differences were found across any of the three conditions (verum,  $p = 0.55$ ; sham,  $p = 0.50$ ; placebo,  $p = 0.58$ ).

**Conclusions:** The findings of this pilot study suggest that acupuncture may provide an immediate enhancement of hamstring flexibility, though it does not appear to significantly alter the sensation of discomfort during a stretch. These results support the potential of acupuncture as a preparatory or rehabilitative tool in musculoskeletal care, though further large-scale trials are warranted.

**Keywords:** Heidelberg Model of TCM; Acupuncture; Muscle Flexibility; Placebo; Traditional Chinese Medicine; Sports Medicine.

**Citation:** Matos L.C., Carvalho R.M., Machado J. Santos M.J.. The Impact of Acupuncture on Hamstring Flexibility: A Randomised, Blinded, and Controlled Pilot Study. *Journal of Complementary Therapies in Health*. 2026;4(2)

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## Abstract

# Research in Chikung (*Qigong*) – A Partnership Between IPTC and ICBAS.

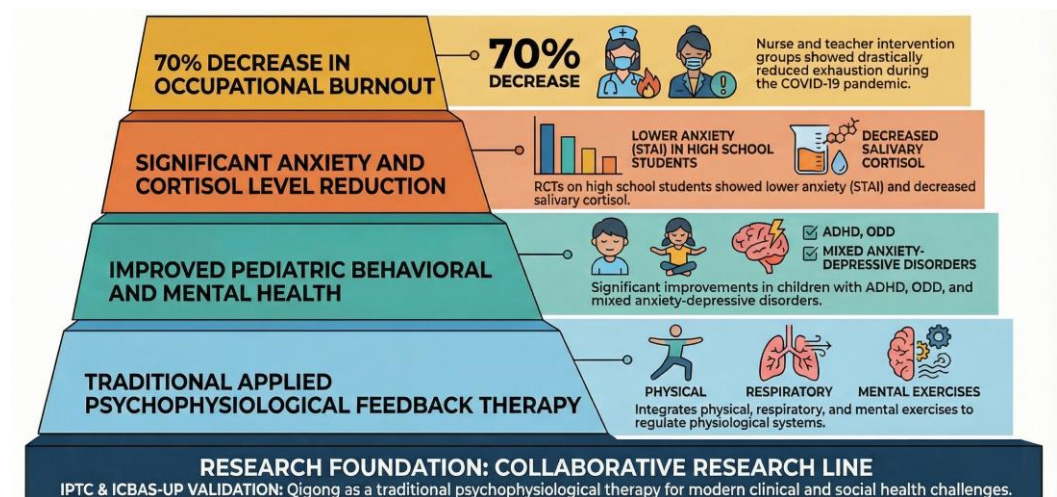
Jorge Magalhães Rodrigues<sup>1,2\*</sup> , and Jorge Machado<sup>2</sup> .

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## Abstract



Human development and well-being are fundamentally dependent on a balance between physical activity, proper nutrition, and mental health. Within the context of Traditional Chinese Medicine, Chikung (*Qigong*) and Taichi (*Taijiquan*) emerge as Traditional Applied Psychophysiological Feedback Therapies that integrate physical, respiratory, and mental exercises to impact physiological regulation. This work presents the research line resulting from the partnership between IPTC and ICBAS-UP, focused on evaluating the efficacy of these practices across various clinical and social contexts. The developed research spans diverse populations and pathologies, with key highlights including:

- Paediatrics and Adolescence: Pilot studies demonstrated significant improvements in children with behavioural disorders, such as Attention Deficit Hyperactivity Disorder (ADHD) and Oppositional Defiant Disorder (ODD), evaluated through Achenbach's Teacher's Report Form (TRF) scores. Additionally, the potential of *Taijiquan* and *Qigong* was observed in treating co-thymia (mixed anxiety-depressive disorder) in school-age children.
- School Context and Academic Stress: Randomized controlled trials (RCT) among high-school students revealed a significant decrease in anxiety levels, measured via the State-Trait Anxiety Inventory (STAI) and salivary cortisol tests, in the *Qigong* group compared to control groups. Systematic reviews also corroborate the efficacy of *Qigong* in treating children with Autism Spectrum Disorder (ASD) and promoting general well-being through traditional systems such as *Wu Qin Xi* (Five Animal *Qigong*).
- Occupational Health: During the COVID-19 pandemic, research extended to combating burnout and emotional exhaustion among nurses and teachers. Results indicated that 70% of participants in the intervention groups showed significantly decreased levels of exhaustion following *Qigong* practice.

**Citation:** Rodrigues J.M., Machado J. Research in Chikung (*Qigong*) – A Partnership Between IPTC and ICBAS. Journal of Complementary Therapies in Health. 2026;4(2) 10.5281/zenodo.19890139

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In conclusion, the IPTC/ICBAS collaboration has been essential in validating *Qigong* as an effective complementary tool. This partnership has successfully adapted to the digital transformation by implementing online programs to ensure accessibility and continuity of mental health care.

**Keywords:** *Qigong*; *Taijiquan*; Mental Health; Clinical Research; Complementary Therapies.

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**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 24 October 2025.

## Abstract

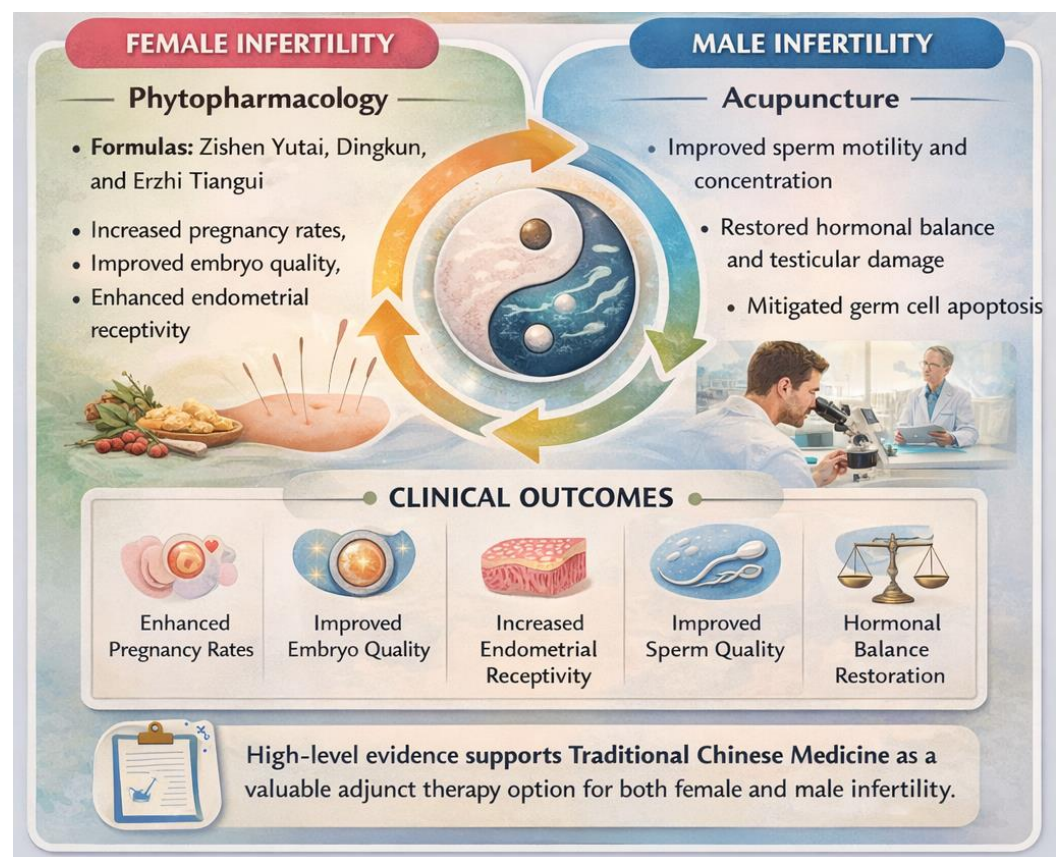
# Traditional Chinese Medicine for Infertility: Results of Research from the Last Years.

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## Abstract



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Infertility is a significant global health issue affecting millions of individuals, necessitating the exploration of effective complementary treatments alongside conventional care. Traditional Chinese Medicine (TCM), specifically acupuncture and phytotherapy, has gained increasing attention for its potential to improve reproductive outcomes. This communication presents a synthesis of recent high-level scientific evidence regarding the efficacy of TCM in treating both female and male infertility.

For female infertility, recent systematic reviews of high-quality randomized controlled trials (RCTs) highlight the following:

- **Chinese Phytotherapy:** Interventions using formulas such as *Zishen Yutai*, *Dingkun*, and *Erzhi Tiangui* have shown significant increases in pregnancy rates, improved embryo quality, and enhanced endometrial receptivity.
- **Acupuncture:** Evidence suggests that acupuncture, used alone or as an adjunct therapy, provides promising results for conditions such as anovulatory infertility, polycystic ovary

syndrome (PCOS), and endometriosis. Clinical benefits include improved ovulation rates, increased endometrial thickness, and the modulation of reproductive hormones to facilitate embryo implantation.

Regarding male infertility, the research indicates that acupuncture can significantly enhance reproductive health by:

- Improving sperm quality, specifically increasing sperm motility and concentration.
- Restoring hormonal balance and reducing testicular damage caused by abnormal endocrine functions.
- Mitigating apoptosis in germ cells, thereby improving overall semen quality.

In conclusion, the research results from recent years validate TCM as a valuable adjunct therapeutic option in reproductive health. While some methodological limitations persist in the literature, the evidence increasingly supports the integration of these traditional practices to enhance fertility outcomes for both women and men.

**Keywords:** Infertility; Traditional Chinese Medicine; Acupuncture; Phytopharmacology; Reproductive Health.

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**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 24 October 2025.

## Abstract

# The Effects of *Qigong* on Menopausal Symptoms and Quality of Life: A Preliminary Integrative Study.

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## Abstract

**Objective:** This study aimed to evaluate whether *Qigong* can improve vegetative functions, symptom perception, emotional stability, and quality of life in postmenopausal women for whom Hormone Replacement Therapy (HRT) is contraindicated.

**Materials and Methods:** From an initial pool of 68 clinical appointments at a menopause department, eleven postmenopausal women (aged 36–59 years) were recruited. Inclusion criteria required a diagnosis of menopausal syndrome validated by an independent gynaecologist, a medical contraindication to HRT, and provided written informed consent. Participants underwent eight weeks of specific *Qigong* training. Clinical manifestations were assessed using the Kupperman Index, while emotional well-being was monitored via the Hospital Anxiety and Depression Scale (HADS) and the World Health Organization Quality of Life (WHOQOL-BREF) scale. Additionally, salivary cortisol levels were measured as an objective physiological biomarker for stress.

**Results:** All clinical scores showed progressive improvement over the intervention period. Significant reductions ( $p < 0.05$ ) were observed in the Kupperman Index (44%) and depression scores (14%), alongside a 10% improvement across all quality-of-life parameters. At the sub-scale level, significant positive regressions were recorded for vasomotor symptoms, paraesthesia, insomnia, fatigue, arthralgia, myalgia, headaches, palpitations, and vertigo; however, improvements in nervousness, melancholia, and anxiety did not reach statistical significance. Although salivary cortisol levels decreased by 40% over the eight weeks, these results were not statistically significant. No significant correlation was found between psychometric parameters and cortisol fluctuations.

**Conclusions:** *Qigong* significantly improved the perception of menopausal symptoms, reduced depressive symptoms, and enhanced the overall quality of life within this patient cohort. These findings suggest that *Qigong* is a viable therapeutic alternative for managing menopause when conventional hormonal treatments are unavailable. While these preliminary results are promising, further research with a larger sample size and a more robust methodology is recommended.

**Keywords:** Menopause; Vasomotor Symptoms; *Qigong*; Traditional Chinese Medicine; Biofeedback Therapy; Quality of Life.

**Citation:** Moreira A.C. The Effects of *Qigong* on Menopausal Symptoms and Quality of Life: A Preliminary Integrative Study. *Journal of Complementary Therapies in Health*. 2026;4(2) 10.5281/zenodo.19890526

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## Abstract

# Conventional and Acupuncture Treatments for Chemotherapy-Induced Peripheral Neuropathic Pain: A Comprehensive Review.

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## Abstract

**Background:** Chemotherapy-induced peripheral neuropathy (CIPN) is a debilitating clinical condition arising from the neurotoxicity of specific chemotherapeutic agents. It primarily affects the peripheral nervous system, with the severity of symptoms typically dependent on the type of drug administered, the duration of treatment, and the cumulative dosage. In some instances, nerve damage may be further exacerbated by the underlying malignancy itself.

**Clinical Context:** The pharmacological agents most frequently associated with CIPN include vinca alkaloids (vincristine, vinblastine), taxanes (paclitaxel, docetaxel), platinum-based compounds (cisplatin, carboplatin, and oxaliplatin), bortezomib, epothilones (ixabepilone), and thalidomide along with its analogues. The concurrent use of two or more of these neurotoxic agents significantly increases the risk of developing severe sensory or motor deficits. To date, conventional medical interventions that are effective for general peripheral neuropathies have largely proven inadequate for the specific management of CIPN.

**Objective:** Despite significant advancements in understanding the cellular mechanisms of neuronal toxicity, effective preventative strategies remain elusive. Consequently, the management of established CIPN remains predominantly symptomatic. Conversely, a growing body of research suggests that acupuncture is a safe and effective modality for alleviating cancer-related symptoms and various forms of peripheral neuropathy. This review aims to evaluate the efficacy of acupuncture as a specialised intervention for CIPN.

**Methods:** The evaluation of acupuncture's therapeutic potential in this review focuses on clinical trials that utilise rigorous control conditions—including standard of care, placebo, sham acupuncture, or no-treatment controls—to provide a balanced comparison against active acupuncture interventions.

**Keywords:** Acupuncture; Chemotherapy; Chemotherapy-Induced Peripheral Neuropathy; Neuropathic Pain; Oncology; Neurotoxicity.

**Citation:** Sousa P. Conventional and Acupuncture Treatments for Chemotherapy-Induced Peripheral Neuropathic Pain: A Comprehensive Review. *Journal of Complementary Therapies in Health*. 2026;4(2) 10.5281/zenodo.19890634

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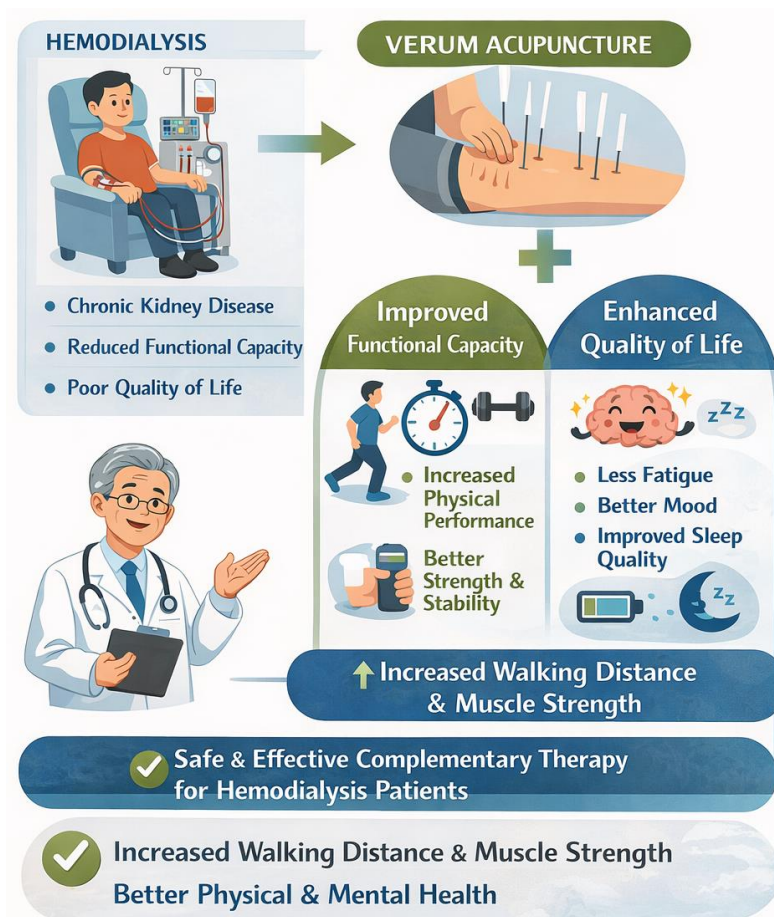
**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 7 November 2025.

## Abstract

# Effectiveness of Acupuncture on Functional Capacity and Health-Related Quality of Life in Patients Undergoing Haemodialysis.

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## Abstract



**Citation:** Correia M. Effectiveness of Acupuncture on Functional Capacity and Health-Related Quality of Life in Patients Undergoing Haemodialysis. *Journal of Complementary Therapies in Health*. 2026;4(2) 10.5281/zenodo.19890741

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**Background:** Chronic kidney disease (CKD) is a global health challenge associated with high morbidity and significant socioeconomic burden. Patients undergoing maintenance haemodialysis (HD) often suffer from severe physical deterioration, including skeletal muscle atrophy, reduced functional capacity, and impaired health-related quality of life (HRQOL). These limitations diminish autonomy and long-term survival, necessitating safe, integrative therapeutic strategies.

**Objective:** This research programme evaluated the efficacy of acupuncture as a complementary intervention to improve functional capacity and HRQOL in patients with advanced CKD undergoing haemodialysis.

**Methods:** A patient-assessor-blinded, parallel-group, randomised controlled trial (RCT) was conducted. Participants were allocated to verum acupuncture (VA), sham acupuncture (SA), or a non-

acupuncture waiting-list control group. Functional capacity was measured using the 6-Minute Walk Test (6MWT), 30-Second Sit-to-Stand Test (STS-30), and Handgrip Strength (HGS). HRQOL was assessed via the validated KDQOL-SF™ 1.3, analysing physical, mental, and disease-specific domains. The study also examined dose-response effects by comparing different treatment-frequency regimens.

**Results:** Verum acupuncture yielded statistically and clinically significant improvements in functional capacity and peripheral muscle strength compared to sham and control groups. Large effect sizes were observed for walking capacity and lower-limb strength, with moderate effects for handgrip strength; these improvements were partially maintained at a 12-week follow-up. Notably, treatment frequency did not significantly alter outcomes, suggesting once-weekly sessions are as effective as intensive protocols. Regarding HRQOL, VA produced significant short-term gains in physical and mental health, symptom burden, and sleep quality. However, these benefits were not sustained long-term, indicating a potential need for ongoing maintenance therapy.

**Conclusions:** Acupuncture is a safe, feasible, and effective complementary therapy for haemodialysis patients. It provides significant benefits for functional capacity and short-term quality of life. These findings support integrating acupuncture into multidisciplinary dialysis care models to enhance evidence-based management of chronic kidney disease.

**Keywords:** Chronic Kidney Disease; Haemodialysis; Acupuncture; Functional Capacity; Quality of Life; Integrative Medicine.

**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 7 November 2025.

## Abstract

# Overview of the Regulatory Framework for Medicines and Health Products in Portugal.

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## Abstract

The regulatory framework for medicines and health products – assumed, for the purposes of this overview, to include cosmetics, medical devices, and food supplements – is primarily based on the legal framework of the European Union, complemented by specific national legislation. Its fundamental objective is to ensure high standards of quality, efficacy, and safety.

Medicines for human use are regulated by INFARMED – the National Authority for Medicines and Health Products, I.P., which plays a central role in the evaluation, authorisation, and surveillance of these products. Specific regulatory regimes apply to homeopathic medicines, which may benefit from simplified registration procedures, and to traditional herbal medicines, whose authorisation is based on well-established traditional use and specific safety and quality criteria (see Decree-Law No. 176/2006 – Medicinal Products Act). (Note: Veterinary medicines follow a distinct regulatory framework, aligned with Regulation (EU) 2019/6, and will not be addressed in this overview).

Cosmetic products are regulated under Regulation (EC) No 1223/2009 / Decree-Law No 23/2025, with a focus on consumer safety and the responsibilities of economic operators, and do not require prior marketing authorisation. Medical devices (MDs), including in vitro diagnostic medical devices (IVDs), are currently governed by Regulations (EU) 2017/745 and 2017/746, which set enhanced requirements for clinical evaluation, traceability, and post-marketing surveillance. These product categories are also subject to regulatory oversight by INFARMED.

Finally, food supplements fall under food law (Decree-Law No. 118/2015) and are primarily regulated by the Directorate-General for Food and Veterinary (DGAV), with an emphasis on composition and labelling, and may not bear therapeutic claims.

This integrated framework highlights the complexity and diversity of health products available on the Portuguese market, with particular emphasis on key aspects: (a) the differences between medicines and medical devices in terms of their mechanisms of action; (b) the distinction between “therapeutic indications” (applicable to medicines and medical devices) and “health claims” (applicable to food supplements); and (c) the specific regulatory features of homeopathic and traditional herbal medicines compared with other medicinal products.

**Keywords:** INFARMED; DGAV; Regulatory Affairs; Medical Devices; Food Supplements; Traditional Herbal Medicines; EU Legislation.

**Citation:** Almeida A. Overview of the Regulatory Framework for Medicines and Health Products in Portugal. *Journal of Complementary Therapies in Health*. 2026;4(2) 10.5281/zenodo.19890840

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## Abstract

# Efficacy of Moxibustion to Inhibit the Endometriosis Disease Formation in Mice: Physiological Mechanisms.

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## Abstract

**Objective:** The aim of this study was to investigate the therapeutic impact of moxibustion on a mouse model of endometriosis (EMs), specifically focusing on its ability to modulate the Wnt/beta-catenin signalling pathway. The research sought to determine if moxibustion could hinder the growth of ectopic cysts and suppress endometrial adhesion and tissue reconstruction by regulating the expression of key proteins, including uPA, MMP 9, E-cadherin, Axin, GSK3 beta, and beta-catenin.

**Methods:** A cohort of 42 female BALB/c mice (8 weeks old) was utilised. Eight mice served as a healthy control group (Group A), while an EMs model was induced in the remaining 34 mice via autotransplantation. The model mice were then randomly allocated into four sub-groups ( $n=8$  per group):

- Group B: EMs model (untreated).
- Group C: Cake-separated moxibustion at the *Guanyuan* (CV4) acupoint.
- Group D: Wnt agonist-treated.
- Group E: Wnt inhibitor-treated.

Following a 14-day intervention period, the volume of ectopic cysts was measured, and protein expression levels in the ectopic tissues were quantified using Western blot analysis.

**Results:** Baseline parameters remained normal in the control group. In contrast to the untreated model (Group B) and the agonist-treated mice (Group D), both the moxibustion (Group C) and inhibitor (Group E) cohorts demonstrated:

- A significant reduction in writhing reactions ( $p < 0.05$ ), indicating pain relief.
- A marked decrease in the total volume of ectopic cysts ( $p < 0.05$ ).
- Significantly lower protein expression (grayscale values) of Axin, GSK3 beta, beta-catenin, uPA, and MMP 9 (all  $p < 0.05$ ).
- A significant increase in E-cadherin expression ( $p < 0.05$ ).

**Conclusion:** Applying moxibustion at the CV4 acupoint effectively alleviates dysmenorrhoea-like symptoms and stunts the progression of endometriotic cysts. The mechanism appears to involve the inhibition of the Wnt/beta-catenin signalling pathway, which in turn reduces the downstream expression of uPA and MMP 9. This process prevents the adhesion and migration of ectopic cells while strengthening the basement membrane and matrix integrity. Furthermore, the up-regulation of E-cadherin enhances cellular adhesion, collectively preventing the pathological reconstruction characteristic of endometriosis.

**Keywords:** Acupuncture; Moxibustion; Wnt/beta-Catenin Signalling Pathway; MMP 9; Endometriosis; uPA; E-Cadherin; Axin; GSK3 beta; beta-Catenin.

**Citation:** Yan C., Criado M.B., Machado J.P. Efficacy of Moxibustion to Inhibit the Endometriosis disease formation in Mice: Physiological Mechanisms. *Journal of Complementary Therapies in Health*. 2026;4(2) 10.5281/zenodo.19891050

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## Abstract

# Historical Perspective and Consumption of Aromatic and Medicinal Plants in Portugal.

Luís Alves<sup>1\*</sup> <sup>1</sup> Centre for Fine and Chemical Biotechnology, Catholic University of Portugal, Portugal.\* Correspondence: [luis@negrilho.pt](mailto:luis@negrilho.pt)**Abstract**

This paper offers a historical analysis of the use of aromatic and medicinal plants (AMP) in Portugal, exploring their fundamental role in human health since ancient times. The first references to the use of AMP date back to the Celtiberian peoples who, despite not having systematised knowledge about these plants, used them for therapeutic purposes. The Middle Ages, especially within monasteries, was a period of great importance in the preservation and dissemination of the therapeutic use of AMP; religious orders cultivated and prepared the plants systematically.

With Portuguese maritime expansion in the 15th and 16th centuries, contact with new cultures and plants from Africa, India and Brazil diversified the therapeutic repertoire available in Portugal. Highlights include figures such as Garcia de Orta and Gabriel Grisley, whose works were fundamental to advancing knowledge on AMP. In the 18th century, several foreign naturalists carrying out research in our country criticised the underuse of national plant resources.

In the transition to the 20th century, there was growth in the AMP market, with a focus on its recollection and commercialisation, mainly in rural regions, while science began to validate traditional uses. In the 70s and 80s, popular medicine and phytotherapeutic practices began to be more recognised by science; at the end of the 20th century and beginning of the 21st century, AMP cultivation resurfaced with projects such as Cantinho das Aromáticas, which stood out for the organic production and sale of herbal teas and infusions.

In conclusion, AMP continue to play a significant role in health and well-being today. The future of their use depends on a balance between respect for traditions and the development of sustainable agricultural practices, aiming at the preservation of native species and innovation in the natural and organic products market.

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**Keywords:** Aromatic and Medicinal Plants; History; Phytotherapy; Sustainable Cultivation; Portugal.

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## Abstract

# Phyto-Acupuncture: Cannabis-Derived Cannabinoids and Opioid Pathways in the Management of Neuropathic Pain, Neurodegenerative, and Metabolic Diseases.

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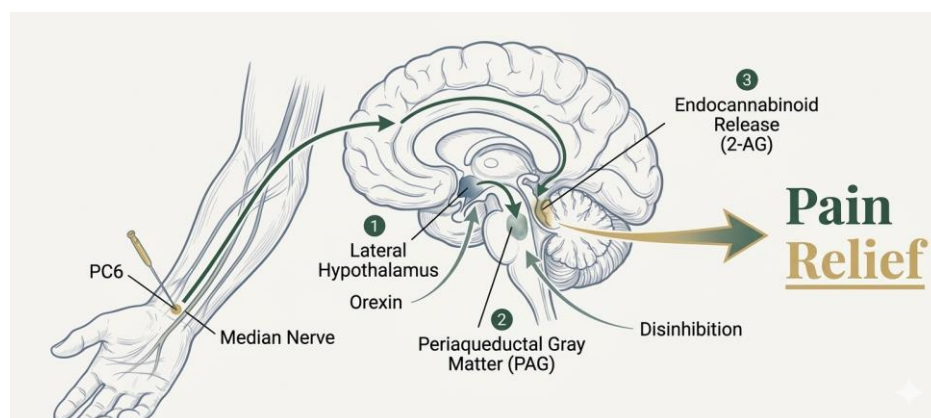
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## Abstract



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**Background:** Acupuncture is an established therapeutic technique involving the percutaneous stimulation of neural structures to influence sensory, motor, and autonomic pathways via neuromodulation. When integrated with electrical stimulation, acupuncture enhances the release of endogenous opioids and regulates somato-visceral reflex homeostasis, thereby potentiating its analgesic efficacy.

**The Endocannabinoid System (ECS):** The ECS serves as a fundamental regulatory network governing neuroprotection, inflammation, immunity, pain modulation, and metabolism. Cannabinoids—comprising endocannabinoids, phytocannabinoids derived from *Cannabis sativa L.*, and synthetic analogues—interact with ECS components primarily through Cannabinoid Receptors 1 (CB1R) and 2 (CB2R). While Tetrahydrocannabinol (THC) provides psychotropic and analgesic properties, Cannabidiol (CBD) is non-intoxicating and exerts potent anti-inflammatory and neuroprotective effects.

**Synergistic Mechanisms:** Current evidence suggests a bidirectional interaction between acupuncture and the ECS. Acupuncture has been shown to stimulate endocannabinoid release and up-regulate the expression of CB1R and CB2R, both of which are critical to its antinociceptive and anti-inflammatory mechanisms. The concurrent application of acupuncture and phytocannabinoids (including CBD, THC, and terpenes) may enhance therapeutic outcomes while minimising potential adverse effects.

**Clinical Implications:** Cannabinoids contribute to neuroprotection by modulating microglial activation, reducing protein aggregation, and stimulating neurogenesis. Furthermore, they improve metabolic function by decreasing visceral adiposity, enhancing insulin sensitivity, and suppressing systemic inflammation.

**Conclusion:** The synergistic relationship between acupuncture and cannabinoids represents a promising multimodal strategy for managing chronic pain, neuroinflammatory conditions, and metabolic disorders through complementary neuromodulatory and homeostatic pathways.

**Keywords:** Acupuncture; Cannabinoids; Endocannabinoid System (ECS); Neuropathic Pain; Neuroinflammation; Metabolic Syndrome.

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## Abstract

# Possible Effects of Acupuncture on Gait Symptoms of Patients with Multiple Sclerosis.

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## Abstract

**Background:** Multiple sclerosis (MS) is a complex and heterogeneous neurological disorder. Approximately 85% of individuals with MS identify gait impairment as a primary limitation in their daily activities. While previous research has indicated that acupuncture may reduce spasticity and improve balance and fatigue, specific evidence regarding its impact on gait remains limited.

**Objective:** This study was designed to evaluate the clinical effects of an acupuncture protocol, based on the Heidelberg Model of Traditional Chinese Medicine (TCM), on mobility in patients with relapsing–remitting multiple sclerosis (RRMS).

**Methods:** The study cohort comprised 20 individuals diagnosed with RRMS presenting with gait dysfunction. Gait performance was quantitatively assessed using the Timed 25-Foot Walk (T25FW) test. The study compared the efficacy of verum (true) acupuncture against a sham control.

**Results:** The findings demonstrate that the T25FW is a sensitive and reliable tool for detecting clinical changes following acupuncture intervention. Statistical analysis revealed a significant reduction in the time required to complete the T25FW following verum acupuncture, whereas no significant changes were observed in the sham group. Furthermore, 95% of participants exhibited measurable improvement after true acupuncture, compared to only 45% in the sham cohort.

**Conclusions:** This study provides evidence that acupuncture based on the Heidelberg Model can significantly enhance mobility in MS patients. Although larger-scale trials are necessary to confirm long-term clinical applicability and cost-effectiveness, these results suggest that acupuncture is a promising therapeutic option for managing gait impairment in multiple sclerosis.

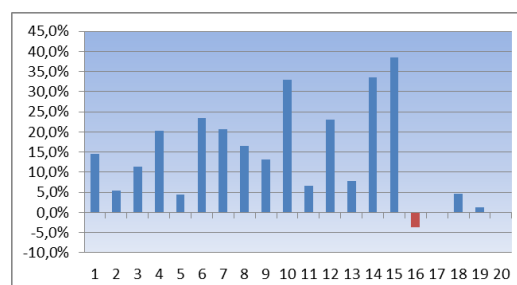
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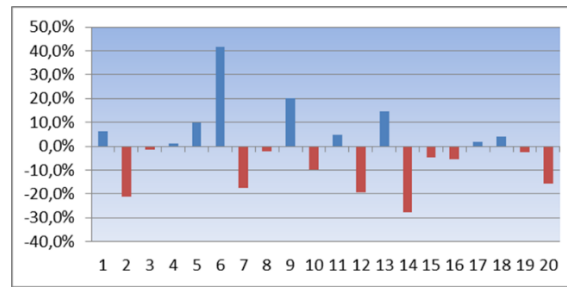
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a) True Acupuncture



a) Sham Acupuncture



Percentage of improvement for each of the patient in the T25FW. a) for true acupuncture treatment and b) for sham acupuncture treatment.

**Keywords:** Multiple Sclerosis; Relapsing–Remitting; Gait Impairment; Acupuncture; T25FW; Heidelberg Model of TCM.

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## Abstract

# Acupuncture for Radiation-Induced Xerostomia in Head and Neck Cancer Patients: A Randomised Controlled Pilot Study.

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## Abstract

**Background:** Xerostomia (chronic dry mouth) is a debilitating side effect for patients undergoing radiotherapy for head and neck malignancies. This exploratory study aimed to objectively evaluate whether acupuncture improves salivary function and to determine if the therapeutic effects justify larger-scale clinical research.

**Methods:** A preliminary randomised, non-blinded, controlled clinical trial was conducted with a waiting-list control group. The study initially screened 33 patients treated at the Radiotherapy Service of Centro Hospitalar do Porto, Portugal, between October 2014 and May 2015. Following strict inclusion and exclusion criteria, 18 patients were randomly allocated to either an Experimental Group (EG), receiving eight acupuncture sessions, or a Control Group (CG) on a waiting list. Objective measures included sialometry (to measure salivary flow rates) and the modified Schirmer test. Quality of life (QoL) was assessed using the EORTC QLQ-C30 and the head and neck-specific QLQ-H&N35 modules.

**Results:** Comparative analysis between the groups revealed a statistically significant increase in overall salivary volume ( $p < 0.001$ ). Specifically, the experimental group demonstrated significant improvements in both unstimulated salivary flow ( $p = 0.001$ ) and stimulated salivary flow ( $p = 0.011$ ). Subjective reports also indicated a significant reduction in dry mouth sensation ( $p = 0.03$ ), with a positive trend observed across other radiotherapy-related symptoms.

**Conclusions:** These findings suggest that acupuncture may serve as an effective intervention for radiation-induced xerostomia. While the small sample size necessitates a cautious interpretation, the results indicate that the acupuncture protocol utilised can successfully enhance salivary production and improve the quality of life for head and neck cancer survivors. Further robust, multi-centre trials are warranted.

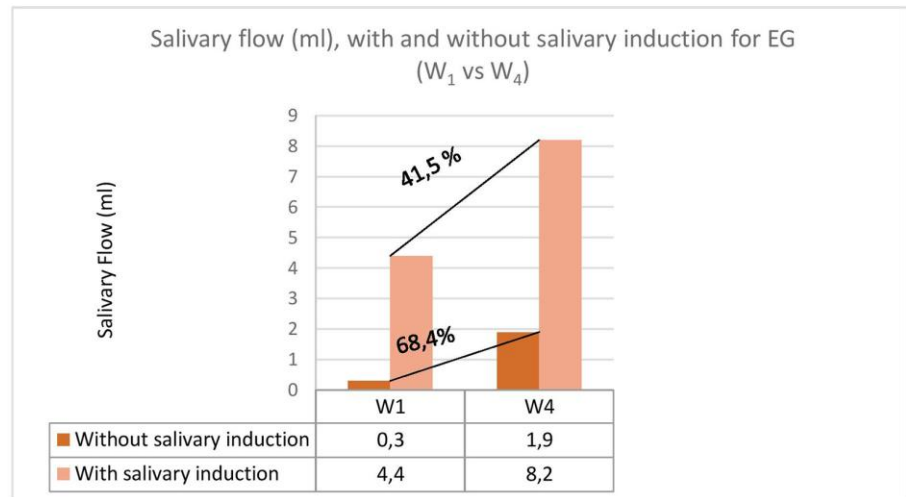
**Citation:** Criado M.B., Ferreira D., Santos M.J., Correia N., Costa S., Machado J. Acupuncture for Radiation-Induced Xerostomia in Head and Neck Cancer Patients: A Randomised Controlled Pilot Study. *Journal of Complementary Therapies in Health*. 2026;4(2). 10.5281/zenodo.19891940

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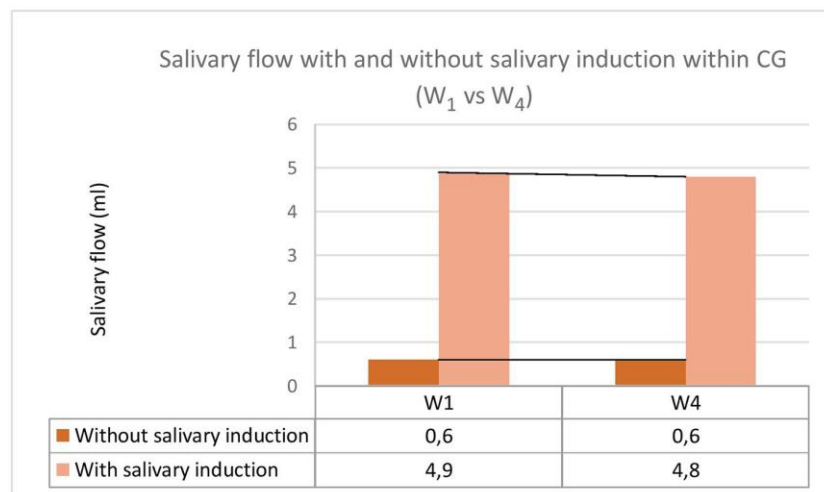


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A)



B)



- A) Salivary flow (ml), with and without salivary induction according to the sialometry test, at baseline and after 4 weeks within the experimental group.
- B) Salivary flow (ml), with and without salivary induction, according to the sialometry test, at baseline and after 4 weeks within the control group.

**Keywords:** Acupuncture; Xerostomia; Radiotherapy; Head and Neck Cancer; Salivary Flow; Quality of Life.

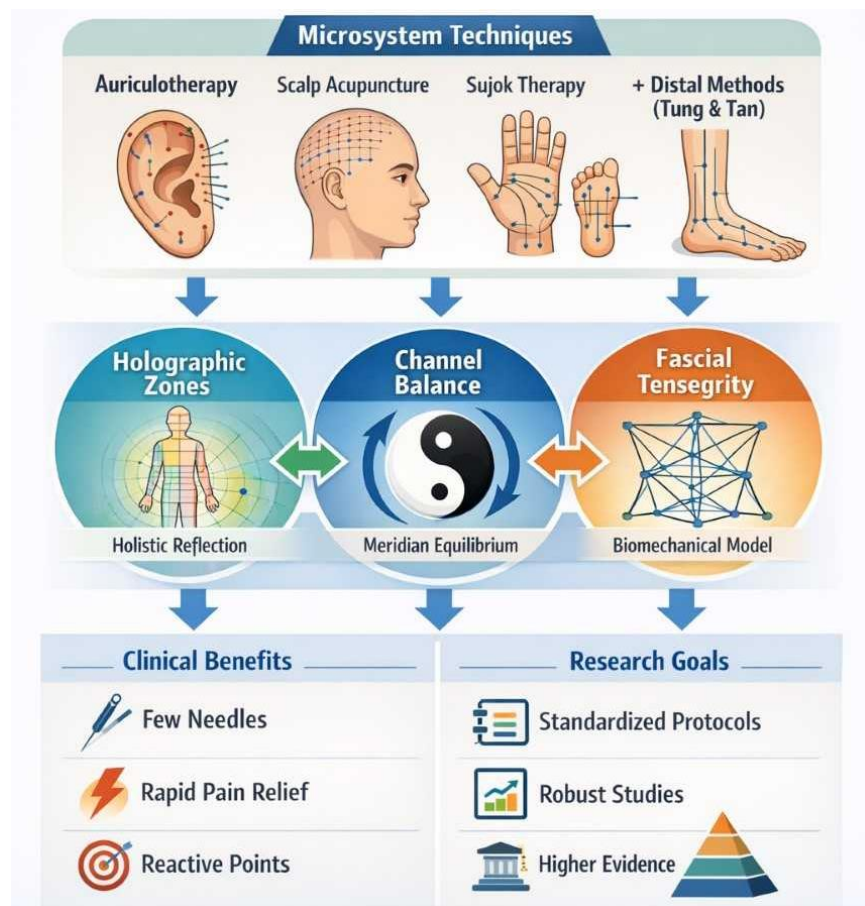
**Acknowledgements:** This work was presented at the 1st Scientific Seminars of Complementary Therapies in Health, on 5 December 2025.

## Abstract

## New Perspective on Acupuncture in Microsystems.

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## Abstract



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Acupuncture microsystems represent a diverse yet coherent group of therapeutic approaches that share fundamental clinical and theoretical perspectives. Systems such as auriculotherapy, scalp acupuncture, and *Sujok*, alongside other reflex-based models, exhibit significant parallels both among themselves and with distal systemic approaches, including Tung's acupuncture and Richard Tan's Balance Method. These similarities are particularly evident in the prioritisation of distal treatment strategies, the capacity to induce rapid analgesic effects, the application of a minimal number of needles, and a reduced requirement for intense needle stimulation.

Microsystems are centred on the holographic representation of the body, wherein specific zones or regions reflect the whole, allowing localised stimulation to achieve systemic therapeutic effects. This perspective is intrinsically linked to channel balance theory, which emphasises the restoration of functional equilibrium between meridians rather than focusing solely on local pathology. In clinical practice across these systems, the identification of reactive points and zones is prioritised over predefined locations based on fixed *cun* measurements. Consequently, these reactive areas serve as both therapeutic targets and diagnostic indicators—external manifestations of internal dysfunction.

Emerging research into fascial tensegrity provides a contemporary biomechanical model that may elucidate the immediate and distal effects commonly observed in microsystem acupuncture. By viewing the body as a continuous, interconnected web of tension and compression, the transmission of a stimulus from a distal microsystem point to a target organ or region becomes biologically plausible.

Taken together, these convergent principles support a structured and reproducible approach to acupuncture that complements traditional Chinese medicine (TCM). This integrated model may reduce methodological heterogeneity in research by facilitating the development of protocols based on shared mechanisms and defined clinical phenomena. Such standardisation will enable the creation of comparable studies, strengthening the evidence base and advancing the standing of acupuncture within the hierarchy of scientific evidence.

**Keywords:** Acupuncture; Acupuncture Analgesia; Distal Acupuncture.

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## Abstract

# Innovation in Emotionality: The Heidelberg Model of Chinese Medicine – An Integrative View Bridging Allopathic and Chinese Medicine in Psychosomatic Disease.

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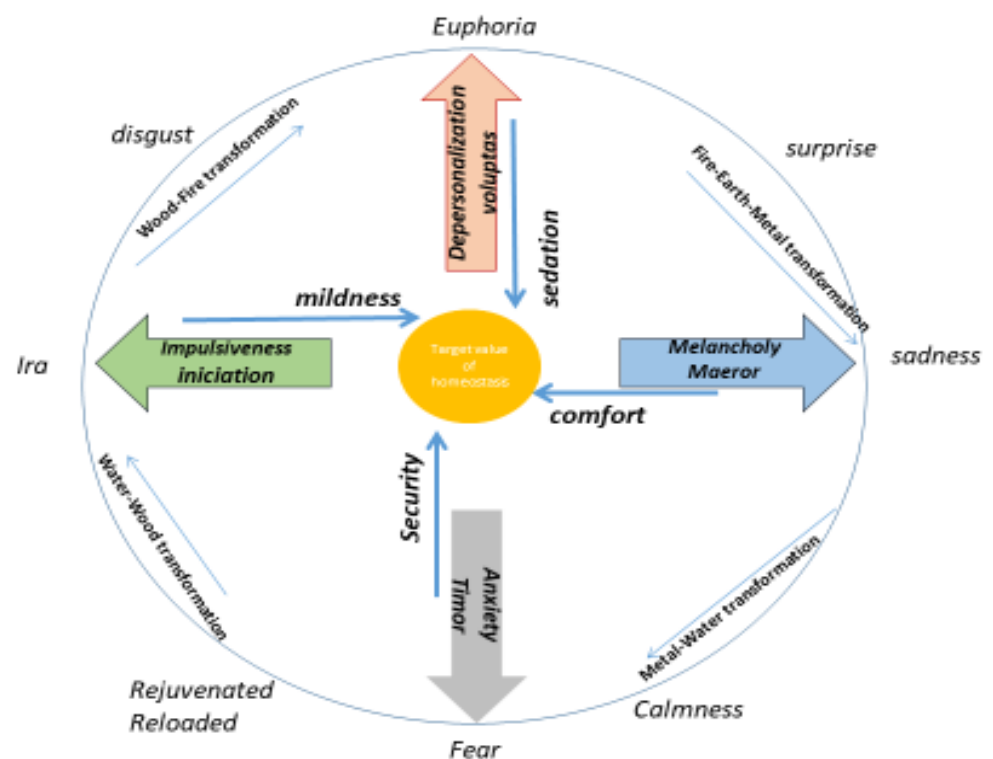
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## Abstract



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**Background:** Since antiquity, emotions and feelings have been recognised as fundamental drivers of disease. The increasing clinical emphasis on the body-mind connection in both somatic and mental disorders challenges traditional Western medical paradigms regarding pathogenesis. Conversely, Traditional Chinese Medicine (TCM) has historically observed all expressions of life, categorising emotions as diagnostically relevant components of broader clinical patterns. This has led to a systematic arrangement of signs and symptoms, resulting in unique diagnostic and therapeutic strategies.

**Methodology:** This work presents an integrated review of Eastern and Western emotional theories to facilitate a semantic-conceptual comparison between TCM and Western medicine. Specifically,

"modern cortical readout theories" were compared with the Heidelberg Model (HM) of TCM. The review highlights the differences and convergences between these two medical perspectives regarding the nature and impact of emotions.

**Conclusion:** The findings of this review indicate that Western neuroscientific models of emotion and the Heidelberg Model of TCM converge significantly. This trans-cultural and conceptual comparison of medical paradigms allows for the seamless integration of both perspectives in clinical intervention and research. Such a bridge enables a more sophisticated and effective conceptualisation of psychosomatic diseases in modern practice.

**Keywords:** Emotionality; Emotions; Heidelberg Model of TCM; Chinese Medicine; Psychosomatic Diseases.

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