

S25 - Symposium 25

Depression and Dementia - Integrative Nutrition and Chinese Dietetics

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Abstract

Background: Depression is accompanied by mental depression and a reduction in mood, loss of appetite, weight loss and sadness. Risk factors for dementia are arterial hypertension, renal insufficiency, obesity, diabetes mellitus and high homocysteine levels. More research is being conducted into the relationships between nutrition, neurological diseases and mental health.

Nutritional medical diagnostics: There are numerous indications that certain foods or individual ingredients significantly influence the functioning of the central nervous system. Folic acid, vitamin B12, vitamin D, omega-3 fatty acids and the amino acids tyrosine and phenylalanine play an important role in neurotransmitter metabolism alongside other nutrients. Clinical aspects, instruments of nutritional history and laboratory parameters of nutritional medicine reveal individual risk factors and help to develop individual therapy concepts.

Nutritional therapy and chinese dietetics: The current prophylactic and therapeutic nutritional recommendations for dementia and depression are presented. The principles of Chinese dietetics are explained using the syndromes for depression and dementia in Chinese medicine. The effectiveness of food in TCM is based on qualitative aspects such as temperature, flavor and organ relation. Modern nutrition research and the empirical science of Chinese dietetics complement each other as an overall therapy concept. Practically relevant recommendations for the selection and preparation of foods and the additional supplementation of certain nutrients are discussed.

A case study shows the practical implementation in the clinical everyday life of those patients.

<https://doi.org/10.1016/j.jams.2018.08.112>

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Psychotonik Glaser® - A Body Therapy Based on the System of Acupuncture

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Abstract

What is useful for a better understanding of the acupuncture system and for a more predictable, softer and successful therapy? In this lecture the Psychotonik Glaser® founded by Prof. Volkmar Glaser will be explained in regard to its use for acupuncture. It can help us for the diagnosis, though the state/activation of the meridians can be seen by the way people move. As meridian axes are directly correlated with basic rooms to the back (past, ancestors), the side (presence, partners and friends) and the front (future, sense of life), the way we use these rooms gives a good understanding of the meridian system and our patients and an additional phenomenological approach. Qi is not a theory, it can be felt by both patient and therapist, esp. by changes in the tonus of the muscle. The meridians correlate with muscle trains that are connected with basic patterns of behavior. The bladder - small intestine – axis Tai Yang is activated by proving territory. The Extraordinary vessels Yang and Yin Qiao (Heel) Mai can be experienced when their course is brought to attention by the touch of the therapist. Integrated into usual acupuncture it can improve the results in the treatment of pain and dysfunction of the locomotive system, here in case of low back pain. Some other tricks to improve results will be shown.

<https://doi.org/10.1016/j.jams.2018.08.113>

S25 - Symposium 25, ICMART-3B Young Scientists Travel Award 2018

Acupuncture versus Patient Education: A Non-randomized, Open-Label, Controlled, Longitudinal Observational Study

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