

23rd World Congress on Integrative Health: Healing with Peace Speakers and their Sessions

Dr. Troy Bennet • Empower Your Health with Qi Acupressure

Dr. Bennett has delivered captivating lectures at renowned platforms including the *World Organization of Natural Medicine Congress*, the *World Congress of Qi Gong and Traditional Chinese Medicine*, the *Board of Integrative Medicine Congress*, and esteemed universities. His presentations captivate audiences as he imparts profound knowledge and insights on the subject he presents.



Dr. Bennett's topics include:

- Medical Qi Gong, Integrative medicine, Natural medicine, Chinese massage
- Acupressure, Reflexology, Feng shui, Integrative Nutrition, Kung fu
- Self-defense, Meditation, Qi Gong healing sounds

In 2017 he was awarded the Order of Merit Humanitarian Medicine award from the World Organization of Natural Medicine University of Humanitarian Medicine Clinic for Humanity.

Website: <http://www.baqcenter.com>

Facebook: www.facebook.com/drtroybennet

EMPOWER YOUR HEALTH WITH QI ACUPRESSURE

In homage to our esteemed Qi Gong Grandmaster and cherished friend Dr. Effie Chow, I am delighted to introduce one of the valued treasures of Chinese Medicine bestowed upon me by Dr. Effie Chow, Qi Acupressure Healing. This system of healing will be aimed to provide you with a comprehensive understanding of Qi healing and equip you with the basic tools to take charge of your own self-healing journey, all through the transformative power of a single touch.

Dr. Alex Boyd • Human-Nature Connect



He has a passion for enabling collaborations based on equity, integrity, and mutual benefit. He is the conceiver and a cofounder of the Embodied Research Working Group at the IFTR from which he cofounded and is Executive Director of Intercultural Roots for Public Health. He is a practitioner-scholar who graduated from the University of California at Davis PhD programme with a focus on the fields of Performance Studies and Critical Education. Dr Boyd's dissertation entitled 'The Sustainability of Traditional Knowledge Systems' draws on what is almost 4 decades of professional work in performing, developing practice and the transmission of Chinese Daoist embodied culture to benefit communities in the UK, Europe and North America.

His interdisciplinary research considers intersections of arts, eco-somatics, health, education, the environment, and social change through connection, consciousness, and presence. This is work that has already benefited many internationally acclaimed dancers, musicians, athletes, and even CEOs. Alex was born in Irvine, Scotland, and is currently based in Ilkley, Yorkshire (UK) with his family and enjoys playing the guitar, often too loud, wandering up on the Ilkley Moors (with hat!), and finding quietude.

Website: <https://www.interculturalroots.org/>

Human-Nature Connect

Discover the healing power of nature through Dr. Alex Boyd's Human-Nature Connect presentation. Experience Taoist "portal opening" techniques and explorations of peer-to-peer residencies, that enable immersive artistic and eco-somatic kinship. Learn to connect deeply with your environment while embracing sustainable, eco-entangled, and creative health lifeways. Depollute your internal rivers of consciousness and realize the interconnectedness of humans and nature through ancient Taoist reflective practices. Join the journey towards well-being, sustainability, and environmental responsibility with this transformative, integrative approach. Dr. Boyd will present embodied research from the UK that demonstrates through evidence the benefit and potential impact Human-Nature Connect presents.

Dr. Mary Jo Bulbrook • Wellness for All Model Program for Growth, Healing, and Achieving Peace

Dr. Mary Jo Bulbrook, BSN, RN, Med., EdD, EMP/S/I, HTP/I is an international master teacher, spiritual/medical intuitive, co-creative healing expert energy specialist, health care professional and psychotherapist with 50+ years of practicing, teaching worldwide. She has worked extensively with traditional healers from South Africa, Australia, New Zealand, & Peru blending their wisdom with Western care. Currently, she is the President of Akamai University. combining science, spirituality, health, and energy care.



Websites: <https://www.akamai.university>
<https://www.akamai.university/alliance.html>
<https://www.akamai.university/affiliate-emp.html>

Wellness for All Model Program for Growth, Healing, and Achieving Peace

This presentation grew out of the 22nd World Congress held in September 2022 on line Zoom. It arose from the intensive planning and connections with Dr. Effie Chow in realizing her dream and vision to create a model program that transcends the current Western Model of Care which is a top-down, MD approach to health and healing. The Wellness Model of Complementary Integrative Health empowers the client to work in partnership, with Heart2Heart and Soul2Soul to achieve wellness, health, and peace. Advances since the launch will be described, illustrated, and experienced.

Dr. Erlene Chiang • Optimizing Integrative Medical Care with Case Observations



Dr. Erlene Chiang, DAOM, Dip. OM, LAc has been practicing Traditional Chinese Medicine and working closely with patients and their medical teams using Qi Gong, Acupuncture, herbs, and lifestyle changes to improve the outcome of patients' health for 40 years. She is a faculty art ACTCM and Director of Wen Wu School of Internal Martial Arts. She published many papers on oncology care.

Website: www.wenwuschool.com

Optimizing Integrative Medical Care with Case Observations

Integrative Medical Care provides the best outcome for longevity by using less invasive conventional care combined with Chinese Traditional Medicine and lifestyle changes. This paper describes the integration of Daoyin Qi Gong, acupuncture, herbs, meditation, and diet to improve health.

Many chronic diseases, such as diabetes high blood pressure, high cholesterol, heart, lung, liver kidney, and cancer patients are faced with struggling and challenging in the world of selection between conventional and alternative medicine. As a TCM and Qi Gong instructor and practitioner for the past 40 years, I believe teamwork is absolutely necessary in delivering the best health care for patients. In this presentation, case studies of patients with cancer and their testimonials will be shared by Dr. Chiang and the patients.

Ted J. Cibik, ND • Traditional Naturopathic and QiGong Applications for Cancer Care

Ted J. Cibik, ND (Traditional), PhD, DMQ (China), CHFS has been passionate about Chinese medicine, meditation, martial arts, and healing since childhood. Having survived two near-death experiences and “crossing over” both times, he has a unique insight into the spiritual world of energy. He is considered a Zhong Yi or Doctor of Chinese Medicine and Taoist Priest.

Website: <https://inner-strength.com/>

Traditional Naturopathic and QiGong Applications for Cancer Care

In the realm of cancer care, Traditional Naturopathic and Medical Applications have proven to be effective complements to conventional treatments like chemotherapy and radiation. Functional and Integrative medicine have made notable strides in the last 5 years, particularly in optimizing the side effects of these treatments.

This involves rebuilding the microbiome to enhance appetite and cellular rebuilding, reducing excess inflammation and heat, and using supplements and medical qigong techniques. With a focus on a holistic approach to cancer care, these methods aim to improve overall health and well-being alongside cancer treatment, resulting in a more well-rounded approach to cancer care.



Ann Colichidas • The Chow Qigong Hour



Ann Colichidas is a Chow Qigong Integrated Healing System (CIHS/CMQ) Level 2 Chow Qigong Practitioner, Gerontologist, international folk dancer, and award-winning activist. Both Ann and her husband, John Kyle, have experienced miracles under Dr. Chow’s exquisite care and loving qi.

Ann taught extensively with Dr. Chow and served as a clinical assistant beginning in 2007. Based in San Francisco, she had the good fortune of becoming a close friend to Dr. Chow during her last years.

The Chow Qigong Hour

Dr. Effie Chow Life and Legacy: In Her Own Words

Dr. Effie Chow on serving on the White House Commission

Pioneers in Holistic Health: Nurse Leaders Set the Stage

Ann is joined by a panel of those who were there, laying the groundwork for holistic health and knew Dr. Chow back in the day when Governor Jerry Brown dubbed her “Miss Holistic Health.”

Dr. Melinda H. Connor • Qi Techniques for Supporting Brain Health and Healing

Dr. Melinda H. Connor, D.D., PhD, AMP, FAM, EHP-C, holds degrees from Harvard



University, Wellesley College, University of San Francisco, American Military University, California Coast University, and University of Arizona and was a National Institutes of Health T-32 post doctoral fellow at the University of Arizona in the Program in

Integrative Medicine. Dr. Connor is the current Director of Research for Akamai University and the Chair of the BOD for the National Alliance of Energy Practitioners. She is a fellow of the American Alternative Medicine

Association and the Royal Society of Medicine (UK), the founder of Earthsongs Holistic Consulting, the Resonance Modulation TM training program, and has written ten books.

Qi Techniques for Supporting Brain Health and Healing

Demonstration of Qigong technique to support the health and healing of the brain focused on both the neurological components, qi exercises, and the direct clearing techniques.

Dr. Cloe Couturier • Pathways to Health and Consciousness Power - CranioSacralQigong

Dr. Cloe Couturier DMQ, CO, CSTD, EHP-C, Osteopath (France, UK), Medical Qigong Doctor (China), Certified Advanced 3 Medical Qigong Instructor (NQA.Org) is Nationally Certified as an Energy Healing Practitioner in the Clinical Qigong division. EHP-C (NCCOEP.Org), Craniosacral Diplomate (Upledger International), and has served on the WCQG Faculty since 1997; NQA.org Committee Member.



In 1997, two pioneers, Effie P. Chow, PhD, Qigong Master, and John E. Upledger DO, Craniosacral Therapy Developer, promoted Dr. Couturier to present her work at the Second World Congress on Qigong. They had met and worked at the Office of Alternative Medicine, established in 1992, within the National Institutes of Health to investigate and evaluate unconventional medical practices.

Dr. Couturier was a young osteopath whose son had been diagnosed with Duchenne Muscular Dystrophy. She discovered the great benefits of combining the two practices of Craniosacral works with Medical Qigong and will share the development of CranioSacral Qigong.

Pathways to Health and Consciousness Power - CranioSacralQigong

Empirical evidence of the merging of Eastern and Western medicine in a seamless form of health, and healing, CranioSacralQigong has evolved from the transmission of worthy masters to worthy students. The blending of two of some of the most peaceful approaches to health and healing, medical Qigong with Craniosacral Osteopathy

Dr. Alex Feng • Effects of Medical Qi Gong in Managing Cancer



Dr. Alex Feng, PhD, OMD, LAc, has pioneered over the past 50 years in bringing Chinese Medicine, Qi Gong, and other Chinese internal martial arts, and Taoism to the West. He combined his passion for Traditional Chinese Medicine, martial arts, and Taoism by creating Zhi Dao Guan, the Taoist Center, one of the first Centers for the study of Taoism in the San Francisco Bay area in 2002. An ordained Taoist priest, he is the lineage holder of Zhi Daoism and maintains active Taoist teachings in the Temple at Zhi Dao Guan.

Named one of the top ten practitioners of Traditional Chinese Medicine, in a survey conducted by the San Francisco Focus magazine, Dr. Feng has a renowned TCM practice. In collaboration with Dr. Amy Matecki, Dr. Feng developed integrative medicine programs for Alta Bates Comprehensive Cancer Center and for Highland Hospital, Alameda Health System. He is the founder of I Am A Seaweed Qi Gong – a method for teaching healing qi gong to practitioners and to patients.

Dr. Feng has lectured nationally and internationally on Traditional Chinese Medicine, Qi Gong, and Taiji. He has been inducted into the Martial Arts Hall of Fame and has produced numerous state and national champions in the external and internal styles of martial arts. He has served as a preceptor and mentor to many students of Chinese Medicine, Taoism, and Martial Arts.

Website: www.thetaoistcenter.com

EFFECTS of MEDICAL QI GONG IN MANAGING CANCER

Dr. Feng combines his rich knowledge and practice of Traditional Chinese Medicine with his expertise as a Qi Gong Grandmaster to develop Qi Gong practices that can be incorporated into conventional approaches for treating cancer. As an integrative therapy, this medical qi gong assists patients and their families to restore endurance/stamina, physical energy, and mental tranquility, as well as boosting immune response. Patients report that they can better manage/minimize the side effects of cancer treatment, reduce depression and anxiety, and promote better sleep. The exercises tap multiple styles of Qi Gong and are adapted with a foundation of Traditional Chinese Medicine to meet the needs of the patient.

Dr. Michelle Greenwell • The Seated Form of Tai Chi is a proactive self-care approach, not just for Reactive Health Recovery

Dr. Michelle Greenwell BA Psych, MSc CAM, PhD CIH (Complementary and Alternative Health), movement specialist prioritizing self-care with developing physical awareness, understanding manual biofeedback, and creating patterns of movement for well-being and posture strength. Stress release, emotional balance, and deep breathing are a central focus through Tai Chi, dance, and energy techniques.

Website: www.dancedebut.com



The Seated Form of Tai Chi is a proactive self-care approach, not just for Reactive Health Recovery

Our world has transformed since the pandemic. We are sitting for longer hours, chained to a desk or a set in locked physical positions as we meet deadlines on our computers, drive for long hours, or stand for long hours on cement floors. These demands place additional stress on our body, mind, breathing, and emotions, above our everyday needs. Dr. Michelle Greenwell, a movement specialist, brings forward the seated form exercises from Tai Chi that can offer us stress release and body function awareness. She transforms this knowledge into simple and effective exercises to re-energize you through the day and to support your wellness plan while at work or stuck in repetitive positions and movement patterns.

Dr. Julie Anne Griffith • Human Essence: Teaching Freshman Medical Students and Children



Dr. Julie Anne Griffith, MD, MS, CMT, MIM, BCIP is an Integrative Neurologist (Harvard, Oxford, and University of California, San Francisco) with an office in Lagunitas, California. She is an Energy Health™ Practitioner and her life's passion is to found an Energy Health™ Center at Rodeo Beach in Sausalito, California for Clinical care, Education, and Research.

Transforming Medicine through Integration of Energy Health™ into Modern Medicine

Teaching the new generation

- Children through an afterschool TV program
- Cultivating one's Spiritual Garden
- Learning Social-Cultural intelligence to instill Peace
- Freshman medical students
- Human essence: Energy, Chemical & We Move
- Traditional Medicines
- Translational Medicine
- Intuition
- Artificial Intelligence

Dr. Nadia Linda Hole • PMASA Chow QiGong, with Ho'oponopono, for Peace

Dr. Nadia Linda Hole MD, is a pioneer as one of our 1st Western-trained physicians to successfully incorporate QiGong into her medical practice. As a Qigong Master practitioner and teacher with over 3 decades of experience, and consulting editor for the landmark textbook *Chinese Medical QiGong*, she dedicates her life to healing in the way of Love, via the Ho'oponopono Breath of Aloha, and our Maker.



PMASA Chow QiGong, with Ho'oponopono, for Peace

Peace starts with me...in Dr. Chow's honor, taste for yourself the power, even in a brief sampler, of her PMASA QiGong practices, with Ho'oponopono, for greater Peace, Love, and Qi for YOU - One breath, One heart, One life at a time - ultimately for greater world Peace as well.

From the cross-cultural traditions of QiGong Miracle Healing from China, and the Ho'oponopono Breath of Aloha from Hawaii – We'll explore practical practices, to apply in your everyday life, and healing practice, not only for immediate pain and stress relief, but also for greater Peace, Love, Justice, Mercy, and Freedom too.

Rose Hong • Introducing The Whole Health Wellness Plan



Rose Hong is a published author, TV producer, and host. She has a distinguished international business and federal government career spanning over 30 years. She is the Founder/Executive Director of Global Dragon TV (www.GlobalDragonTV.com). Hong has published numerous articles in major newspapers and magazines and has been the Executive Producer and TV Host for several hundred episodes of television programs in the US and China. She also served on a variety of civic and charitable boards including Montero Medical Mission, which conducted medical and education outreaches by sending US volunteer doctors worldwide; and Medical Music Symphonic Group, which services our nation's veterans and international medical causes.

Website: <https://globaldragontv.com/>

Introducing The Whole Health Wellness Plan

Dr. Lori Chortkoff Hops • Breaking Out in Peace: Energy Practices and Embodied Intuition to Break Through War, Illness, and Grief

Lori Chortkoff Hops, PhD, DCEP is a licensed psychologist, DCEP, certified Logosynthesis Practitioner and instructor, and Reiki Master in private practice in Westlake Village, California. She is the past president of ACEP (Association for Comprehensive Energy Psychology). She teaches and writes about embodied intuition, energy psychology, coping with trauma and illness, and self-care. Lori loves to paint, take photos, and dance.



Breaking Out in Peace: Energy Practices and Embodied Intuition to Break Through War, Illness, and Grief

Personal stories from trauma to peace using energy practices and embodied intuition. Breaking out from war. Ancestors escaping Anti-Semitism, poverty, and forced conscription in the military, creating a more stable life in the US. Breaking out in hives. The body attacks itself as if nature is a foreign invader, with severe allergies. Breaking down in tears. Mending a broken heart, when desires do not match reality. Living as an empath in a broken

world. Describing and demonstrating empirically validated energy psychology and embodied intuition skills to break out of trauma and into peace.

Kay Lahdenpera RN • Pioneers in Holistic Health: Nurse Leaders Set the Stage



Kay Lahdenpera RN, MPH is a legend in nursing in Alaska with a 45-year career in public health. She was the manager for the Region X, Title X Family Planning Clinic. During her 35 years at the Health Department, Kay was instrumental in implementing the Region X, Title X Women’s Health program and establishing the clinic as a training program for the first women’s health nurse practitioners (NPs) in Alaska. As a result of this training program, NPs

were, for the first time, able to perform colposcopies and prescribe medication within their scope of practice. The clinic is a training ground for healthcare professionals, including medical students. Local physicians saw the value of NPs and began to hire them.

Her awards include the Alaska March of Dimes Nurse of the Year Award for “Legends of Nursing” (2009), the first American Nurses Association Excellence in Nursing Award (1993); Title X Family Planning Program Excellence in Management Award (1994); National Family Planning & Reproductive Health Association, Inc. (Outstanding Local Service Award from (1997); BP and YWCA Women of Achievement Award (1997); and Alaska Nurses Association “Hall of Fame” Award (2009).

Pioneers in Holistic Health: Nurse Leaders Set the Stage

Betty Lee • The Chow Qi Gong Hour

Born and raised in Hong Kong, bilingual in Chinese and English, Betty holds a . B.A. from Mills College in Oakland, CA. She was a successful Real estate broker for 17 years in S.F. and helped many clients from all walks of life achieve their goals.

Betty learned Qigong, Chinese Energy Work, from World renowned Qigong Grandmaster Dr. Effie Chow in San



Francisco. She received a Certificate to be a Qigong Practitioner and mastered Chow Qigong Brushing Techniques to help individuals relieve pain, even long-existing pain. She uses Qi Pressure points to relieve joint pain and frozen shoulder and is able to generate results usually within 3 sessions. Eye massage to improve vision quickly.

Website: www.BettyQigong.com

The Chow Qi Gong Hour

Betty will demonstrate Chow Qigong and show films of clients with whom she successfully used Chow Qigong to address various issues.

Dr. Shin Lin

He is the Founding Director of the Laboratory for Mind/Body Signaling and Energy. His research at UCI, applied electronic and biophotonic technologies to investigate the physiological mechanisms of the beneficial effects of Qigong/Tai Chi and TCM therapies.

Dr. Lin has received training in acupuncture at the Department of Rehabilitation Science of Hong Kong Polytechnic University. He is designated as a 12th-generation inheritor of Chen Style Tai Chi and also teaches different styles of Qigong.



- He served on the National Advisory Council on Complementary and Integrated Health and as
- Chair of a Think Tank on Biofield Medicine at the National Institutes of Health (NIH).
- An elected Fellow of the American Association for the Advancement of Science (AAAS, publisher of Science), Dr. Lin held a Visiting Professorship at the Shanghai University of TCM and
- Was a co-principal Investigator of government-funded projects at the Shanghai Qigong Research Institute at this University for a dozen years.
- He is presently on the editorial board of the Journal of Integrative and Complementary Medicine and a co-Chair of this Congress continuously since 2004.

Dr. Anita Chen Marshall • Herb-Drug-Vitamin Interactions



Dr. Anita Chen Marshall DAOM, PhD, Pharm.D, L.Ac. has dual doctoral degrees in Pharmacy and Oriental Medicine. During her more than 40 years of Western and Eastern patient care experiences, she witnessed a great need to supplement Western medicine with alternative approaches for treating acute and chronic illnesses, and pain management. In addition to her private practice in Alameda, she has been giving lectures and teaching a course on Herb and Drug Interactions for the last 15 years in various TCM schools in the US. She was an Adjunct Faculty at ACTCM at CIIS, San Francisco; Yo San University, L.A.; Five Branches University, San Jose; and Bastyr University, Seattle.

Website: www.DrAnitaMarshall.com

Herb-Drug-Vitamin Interactions

With more than 170 million Americans (77%) taking dietary supplements, more and more patients are being treated simultaneously with both Western and Eastern medicine nowadays. It is quite common for a patient to seek herbal supplements while taking several prescription medications. Both patients and healthcare professionals are becoming more alert to the potential for occasional dangerous adverse herb-drug interactions.

The Drug and Herbal Supplement Industries have been growing by leaps and bounds in recent years. In 2021, overall pharmaceutical expenditures in the US grew 7.7% compared to 2020, for a total of \$576.9 billion. The U.S. vitamin & supplement manufacturing industry is worth \$35.6 billion as of 2022.

And because many dietary supplements are touted as “natural”, and are often sold in health food stores, it’s easy to assume they’re harmless. Safety has become a major topic of concern and discussion.

This lecture will provide an overview of Herb and Drug Interactions: Pharmacokinetic interactions and Pharmacodynamic interactions; therapeutic effects and interactions of commonly used herbs and drugs, and serious herb-drug interactions in various illnesses that may cause life-threatening conditions (i.e. asthma, CNS disorders, diabetes, heart attack, hypertension, insomnia, stroke, and pain management, etc)

As Traditional Chinese Medicine (TCM) and herbal supplements grow and thrive in the United States, it is of vital importance that healthcare professionals be aware of the potentially dangerous herb-drug-vitamin interactions. This knowledge will also improve treatment effectiveness and reduce the skyrocketing costs of medical care.

Dr. Amy Ying Li Matecki • Integrative Medicine: Healing with Peace

Dr. Amy Ying Li Matecki MD, LAc, FACP graduated from Qingdao Medical College in 1989 and Qingdao Acupuncture Academy in 1991. She practiced both Western and Traditional Chinese Medicine in China before moving to California in 1994. Licensed in Medicine in California in 2002, she graduated as an Internal Medicine Chief Resident at Alameda County Medical Center.



Board Certified in Internal Medicine in 2004, she joined the Northern California Hematology and Oncology, Inc. adding the acupuncture program to the Alta Bates Summit Comprehensive Cancer Center where she serves as Medical Director for the Center for Integrative Medicine. She is the co-founder of Cornerstone Integrative Medicine and President of the International Center for Integrative Medicine (ICIM). She specializes in integrative oncology, Chinese herbal medicine and acupuncture, nutritional supplements, women's health, and pain management.

INTEGRATIVE MEDICINE: HEALING WITH PEACE

This keynote address will focus on the evolution of Integrative Medicine and highlight the pioneers who have fought to blend Eastern and Western Medicine to provide optimal health. Dr. Matecki will describe recent efforts to bring Integrative Medicine to the forefront and discuss the challenges that remain.

Master Cathy Mu • Healing Depression with Qigong & Other Natural Remedies



Master Cathy Mu, the founder of the Thriving Foundation, is a highly respected award-winning Qigong master who teaches self-healing and self-empowerment practices online globally. With her combined knowledge and wisdom as a successful CPA and Qigong master, Cathy teaches How to Master the Art of Abundance and the Energy of Money, besides the Art of Healing for Health.

Website: www.TheThrivingFoundation.Org

Healing Depression with Qigong & Other Natural Remedies

Did you know that suicide claims 800,000 lives every year and depression is the main driver behind suicide? Over 300 million people are suffering from depression. The use of antidepressants over the past 20 years has gone up 300%, but the rate of depression continues to increase. The use of antidepressants causes long-term brain damage. Depression has become another major global pandemic. A debilitating and devastating illness, it can rob people's ability to work, play, love, sleep, and even their will to live. Master Mu will share with you powerful Qigong and other natural ways to prevent and heal depression.

Grandmaster Dr. Stanley Ngui-Hon-Sang • Evolution of Qigong – the New Frontier

Grandmaster Dr. Stanley Ngui-Hon-Sang PhD, IMD has spent the last 5 years using the principles of ancient Qigong, especially from the ancient masters, and applying them using modern tools and devices. Doing this leads us to Qigong/Quantum Physics. Dean - Classical Chinese Medicine and Qigong, Senior Advisor and professor at large, at WONM.

He is the Chief Integrative Medicine Doctor with, Grandmaster-level in Chinese Medicine, Qigong, and Gongfu. Lineage - The knowledge of Chinese Medicine and holistic therapy that we provide has been passed down in our Ngui Family line for generations, each next generation inheriting the knowledge given to them by their parents.



Only recently, have we begun to start teaching outside the family to non-blood students. Each person who practices is thoroughly before becoming a full practitioner, in respect, empathy, Chinese Medicine, body mechanics, bio-medicine, and bio-energies.

He lectures and teaches classes internationally, and also co-authored books with other doctors. He has appeared in radio and TV shows and has an online presence. He is knighted in the Order of The Orthodox Knights of John and is a member of the North American Martial Arts of Fame.

Evolution of Qigong – the New Frontier

This presentation starts by giving a brief history of Qigong, and how it evolved through time to the present day. Many of the Qigong Masters kept their special techniques within the family. Some of them would perform seemingly impossible feats while keeping their secret.

When Quantum Physics is dissected, it is found that many of the Qigong principles and techniques are addressed in Quantum Physics. Some examples of topics in Quantum Physics are sub-atomic particles, (photons), and scalar energy.

The link between Qigong and Quantum Physics is integral. This makes it easier for Qigong practitioners to take advantage of this new science – Quantum Physics. Nguistyle has released some family secrets and used them in clinical settings.

Ancient Qigong principles and techniques are used with modern devices to affect instant responses and results. The efficacy of these techniques results in a fast-growing sector of healthcare – NGUI Matrix.

Master Lewis Regen • Ba Gua Foundations and the 3 Treasures for Health



Master Lewis Regen works as a Master Teacher at the beautiful 1440 Multiversity. Lewis has extensive and diverse experience teaching various mind/body practices, including Qi Gong, Tai Chi, Bagua, Yoga, Massage, and Meditation since 2010. His ultimate goal is to embody and share the healing wisdom of these ancient techniques for Longevity, Mindfulness, and Compassion with everyone. Studying with a variety of Grandmaster teachers since 2009,

Mr. Regen brings together the best of these practices and with reverence presents them in a transformative, engaging, and accessible way.

Ba Gua Foundations and the 3 Treasures for Health

Join Lewis Regen and discover Ba Gua Circle walking from Cheng-style Lineage as taught by Grand Master Jia Shusen. Learn key foundations and the first 3 palms with a focus on healing properties, meridians, and posture. Experience the robust health, balance, and mindfulness in motion that Ba Gua offers.

Ba Gua circle walking is a unique form of Qi Gong that blends circular movement with healing postures. Since 2011, Lewis Regen has studied with Grand Master Shifu Jia Shusen, an expert in the Cheng-style lineage of Ba Gua. Lewis will guide you through the foundational practices of Ba Gua in this class, teaching the first 3 palms which represent the 3 Treasures. You will learn about the healing properties and meridians involved in each movement and how to maintain proper posture throughout the practice. Join Lewis Regen to experience the physical and mental healing benefits of Ba Gua Circle walking, including improved balance, flexibility, circulation, health, and mindfulness.

Dr. Beverly Rubik • Adverse Health Effects from Wireless Radiation and How We Can Protect Ourselves

Dr. Beverly Rubik, PhD is a leading scientist and scholar internationally renowned for her pioneering work in frontier science and medicine that goes beyond the mainstream. She holds a PhD in Biophysics from the University of California, Berkeley, and is President/Founder of the Institute for Frontier Science. She is Internationally renowned for her research on the biofield, the field of energy-with-information of living systems



Dr. Rubik is a Health Educator to individual and corporate clients, a professor at Energy Medicine University, and a Faculty member at the College of Integrative Medicine and Health Sciences, Saybrook University.

Adverse Health Effects from Wireless Radiation and How We Can Protect Ourselves

The 5th generation (5G) of wireless communication radiation has arrived. More antennas are being installed in our neighborhoods, and 5G-emitting satellites will soon circle the earth, providing a global wireless world wide web for an increasing

number of devices controlled over the internet. The perils of this technology include – inadequate research on health; lack of environmental assessment; a growing population of electrosensitive persons; unclear safety standards; and wireless radiation as a causal factor in cancer. Discover how 5G differs greatly from earlier generations of wireless. Learn about the scientific evidence for 5G's health and environmental effects. Learn practical ways to protect yourself and others.

Dr. Cheryl Schwartz • Animals Healing with Peace, Love & Integrative Medicine



Photo © JB

Dr. Cheryl Schwartz, DVM, has been a Compassionate veterinarian and animal advocate since 1978 (WSU), with 40+ years of Traditional Chinese Medicine experience. Worldwide educator in veterinary accreditation courses, animal lover, and founding member American Holistic Veterinary Medical Association. The author of *Four Paws Five Directions: Guide to Chinese Medicine for Cats & Dogs* (Random House), and the creator of the self-help video series *Healthy Tips for Tails*.

Website: www.drcherylschwartz.com

Animals Healing with Peace, Love & Integrative Medicine

Animals are professional “present-timers” – centered physical and spiritual energetic beings. Throughout time and, especially during COVID, people relied on their animal family to heal, love and connect. Explore virtual and in-person animal/human healings with Acupuncture, Acupressure, and Qi Gong from a small animal veterinary practice.

Syndi Seid • Advanced Networking Techniques for Business Professionals

As founder of Advanced Etiquette worldwide—with affiliate offices in Beijing, China, and Chennai, India—Syndi Seid brings a unique style of fun interactive learning experiences to major companies, where senior executives, business professionals, and main-line employees learn to avoid business and social faux pas that could lead to major business and political blunders, to instead gain poise, confidence, and authority in all business and social situations, anywhere in the world.



As the first Asian graduate of both The Protocol School of Washington and the Emily Post Institute, Syndi earned their highest certifications as a Certified Protocol Officer and international corporate trainer.

Website: www.AdvancedEtiquette.com

Advanced Networking Techniques for Business Professionals

Attend this lively and interactive 2-hour workshop on maximizing your networking effectiveness "after" attending a networking event, which is the key to true networking success, to gain whatever you want... accelerated connections, advancing a career, or achieving overall success in life.

Dr. Karilee Halo Shames RN & Dr. Richard Shames • Pioneers in Holistic Health: Nurse Leaders Set the Stage



Dr. Karilee Halo Shames RN, PhD has been a Clinical Specialist in Psychiatric Nursing and a Certified Holistic Nurse with a PhD in Holistic Studies. She has maintained a private practice in collaboration with Dr. Richard Shames for twenty years, specializing in comprehensive treatment aspects of energy-depletion illnesses. Karilee is an Assistant Professor of Nursing at Florida Atlantic University. Previously she was

California Coordinator, Director-at-Large, and Public Relations Chair for the American Holistic Nurses Association, and has written numerous health-related articles and several books, including *The Gift of Health* (Bantam 1982, co-authored with Richard Shames, M.D.), *The Nightingale Conspiracy* (Enlightenment Press, 1993), *Creative Imagery in Nursing* (Delmar Press, 1995), and *Energetic Approaches to Emotional Healing* (Delmar, 1997). Their newest release is *Thyroid Mind Power*.

Dr. Richard Shames, MD graduated from Harvard and the University of Pennsylvania, did research at the National Institutes of Health with Nobel Prize winner Marshall Nirenberg, and has been in private practice for twenty-five years. In addition to his medical office work, he has been a member of the Clinical Faculty of the University of California Medical Center in San Francisco, a founding member of the American Holistic Medical Association, a participant in the Carl Menninger Foundation, and a member of Who's Who in California as well as nationally. He has served as Adjunct Faculty at Florida Atlantic University. The author is well known for his prominence and pioneering work in the holistic field. Their newest book is *Thyroid Mind Power*.

Website: www.thyroidpower.com

Pioneers in Holistic Health: Nurse Leaders Set the Stage

Dr. Terry Shintani • Congress Ceremonial Prayer for Health and Peace

Dr. Terry Shintani, MD, JD holds a master's degree in nutrition from Harvard University and Medical and Law degrees from the University of Hawaii. He is board-certified in Preventive Medicine and is the founder of the integrative medicine clinic of the Dept of Complementary and Alternative Medicine, John A. Burns School of Medicine. He is the Chair of the International Holistic Therapy Association and is certified as a Traditional Hawaiian Healer. He has received a national award from the U.S. Secretary of Health for his health program reversing disease in a high-risk population.



He has written 16 books including the *Eat More, Weigh Less® Diet*, the *Hawaii Diet*, and the *Peace Diet®*. He has been featured in *Newsweek*, on *CBS This Morning*, *ABC*, *National Radio*, *CNN News*, and *Dateline NBC*. His Program appears in the *Encyclopedia Britannica*. For his many contributions to humanity, he has been formally designated a "Living Treasure of Hawaii."

Congress Ceremonial Prayer for Health and Peace

Lama Tantrapa: Energy Arts TV—Your Resource for Healing, Empowerment and Enlightenment



Lama Tantrapa is the lineage holder of Qi Dao that has been fostered in his clan for 27 generations. He has over 40 years of experience in this unique style of Tibetan Shamanic Qigong.

Lama received most of his training from his Grandfather, who was the Qi Dao Grand Master, but he also met with and learned from many world-class thought leaders in Buddhism, Shamanism, Qigong, Healing, and Martial Arts. After being ordained as a Tibetan Bön Lama and receiving religious asylum in the US, he founded Academy of Qi Dao dedicated to continuation of his lineage. It also became the first and only school in the world offering professional certification in Qigong Coaching, the profession Lama pioneered by integrating the ancient Energy Arts of Tai

Chi and Qigong with the modern modalities of peak performance and life coaching.

His coaching empowered thousands of martial artists, athletes, dancers, singers, writers, and actors to learn how to be in the flow at will. Please visit QigongCoaching.com for more information about his certification programs for Qigong and Tai Chi coaches. To learn more about his enlightening programs and online courses please go to AcademyofQiDao.com.

Energy Arts TV: Your Resource for Healing, Empowerment and Enlightenment

Energy Arts TV is a new digital TV channel that offers a variety of programs and podcasts dedicated to Qigong, Tai Chi, Yoga, and other related disciplines. The channel is dedicated to educating, inspiring and entertaining the viewers interested in learning and practicing these empowering and enlightening arts.

Energy Arts TV is more than just a TV channel. It is a community of like-minded people who share a passion for learning and practicing all types of energy-based practices. It is the virtual destination for anyone who wants to discover, explore and enjoy the world of Energy Arts. Whether you are a beginner or an advanced practitioner, you will find something that suits your needs and interests at EnergyArts.tv.

This channel was created by Lama Tantrapa, the founder of Academy of Qi Dao and creator of Qigong Coaching. He is also the host of one of the channel's flagship programs,

The Secrets of Qigong Masters featuring interviews with some of the world's leading experts and thought leaders in the field of Energy Arts.

Some of the other programs on Energy Arts TV include:

- Tai Chi for Beginners: A series of videos that demonstrate how to use Tai Chi for improving physical and mental health, such as balance, flexibility, strength and stress relief.
- Qigong for Health: A series of instructional videos that teach the basics of Qigong, such as breathing, posture, movement and meditation.
- Yoga for Wellness: A series of videos that show how to practice Yoga for enhancing well-being, such as relaxation, energy, immunity, and alignment.
- Energy Arts Spotlight: A series of documentaries that explore the history, culture and benefits of various Energy Arts, such as Reiki, Feng Shui, Acupuncture, and more.

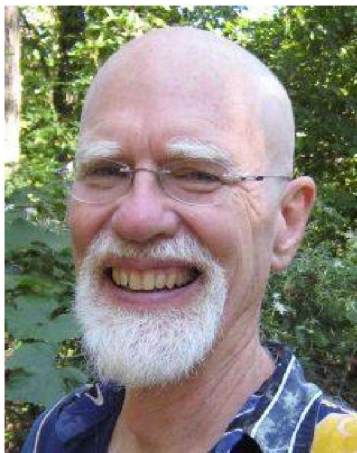
Energy Arts TV also features video podcasts from some of the most popular and influential voices in the field of Energy Arts sharing the insights and wisdom of world-class teachers. Tune in to learn how to be in the flow of Qi (universal energy) for optimal health, happiness, and personal development.

Energy Arts TV is available online at EnergyArts.tv as well as on various streaming platforms, such as Roku, Hulu, Apple TV, Amazon Fire TV, Samsung TV, and more. You can enjoy the ongoing programming for free or subscribe to a very affordable membership for the opportunities for viewers to interact with the hosts and guests through community chats, Q&A sessions, webinars, and online summits.

For more information, please contact Lama Tantrapa at Lama@Tantrapa.org.

Dr. John W. Travis • Pioneers in Holistic Health: Nurse Leaders Set the Stage

Dr. John W. Travis, MD, MPH completed medical school in Boston in 1969 and specialized in preventive medicine at Johns Hopkins University. In 1975, he founded the first US wellness center in Mill Valley, CA—featured on *60 Minutes* in 1979. Beginning in 1975, he developed the now widely used Wellness Inventory and co-authored three editions of the *Wellness Workbook*.



In the early nineties, he shifted his focus to infant wellness, co-founding the Alliance for Transforming the Lives of Children <https://www.atlc.org>. This led to his analysis of the epidemic of dissolving marriages that often occur after the birth of a child in nuclear families. He described this insidious epidemic as Postpartum Relationship

Abandonment Syndrome, which is caused by overwhelm and the restimulation of the parents' childhood wounding. See Connected Couples—Thriving Families.

Website: <http://www.connectedandthriving.org>

**Pioneers in Holistic Health: Nurse Leaders Set the Stage
A Panel on the Early Days in the Bay Area and Beyond**

Marisa Vocca • Why Qigong Is a Treasure in Integrative Healing

Sinologist, Qigong Master, and Italian representative at the World Congress of Qigong. Marisa Vocca has taught Qigong classes and professional Qigong operator courses in Rome since the beginning of the 1990s. Awarded as “Italy Qigong Master of the Year” at the 15th World Congress of Qigong in 2013, held in San Francisco (USA), together with some of the top Qigong masters of the world. She is a sinologist and studied: Chinese and Tibetan Medicine, has a diploma in Iridology, Shiatsu, and Foot reflexology, and she studied in depth various energy techniques to work and practice on body health, from different ancient cultures.



She is the Founder and President of “NeiDao - The Inner Way” Association. Other accomplishments:

- Cooperation and Participation in CARE for Cocaine Addicts: Since 2012, organized and managed the Qigong laboratories in the residential phase of the project, where qigong practice is used together with psychotherapy.
- Cooperation in the development of a project to support medical operators, health workers, cancer patients, and their relatives, in the Cancer Dept. of the Rome Gemelli Hospital.
- Organization and activation of Qigong courses in public schools of different levels, to support Teachers, Operators, and Students, in the management of anxiety, depression, and lack of self-esteem, to improve concentration, to solve postural or respiratory problems
- Presentation of Qigong projects to large Companies, to activate internal courses for employees, and to insert relaxing breaks for them to recover from stress and stress-connected problems. With the NeiDao Association, she proposed practice

techniques to use in the office to help posture, breathing, digestion, and blood circulation.

Website: www.neidao.org

Why Qigong Is a Treasure in Integrative Healing

Qigong is an incredible system of practices, meditations, inner growth, healing techniques, and scientific research. It has a long history and a long process of development in different directions, with goals like in the martial arts, in the medical field, and in the meditation world. In a human being's life, the most important treasure that qigong represents is this: the constant help in making life something special and full, through the nourishing of the most important virtues: awareness, self-esteem, full connection, and comprehension of body language.

Qigong made me stronger in fighting diseases. It made me ready to cope with problems. It helped me to know myself better and to communicate much deeper with others. Qigong is something that could make the world a better world, full of happy people, healthy people, and content people. The people who know qigong, are ready to react to problems and diseases instead of just suffering them and just waiting for help from somebody else. I think that even medical doctors can help patients better if the patients are more aware and ready to help themselves by practicing qigong. I'm an example and a proof of this, and I'll tell you why.

Dame Rev. Dr. Ama Lia Wai-Ching Lee • Healing with Peace for Mental / Emotional and Vibrational Health



Dame Rev. Dr. Ama Lia Wai-Ching Lee is a medical intuitive healer from a traditional lineage. She is also a U.S.-qualified Holistic Health Counselor and Holistic Bodywork Therapist. As the principal of EarthHeART Holistic Consultancy, she has been collaborating with medical doctors in the field of Integrative Medicine since 1992. She is also a member of several organizations of Integrative Medicine and has been on panels and discussions with the medical profession in co-creating new paradigms and protocols for Holistic Medicine.

Currently, she sits on the Health and Medical Advisory Board of Nature's Frequencies and serves as a consultant to the spa and hospitality industry as well. She provides leadership in many other humanitarian and environmental organizations as well as

her own program Living Healing Arts Vortex (LHAV). Wai-Ching Lee has synthesized several cutting-edge evolutionary modalities in the field of Energy or Vibrational Medicine. She has developed Infinity Quantum Qi-Gong, an accelerated restorative treatment and multi-dimensional healing, and is the Associate Producer of Quantum Qi Movie, with Sharron Rose of Sacred Mysteries.

Website: www.amaliawaichinglee.earth

Healing with Peace for Mental /Emotional and Vibrational Health

Isabelle Zayas • Healing the Whole Person not Just the Illness. A Journey Through Stage IV Cancer and the Ancient Wisdom Practice of Qigong

Isabelle Zayas is an author and public speaker who inspires life transformation by healing the whole human not just the illness. She draws on her experience from twenty years as a leader in a global Fortune 500 technology firm. In 2013, Isabelle was diagnosed with Stage IV metastatic breast cancer, a life-threatening illness with a 3% survivability. Today, she is a survivor and supports people through her story and energy work. She is a Chow Qigong Master, an Intuition Medicine® Practitioner, and holds certifications in Shaolin Qigong Three Secret Forms and Shaolin Wellness Qigong.



Healing the Whole Person not Just the Illness. A Journey Through Stage IV Cancer and the Ancient Wisdom Practice of Qigong

When I was diagnosed with Stage IV cancer I was informed by the medical institution that it was not a matter of if I would die, but when. Cancer was in my breast, liver, neck, and bones. It was Dr. Chow who first introduced to me the integration of Western medicine with TCM/Qigong and that it was still possible to choose to live. I embraced what both paradigms had to offer, with the practice of qigong as the way to save my life and heal the whole person. I am living evidence of the power of qigong. I am a long-time student, 19 years, of Dr. Chow - my teacher, mentor, guide, and family.

Mary Zelmer • Living Through Dying: Dr. Chow's Esoteric Final Teaching



Mary Zelmer has studied and practiced Qigong for over 20 years and is recognized as a Qigong Master Healer and teacher. She works with and supports individual clients and groups. Mary earned her B.S. in Community Education at Minnesota State-Mankato, and she created and leads a community-based non-profit organization known as the Qigong Connection, which assists people in broadening their knowledge and practice of Qigong.

The Qigong Connection also promotes individual and community healing. Mary has led numerous large group healing meditations and retreats, organized conferences, created educational programs, and laid the intentional groundwork for healing communities and organizations, both locally and internationally.

Mary has also been a guest healer / speaker at workshops, conferences, colleges, and high schools. She assists clients on their unique path to wellness. Her passion is to bring awareness to the healing power that arises from the energetic connection between the heart and nature.

Degrees, training, experience, and other qualifications:

- Private Qigong Energy Practice since 2008
- Intensive study with Qigong Master Chunyi Lin, 2001 – 2010
- Completed Certification for Spring Forest Qigong Guide Program, 2005
- Certified Spring Forest Qigong Master Healer I & II, 2008, 2009
- Certified Spring Forest Qigong Instructor, Levels I – II, and Qi-ssage, 2008, 2009
- Qigong Practitioner at Spring Forest Qigong Healing Center, 2006-2010
- Qigong Practitioner, Meditation Leader, Presenter at Spring Forest Qigong Retreats, Healing Workshops, Guild and Conferences, 2006-2010
- Creator, implementer, and organizer of the Spring Forest Qigong Guild Outreach program.
- SFQ Teacher and Trainer of Guild Outreach Volunteers.
- Creator, Organizer, and Presenter of, " Healing the Earth Conference," using Chow Qigong with Qigong Grandmaster, Dr. Effie Chow, 2010

- Completed Level 1 Intensive Training Program in Chow Integrated Healing System and Chow Qigong, 2010

Website: <https://maryzelmer.com/>

Living Through Dying: Dr. Chow's Esoteric Final Teaching.

On her final nights, Dr. Chow esoterically shared with Mary her journey as she transitioned. She illuminated this transformation and imparted the process of how to live through dying. In this last teaching, Dr. Chow lovingly shows us how to let go of all fears and fully embrace our natural state of being as source energy. In her shared vision, she brings us home and illuminates this process as we will all take this journey.

We are all source energy; we are birthed from it and return to it in connection to all that is; beyond time, space, and limitation. My goals are: To allow us to let go of the fear of death and integrate in its place the ancient energetic understanding that we all return to source energy, the energy of love. To cognize and integrate this process into our being with joy and beauty as we prepare to transition from here to there. To share this gift of Dr. Chow's journey with others to bring peace, healing, and love in transitions.

Visit the congress website at <https://www.worldcongressevents.org/> to register, peruse the Agenda, honor a community member by nominating them for an award, and much more.