



# Ana Cristina Mendes Moreira

Medical Doctor

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## CURRENTLY

- o MANAGER AND DIRECTOR OF THE CLINICAL "INTEGRATIVE MEDICINE CENTER, DRª ANA MOREIRA" - PORTO, PORTUGAL
- o PRESIDENT OF THE PORTUGUESE SOCIETY OF INTEGRATIVE MEDICINE (SPMI)- PORTO, PORTUGAL
- o VICE-PRESIDENT OF PORTUGUESE SOCIETY OF OZONETHERAPY (SPOZ) – PORTUGAL
- o MEMBER OF THE EXECUTIVE COMMITTEE OF THE EUROPEAN SOCIETY FOR INTEGRATIVE MEDICINE (ESIM)
- o COORDINATOR OF SELF-HELP GROUPS
- o COORDINATOR OF GROUP MEDITATION GROUPS

## ::EDUCATION::

- Degree in Medicine by the Faculty of Medicine of the University of Porto in September 2001;
- Post-Graduation in Aging Medicine from the Autonomous University of Barcelona from November 2005 to July 2006;
- Intensive Course of Medical Aesthetics, at the Brazilian Institute of Research and Education (IBRAPE), São Paulo, Brazil in January 2006.
- Post-graduation in Dermo-Pharmacy and Cosmetics, at the Higher Institute of Health Sciences of the North in the Department of Pharmaceutical Sciences from March to May 2006;
- Master's Degree in Biological and Anti-Aging Medicine from the Ramón y Cajal Hospital of the University of Alcalá, Madrid - Spain, from October 2006 to July 2008, with a 20-rank diploma (Honor Diploma);
- Post-Graduation in Climatology and Hydrology by the Faculty of Medicine of the University of Porto from November 2006 to July 2007;
- Post-Graduation in Biological Medicine and Homotoxicology, organized by the International Homotoxicology Society - Germany, from January 5th to 18th, 2007, Porto;
- Post-Graduation in Occupational Medicine by the Faculty of Medicine of the University of Porto, from September 2009 to July 2011;
- PhD student in Signal Integration and Modulation in Biomedicine at the Faculty of Murcia, Spain, since 2020;
- PhD student in Quantum Science of Health, Prosperity and Happiness, by Dr Amit Goswami, since 2021;
- Training in Mindfulness in Health Contexts by the Faculty of Medicine of the University of Porto, in 2023;
- Master's Degree in Health and Advanced Integrative Medicine, CEU Cardenal Herrera University, from July 30, 2022 to July 30, 2023;

## **::PROFESSIONAL ORGANIZATIONS::**

- **Professional Medical College Number - 41132**
- **President of the Portuguese Society of Integrative Medicine (SPMI)**
- **Vice-president of Portuguese Society of Ozone Therapy (SPOZ)**
- **Executive Board of European Society of Integrative Medicine (ESIM)**
- Academic Consultant in Integrative Medicine at the Nacional Institute of Integrative Medicine (NIIM) - Australia
- Advisory Board Member of the European Wellness Academy (EWA) -Germany
- Advisory Board Member of the European Wellness University (EWU) - USA
- Member of the International Society for Complementary Medicine Research
- Member of the Portuguese Society of Medical Acupuncture
- Member of the English Society for Homotoxicology and Anti-Homotoxic Therapy (The Society for Homotoxicology Anti-Homotoxic Therapy GB)
- Member of the British Society of Anti-aging Medicine (British Society of Anti-aging Medicine).
- Member of the Spanish Society of Biological and Anti-Aging Medicine(S.E.M.B.A.)
- Member of the Spanish Society of Anti-Aging and Longevity Medicine(S.E.M.A.L.)
- Member of the "International Society of Medical Hydrology and Climatology"
- Member of the European Nutraceutical Association
- Member of the International Academy of University Aesthetic Medicine(A.I.M.E.U.)
- Member of the Brazilian Academy of Aesthetics

## **::COURSES AND OTHER ACTIVITIES::**

- Participation in the 3rd Algarve Breast Cancer Congress - Women and Integrative Health, with the theme "Principles of Integrative Medicine", on 16 February 2024, at the Vila Galé Hotel in Lagos;
- Presidente e Membro da Comissão Organizadora do IV Congresso Internacional de Medicina Integrativa, organizado nos dias 1 e 2 de dezembro no Super Bock Arena, no Porto;
- President and Member of the Organizing Committee of the IV International Congress of Integrative Medicine, organized on December 1st and 2nd at the Super Bock Arena in Porto;
- Participation in the APTFeridas Congress - 25 Years Gala, held on November 9 and 10, 2023, at the Pavilhão Multiusos de Gondomar, as a speaker on the theme "Ozone Therapy";
- Participation in the V National Congress of Integrative Medicine, held in Valencia, Spain, from November 17 to 19, 2023, as a collaborator;
- Participation in the European Congress for Integrative Medicine, from 20 to 23 September, in Rome, Italy;
- Author of the academic programme in the Master's Degree in Integrative Medicine and Health at the Universidad Tecnológica Tech in Approach to Common Chronic Diseases in Integrative Medicine I in the 2019-2020, 2020-2021, 2021-2022 and 2022-2023 editions;

- Participation in the 2nd International Ozone Congress "Ozone - The Key To Your Health", held from 22 to 24 June 2023 in Rostock-Warnemünde, Germany;
- Participation in the 6th Edition of the National Congress of Aesthetic Medicine and III Ibero-American Congress, on 16 June 2023;
- Participation in the XXIX International Congress on Regenerative Medicine and Cell Therapy, held in Málaga, Spain, on 26 and 27 May 2023;
- Participation in the Congress on Mental Health and Propaganda, on 20 and 21 May 2023;
- Professional Training Certificate - Basic Life Support and AED, held on 19 May 2023;
- Participation in the VI Jornadas Otto H Warburg, in Madrid, Spain, on 6 May 2023;
- Participation in the Consciousness Expansion Practices Course, held in São Paulo in March and April 2023;
- Participation in the 2023 Integrative Medicine & Health Symposium, from 28 February to 2 March, in Chicago, USA;
- Speaker at the 6th International Congress of Dental Medicine and Integrative Health, held on 24 and 25 March 2023;
- Speaker at the III Brazilian Electromagnetic Protection Meeting, held from 14 to 16 December 2022;
- Retreat "Journey of Reconnection" at Six Senses Douro Valley, held on 8, 9 and 10 December 2022;
- 2nd Malaysian Lifestyle Medicine Conference, held on 1 and 2 December at the Berjaya Times Square Hotel;
- International Congress on Pandemic/Health Management, held on 28, 29 and 30 October in Fátima, Portugal;
- Speaker at the V Edition of the National Congress of Aesthetic Medicine, on 14 October 2022, at the Hilton Porto-Gaia Hotel;
- Speaker at the International Ozone Therapy Congress, from 3 to 5 October 2022, in São Paulo, Brazil;
- Speaker at the Wellness Festival, in September 2022, organised by MoonSport, in Lisbon, Portugal;
- Speaker at the 2nd Ibero-American Congress of Integrative Medicine and Marine Therapy, 18 June 2022, organised by the René Quinton Foundation, Madrid, Spain;
- Speaker at the Immune System World Forum, 20 May 2022, organised by Clínica Dr. Manuel Pinto Coelho, Portugal;
- Speaker at the 13th National Reiki Congress, 22 March 2022, on the theme "What is this energy thing? A medical view of the subject", online;
- Speaker at the 1st 2M Pharma Symposium "Multidisciplinary Approach to the Prevention and Treatment of Cardiovascular Pathologies", on 5 February 2022, at the

SDivine Fátima Hotel, Congress & Spirituality;

- Organization, in partnership with the Six Senses Douro Valley Hotel, of the "Wellness Retreat", from December 9th to 12th, 2021;
- President and Member of the Organizing Committee of the III National Congress and II International Congress of Integrative Medicine, on 27 and 28 November 2021, online;
- Speaker at the III National Congress and II International Congress of Integrative Medicine, on 27 and 28 November 2021, online;
- Speaker at the XIII Heart and Family Meeting of the Portuguese Foundation of Cardiology - North, took place at the Auditorium Prof. Doctor Alexandre Moreira from the Hospital and University of Porto, from 25th to 27th November, 2021, with the theme "The Heart in an Integrative Perspective";
- Participation in the 1st Symposium on Integrative Medicine and Neurosciences [Parkinson, Alzheimer, Neuro-oncology], organized by Internacional Group of Researchers and Development for Complementary Medicine (IRCM), on November 17th and 18th, 2021, online;
- Participation in the Introduction to Sanum Therapy Training, by Biotop, on October 30, 2021, online;
- Assistance in the Theoretical-Practical Module Otto H.Warburg, on October 8, 2021, in Madrid, Spain;
- Participation in the "SOS" Training – Level II – with JP Garnier Malet - from 25th to 27th June 2021, in Barcelona, Spain;
- Participation as a Speaker at the I International Congress of Regenerative and Integrative Medicine, organized by FEMEL together with SPMI and AMIBRAS, on 28 and 29 May 2021, online;
- Member of the Organizing Committee of the I International Congress of Regenerative and Integrative Medicine, organized by FEMEL together with SPMI and AMIBRAS, on 28 and 29 May 2021, online;
- Member of the Organizing Committee of the III National Congress of Integrative Medicine – I National Symposium on Integrative Nursing, organized by the Spanish Society of Health and Integrative Medicine (SESMI), on 15 and 16 May 2021, online;
- Participation in the III National Congress of Integrative Medicine – I National Symposium on Integrative Nursing, organized by the Spanish Society of Health and Integrative Medicine (SESMI), on 15 and 16 May 2021, online;
- Participation in the Dark Field Microscopy Course, organized by 2M Pharma and MikroAge, on the 13th, 14th and 15th of May 2021, in Porto, Portugal;
- Participation as Speaker in the "V uMED: Medical-Scientific Congress of the Azores" from 15 to 17 April 2021, online;
- Participation in the "SOS" Training – with JP Garnier Malet – from April 9th to 11th, 2021, in Barcelona, Spain;
- Participation as Speaker at the II Symposium on Integrative Psychiatry, organized by the Brazilian Society of Integrative Medicine (SBMI), on December 5th and 6th, 2020, online;
- President and Member of the Organizing Committee of the II National Congress and I International Congress of Integrative Medicine, December 4, 5 and 6, 2020, online;
- Speaker at the II National Congress and I International Congress of Integrative Medicine, December 4, 5 and 6, 2020, online;
- Participation as Speaker in the "I Mundial Congress AMES Virtual", November 26th-28th, 2020, online;
- Participation as Speaker at the International Congress Online: "Covid-19 – from

- pandemic to treatment”, by SEMERETEC, 27 and 28 November 2020, online;
- Participation as Speaker at "The Global Consciousness Summit" with the theme "How Consciousness contribute to health: Integrative Medicine point of view", on November 21st and 22nd, 2020, online;
  - Participation as Speaker at the Webminar “Alzheimer, Brain Inflammation and Global Health”, by SBOSI, on November 6, 2020, online;
  - Participation as Assistant in the Webminar “Strengthening the Immune System: MTCI Contributions in the Context of the Covid-19 Pandemic”, on October 31, 2020, online.
  - Participation as Speaker at the Conference “Health in the 21st Century”, March 7, 2020, Porto, Portugal;
  - Participation as Speaker in the "VII Medical Ozone Therapy Journeys", 7-8 February 2020, Lisbon, Portugal;
  - President and Member of the Congress Organization Committee in the I National Congress of Integrative Medicine, 6 - 7 December 2019 in Porto, Portugal;
  - Participation as Speaker in the I National Congress of Integrative Medicine, 6 - 7 December 2019 in Porto, Portugal;
  - Participation in the Course “40 Energetic Maneuvers” , organized by ASSIPI, from 15 -17 November 2019, in Biel, Switzerland;
  - Participation as Speaker in the lecture “Memory, sleep and learning”, on 10 October 2019, at Colégio de Nossa Senhora da Bonança, in Gaia, Portugal;
  - Participation and organization of the Course “Applied Psychogenealogy”, with Paola del Castillo and Agnès Paoli, on 21 and 22 September 2019 in Porto, Portugal;
  - Participation in the Congress “12th European Congress of Integrative Medicine” on September 13th to 15th, 2019 in Barcelona, Spain;
  - Participation in the Serenarium Laboratory of the ARACÊ Campus from July 31 to August 6, 2019, in Aracê-Espírito Santo, Brazil;
  - Participation in the Course “Inter-assistance Parapsychic Praxis” from 26 to 28 July 2019, in Foz do Iguaçu, Brazil;
  - Participation in the Sintergética Course "Module I: The Spirit of Synthesis and the great therapeutic territories: for an integral therapeutic practice", with Dr. Jorge Carvajal, on the 6th and 7th of July 2019, in Lisbon, Portugal;
  - Participation in the “Desdobramento” Training - with JP Garnier Malet -Module II from 14 to 16 June 2019, in Madrid, Spain;
  - Participation in the Retreat “Peace, Health and Spirituality”, with Dr. Jorge Carvajal, from May 24th to 26th, 2019, in Madrid, Spain;
  - Participation in the Training “Effects of Forgiveness for Self-Pacification”, by ASSIPI, on 18th and 19th May 2019, in Porto, Portugal;
  - Assistance in the Theoretical-Practical Module Otto H. Warburg “Bioresonance-bioimpedance. Silent inflammation, an inflammation that kills. Cancer treatment” on 9 and 10 May 2019, in Valencia, Spain;
  - Participation in the Course “40 Energy Maneuvers”, by ASSIPI, from 26 to 28 April 2019, in Funchal, Portugal;
  - Participation in the Course “Senso de Gratidão”, by ASSIPI, on April 25, 2019, in Funchal, Portugal;
  - Participation in the “Desdobramento” Training - with JP Garnier Malet -Module I from 12 to 14 April 2019, in Madrid, Spain;
  - Participation and organization of the “Applied Psychogenealogy” Course, with Paola del Castillo and Agnès Paoli, on 16 - 17 March 2019, in Porto, Portugal;
  - Participation in the Course "Arco Voltaico", on the 16th and 17th of February 2019, in Lisbon, Portugal;

- Assistance in the Seminar "Swiss Biological Medicine Academy - Module 5 + 6", with practical part, from 22 to 25 October 2018 at Swiss Biological Medicine Academy;
- Assistance in the Theoretical-Practical Module Otto H. Warburg "El module the Borrelia" on October 1, 2018, Valencia, Spain;
- Assistance in the Theoretical-Practical Module Otto H. Warburg "The silent chronic inflammation module" on 1 October 2018, Valencia, Spain.
- Assistance in the Theoretical-Practical Module Otto H. Warburg "The Bioidentical Hormones Module" on 1 October 2018, Valencia, Spain;
- Assistance at the 2nd Symposium Otto H. Warburg Theoretical "Ozone-Cancer-Regenerative Medicine" on 5 and 6 May 2018, Madrid, Spain;
- Assistance in the I Conference Otto H. Warburg Theoretical "Metamérico -Dolor Segment" on 11 and 12 November 2017, Madrid, Spain;
- Assistance in the I Conference Otto H. Warburg Theoretical "Pre and Probiotics" on November 11 and 12, 2017, Madrid, Spain;
- Participation in the "NLP Practitioner", course 1 and 2, between May 15 and 28, 2017 in Sesimbra, Portugal;
- Participation in the Seminar "What's New in Synergy" by the International Synergetic Association on February 11 and 12, 2017 in Madrid, Spain;
- Assistance to the "Intensive Immersion Course in Orthomolecular Applied in the Health Area", by Dr. Efrain Olszewer, organized by FAPES - Foundation for Research Support and Study in the Health Area, on November 5 and 6, 2016;
- Assistance to the Seminar "Dr. Rau's new educational program to learn Paracelsus' Biological Medicine - Module 8", on 24 and 25 October 2016 at Paracelsus Academy Biomedicine, Germany;
- Assistance to the Seminar "Dr. Rau's new educational program to learn Paracelsus' Biological Medicine - Seminar 7", on 21 and 22 October 2016, at Paracelsus Academy Biomedicine, Germany;
- Assistance to the seminar "Intensive Training on Neural Therapies" and "Dr. Rau's Neuro-Autonomic Injections Technique" on May 8, 2016 at Paracelsus Academy Biomedicine;
- Assistance to the Seminar 4: "Dr. Rau's paradigms to regulation/Pillar 3: the up building forces – Swiss Biological methods of lab testing and understanding difficult diseases and specific therapy methods and diseases" from 4 to 7 May 2016, at Paracelsus Academy Biomedicine;
- Attendance to Seminar 3: "Paracelsus connects the intestines: immune system, bacterium and allergy" May 4-7, 2016, at Paracelsus Academy Biomedicine;
- Assistance to the XXVII International Symposium on Bioregulatory Medicine for Systems. "El Pensamiento Sistémico Biorregulador en la Medicina Interna", 12-13 March 2016, organized by SCOMEDIHH (Colombian Society of Integrative Medicine, Homeopathy and Homotoxicology) in collaboration with ISOHH;
- Speaker at the IV AEICBAS Biomedical Congress – An innovative multidisciplinary approach to life sciences, 4-6 March 2016 at ICBAS;
- Assistance to the Intensive Seminar "Darkfield Microscopy – Introduction to Theory and Practice" on January 31, 2016 at Paracelsus Academy Biomedicine;
- Assistance to the Seminar 2 "The Inner Milieu – Toxicology in Biological Medicine – Swiss Biological Medicine Detox Techniques" from 27 to 30 January 2016, at Paracelsus Academy Biomedicine;
- Assistance to the Seminar 1 "Paracelsus of Dr. Rau's Swiss Biological Medicine – Introduction to Isopathy and Immune Therapies" from 27th to 30th January 2016 at Paracelsus Academy Biomedicine;

- Assistance to the Experiential Workshop “Caminhos Interiores”, on December 6, 2015, in Porto;
- Coordinator of Self-Help Groups since July 2015;
- Coordinator of Group Meditation Groups since July 2015;
- Trainer in the “Homeopathic Mesotherapy” Course, organized by Bwizer on July 26th and 27th, 2015, Portugal;
- Participation in the Colloquium “Well-being and Healthy Life of Caregivers in Pediatric Oncology” with the communication “Food and Cancer: Myths and Truths” promoted by ACREDITAR, in April 2015, Portugal;
- Trainer in the “Homeopathic Mesotherapy” Course, organized by Bwizer on March 13th and 14th, 2015, Portugal;
- Trainer in the “Homeopathic Mesotherapy” Course, organized by Bwizer on November 28th and 29th, 2014, Portugal;
- Assistance to Integrative Medicine Days: “Depression, Anxiety and Sleep Disorders”, by Dr. Juan Carlos Herrera in September 2014, Portugal;
- Trainer of the Course "Homeopathic Mesotherapy", organized by Bwizer, 26 and 27 September 2014, Portugal;
- Assistance in levels 1 and 2 of PNIT-Solarte Technique, in the form of Retreat, by Dr. Armando Solarte, August 2014, Madrid, Spain;
- Assistance to the Course “Neuromarketing with Solarte Technical Psychoneuroimmunotherapy”, Level II, lasting 24 hours, by Dr. Armando Solarte, May 2014, Madrid, Spain;
- Course Trainer "Homeopathic Mesotherapy - Basic Level", organized by Bwizer, March 15, 2014, Portugal;
- Assistance to the course "Neuromarketing with Solaric Technique Psychoneuroimmunotherapy", Level II, by Dr. Armando Solarte, February 2014, Madrid, Spain;
- Assistance in levels 1 and 2 of PNIT-Solarte Technique, in the form of Retreat, by Dr. Armando Solarte, August 2014, Madrid, Spain;
- Course Trainer "Homeopathic Mesotherapy - Basic Level", organized by Bwizer, March 15, 2014, Porto, Portugal;
- Assistance to the course "Neuromarketing with Solaric Technique Psychoneuroimmunotherapy", Level II, by Dr. Armando Solarte, February 2014, Madrid, Spain;
- Assistance to the course "Neuromarketing with Solaric Technique Psychoneuroimmunotherapy", Module I , 50 hours, by Dr. Armando Solarte, October 2013, Madrid, Spain;
- Lecturer at the I Congress of Education and Children's Health of Madeira:"Listen, Sit and React - the world of babies", with the theme"Immunomodulation Therapy with low dose antigenic medication in early childhood.", 09 May 2013;
- Assistance to the Integrative Medicine Days: Neuro-Endocrine System, byDr Juan Carlos Herrera, May 2013;
- Assistance to the Integrative Medicine Workshop, "Cell Regeneration andTissue Microenvironment", by Dr Jhann Arturo, April 2013;
- Speaker on the theme "Immunomodulation Therapy with low antigenicdoses" at the XVI Meeting of the SPA / SPP and Meeting of the A.P.A.S., 12to 14 April 2013;
- Assistance to the World Congress of Homotoxicology, in March 2013, Bogotá, Colombia;
- Assistance to the Days of Integrative Medicine: Vascular Diseases, by Dr Juan Carlos Herrera, February 2013;



- Assistance to the Journeys of Integrative Medicine: Mitochondrial Dysfunction: The Occult Chronic Illness, by Dr. Juan Carlos Herrera, November 2012;
- Speaker at the IV International Congress of Natural Medicines of Porto, under the theme "Neural Therapy", 26 and 27 May 2012;
- Assistance to the Course of Basic NeuroConscience, by Dr Jairo Villegas, Palma de Mallorca, February 24 to 26, 2012;
- Assistance to the Vivencial Workshop "Shamanism", January 29, 2012;
- Assistance to the formation of Homeosinatria II, by Dr. Hector Roa Morales, October 2011;
- Assistance to the Workshop on Neuro-Linguistic Programming and Self Hypnosis Workshop, June 4, 2011, given by Dr Rui Caldevilla, Medical Trainer, Portugal;
- Reached high school in the natural healing Reiki method, February 2011;
- Assistance to the formation of Homeosinatria I, by Dr. Hector Roa Morales, February 2011;
- Assistance to Seminar 4: "Dr. Rau's paradigms to regulation / Pillar 3: the up-building forces - Swiss Biological methods of testing and understanding difficult diseases and specific therapy methods and diseases "from May 4 to 7, 2016, at Paracelsus Academy Biomedicine;
- Assistance to Seminar 3: "Paracelsus connects the intestines: immune system, bacteria and allergy" from 4 to 7 May 2016, at Paracelsus Academy Biomedicine;
- Assistance to the XXVII International Symposium on Bioregulatory Systems Medicine. "Systemic Thought Bioregulator in Internal Medicine", March 12 and 13, 2016, organized by SCOMEDIHH (Colombian Society of Integrative Medicine, Homeopathy and Homotoxicology) in collaboration with ISOHH;
- Speaker at IV AICBAS Biomedical Congress - In the innovative multidisciplinary approach to life sciences, March 4 to 6, 2016 at ICBAS, Porto, Portugal;
- Assistance to the Intensive Seminar "Darkfield Microscopy - Introduction to Theory and Practice" on January 31, 2016 at Paracelsus Academy Biomedicine;
- Assistance to Seminar 2 "The Inner Milieu - Toxicology in Biological Medicine - Swiss Biological Medicine Detox Techniques" January 27-30, 2016, at Paracelsus Academy Biomedicine;
- Assistance at Seminar 1 "Paracelsus of Dr. Raus's Swiss Biological Medicine - Introduction to Isopathy and Immune Therapies" January 27-30, 2016 at Paracelsus Academy Biomedicine;
- Assistance to the Vivencial Workshop "Interior Paths", on December 6, 2015 in Porto, Portugal;
- Coordinator of Self-Help Groups since July 2015;
- Coordinator of Group Meditation Groups since July 2015;
- Trainer in the Course "Homeopathic Mesotherapy", organized by Bwizer on July 26 and 27, 2015;
- Participation in the Colloquium "Welfare and Healthy Living of Caregivers in Pediatric Oncology" with the communication "Food and Cancer: Myths and Truths" promoted by ACREDITAR, in April 2015;
- Trainer in the Course "Homeopathic Mesotherapy", organized by Bwizer on March 13 and 14, 2015;
- Assistance to the Days of Integrative Medicine: "Depression, Anxiety and Sleep Disorders", by Dr. Juan Carlos Herrera in September 2014;
- Assistance to the Course "Homeopathic Mesotherapy", organized by Bwizer, 26 and 27 September 2014;
- Assistance to the Seminar "Neuromarketing with Psychoneuroimmunotherapy

Technique Solarte", lasting 24 hours, by Dr.Armando Solarte, May 2014, Madrid;

- Speaker at "Estética Viva 2010", from 23 to 24 October 2010, at FIL, Parquedas Nações, Lisbon, with the conference: "Medical Detoxification";
- Assistance to the XV National Congress of Medicine, VI National Congress of Internal Medicine, in Porto, from June 21 to 23, 2010;
- Protein Diet Course and Rithmonutrition Fundamentals: Level 1, taught by Dr. Julio Rica, June 18, 2010, Porto;
- Invited Professor of "Human Physiology I", at the Abel Salazar Biomedical Sciences Institute, from the 2009/2010 school year, in the area of Integrated Medicine;
- Lecturer to students of the 5th year of the Degree in Pharmacy, school year 2009/2010, with the theme "Medical Detoxification" (classes to students of the Licentiate in Pharmaceutical Sciences, CESPU, Portugal).
- Speaker at the seminar "Modifiable Health Determinants" within the Pharmacy Practice II course unit of the 5th year of the Master in Pharmaceutical Sciences, in the academic year 2009/2010, in January 2010;
- Assistance to the seminar "Anxiety, depression and sleep disturbances", lasting 13 teaching hours, October 2009;
- Assistance to the seminar "Probiotics and prebiotics in gastroenterological diseases", lasting 8 hours, on 4 July 2009;
- Speaker at the lecture on "Cellulite – the solutions of Aesthetic Medicine", as part of the postgraduate course in DermoCosmética, CESPU, on May 15, 2009;
- Speaker at the lecture at the António Nobre high school, on 14/05/2009, to 8th grade students, on the theme "Balanced nutrition";
- Speaker at the lecture on "Global Detoxification – A medical approach", at the II Iberian Congress of Natural Medicine, at Exponor, Porto, 9 May 2009;
- Assistance to the Seminar on "Chinese Medicine and QiGong of the channels", from April 24th to 26th 2009, by Dr. Fernando Salgado Blanco;
- Speaker at the Lecture "Skin aging: different approaches to Aesthetic Medicine", at the X Conference of Pharmaceutical Sciences, Alfândega do Porto, on 18 April 2009;
- Assistance to the Seminar "Gastritis, Duodenitis and Gastro-Esophageal Reflux", lasting 18 teaching hours, March 2009;
- Assistance to the Seminar "Homotoxicology and Immunomodulatory Therapies in Otorhinolaryngology", 16 teaching hours, November 2008;
- Assistance to the Seminar "Homotoxicology and Immunomodulatory Therapies in Rheumatic Disease", lasting 16 teaching hours, October 2008;
- Assistance to the "VI International Congress of Syntergetics", in Toledo, Spain, from 19 to 21 September 2008;
- Assistance to the Seminar "Homotoxicology and Immunomodulatory Therapies in Rheumatic Disease", lasting 17 teaching hours, June 2008;
- Assistance to the Course of Biological Medicine and Homotoxicology 2008, sponsored by the "International Academy of Homotoxicology", Baden-Baden - Germany, with 46 teaching hours, May 2008;
- Attendance of the General Course of Biological Medicine and Homotoxicology 2007, from 15 to 21 June 2007, taught by Dr. Juan Carlos Herrera (organized by the International Society of Homotoxicology, Germany);
- Assistance to the 3rd module of the 1st Post-Graduate Course in Aesthetics and Cosmetology, lasting 3 days, held in March 2007, Porto, co-chancelled by IBRAPE;
- Postgraduate Course in Biological Medicine and Homotoxicology, January 5-18, 2007, teaching by Dr. Juan Carlos Herrera (organized by the International Society of Homotoxicology, Germany);

- Speaker at the “Cycle of Dermato-Cosmetic Sciences conferences”, with the theme: “Applicability and advantages of Nutri-cosmetics in Dermatology, Aesthetic Medicine and Anti-Aging”, November 8, 2006, Universidade Lusófona, Lisbon, Portugal;
- Assistance to the 2nd module of the Post-Graduate Course in Aesthetics and Cosmetology, lasting 3 days, 14 to 16 October 2006, Porto, co-chancelled by IBRAPE;
- Course “Food in Geriatrics: the state of the art”, Faculty of Nutrition and Food Sciences, University of Porto, 8 hours, on 11 October 2006;
- Coordinator of the LabMED Medical Sessions, exclusive to medical professionals, since October 2006;
- Assistance to the seminar on: “Introduction to Orthomolecular Medicine and Diet according to Blood Group”, lasting 6 hours, July 2006, by the Portuguese Institute of Naturology, Porto;
- Assistance to the 1st module of the Post-Graduate Course in Aesthetics and Cosmetology, lasting 3 days, March 3-5, 2006, Porto;
- Assistance to the course on “Herbodietetics and natural nutrition techniques”, 20 hours, September 2005, by the Portuguese Institute of Naturology;
- Member of the Editorial Board of the Revista Acta Médica – Number I of Volume 4 - September 2004 - Vila Nova de Gaia Hospital Center, Portugal;
- Member of the Organizing Committee of the fortnightly sessions of the Forum of Medical Internship – year 2004;
- Assistance to the Conference “The importance of Endocrinology in Medically Assisted Reproduction” – bio Mérieux – 26 October 2004;
- Assistance to the VII Conference on Cerebral Vascular Disease in Family Medicine – October 21 and 22, 2004;
- “Supply of Materials” – Clinical Pathology Service of the Hospital Center of Vila Nova de Gaia – 28 April 2004;
- Assistance to the XXIV Medical Journeys for updating and advances in Rheumatology for Family Medicine Doctors – 15-16 April 2004;
- Assistance to the “9th Infection and Sepsis Symposium” – Hospital de São João – March 24th to 26th 2004;
- Assistance to the VI Autumn Colloquium, by Amerlab – 24 October 2003;
- Course on “Support to General Internship” – ARS Norte – Porto, Portugal – 5 to 9 May 2003;
- Assistance to the Symposium on Informed Consent – Hospital de São Marcos (Braga) – November 13, 2002;
- Assistance to the “Rheumatology in Primary Health Care” - 1st Course of Rheumatology “Prof. Lopes Vaz” for Family Medicine – November 14 and 15, 2002;
- Assistance to the Internal Medicine Conference – Portuguese Society of Internal Medicine – 7 and 8 November 2002, Porto;
- Assistance to the “XIV International Meeting of Surgery” – Department of Surgery at the Hospital Center of Vila Nova de Gaia – October 28th to 30th, 2002;
- Assistance to the “13th International Meeting about Medical Emergencies” – by Aventis
- – May 18, 2002;
- Assistance to the “XXII Conference on Updating and Advances in Rheumatology for General Practitioners” and “XXI Conference of Luso-French Rheumatology” – scientific sponsorship of the Professional Medical College, Portuguese Society of Rheumatology and Scientific Council of the Faculty of Medicine of the University of Porto – 11 to 12 April 2002;
- Assistance to the “XIX Update Course in Dermatology and Venereology” – Department

- of Dermatology and Venereology, Hospital de S. João – 22-23 March 2002;
- Assistance to the “V Internal Medicine Conference” – at the Funchal Hospital Center – 13-15 February 2002;
  - Assistance to the Conference “Clinical Microbiology”– by Professional Pharmacists CollePorto Regional Section of the Ordem dos Farmacêuticos – January to February 2002 (21 hours);

## **::BOOKS::**

- "How To Not Get Sick - The 8 Week Plan of Integrative Medicine", Oficina do Livro, 2023