

9<sup>th</sup> International Conference on

# Predictive, Preventive & Personalized Medicine & Molecular Diagnostics

&

3<sup>rd</sup> International Conference on **Integrative Medicine & Alternative treatments**

October 26-27, 2018 | Boston, USA



## ***LuLu Shimek & Adora Winquist***

*Epione Clinic for Integrated Healing, USA*



### **Regenerate: Activating the whole body system by system**

Current widespread sympathetic dominance, anxiety and cognitive dysfunction place significant demands on the alternative medical community to create consistent, successful protocols to achieve balance within the nervous system. The case studies of patients in Phase 1 provided a common bond to trauma exemplifying the sympathetic dominance with a focus on chronic anxiety. The discovery was made, by regenerating the whole body system by system at a cellular and at a functional level the patients experienced deeper and long-lasting health. Further prevention of chronic disease and the systemic breakdown was developed in Phase 2 maintenance program. Proven therapeutic protocols, as well as a hypothesis for further peak performance, will be discussed with consideration and application to professional practice.

### **Biography**

LuLu Shimek is a Naturopathic Physician practicing in Asheville, North Carolina, United States. She graduated from the world-renowned Bastyr University with a doctorate in Naturopathic Medicine. She works with patients suffering from chronic disease and specializes in autoimmune disease, digestive disorders and chronic pain. She runs an integrative clinic, Epione Clinic for Integrative Healing, where the focus is in working with patients suffering from physical, emotional and mental trauma. She has published many articles, including WNC Woman Magazine, as well as is featured on the local tv station, WLOS, providing prevention and wellness for the community. She is a political advocate for health as Vice President of the North Carolina Association of Naturopathic Medicine and frequents Washington, DC to liaise for health care reform.

Adora Winquist has been in practice as an energy healer and aromatherapist since 1998. Her training encompasses a diverse study in vibrational medicine, including Reiki, gem and flower essences, aromatherapy and essential oils. Her essential oils studies led her from The School for Aromatic Studies at Rutgers University, where she completed the International Training Program in Essential Oils: Advanced Studies. She has travel-studied through India and Egypt. She is also a graduate of the acclaimed Barbara Brennan School of Healing, a specialized four-year college for the study of vibrational healing with a focus in hands-on healing, the human energy field and psychodynamics. She is a graduate of the Institute of Integrated Nutrition

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