

I joined the worldwide i-Health family in 2007 in Iran after I was introduced to the potentials of this system in medical diagnosis and treatment . Since then , I have had the experience of integrating this system with my regular medical practice for over 3500 patients during the last 9 years , starting from the first Center for Integrative medicine in Iran in Milad hospital , where we started the introduction of i-Health system in the Middle East region .

As an integrative protocol , we start with electro dermal screening (EDA) of Dermal Visceral Zones (DVZs) in the first session . with this precise diagnostic option , I have been able to detect imbalances and dysfunctions in patients' autonomic nervous system which js usually due to chronic stress and unhealthy lifestyle .

i-HEALTH Itronic EDA methodology is based on known neurophysiologic principles and research into the reflexological pathways between the body's internal organs and the skin .In space research programs during the 90s , *Sagrjiadski et al (1996)* have carried out and published a number of studies about the results with a high level of sensitivity and specificity of 75 to 95 percent , that have been endorsed by the Russian Academy of sciences. Similar systems have been developed since then by *Treugut (1999)* , *Lurie Lurie (2007)* and *Zimlichman (2007)*.

In our practice of about a decade , we have found similar results in terms of accuracy in diagnosis both according to conventional medicine and traditional Chinese medicine (TCM) . In TCM and specifically Acupuncture , disease is believed to be caused by disharmony among body organs such as heart ,lungs , spleen , kidneys , liver ,... and electromagnetically active pathways known as acupuncture meridians which are commonly disturbed by unhealthy life style in sleep , diet and physical activity , emotional and physical traumas , chronic stress and genetic factors .

As an integrative medical doctor as well as a holistic acupuncturist I have been able to integrate the valuable DATA obtained by the precise measurements of i-HEALTH Itronic EDA to help thousands of patients in order to :

- 1) Find the main reasons of their imbalance and disease in an individual based pattern.
- 2) Present them with scientific and known solutions to improve their lifestyle accordingly.
- 3) Benefit from a variety of effective treatment options such as acupuncture , acupressure , relaxation techniques , pulsating electromagnetic field therapy(PEMF) , Low Level LASER Therapy (LLLT) , Light therapy , Color therapy , Professor Nogier's Auriculotherapy guidelines , massage therapy , Diet therapy and etc.

In general , I have been inspired by the Initial brilliant idea and the vast knowledge of the co-founder and the brain behind i-Health systems (now known as Raymedy System)- Mr . Mauk Den Boer - who has been our mentor during the past decade . With the valuable , updatable and ever growing help from Raymedy diagnostic and Therapeutic modalities, we have been able to be recognized as pioneers of practice of integrative medicine in the Middle East region and in some aspects even worldwide (such as Integration of conventional and modern acupuncture with stress management and psychological counseling , lifestyle management sessions and education of Chinese medicine to patients during the course of treatment to obtain effective and long term treatment effects).

Here are a few examples of how this model of " Integrative Medicine " can lead to a better and more efficient medical practice anywhere in the world :

Patient ID :	Mrs.P.H.
Age / Education / Marital status :	52/Diploma/Married
Reason for referral :	/Knee Pain/ Neck pain / Depression /Anxiety / Fatigue
Medical Diagnosis :	Carpal Tunnel Syndrome/Osteoarthritis in knees and neck/ Anxiety and Depression
Diagnosis according to Acupuncture	Liver Qi stagnation and Gallbladder meridian disharmony due to anger and frustration in response to a prolonged period of life challenges together with age related Qi Deficiency
Number of Treatment sessions :	Only 4
Positive results started from :	First session
Conclusion :	60 to 80 % better in all symptoms such as pain , tiredness and depressed mood , even better in aspects not revealed like tinnitus and less eager for smoking , very satisfied with great results in only 4 sessions

Patient ID :	Mr.R.H.Z.
Age / Education / Marital status :	33/Associate/Married
Reason for referral :	Gastric pain /stress symptoms/knee pain/Allergy
Medical Diagnosis :	Chronic Gastritis /Job stress/ Mild knee arthrosis /Atopic Allergy and Sinusitis
Diagnosis according to Acupuncture	Liver Qi stagnation leading to stomach and spleen Qi deficiency
Number of Treatment sessions :	9
Positive results started from :	First session
Conclusion :	Significantly better in terms of gastric function , allergy , sinusitis and knee pain with stable results

Patient ID :	Miss E. D.
Age / Education / Marital status :	31/PhD/Single
Reason for referral :	Necrosis of right side of the nose
Medical Diagnosis :	Iatrogenic necrosis of right nostril after injection of cosmetic filler in right nasolabial fold by a specialist surgeon
Diagnosis according to Acupuncture	Qi and blood stagnation in the nasal region because of the cosmetic injection
Number of Treatment sessions :	15
Positive results started from :	First 3 sessions
Conclusion :	Although all dermatological and antibiotic treatments were limited to stopping infection from spreading , blood circulation and repair was improved only by modern integrative acupuncture leading to almost complete recovery instead of losing the necrotic nose

Patient ID :	Miss S.B.
Age / Education / Marital status :	25/Masters/Single
Reason for referral :	Endometriosis patient referred by Gynecologist
Medical Diagnosis :	Endometriosis with Ovarian Cysts
Diagnosis according to Acupuncture	Liver Qi stagnation / Blood Stasis in pelvis / Spleen Qi Deficiency
Number of Treatment sessions :	6 in total
Positive results started from :	2 nd session
Conclusion :	Severe pain during the next two menstrual periods was almost completely resolved and the treatment is still in progress

Patient ID :	Mrs . N.A.
Age / Education / Marital status :	55/Diploma/ Married
Reason for referral :	First Course (2011) : Low back pain and Stress symptoms Second Course (2015) : Urticaria and Fatigue
Medical Diagnosis :	Stress /Anxiety and age related symptoms
Diagnosis according to Acupuncture	Kidney Qi Deficiency / Spleen Qi Deficiency
Number of Treatment sessions :	First Course (2011) : 8 sessions Second Course (2015) : 10 sessions
Positive results started from :	2 nd session in 1 st course and First session in second course
Conclusion :	First Course (2011) : Complete recovery from Low back pain , normalization of elevated SGPT liver enzyme , improvement in chronic anxiety symptoms Second Course (2015) : Urticaria , pruritus improved significantly without the need to continue antihistamines and fatigue was resolved , together with feeling much happier and more active in daily life

Patient ID :	Mr.B.N.M
Age / Education / Marital status :	36 / Masters (Professional Marathon Athlete)/Married
Reason for referral :	Severe pain in left knee and lower leg during running
Medical Diagnosis :	Muscle spasms and mild circulatory dysfunction
Diagnosis according to Acupuncture	Qi and blood stasis / Blockage in local meridians in left leg
Number of Treatment sessions :	5 in total
Positive results started from :	First session
Conclusion :	He was immediately better and started professional marathon right away . He was able to participate in a marathon tournament after the 5 th session

Patient ID :	Miss M.A.
Age / Education / Marital status :	31/Bachelor/Single
Reason for referral :	Anxiety symptoms
Medical Diagnosis :	Anxiety and Obsessive Compulsive disorder (Previously under treatment with counseling and psychiatric drugs)
Diagnosis according to Acupuncture	Disharmony between Kidney and Heart
Number of Treatment sessions :	10 sessions
Positive results started from :	2 nd session
Conclusion :	She immediately felt much more relaxed , focused , and in control of her thoughts with stable results even after prolonged distance between the monthly treatments

It is my pleasure to be a part of the worldwide network of Raymedy (i-Health) practitioners and professionals and I would be more than happy to share experiences with my dear colleagues from all around the globe.

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