

Organizers



Zhi Dao Guan
The Taoist Center



The 23rd World Congress on Integrative Health: Healing with Peace Qigong / TaiChi / Traditional Chinese Medicine / Natural Healing

Organized by the World Congress on Integrative Health, Global Dragon TV,
Zhi Dao Guan, and the International Center for Integrative Medicine

September 30th to October 2, 2023

Welcome to the 23rd World Congress: Integrative Health: Healing with Peace
All times in Pacific Time Zone; In-Person and Live-Streamed

Register at [Eventbrite \(https://www.eventbrite.com/e/23rd-world-congress-on-integrative-health-healing-with-peace-tickets-638307243147?aff=affiliate1\)](https://www.eventbrite.com/e/23rd-world-congress-on-integrative-health-healing-with-peace-tickets-638307243147?aff=affiliate1)

California Acupuncture Board Approved CEUs 11.8 category 1 CEP#1376

AGENDA

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Day 1 – Saturday, September 30, 2023 • Strengthening Immunity

BLOC-15 – 252 2ND ST, OAKLAND, CA 94607

Outdoor Chow Qigong exercises preceding the Congress

8:00 am - 8:30 am PST

Registration

8:30 – 9:00 am

The Gong and Opening Lion Dance for good health, prosperity, and peace!

Daoist Blessing for the World Congress

Dr. Alex Feng PhD, OMD, LAc, Daoist Priest, Zhi Dao Guan, The Taoist Center

Congress Ceremonial Prayer for Health and Peace

Dr. Terry Shintani, MD, JD, Kahuna Hawaiian Elder Priest

Music: Performance of Theme Song “The Impossible Dream”– Anita Chen Marshall DAOM, PhD, Pharm.D, LAc, vocalist, with Elizabeth Chen Christenson MD, LAc on harp
Welcome by Co-Hosts, Greetings from Dignitaries

9:00 am - 9:45 am

Recognition/Celebration of Dame Dr. Effie Chow, EWAHA, Chow Qigong

Opening keynote – Setting the theme “Integrative Health: Healing with Peace”

Integrative Health – From Revolution to Evolution

Dr. Amy Ying Li Matecki MD, LAc, FACP

IMMUNITY

9:50 am – 10:20 am

Wellness for All – A Model Program for Growth, Healing - Achieving Peace Within, Between and among Breaking Out in Peace

Dr. Mary Jo Bulbrook BSN, RN, MEd, EdD, EMP/S/I, HTP/I, Durham, NC; Akamai University, President, Integrative Health College, Dean; Energy Medicine Partnerships, Inc. Founder & Director; Global Healing Alliance, President & CEO

10:25-10:50 am

Empower Your Health with QI Acupressure

Dr. Troy Bennett Dr. Ac, IMD, DHS, RNP Founder of the BAQ Center, Newfoundland

10:55-11:25 am

Energy Practices and Embodied Intuition to Break Through War, Illness, and Grief

Dr. Lori Chortkoff Hops PhD Licensed Psychologist, DCEP (Diplomate in Comprehensive Energy Psychology, Westlake Village, CA

- 11:30-12noon** **Ba Gua Foundations and the 3 Treasures for Health**
Qi Gong Master Lewis Regen, Master Teacher, 1440
Multiversity, Santa Cruz, CA
- 12:00 noon - 1:15** **Lunch on your own**
Special Programming: **The Chow Qigong Hour Live** from
Block 15 at Jack London Square in Oakland.
An interactive remembrance of Dr. Effie Chow 12 pm PT
Online and In Person: Log in to join the conversation, 12
pm PT (*must register in [Eventbrite](https://www.eventbrite.com/e/23rd-world-congress-on-integrative-health-healing-with-peace-tickets-638307243147?aff=affiliate1) to receive the link*)
**Students, Friends, Colleagues—please join us in-person or
online to share your memories and stories.** ([https://
www.eventbrite.com/e/23rd-world-congress-on-integrative-
health-healing-with-peace-tickets-638307243147?
aff=affiliate1](https://www.eventbrite.com/e/23rd-world-congress-on-integrative-health-healing-with-peace-tickets-638307243147?aff=affiliate1))

MODALITIES FOR INTEGRATIVE HEALTH

- 1:15-1:45 pm** **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
Dance Debut, Nova Scotia; President The Canadian
Association of BioEnergetic Wellness
- 1:50-2:20 pm** **Healing Depression with Qigong & Other Natural Remedies**
Master Cathy Mu founder of TheThrivingFoundation.Org,
Walnut Creek, CA
- 2:25-2:55 pm** **Pathways to Health and Consciousness Power – Craniosacral
Qigong®**
Dr. Cloe Couturier DMQ, CO, CSTD, EHP-C Well & Aware,
Inc, CEO Author, and Developer of CranioSacral Qigong®
Practitioner and Educator, Jupiter, FL
- 3:00-3:30 pm** **PMASA Chow QiGong, with Ho’oponopono, for Peace**
Dr. Nadia Hole, MD, Mission Aloha, Las Vegas, NV
- 4:00 pm - 8:00 pm** **Celebration of Fifty Years of Dr. Alex Feng’s Healing and Teaching!
By ticket only: www.thetaoistcenter.com**
Wu Tao Kuan/Zhi Dao Guan
Demonstrations: martial arts, dance, music
- 6:00 pm** **Dinner**
Tickets are available at www.thetaoistcenter.com or by
contacting Zhi Dao Guan at 510-336-0129

Day 2 – Sunday, October 1, 2023 • Integrative Health

**ZHI DAO GUAN, THE TAOIST CENTER,
3824 MACARTHUR BLVD., OAKLAND CA 94619**

8:00 am **Registration – tickets by contribution, limited number in-person available**

INTEGRATIVE HEALTH SCIENCE

8:30 am – 9:15 am **A Historical Review of the Science of Integrative Health**
Dr. Shin Lin PhD Founding Director of the Laboratory for Mind/Body Signaling and Energy Research at the University of California Irvine

9:15 am – 9:45 am **Effects of Medical Qi Gong for Patients and Families Living with Cancer**
Dr. Alex Feng PhD, OMD, LAc, Founder Zhi Dao Guan, The Taoist Center and Clinic for Traditional Chinese Medicine, Oakland CA

9:45 am – 10:15 am **Human-Nature Connect**
Dr. Alexander Boyd BSc (Hons), CertEd, PhD, FRSA, Co-Founder and Executive Director, Intercultural Roots for Public Health, London, UK

10:15 am – 11:15 am **Panel: Pioneers in Holistic Health: Nurse Leaders Set the Stage**
Moderator Ann Colichidas, with Alex Feng PhD, OMD, LAc; Nadia Hole, MD; Kay Lahdenpera, RN, MPH; Charlene Ossler, PHD, RN; Karilee Halo Shames, PhD, RN, AHN-C, Richard Shames, MD and John Travis, MD, MPH

INTEGRATIVE HEALTH EDUCATION

11:20 am – 11:50 pm **Herb, Drug Vitamin Interaction**
Dr. Anita Chen Marshall DAOM, PhD, Pharm.D, L.Ac. Acupuncture and Herbs, Alameda, CA

12:00 am – 1:00 pm **Lunch**
Chow Qigong Hour presented by Betty Lee. Introduction, Video montage including interviews and demonstrations by Dr. Effie Chow and Betty Lee.

1:00 pm – 1:30 pm **Living Through Dying: Dr. Chow's Esoteric Final Teaching**
Mary Zelmer Qigong Master Healer, Educator, and Mentor Founder, The Qigong Connection, Minneapolis, MN

- 1:30 pm – 2:00 pm** **Transforming Medicine through Integration of Energy Health™ into Modern Medicine**
Dr. Julie Anne Griffith, MD, MS, CMT, MIM, BCIP Energy Health™ Center, International, Inc, Lagunitas, CA
- 2:00 pm – 2:30 pm** **Optimizing Integrative Medical Care with Case Studies and Demonstration**
Dr. Erlene Chiang DAOM, LAc Executive Director, Wen Wu School of Internal Martial Arts, El Cerrito, CA
Student Demonstrators: Mary Ann Lafosse, Mark Polit, Dagmar Weber, Sue Liu, Sally Hutchinson
- 2:30 pm – 2:45 pm** **Introducing The Global Wellness Plan**
Rose Hong, Global Dragon TV, Organizing Committee, World Congress
- 2:45 pm - 3:00 pm** **Energy Arts TV: Your Resource for Healing, Empowerment and Enlightenment**
Lama Somananda Tantrapa, Qi Dao Academy
- 3:00 PM - 3:30 PM** **Qi Techniques for Supporting Brain Health and Healing**
Dr. Melinda Connor DD, PhD, AMP, FAM, EHP-C, Director Research, Akamai University, Marana, AZ

INTEGRATIVE HEALTH – THE FUTURE

- 3:30 pm – 4:00 pm** **Animals Healing with Peace, Love & Integrative Medicine**
Dr. Cheryl Schwartz, DVM Founder, Cheryl Schwartz DVM, Holistic Veterinary Consulting, Alameda, CA
- 4:00 pm – 4:30 pm** **Why Qigong Is a Treasure in Integrative Healing**
Marisa Vocca Sinologist, Founder and President of “NeiDao - The Inner Way” Association, Rome, Italy
- 4:30 pm – 5:00 pm** **Traditional Naturopathic and QiGong Applications for Cancer Care**
Dr. Ted Cibik, ND (Traditional), PhD, DMQ (China), CHFS Executive Director and Founder of Inner Strength, Inc, Founder, Formless Taoism
- 5:00 pm – 5:30 pm** **Healing the Whole Person Not Just the Illness. A journey through Stage IV cancer and the ancient wisdom practice of qigong.**
Isabelle Zayas

Day 3 – Monday, October 2, 2023 • Workshops

**ZHI DAO GUAN, THE TAOIST CENTER,
3824 MACARTHUR BLVD., OAKLAND CA 94619****8:00-10:00 am****Human-Nature Connect: Proposing An Eco-Somatic Embodied Research**

Facilitator: Dr. Alexander Boyd BSc (Hons), CertEd, PhD, FRSA Co-Founder and Executive Director, Intercultural Roots for Public Health, London, UK; Research Associate, University of California at Davis (Theatre & Dance), USA

This workshop is a must for practitioners interested in bringing an environmental and ecological public health and embodied research perspective to their integrative work. Alex will be sharing opportunities to participate in, and also co-facilitate, a comprehensive program of funded international Human-Nature Connect residencies being planned for 2024. Discover the magic of the internationally acclaimed Human-Nature Connect program from Intercultural Roots in a thrilling two-hour workshop with Dr. Alex Boyd. Drawing on years of embodied Taoist culture experience, the workshop offers practical eco-entangled scores, healing Taoist exercises, and captivating multimedia research insights and testimonies from this year's participants.

10:15 am – 12:00 noon**Infinity Quantum Qi Gong - Healing with Peace for Mental/Emotional and Vibrational Health**

Facilitator: Dame Rev Dr. Amalia Wai-Ching Lee, medical intuitive healer from a traditional lineage. Holistic Health Counselor and Holistic Bodywork Therapist, principal of EarthHeART Holistic Consultancy. She has been collaborating with medical doctors in the field of Integrative Medicine since 1992. A member of several organizations of Integrative Medicine, she 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 humanitarian and environmental organizations as well as her own program Living Healing Arts Vortex (LHAV). She has synthesized several cutting-edge evolutionary modalities in the field of Energy or Vibrational Medicine.

12:00 – 2:00 pm**Evolution of Qigong – the New Frontier ** ZOOM ONLY ****

Facilitator: Grandmaster Dr. Stanley Ngui-Hon-Sang PhD, IMD 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.

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1:15 pm – 2:45 pm**Medical Qi Gong for People Living with Cancer**

Facilitator: Dr. Alex Feng LAc, PhD, OMD, founder of Zhi Dao Guan, The Taoist Center, and People Living with Cancer class at the ABSMC Comprehensive Cancer Center Cancer in Berkeley, CA.

Cancer touches each of us - as caregivers, patients, survivors, family members and friends, and the Community at large. Medical Qi gong is a pivotal practice to aid people in struggling through this diagnosis. Dr. Feng has extensive experience as a Qi Gong Grandmaster and Taoist healer and priest, in bringing the principles of Medical Qi Gong and Traditional Chinese Medicine alive and easily incorporating them into care plans for all involved, including professionals who care for these vulnerable patients/survivors and families. This is a dynamic, interactive class.

3:00 pm – 5:00 pm**Adverse Health Effects from Wireless Radiation and How We Can Protect Ourselves**

Facilitator: 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 the 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.

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.

NOTE* AGENDA SUBJECT TO CHANGE AS NEEDED