

Disease can be detected before it appears!

Integrative Medicine is not new, but rather a merger of existing conventional, scientific medicine with non-conventional methods, such as acupuncture, which helps in the treatment of as many as 800 diseases, explains Dr Momir Dunjić

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The European Academy of Science has concluded that integrative medicine is the main direction for the development of medicine in Europe



Belief in something motivates positive thoughts. We help ourselves by speaking positive thoughts, and by cultivating positive relationships with others we help ourselves and our health.

These are perhaps the key sentences that everyone should adopt, which were told to me by Assistant Professor Dr Momir Dunjić, president of the Association of Integrative Medicine of Serbia and Vice President of the European Society for Integrative Medicine, as he explains how to save ourselves from stress.

- People today either work or don't work. That is very stressful and it is necessary to find a golden medium and a valve to release that tension. This is mainly in physical activity. It is also necessary to talk to family and friends.

Today they have been replaced with psychotherapists, but it is forgotten that a close person is irreplaceable – emphasises Dr Dunjić, who became interested in acupuncture after completing medical school and soon

found the door open to other branches of unconventional medicine.

Many chronic diseases, the number of which is increasing drastically year on year, can be treated in a new way thanks to integrative medicine – thereby ensuring better understanding of the causes of disease, risk factors, and, furthermore, offering a greater number of solutions that enhance quality of life for patients.

- Integrative Medicine is not some kind of new medicine, but rather a combination of existing conventional, orthodox, scientific medicine and non-conventional, complementary fields of medicine, which have been confirmed as helping in treatment. As such, it has been shown that acupuncture, as part of traditional Chinese medicine, helps in the treatment of as many as 800 diseases, which was not known thirty years ago - says Dr Dunjić, pointing out that the European Academy of Science and Arts concluded two years ago that integrative medicine is the main direction for the development of medicine in Europe.

- What is important to emphasise is that integrative medicine seeks

an individual approach for each patient. Its application is successful in chronic diseases and detection of cancer or other diseases as much as ten years before the disease and symptoms appear. They utilise proven methods and the results are seen through the prism of conventional medicine. The application of integrative medicine in the treatment of cancer patients started in the United States in 1999. Today in the U.S. it is taught in the 60 most famous medical universities – explains Dr Dunjić, adding that this form of treatment has fewer side effects and provides better therapy than conventional medicine.

- The emergence of diseases, including malignant tumours, is complex: in about 80 per cent of cases some emotional stress causes an imbalance in our autonomous nervous system, and from that predisposition symptoms or para-symptoms begin to predominate. This makes us more sensitive to external factors, primarily changes occurring at the cellular level, disrupting membrane potential and cell defence, thus allowing different toxins to more easily enter the cell nucleus and the cells – poisons through food, water, absorbing through the skin or inhaled. When they enter the cell nucleus, these toxins bind themselves to the genetic material of cells (DNA) and impact on cells' performance and metabolism. Emotional stresses can occur at any period in life, but, according to Dr Dunjić, emotional trauma most commonly originates in childhood, sometimes occurring even in the mother's womb, with the transfer of a mother's strong emotional stress.

- Length of life after trauma is directly related to the amount of toxins that accumulate in our body from that point – explains Dunjić. – If there are also other factors, they can help ensure that some processes in the body start, but also accelerate. One of these factors is so-called non-ionizing radiation,

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which is expanding rapidly today. The growth of many chronic diseases is directly proportional to exposure to non-ionizing radiation (mobile phones, computers, Wi-Fi, microwave ovens, other electrical equipment, antennas etc.). If we have heavy metals inside the cell (nucleus), they will behave like antennas, enhancing the effect of radiation, allowing one to more easily sustain fractures in the genes and initiating the process of carcinogenesis. Physical stress is very pronounced in athletes. The reason is overtaxing the body. There is also electromagnetic stress. Non-ionizing radiation (mobile phone) has finally been recognised as harmful and the World Health Organization has categorised it within group 2B carcinogens.

- The most dangerous radiation occurs during the night, because melatonin is not allowed to be restored, which is important because it controls the immune system via the thymus, and this is yet more proof that the mechanism of non-ionizing radiation influences cancer development – says Dr Dunjić.

WE FORGOT TO LOVE EACH OTHER

Dr Dunjić emphasises the development of spirituality as one of the methods of coping with stress.

- One must believe in a higher power and the fact that not everything depends on us. When we realise that we become more relieved, because we accept that we are not omnipotent and we cannot do everything. We fight with different types of stress every day and the medicine for everything is moderation. Likewise, another major problem is the fact that we have forgotten to love each other. Today young people think that love is only about receiving. And in fact the opposite is the case. When you give you actually receive.

EMOTIONS AND IMMUNITY

Dr Dunjić says that there is no conflict between official and integrative medicine when it comes to the treatment of cancer patients. An oncology patient is officially offered surgery, chemotherapy and radiation therapy, and today also biological therapy.

- Integrative Medicine adds care for those dimensions of man that we have neglected and forgotten that they exist, and those are the spiritual and emotional side, as well as taking care of the immune system – says Dr Dunjić.

- We forgot that if some lifestyle and environment caused the disease, then we have to teach that patient that they must change those circumstances, because they will not be saved from their disease by returning to the same environment and the same way of life as before.

ACUPUNCTURE FOR BETTER IMMUNITY

One of the methods of integrative medicine is acupuncture – an ancient Chinese method of treatment using small needles, which establish balance in the body, treat it and rejuvenate. The use of acupuncture in therapy has experienced a real boom in Europe during the last three decades. This method of treatment, which has been known to the Chinese for 5,000 years, has now been accepted by even the most demanding followers of Western medicine. Treatment using needles is slowly but surely gaining deserved recognition in Serbia. Back in 1979 the World Health Organization published a list of 50 diseases in which acupuncture proved itself as an equally effective medical discipline. This was preceded by serious experimental, clinical and laboratory testing that confirmed acupuncture cures many diseases, even those in which modern medicine did not show specific positive results. And, most importantly, unlike modern drugs, it has no side effects.

- Acupuncture involves the use of needles that are applied to certain points on the body: acupuncture points. These points are arranged on the body along specific meridians. Meridians are energy currents along which vital energy flows. The task of acupuncture is to restore balance in the body in order to stabilise the flow of vital energy without interruption, since disease occurs when energy stops. It has been proven that acupuncture reduces pain, improves microcirculation, reduces stress and enhances the immune system. Acupuncture is the most widely used method of integrative medicine that opened the door to all other methods – explains Dr Dunjić, who first became interested in acupuncture as a student.

WHAT IS *integrative medicine?*

Integrative medicine doctors place the patient at the centre of the healing process by familiarising themselves with the patients' medical history, psychosocial situation, nutrition, physical activity, ways of coping with stress and all chemicals and medicines previously exposed to.

The goal is to perceive the whole, because when you devote time to understanding the patient, the doctor can perceive them as a person and understand what is really troubling them.

Let's take sleep disruption for example: sleeping tablets are the only thing that conventional medicine offers people who are under stress in the home or at work and are consequently unable to sleep, but many experts agree that such pills are not good medicine.

You can send a patient home with tablets, but that will not reduce the problems at the root of their insomnia. On the other hand, you can talk with a patient and teach them methods that will help them cope with stress, such as yoga, breathing exercises or stretching exercises. You can teach them how to eat and how to exercise, in accordance with their physical disposition and physical needs, and thus regenerate biochemical processes in the body through the maintenance of balance of the autonomous nervous system.

THE AIM IS TO SECURE FOR PATIENTS THE MOST EFFICIENT, SAFEST AND MOST ACCESSIBLE, YET LEAST INVASIVE, METHOD OF STAYING HEALTHY.

Bi-Digital O-Ring Test (BDORT)

Tumours can be discovered in their infancy

Dr Momir Dunjić notes that Professor Yoshiaki Omura from New York is an expert who has spent three decades developing the method of integrative medicine known as the "Bi-Digital O-ring Test" (BDORT), which reveals tumours at the earliest stage of development.

Professor Omura discovered that the photon, as the smallest particle and quantum of energy, transmits all information, which enables doctors to determine a precise diagnosis on a photographic image, X-ray and CT apparatus. Until this year, this procedure has been viewed with suspicion and scepticism, but then our own expert, Aleksandar Tomić, a professor of physics at the Faculty of Mechanical Engineering, confirmed it with his own special software. This enables the early diagnosis of tumours at the start of their formation on a digital photograph of the patient – explains Dr Dunjić.

Professor
Yoshiaki Omura
and Integrative
medicine experts
visit Belgrade

