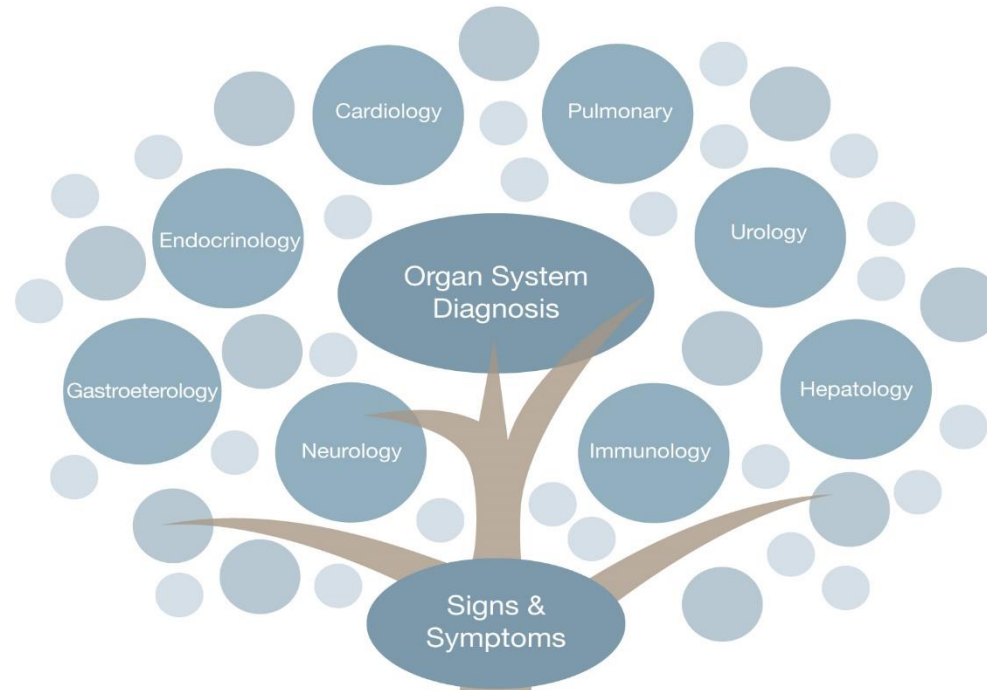


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Ομίλου Ιατρικού Κέντρου Αθηνών

The Functional Medicine Tree



The Fundamental Organizing Systems and Core Clinical Imbalances

Assimilation
Digestion, Absorption, Microbiota/GI, Respiration
Defense and Repair
Immune system, inflammatory processes, infection and microbiota

Energy
Energy regulation, Mitochondrial function
Communication
Endocrine, Neurotransmitters, Immune messengers, Cognition

Transport
Cardiovasculare, Lymphatic systems
Structural Integrity
From the subcellular membranes to the musculoskeletal system

Antecedents, Triggers, and Mediators

Mental, Emotional, Spiritual Influences

Genetic Predisposition

Experiences, Attitudes, Beliefs

Sleep & Relaxation

Exercise & Movement

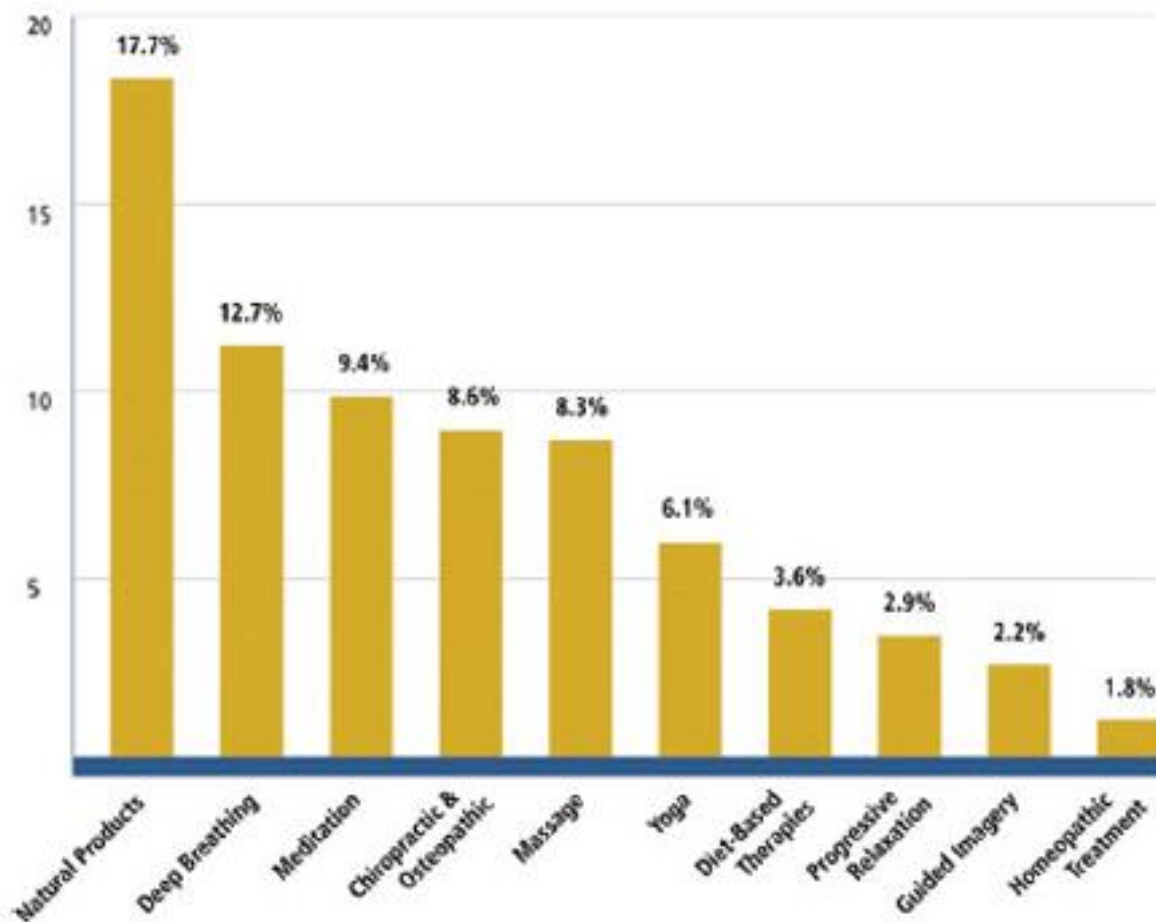
Nutrition

Stress

Relationships

Personalizing Lifestyle and Environmental Factors

10 Most Common CAM Therapies Among Adults



Therapies with significant increases between 2002 and 2007 are

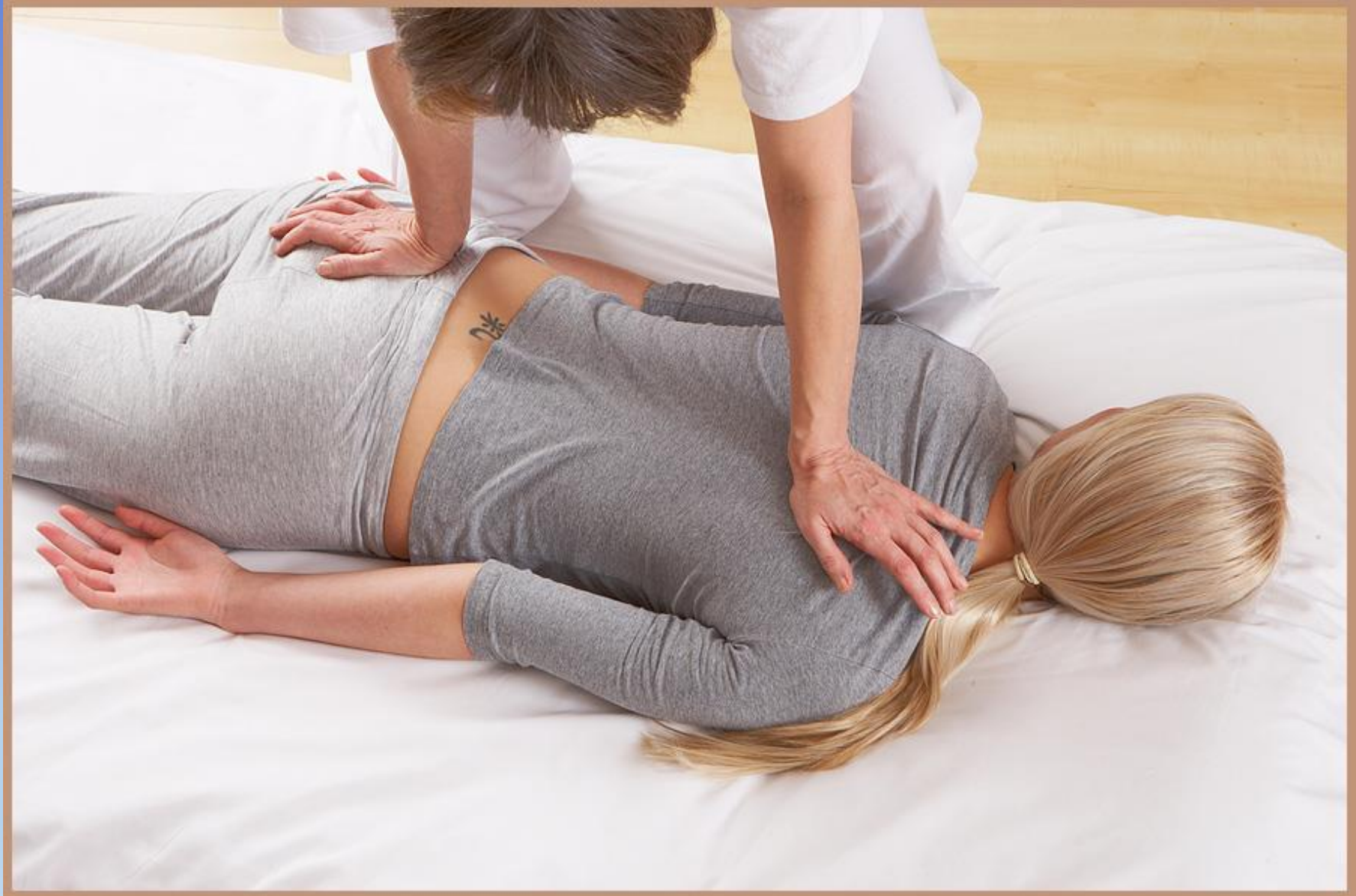
	2002	2007
Deep breathing	11.6%	12.7%
Meditation	7.6%	9.4%
Massage	5.0%	8.3%
Yoga	5.1%	6.1%

Source: Barnes PM, Bloom B, Nahin R. CDC National Health Statistics Report #12. Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007. December 2008.



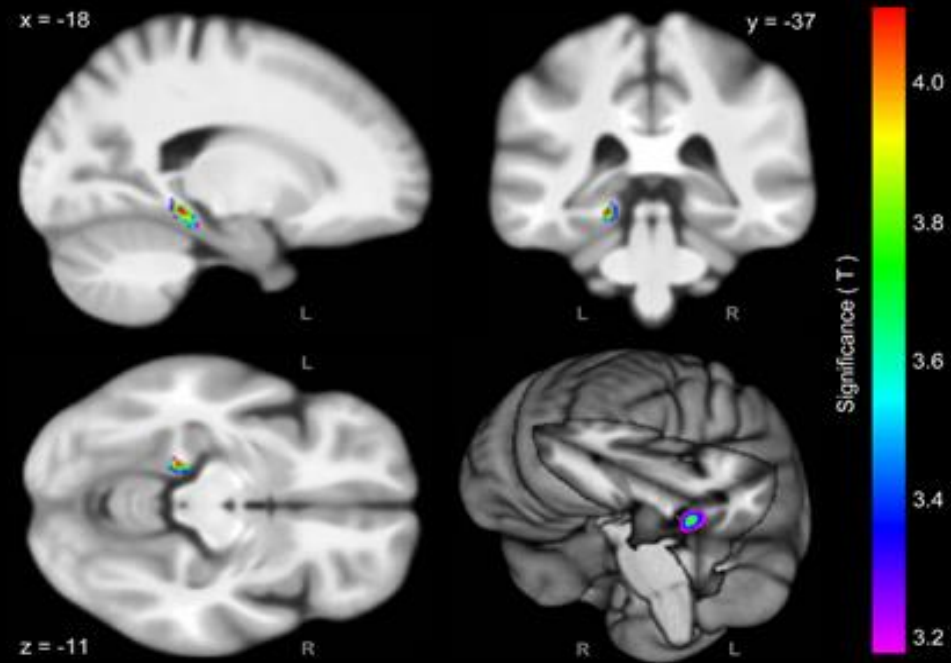








More Hippocampal Gray Matter in Meditators



Back View

gluteus medius*

semitendinosus

biceps femoris



Correct form

- Press your heels into the floor, using your inner thigh muscles.
- Keep your shoulders directly above your hips.
- When holding the pose, make sure that your front knee is in line with your middle toe.

Avoid

- Arching your lower back.
- Leaning over your bent leg.

Annotation Key
 Bold text indicates strengthening muscles
 Black text indicates stretching muscles
 * indicates deep muscles



Level

- Beginner/Intermediate

Duration

- 1-5 breaths

Benefits

- Strengthens thighs and arms
- Stretches shoulders, chest, and groin
- Increases stamina

Caution

- Knee issues



scalenus*

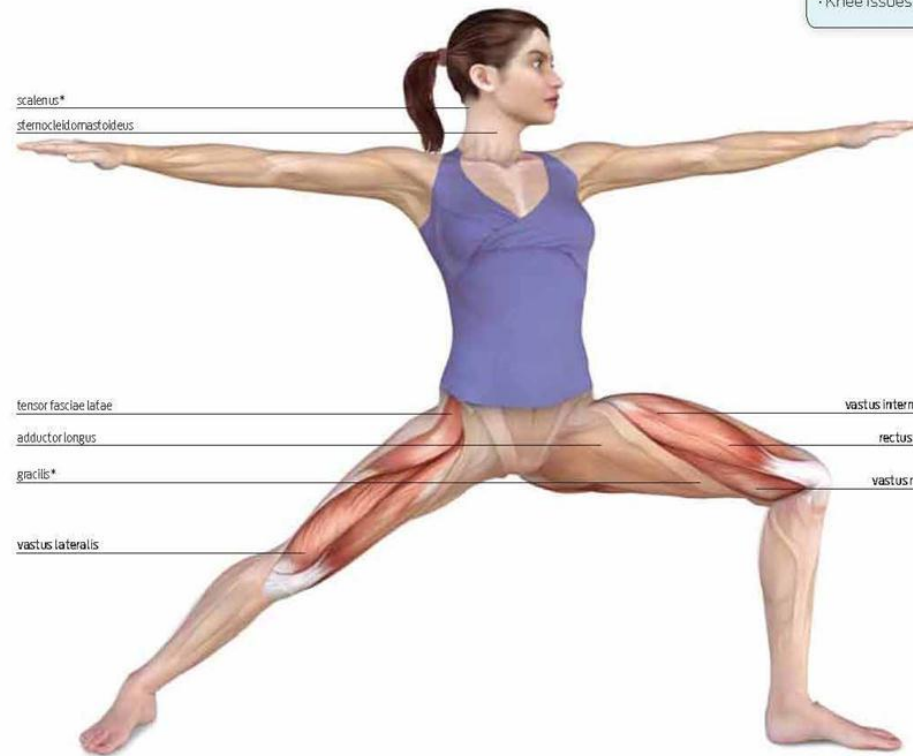
sternocleidomastoides

tensor fasciae latae

adductor longus

gracilis*

vastus lateralis



vastus intermedius*

rectus femoris

vastus medialis





ΑΣΘΕΝΕΙΕΣ

Καρδιακές παθήσεις
Καρκίνος
Διαβήτης
Αρθρίτιδα
Παχυσαρκία
Ινομυαλγία
Αυτοάνοσα νοσήματα

ΒΑΘΥΤΕΡΑ ΑΙΤΙΑ

Κακή διατροφή
Έκθεση σε τοξικά
Χρόνιες φλεγμονές
Ορμονικές διαταραχές
Τοξικά συναισθήματα
Ανισορροπίες στην πέψη
Ανισορροπίες ανοσοποιητικού
Μιτοχονδριακή δυσλειτουργία