

| 5th International Conference on Traditional Medicine and Alternative Medicine |                                                                                                                                                |
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| Tentative Scientific Program - Day 1                                          |                                                                                                                                                |
| November 19, 2026    09:00 - 18:00    Barcelona, Spain                        |                                                                                                                                                |
| 09:00 - 10:00                                                                 | Registrations & Opening Remarks                                                                                                                |
| 10:00 - 10:30                                                                 | Plenary Forum                                                                                                                                  |
| 10:30 - 10:50                                                                 | Networking & Refreshment Break                                                                                                                 |
| 10:50 - 11:00                                                                 | Group Photo                                                                                                                                    |
| Technical Session - I [11:00 - 13:00]                                         |                                                                                                                                                |
| 11:00 - 11:25                                                                 | The Future of Integrative Nephrology: The Role of Traditional Chinese Medicine in Hemodialysis Care                                            |
|                                                                               | Dr. Yinghsu JUAN, Dalin Tzu Chi Hospital, Taiwan                                                                                               |
| 11:25 - 11:50                                                                 | The Effect of Myofascial Release on Stiffness and Elasticity of Scars in Women After Cesarean Section—A Pilot Study                            |
|                                                                               | Dr. Piotr Ozog, Nicolaus Copernicus University in Torun, Poland                                                                                |
| 11:50 - 12:15                                                                 | Modernized and scientificized the Traditional Eastern Medicine (TEM)                                                                           |
|                                                                               | Dr. Thuy NgM, Haiphong Medical University Hospital, Vietnam                                                                                    |
| 12:15 - 12:40                                                                 | Slot Available                                                                                                                                 |
| 12:40 - 13:00                                                                 | Panel Discussion & Q&A                                                                                                                         |
| 13:00 - 14:00                                                                 | Lunch @ Restaurant                                                                                                                             |
| Technical Session - II [14:00 - 18:00]                                        |                                                                                                                                                |
| 14:00 - 14:25                                                                 | Assessment of factors influencing scar stiffness and elasticity parameters after cesarean section – a pilot study                              |
|                                                                               | Dr. Agnieszka Radzimińska, Nicolaus Copernicus University in Toruń, Poland                                                                     |
| 14:25 - 14:50                                                                 | Impact of Seasonal Variation on Antioxidant and Anti-Inflammatory Potentials of Cistus creticus Extracts                                       |
|                                                                               | Dr. Khalil Guelifet, ENS Kouba, Algeria                                                                                                        |
| 14:50 - 15:15                                                                 | Employing Dance and Music as a Communal Therapeutic Technique for Psychosocial Health Management Among Southern African Indigenous Communities |
|                                                                               | Dr. Khauhelo Succes Mahlatsi, Durban University of Technology, South Africa                                                                    |

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| 15:15 - 15:40                                                                 | Slot Available                                                                                                                                             |
| 15:40 - 16:00                                                                 | Poster Presentations + Refreshment Break                                                                                                                   |
| 16:00 - 16:25                                                                 | Assessment of the effect of soft tissue mobilization on scars in patients after cesarean section using the Sanoscape E2 Ultrasound Scanner - a pilot study |
|                                                                               | Dr. Katarzyna Strojek, Nicolaus Copernicus University in Toruń, Poland                                                                                     |
| 16:25 - 16:50                                                                 | Seasonal Variation in the Composition and Bioactivity of Essential Oils from Wild Rosmarinus officinalis L.                                                |
|                                                                               | Dr. Yassine Khoualed, ENS Kouba, Algeria                                                                                                                   |
| 16:50 - 17:15                                                                 | Slot Available                                                                                                                                             |
| 17:15 - 17:40                                                                 | Slot Available                                                                                                                                             |
| 17:40 - 18:00                                                                 | Panel Discussion, Q&A & Day 1 Wrap-up                                                                                                                      |
| The Day 2 scientific program will be updated soon.                            |                                                                                                                                                            |
| To reserve your presentation slot, kindly contact: zaraellison@unitedforum.uk |                                                                                                                                                            |
| Note: Tentative agenda; subject to change.                                    |                                                                                                                                                            |