

Thieme Almanac 2007

Acupuncture and Chinese Medicine

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Thieme

Iran Center of Complementary and Alternative Medicine (ICCAM)

Farid Nikbin, MD, Teheran, Iran

The Iran Center of Complementary and Alternative Medicine (ICCAM) is the first CAM center in an Iranian hospital (Milad) and it employs a team of medical doctors who are trained in different branches of the complementary/alternative medical field. This article will introduce the center.

Main Team

1. Farid Nikbin, MD, is a homeopath, acupuncturist, and laser therapist, and is also trained in different energy therapy and healing systems such as reiki (mastery), pranic healing, spiritual human yoga, and Kirlian photography by means of GDV bio-electrography. He is Dean of Complementary and Alternative Medicine at Milad Hospital.
2. Mitra Hajizadeh, MD, is an internist, laser therapist, and pranic healer, and is also

trained in magnified healing, ayurveda, and hypnotism. She is Dean of Internal Medicine at Milad Hospital.

3. Kiarash Saatchi, MD, is a laser therapist, reiki master and teacher, and pranic healing teacher, and is also trained in magnified healing and ayurveda.

Our Past and Present Projects

1. Founding the first unique CAM center in an Iranian hospital (Milad Hospital) (see below for more details).
2. University projects:
 - FCAM (Fundamentals of Complementary and Alternative Medicine) courses: six-month and one-year unique courses on the main aspects, philosophy, and skills of more than 15 main branches of CAM as an introductory course for medical students, specialists, and other medically educated people who are interested in these kinds of approaches to medicine.
 - MT (Mental Techniques) courses: two month-courses on mental techniques and mind/body medicine. The main program is focused on different meditation and relaxation techniques, guided imagery, and NLP.
3. Books, articles, and lectures:
 - *Beyond the Calmness*: a book in the Persian language including 18 chapters on CAM's main branches and their applications in stress reduction and management (now a reference book for university courses). There are other books about to be published.
 - More than 30 articles about energy medicine, acupuncture, internal medicine, music therapy, vibrational medicine, homeopathy, and so on.



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The ICCAM team (from right to left): Mitra Hajizadeh, MD; Farid Nikbin, MD; Kiarash Saatchi, MD.

The Milad Hospital,
Teheran



- More than 100 lectures and presentations on different parts of CAM in national and international congresses.
- 4. Other educational projects:
 - TV and radio programs: our team is also very active in the introduction of CAM and its applications as diagnostic and therapeutic ways to better health especially through an integrative medical approach (more than 100 TV and radio programs on five channels).
 - Stress management seminars and courses: in different companies, based on both psychotherapy and CAM methods.
 - Founding the central CAM internet site in Iran (www.cam.ir) as a unique center for the relationship between doctors, therapists, and patients. We have also begun electronic and distance education programs through this site.

Active Branches of CAM in ICCAM

Up to now there are only a few branches of CAM that are active in our department, but we hope to be able to activate other methods in future (see below). The currently active departments are:

- homeopathy
- acupuncture
- low-level laser therapy (LLLT) (and also some serial combinatory approaches of magnet, laser, and incoherent light like quantum therapy)
- energetic medicine (healing, GDV bioelectrography, auricular diagnostics, and other therapeutic approaches).

About the Milad Hospital

The Milad Hospital is the biggest hospital in both Iran and the Middle East with 1000 beds, 32 departments, and 24 surgery rooms, with more than 96 000 square meters of building

space. It is used as a referral center for many other hospitals. More than 500 000 outpatients are treated each year in this hospital and we also treat nearly 55 000 inpatients each year.

Our Mission, Vision, and Future Plans

We hope to become a first-rank CAM center and a unique and pioneering department of integrative medicine (CAM and Western medicine) in Iran and the Middle East, based on WHO strategies for TM/CAM. Our vision is to provide the best methods for prevention, diagnosis, and treatment of disease. We hope to activate the following departments in the future:

- Traditional Iranian medicine (TIM) (and especially some of its approaches like traditional Iranian herbalism, cupping, and blood letting)
- Herbal medicine (Eastern and Western)
- Chiropractic therapy (and other type of manual therapies)

- Ayurveda (and especially some of its cleansing methods like panchakarma)
- Some forms of vibrational medicine (like MORA, RIFE, etc.).

Welcome to all Colleagues and Friends From Around the World

As an international institute (Health Pioneers Institute) and hospital department, we welcome all specialists in different branches of CAM who are interested in joining us, to work together and to create mutually beneficial relationships in different fields of CAM like education (short- and long-term courses), congresses and seminars, diagnostic and therapeutic approaches to special kinds of diseases.

Contact Details

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The voice and forum for anyone involved in acupuncture and Chinese medicine!

If you are involved in the fields of acupuncture or Chinese medicine, you will welcome this **international forum for the exchange of ideas, information, and resources**: the Thieme Almanac.

Prepared by editors who are renowned international experts in the field, the aim of the Thieme Almanac is both novel and two-fold:

1. To offer the fields of acupuncture and Chinese medicine a platform for exchange of ideas
2. To develop greater cooperation among the diverse parties involved in the field

The **Thieme Almanac: Acupuncture and Chinese Medicine** provides an **annual review** of the state of the study, practice, teaching, and development of acupuncture and Chinese medicine around the world. Wide and practical in scope, each issue will include an international survey of educational programs, reports on clinical and research findings, listings of societies and organizations, current information on laws and regulations, and a congress calendar covering all major events taking place in that year.

As an annual publication, the Thieme Almanac will be an important element in the ongoing development of **the identity of the field** and of the individuals and organizations that comprise it.

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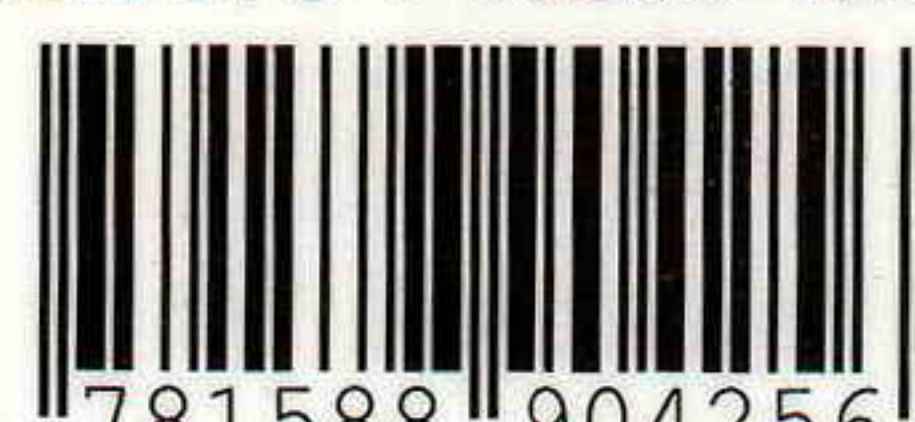
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