

# ANA MOREIRA

## MEDICAL DOCTOR

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### **CURRENTLY**

MANAGER AND DIRECTOR OF THE CLINICAL "INTEGRATIVE MEDICINE CENTER, DR<sup>a</sup> ANA MOREIRA" - PORTO, PORTUGAL

PRESIDENT OF THE PORTUGUESE SOCIETY OF INTEGRATIVE MEDICINE (SPMI)- PORTO, PORTUGAL

VICE-PRESIDENT OF PORTUGUESE SOCIETY OF OZONE THERAPY (SPOZ) - PORTUGAL

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## **EDUCATION::**

- Degree in Medicine by the Faculty of Medicine of the University of Porto in September 2001;
- Post-Graduation in Aging Medicine from the Autonomous University of Barcelona from November 2005 to July 2006;
- Intensive Course of Medical Aesthetics, at the Brazilian Institute of Research and Education (IBRAPE), São Paulo, Brazil in January 2006.
- Post-graduation in Dermo-Pharmacy and Cosmetics, at the Higher Institute of Health Sciences of the North in the Department of Pharmaceutical Sciences from March to May 2006;
- Master's Degree in Biological and Anti-Aging Medicine from the Ramón y Cajal Hospital of the University of Alcalá, Madrid - Spain, from October 2006 to July 2008, with a 20-rank diploma (Honor Diploma);
- Post-Graduation in Climatology and Hydrology by the Faculty of Medicine of the University of Porto from November 2006 to July 2007;
- Post-Graduation in Biological Medicine and Homotoxicology, sponsored by the International Homotoxicology Society - Germany, from January 5th to 18th, 2007, Porto;
- Post-Graduation in Occupational Medicine by the Faculty of Medicine of the University of Porto, from September 2009 to July 2011;

## **PROFESSIONAL ORGANIZATIONS::**

- **Professional Medical College Number - 41132**
- **President of the Portuguese Society of Integrative Medicine (SPMI)**
- **Vice-president of Portuguese Society of Ozone Therapy (SPOZ)**
- Executive Board of European Society of Integrative Medicine (ESIM)
- Academic Consultant in Integrative Medicine at the Nacional Institute of Integrative Medicine (NIIM) - Australia
- Advisory Board Member of the European Wellness Academy (EWA) - Germany
- Advisory Board Member of the European Wellness University (EWU) - USA
- Member of the International Society for Complementary Medicine Research
- Member of the Portuguese Society of Medical Acupuncture

- Member of the English Society for Homotoxicology and Anti-Homotoxic Therapy (The Society for Homotoxicology Anti-Homotoxic Therapy GB)
- Member of the British Society of Anti-aging Medicine (British Society of Anti-aging Medicine).
- Member of the Spanish Society of Biological and Anti-Aging Medicine (S.E.M.B.A.)
- Member of the Spanish Society of Anti-Aging and Longevity Medicine (S.E.M.A.L.)
- Member of the "International Society of Medical Hydrology and Climatology"
- Member of the Portuguese Society of Ozone Therapy
- Member of the European Nutraceutical Association
- Member of the International Academy of University Aesthetic Medicine (A.I.M.E.U.)
- Member of the Brazilian Academy of Aesthetics

## **COURSES AND OTHER ACTIVITIES::**

- President, Member of the Congress Organization Committee and Speaker of the II National Congress and I Internacional Congress of Integrative Medicine, 4 - 6 December, 2020 - Online Congress - Portugal;
- Participation as a speaker in the "I Mundial Congress AMES Virtual", November 26th-28th, 2020, Online;
- Participation as a speaker at the Conference "Health in the 21st Century", March 7, 2020, Porto, Portugal;
- Participation as speaker in the "VII Medical Ozone Therapy Journeys", 7-8 February 2020, Lisbon, Portugal;
- President, Member of the Congress Organization Committee and Speaker of the I National Congress of Integrative Medicine, 6 - 7 December 2019 in Porto, Portugal;
- Participation in the Course "40 Energetic Maneuvers" , by ASSIPI, from 15 - 17 November 2019, in Biel, Switzerland;
- Participation and organization of the Course "Applied Psychogenealogy", with Paola del Castillo and Agnès Paoli, on 21 and 22 September 2019 in Porto, Portugal;
- Participation in the Congress "12th European Congress of Integrative Medicine" on September 13th to 15th, 2019 in Barcelona, Spain;
- Participation in the Serenarium Laboratory of the ARACÊ Campus from July 31 to August 6, 2019, in Aracê-Espírito Santo, Brazil;
- Participation in the Course "Inter-assistance Parapsychic Praxis" from 26 to 28 July 2019, in Foz do Iguaçu, Brazil;
- Participation in the Sintergética Course "Module I: The Spirit of Synthesis and the great therapeutic territories: for an integral therapeutic practice", with Dr. Jorge Carvajal, on the 6th and 7th of July 2019, in Lisbon, Portugal;
- Participation in the "Desdobramento" Training - with JP Garnier Malet - Module II from 14 to 16 June 2019, in Madrid, Spain;
- Participation in the Retreat "Peace, Health and Spirituality", with Dr. Jorge Carvajal, from May 24th to 26th, 2019, in Madrid, Spain;

- Participation in the Training “Effects of Forgiveness for Self-Pacification”, by ASSIPI, on 18th and 19th May 2019, in Porto, Portugal;
- Assistance in the Theoretical-Practical Module Otto H.Warburg “Bioresonance-bioimpedance. Silent inflammation, an inflammation that kills. Cancer treatment” on 9 and 10 May 2019, in Valencia, Spain;
- Participation in the Course “40 Energy Maneuvers”, by ASSIPI, from 26 to 28 April 2019, in Funchal, Portugal;
- Participation in the Course “Senso de Gratidão”, by ASSIPI, on April 25, 2019, in Funchal, Portugal;
- Participation in the “Desdobramento” Training - with JP Garnier Malet - Module I from 12 to 14 April 2019, in Madrid, Spain;
- Participation and organization of the “Applied Psychogenealogy” Course, with Paola del Castillo and Agnès Paoli, on 16 - 17 March 2019, in Porto, Portugal;
- Participation in the Course "Arco Voltaico", on the 16th and 17th of February 2019, in Lisbon, Portugal;
- Assistance in the Seminar Module "Swiss Biological Medicine Academy - Modulo 5 + 6" from 22 to 25 October 2018 at Swiss Biological Medicine Academy;
- Assistance in the Theoretical-Practical Module Otto H.Warburg "El module de Borrelia" on October 1, 2018, Valencia, Spain;
- Assistance in the Theoretical-Practical Module Otto H.Warburg "The silent chronic inflammation module" on 1 October 2018, Valencia, Spain.
- Assistance in the Theoretical-Practical Module Otto H.Warburg "The Bioidentical Hormones Module" on 1 October 2018, Valencia, Spain;
- Assistance at the 2nd Symposium Otto H.Warburg Theoretical "Ozone-Cancer-Regenerative Medicine" on 5 and 6 May 2018, Madrid, Spain;
- Assistance in the I Conference Otto H.Warburg Theoretical "Metamérico - Dolor Segment" on 11 and 12 November 2017, Madrid, Spain;
- Assistance in the I Conference Otto H.Warburg Theoretical "Pre and Probiotics" on November 11 and 12, 2017, Madrid, Spain;
- Participation in the "NLP Practitioner" course, held between May 15 and 28, 2017 in Sesimbra, Portugal;
- Participation in the Seminar " What's New in Synergy" by the International Synergetic Association on February 11 and 12, 2017 in Madrid, Spain;
- Assistance to the "Intensive Immersion Course in Orthomolecular Applied in the Health Area", by Dr. Efrain Olszewer, Organized by FAPES - Foundation for Research Support and Study in the Health Area, on November 5 and 6, 2016;
- Assistance to the Seminar "Dr. Rau's new educational program to learn Paracelsus' Biological Medicine - Module 8 ", on 24 and 25 October 2016 at Paracelsus Academy Biomedicine, Germany;
- Assistance to the Seminar "Dr. Rau's new educational program to learn Paracelsus' Biological Medicine - Seminar 7 ", on 21 and 22 October 2016, at Paracelsus Academy Biomedicine, Germany;

- Assistance in levels 1 and 2 of PNIT-Solarte Technique, in the form of Retreat, by Dr. Armando Solarte, August 2014, Madrid;
- Course Trainer "Homeopathic Mesotherapy - Basic Level", organized by Bwizer, March 15, 2014;
- Assistance to the course "Neuromarketing with Solaric Technique Psychoneuroimmunotherapy", Level II, by Dr. Armando Solarte, February 2014, Madrid;
- Assistance in levels 1 and 2 of PNIT-Solarte Technique, in the form of Retreat, by Dr. Armando Solarte, August 2014, Madrid, Spain;
- Course Trainer "Homeopathic Mesotherapy - Basic Level", organized by Bwizer, March 15, 2014, Porto, Portugal;
- Assistance to the course "Neuromarketing with Solaric Technique Psychoneuroimmunotherapy", Level II, by Dr. Armando Solarte, February 2014, Madrid;
- Assistance to the course "Neuromarketing with Solaric Technique Psychoneuroimmunotherapy", Module I , 50 hours, by Dr. Armando Solarte, October 2013, Madrid, Spain;
- Lecturer at the I Congress of Education and Children's Health of Madeira: "Listen, Sit and React - the world of babies", with the theme "Immunomodulation Therapy with low dose antigenic medication in early childhood." 09 May 2013;
- Assistance to the Integrative Medicine Days: Neuro-Endocrine System, by Dr Juan Carlos Herrera, May 2013;
- Assistance to the Integrative Medicine Workshop, "Cell Regeneration and Tissue Microenvironment", by Dr Jhann Arturo, April 2013;
- Speaker on the theme "Immunomodulation Therapy with low antigenic doses" at the XVI Meeting of the SPA / SPP and Meeting of the A.P.A.S., 12 to 14 April 2013;
- Assistance to the World Congress of Homotoxicology, in March 2013, Bogotá, Colombia;
- Assistance to the Days of Integrative Medicine: Vascular Diseases, by Dr Juan Carlos Herrera, February 2013;
- Assistance to the Journeys of Integrative Medicine: Mitochondrial Dysfunction: The Occult Chronic Illness, by Dr. Juan Carlos Herrera, November 2012;
- Speaker at the IV International Congress of Natural Medicines of Porto, under the theme Treatment of Human and Veterinary Pain, 26 and 27 May 2012;
- Course of Basic NeuroConscience, by Dr Jairo Villegas, Palma de Mallorca, February 24 to 26, 2012;
- Vivencial Workshop "Shamanism", January 29, 2012;
- Assistance to the formation of Homeosinatria II, by Dr. Hector Roa Morales, October 2011;
- Workshop on Neuro-Linguistic Programming and Self Hypnosis Workshop, June 4, 2011, given by Dr Rui Caldevilla, Medical Trainer;
- Reached high school in the natural healing Reiki method, February 2011;
- Assistance to the formation of Homeosinatria I, by Dr. Hector Roa Morales, February 2011;

- Assistance to Seminar 4: "Dr. Rau's paradigms to regulation / Pillar 3: the up-building forces - Swiss Biological methods of testing and understanding difficult diseases and specific therapy methods and diseases "from May 4 to 7, 2016, at Paracelsus Academy Biomedicine;
- Assistance to Seminar 3: "Paracelsus connects the intestines: immune system, bacteria and allergy" from 4 to 7 May 2016, at Paracelsus Academy Biomedicine.
- Assistance to the XXVII International Symposium on Bioregulatory Systems Medicine. "Systemic Thought Bioregulator in Internal Medicine", March 12 and 13, 2016, organized by SCOMEDIHH (Colombian Society of Integrative Medicine, Homeopathy and Homotoxicology) in collaboration with ISOHH;
- Speaker at IV AEICBAS Biomedical Congress - In the innovative multidisciplinary approach to life sciences, March 4 to 6, 2016 at ICBAS;
- Assistance to the Intensive Seminar "Darkfield Microscopy - Introduction to Theory and Practice" on January 31, 2016 at Paracelsus Academy Biomedicine;
- Assistance to Seminar 2 "The Inner Milieu - Toxicology in Biological Medicine - Swiss Biological Medicine Detox Thecnques" January 27-30, 2016, at Paracelsus Academy Biomedicine;
- Assistance at Seminar 1 "Paracelsus of Dr. Raus's Swiss Biological Medicine - Introduction to Isopathy and Immune Therapies" January 27-30, 2016 at Paracelsus Academy Biomedicine;
- Assistance to the Vivencial Workshop "Interior Paths", on December 6, 2015 in Porto;
- Coordinator of Self-Help Groups since July 2015;
- Coordinator of Group Meditation Groups since July 2015;
- Trainer in the Course "Homeopathic Mesotherapy", organized by Bwizer on July 26 and 27, 2015;
- Participation in the Colloquium "Welfare and Healthy Living of Caregivers in Pediatric Oncology" with the communication "Food and Cancer: Myths and Truths" promoted by ACREDITAR, in April 2015;
- Trainer in the Course "Homeopathic Mesotherapy", organized by Bwizer on March 13 and 14, 2015;
- Assistance to the Days of Integrative Medicine: "Depression, Anxiety and Sleep Disorders", by Dr. Juan Carlos Herrera in September 2014;
- Assistance to the Course "Homeopathic Mesotherapy", organized by Bwizer, 26 and 27 September 2014;
- Assistance to the Seminar "Neuromarketing with Psychoneuroimmunotherapy Technique Solarte", lasting 24 hours, by Dr. Armando Solarte, May 2014, Madrid;
- Speaker at Estética Viva 2010, from 23 to 24 October 2010, at FIL, Parque das Nações, Lisbon, with the conference: "Medical Detoxification";
- Assistance to the XV National Congress of Medicine, VI National Congress of Internal Medicine, in Porto, from June 21 to 23, 2010;
- Protein Diet Course and Rithmonutrition Fundamentals: Level 1, taught by Dr. Julio Rica, June 18, 2010, Porto;

- Invited Professor of Human Physiology I, at the Abel Salazar Biomedical Sciences Institute, from the 2009/2010 school year, in the area of Integrated Medicine;
- Lecturer to students of the 5th year of the Degree in Pharmacy, school year 2009/2010, with the theme "Medical Detoxification". (classes to students of the Licentiate in Pharmaceutical Sciences, CESPU).