



## **1<sup>st</sup> International Workshop of The TsimTsoum Institute(\*)**

(3<sup>rd</sup> June 2010, Dom Polonii, Rynek Główny 14, Krakow, Poland)

### **[Evidence-based Holistic Approach to Health](#)**

Dear Colleagues,

We are pleased to invite you to a launching workshop that will be held on **3<sup>rd</sup> June 2010** in Krakow, Poland. The one-day meeting includes:

1. Our guest speakers opening lectures & communications
2. Walking lunch
3. Discussion & Wrap-Up
4. Closing Dinner

The TsimTsoum Institute (TTI) was established 2009 in Krakow, Poland. TTI is an international non-profit scientific organization supporting research studies in the specific field of mind-body or memes-genes interactions. The purpose is to open door to a modern more holistic East/West approach to Health for a better grasp of factors influencing health and disease. TTI aims at cooperating with health scientists and health care professionals who work in the fields of medicine, biochemistry, food and nutrition, psychology and other related disciplines and who are interested in an evidence-based approach to holistic health, and at confronting results with those from other approaches developed by theologians, philosophers, and politicians.

The results of the research will be used to prevent civilization diseases at large, emphasizing non-communicable diseases (NCDs) and to improve people's mind/body health and function in modern environments. Within this context, WHO estimates that 85 % of all deaths in the West are related to mind/body NCDs. International branches of TTI will be established in order to cope with the size of the problem and to accordingly gather research capability in health care professionals, locally, world wide.

TTI promotes cooperation with all health professionals in order to conduct research and clinical studies, ethically. TTI will implement new and innovative solutions that will help people's health and quality of life within a concept of personalized preventive medicine.

#### The Symposium Committee

Feel free to contact us: **Prof Ram B SINGH** (rbs@tsimtsoum.net), **Dr Agnieszka WILCZYŃSKA** (awk@tsimtsoum.net), **Dr Fabien DE MEESTER** (fdm@tsimtsoum.net), or through TTI website at [www.tsimtsoum.net](http://www.tsimtsoum.net).

\*The logo is the Eastern YinYang Concept of Wisdom taken from the Chinese Culture associated with the Western TsimTsoum Concept of Free Will taken from the Jewish Culture. It illustrates the constantly evolving delicate equilibrium - or breakeven - between memes and genes as man evolves to human through an ever better understanding of its nature. The TsimTsoum Concept ([www.tsimtsoum.net](http://www.tsimtsoum.net)) is a continuation of the Columbus Concept ([www.columbus-concept.com](http://www.columbus-concept.com)) developed over the last 15 years by the Columbus Paradigm Institute (a BNLfood Company), Waterloo, Belgium.





## Speakers & Scientific Program

**Moderators: Dr Franz HALBERG & Dr Germaine CORNELISSEN**, University of Minnesota, Halberg Chronobiology Center, Minneapolis, USA.

### **09.00 – 12.20:AM - SESSION I: TOWARDS TRUE BODY HEALTH**

#### Opening

**09.00-09.30:AM - Dr Douglas WILSON, Durham, United Kingdom**

Vascular variability disorder (VVD) surveillance for cerebro-nephro-cardiovascular risk assessment of all MESOR-hypertensive patients. Halberg F<sup>1</sup>, Wilson DW<sup>2</sup>, Hungin APS<sup>2</sup>, Cornélissen G<sup>1</sup>,

<sup>1</sup>University of Minnesota, Halberg Chronobiology Center, Minneapolis, USA and <sup>2</sup>Durham University, School of Medicine and Health, Stockton-on-Tees, UK.

#### Communications

**09.30-09.50:AM – Dr Fabien DE MEESTER, Gliwice, Poland**

Omega-3 fatty acids: research study design issues. Wilson DW<sup>1</sup>, Singh RB<sup>2,5</sup>, Wilczyńska A<sup>3,4,5</sup>, De Meester F<sup>4,5</sup>, <sup>1</sup>Durham University, School of Medicine and Health, Stockton-on-Tees, UK, <sup>2</sup>Halberg Hospital & Research Institute, Moradabad, India, <sup>3</sup>University of Silesia, Institute of Psychology, Katowice, Poland, <sup>4</sup>Development & Management Frontiers Ltd, Gliwice, Poland, and <sup>5</sup>TsimTsoum Institute, Krakow, Poland.

**09.50-10.10:AM - Dr Daniel PELLA, Kosice, Slovakia**

Omega-3 fatty acids and arrhythmias. Pella D, University of PJ Safarik, Medical Faculty, Kosice, Slovakia.

**10.10-10.30:AM - Dr Jan FEDACKO, Kosice, Slovakia**

Omega-3 fatty acids and CoQ10. Fedacko J, University of PJ Safarik, Medical Faculty, Kosice, Slovakia.

**10.30-11.00:AM – Coffee Break**

**11.00-11.20:AM - Dr Rafael RYBER, Kosice, Slovakia**

Omega-3 fatty acids and bone & joint diseases. Ryber R & Macejova J, University of PJ Safarik, Medical Faculty, Kosice, Slovakia.

**11.20-11.40:AM - Dr Grzegorz GAJOS, Kraków, Poland**

The OMEGA-PCI (OMEGA-3 Fatty Acids After PCI to Modify Responsiveness to Dual Antiplatelet Therapy) Study. Gajos G<sup>1</sup>, Rostoff P<sup>1</sup>, Undas A<sup>2</sup>, Piwowarska W<sup>2</sup>, <sup>1</sup>Department of Coronary Disease, John Paul II Hospital, Cracow, Poland, and <sup>2</sup>Institute of Cardiology, Jagiellonian University School of Medicine, Cracow, Poland.

**11.40-12.00:AM - Dr Krzysztof KNEFEL, Katowice, Poland**

Omega 3 and anxiety. Knefel K, Medical University of Silesia, Katowice, Poland.

**12.00-12.20:AM – Dr Joanna RYMASZEWSKA, Wrocław, Poland**

Can only fish save us from dementia and depression? Rymaszewska J, Wrocław Medical University, Department of Psychiatry, Wrocław, Poland.

**12.20-1.30:PM – Walking Lunch**

### **1.30 – 3.20:PM - SESSION II: TOWARDS TRUE MIND HEALTH**

#### Opening

**1.30-2.00:PM - Dr Jarmila SIEGELOVA, Brno, Czech Republic**

From Chronobiology to Chronomics to Mind Health. Extended consensus on means and need to detect vascular variability disorders (VVDs) and vascular variability syndromes (VVSs). Halberg et al., Leibniz-Online Nr. 5, 2009 (<http://www.leibniz-sozietat.de/journal>). 35 pp.

Siegelova J, Masaryk University, Brno, Czech Republic.

#### Communications

**2.00-2.20:PM - Dr Jiri DUSEK, Brno, Czech Republic**



Circadian hyperamplitude tension as a manifestation of mind-brain-body connection. Dusek J, Masaryk University, Brno, Czech Republic.

**2.20-2.40:PM – Dr Pali HUNGIN, Stockton-on-Tees, United Kingdom**

Functional GI disorders: Review of psychosocial and related aspects of such illnesses.

Hungin APS & Wilson DW, School of Medicine and Health, University Durham, Queen's Campus, Wolfson Research Institute, Stockton-on-Tees, TS17 6BH, UK.

**2.40-3.00:PM - Dr Kamilla BARGIEL-MATUSIEWICZ, Warszawa. Poland**

The connection between dispositional optimism and coping with pain. Bargiel-Matusiewicz

K, University of Warsaw, Institute of Psychology, Warsaw, Poland.

**3.00-3.20:PM - Dr Jerry MURPHY, Darlington, United Kingdom**

Working memory deficits in untreated and treated hypertension. Murphy J, Darlington

Memorial Hospital, Darlington, United Kingdom.

**3.20-3.50:AM – Coffee Break**

### **3.50 – 6.30:PM - SESSION III: TOWARDS MIND-BODY HOLISTIC HEALTH**

Opening

**3.50-4.20:PM - Dr Ram B SINGH, Moradabad, India**

The TsimTsoum Institute (TTI) & World Council of Body & Mind (WCBM): Scope&Vision.

Halberg F<sup>1</sup>, Cornélissen G<sup>1</sup>, Wilson DW<sup>2</sup>, Singh RB<sup>3,6</sup>, Wilczyńska A<sup>4,5,6</sup>, De Meester F<sup>5,6</sup>,

<sup>1</sup>University of Minnesota, Halberg Chronobiology Center, Minneapolis, USA, <sup>2</sup>Durham University,

School of Medicine and Health, Stockton-on-Tees, UK, <sup>3</sup>Halberg Hospital & Research Institute,

Moradabad, India, <sup>4</sup>University of Silesia, Institute of Psychology, Katowice, Poland, <sup>5</sup>Development

& Management Frontiers Ltd, Gliwice, Poland, and <sup>6</sup>TsimTsoum Institute, Krakow, Poland.

Communications

**4.20-4.40:PM - Dr Agnieszka WILCZYŃSKA, Katowice, Poland**

TTI & WCBM: Study - Objectives & Planning. Wilczyńska A<sup>1,2,4</sup>, De Meester F<sup>2,4</sup>, Singh

RB<sup>3,4</sup>, <sup>1</sup>University of Silesia, Institute of Psychology, Katowice, Poland, <sup>2</sup>Development &

Management Frontiers Ltd, Gliwice, Poland, <sup>3</sup>Halberg Hospital & Research Institute,

Moradabad, India, and <sup>4</sup>TsimTsoum Institute, Krakow, Poland.

**4.40-5.00:PM - Dr Fabien DE MEESTER, Gliwice, Poland**

TTI & WCBM: Organization, Resources, Milestones. De Meester F<sup>1,4</sup>, Wilczyńska A<sup>1,2,4</sup>,

Singh RB<sup>3,4</sup>, <sup>1</sup>Development & Management Frontiers Ltd, Gliwice, Poland, <sup>2</sup>University of

Silesia, Institute of Psychology, Katowice, Poland, <sup>3</sup>Halberg Hospital & Research Institute,

Moradabad, India, and <sup>4</sup>TsimTsoum Institute, Krakow, Poland.

**5.00-5.30:PM – Coffee Break**

**5.30-5.50:PM – Dr Tadeusz TRZISZKA, Wrocław, Poland.**

Genesis & potential extension of the OVOCURA project. Trziszka T, Wrocław University

of Environmental and Life Sciences, Wrocław, Poland.

**5.50-6.10:PM - Dr Andrzej SZUBA, Wrocław, Poland.**

Products of egg origin in the prophylaxis of civilization diseases. Szuba A, Wrocław

Medical University, Internal Medicine, Wrocław, Poland.

**6.10-6.30:PM – Dr Janos FEHER, Budapest, Hungary.**

The Wine and the Heart and Brain. Feher J, 2<sup>nd</sup> Dept. of Medicine, Semmelweis University,

Budapest, Hungary.

### **7.00 – 10.00:PM - SESSION IV: TTI DINNER – DISCUSSION & WRAP-UP**

Opening

**7.00-7.30:PM – Dr Niva SHAPIRA, Tel Aviv, Israel.**

TsimTsoum revisited: An evidence-based approach to holistic health. Shapira N, Medical & Natural

Nutrition, R&D Functional foods & diets, Stanley Steyer School of Health Professions, Tel-Aviv

University, Ramat Aviv, Tel Aviv, ISRAEL.

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