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CAM, reward system, wellbeing

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My ideas are based on lots of studies made in acupuncture and neuroscientific fields. It is commonly known that acupuncture acts thanks to endogenous opioids like endorphines, enkephalines, dynorphine, endomorfine. It is also science that wellness in our body-mind is related to reward system: vta in midbrain is the center, then projecting into basal ganglia, amygdala, nucleus accumbens, insula, hypothalamus- hypophisis, lymbic system etc. What is new is that endogenous opioids can regulate positively reward pathways so to balance dopaminergic and serotoninergic ways. We can say that complementary and alternative medicines can improve our wellbeing thanks to positive molecules increased in reward system since they are able to reduce pain directly and because they can stimulate cou li like acupuncture and ayurvedic practices too, and so making circulate qi and coutaneous molecules. So, since wellbeing is a human right, even CAM is human needs solving practices and for this reason we have to believe in them even socially and globally.

Biography

Dora Dragoni Divrak has completed her degree thesis in 2009 with Bologna University about insulin resistance hepatopaty and adiponectin related to metabolism. In 2016, she completed the specialty thesis with AMAB about the neuroscience of acupuncture. In 2017, she submitted the doctoral thesis with IBAM about CAM and reward system. She is an author of several articles.

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