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Ana Cristina Mendes Moreira



Personal Information

Birth: March 21, 1977-Porto

Objectiv of CV

Publishes information about my professional and academic pathway

Education

Degree in Medicine-September 2001 – Faculty of Medicine of the University of Porto. Rating: 14 values.

Postgraduate certificate in occupational medicine at the Faculty of Medicine of Porto, September 2009-July 2011.

Master's degree in Biological Medicine and anti-aging, Hospital Ramón y Cajal, University of Alcala, Madrid, Spain, October 2006-July 2008. Rating: Diploma of Honor (20).

Postgraduate course in Climatology and hydrology, Faculdade de Medicina da Universidade do Porto (November 4, 2006-July 2007).

In "Medicine of aging", Autonomous University of Barcelona, November 2005-July 2006.

Postgraduate course in Dermo-cosmetology, pharmacy and at the Instituto Superior de Ciências da Saúde do Norte, Department of pharmaceutical

sciences, March to May 2006.

Intensive course Medical Aesthetics, the Brazilian Institute of research and education (IBRAPE), São Paulo, Brazil, January 2006.

Activity in the profession

Private practice in the city of Porto, Portugal.

Courses, lectures and other activities:

Assistance to “Intensive Course in Orthomolecular Concepts, applied in Health Area”, by Dr. Efrain Olszewer. Organized by FAPES- Fundação de Apoio à Pesquisa e Estudo na Área da Saúde, 5 and 6 of November 2016 in Lisbon.

Assistance to Seminar “Dr. Rau’s new educational program to learn Paracelsus’ Biological Medicine – Module 8”, 24 e 25 de of October, 2016, in Paracelsus Academy Biomedicine.

Assistance to Seminar “Dr. Rau’s new educational program to learn Paracelsus’ Biological Medicine – Seminar 7”, 21 and 22 of October, 2016, in Paracelsus Academy Biomedicine.

Speaker and Organizer of the lecture “Overpower Anxiety”, May 21 of 2016, in FEUP in the city of Porto.

Assistance to Seminar “Intensive Training on Neural Therapies and “Dr. Rau’s Neuro-Autonomic Injections Technique”, 8 of May of 2016, in Paracelsus Academy Biomedicine.

Assistance to Seminar 4 “Dr. Rau’s paradigms to regulation/Pillar 3: the up building forces – Swiss Biological methods of lab testing and understanding difficult diseases and specific therapy methods and diseases”, from 4 to 7 of May of 2016, in Paracelsus Academy Biomedicine.

Assistance to Seminar 3 “Paracelsus connects the intestines: immune system, bacteria and allergy”, from 4 to 7 of May of 2016, in Paracelsus Academy Biomedicine.

Speaker and Organizer of the lecture on the "Power of Optimism", on April 16 of 2016, in FEUP in the city of Porto.

Speaker and Organizer of the lecture on "Healthy Life Habits", on March 18 of 2016, in FEUP in the city of Porto.

Assistance to XXVII Internacional Simposium Bioregulatory systems medicine. “The Systemic bioregulatory thinking in Internal Medicine”, 12 and 13 of March of 2016, organized by SCOMEDIHH (Sociedade Colombiana de Medicina Integrativa, Homeopatia y e Homotoxicologia) in collaboration with ISOHH.

Speaker in IV AEICBAS Biomedical Congress –An innovative multidisciplinary approach to life sciences, from 4 to 6 of March of 2016, in ICBAS.

Speaker and Organizer of the lecture on "Love and Relationships", on 27 of February of 2016, in the city of Porto.

Assistance to Intensiv Seminar “Darkfield Microscopy – Introduction to Theory and Practice”, on 31 of January of 2016, in Paracelsus Academy Biomedicine.

Assistance to Seminar 2 "The Inner Milieu – Toxicology in Biological Medicine – Swiss Biological Medicine Detox techniques, from 27 to 30 of January of 2016, in Paracelsus Academy Biomedicine.

Assistance to Seminar 1 "Paracelsus of Dr. Raus's Swiss Biological Medicine - Introduction to Isopathy and Immune Therapies", from 27 to 30 of January of 2016, in Paracelsus Academy Biomedicine.

Speaker and Organizer of the lecture on "Life Instructions", on January 22, of 2016, in the city of Porto.

Assistance to Experiential Workshop "Interior Ways", 6 December 2015, in Porto.

Speaker and Organizer of the lecture on "Life and Death: how to deal with these paradigms", on November 27 of 2015, in the city of Porto.

Speaker and Organizer of the lecture on the "Forgiveness", on 22 October of 2015, in the city of Porto.

Speaker at the seminar "nutrition and disease prevention" with the theme "healthy diet: myths and reality", 16 October day at the Seminary of Vilar.

Speaker and Organizer of the lecture with the theme "The 7 Rules to be Happy", on 10 September, in the city of Porto.

Coordinator of self help groups since July 2015.

Coordinator of Group Meditation groups since July 2015.

The Trainer course "Homeopathic Mesotherapy", organized by Bwizer, 26 and June 27, 2015.

Participation in the Colloquium "wellness and healthy lifestyle of Caregivers in Pediatric Oncology", with the communication "food and cancer: Myths and truths", promoted by BELIEVE, April 2015.

The Trainer course "Homeopathic Mesotherapy", organized by Bwizer, 13 and March 14, 2015.

The Trainer course "Homeopathic Mesotherapy", organized by Bwizer, 28 and November 29, 2014.

Assistance at conferences of integrative medicine: depression, anxiety and Sleep Disorders, by Dr Juan Carlos Herrera, September 2014.

Travel assistance "Homeopathic Mesotherapy", organized by bwizer, 26 and September 27, 2014.

Assistance to the seminar "Neuromarketing with psiconeuroimunoterapia Solarte Technique", with duration of 12:00 am, by Dr. Armando Solarte, may 2014, Madrid.

1 and 2-level assistance of PNIT Solarte technique, in the form of retreat, by Dr. Armando Solarte, August 2014, Madrid.

The Trainer course "Homeopathic Mesotherapy-basic level", organized by Bwizer, March 15, 2014.

Travel assistance "Neuromarketing with Psiconeuroimunoterapia Solarte Technique", level II, by Dr. Armando Solarte, February 2014, Madrid.

Assistance to the first module of Technical Psiconeuroimunoterapia Solarte, lasting 50 hours, by Dr. Armando Solarte, October 2013, Madrid.

Lecturer at the first Congress of education and child health of the wood: "Listen, Feel and React – the world of babies", with the topic "immune modulation therapy with low-dose medication antigenic in early childhood". May 9, 2013.

Assistance at conferences of integrative medicine: Neuro-Endocrine System, by Dr Juan Carlos Herrera, may 2013.

Assistance to the Workshop of integrative medicine, cell regeneration and tissue Microenvironment, by Arturo Jhann, April 2013.

Speaker on the topic "immune modulation therapy with low-dose antigenic" in the XVI meeting of the SPA/SPP and A.P.A.S. meeting, the 12 April 14, 2013.

Assistance to the World Congress of Homotoxicology, March 2013, Bogotá, Colombia.

Assistance at conferences of integrative medicine: vascular diseases, by Dr Juan Carlos Herrera, February 2013.

Assistance at conferences of integrative medicine: Mitochondrial Dysfunction: Chronic Disease Hides, by Dr. Juan Carlos Herrera, November 2012.

Speaker at the IV International Congress of Natural Medicines of the port, on the theme of Human Pain and veterinary Treatment, and 26 May 27, 2012.

Basic NeuroConsciência course, by Jairo Villegas, Palma de Mallorca, 24-26 February 2012.

Assistance in formation of Homeossinatria II, by Dr. Hector Roa Morales, October 2011.

Postgraduate certificate in occupational medicine, the Faculty of Medicine of the University of Porto, September 2009-July 2011.

Workshop on Neuro-Linguistic Programming and hypnosis Workshop, June 4, 2011, given by Dr Rui Caldevilla, Doctor.

Hit the second degree Reiki natural healing method, February 2011.

Assistance in formation of Homeossinatria I, by Dr. Hector Roa Morales, February 2011.

Speaker at the Forum Live 2010, 23 Aesthetics the October 24, 2010, at FIL, Parque das Nações, Lisbon, with the Conference: "Medical Detoxification".

15TH National Congress assistance, National Congress of internal medicine, at the port, of the 21 June 23, 2010.

Protein Diet course and Rithmonutrição fundamentals: 1 Level, taught by Dr. Julio Rich, June 18, 2010, Porto.

Visiting Professor of human physiology I, in the Abel Salazar Biomedical Sciences Institute, from the academic year 2009/2010, in the area of Integrated

Medicine.

Speaker the first-form pupils of the degree course in pharmacy, academic year 2009/2010, with the theme "Medical Detoxification". (lessons to students of the degree in pharmaceutical sciences, CESPU)

Speaker at the seminar "Health Determinants Modifiable" within the syllabus of Pharmacy Practice II of the 5th year of the master's degree in pharmaceutical sciences, in the school year 2009/2010, in January 2010.

Assistance to the seminar "anxiety, depression and sleep disturbance", with duration of teaching 1:00 pm, October 2009.

Assistance to the seminar "Probiotic and prebiotic in diseases of the gastroenterológico Forum", with duration of tuition day July 4, 2009 8:00.

Lecturer at the lecture on "Cellulite-the solutions of aesthetic medicine", inserted in Dermocosmetics, graduate CESPU, 5/15/2009 day.

Lecturer at the lecture at the Lyceum António Nobre, 5/14/2009 day, the eighth graders, on the theme "balanced diet".

Lecturer at the lecture on "global Detox-A medical approach", in the II Iberian Congress of Natural Medicine, at Exponor, Porto, May 9, 2009.

Assistance to the seminar of "Chinese medicine and QiGong channels", of the 24 April 26, 2009, by Dr Fernando Briny Blanco.

Lecturer at the lecture "skin aging: different approaches of aesthetic medicine" in X days of pharmaceutical sciences, Customs port, day April 18, 2009.

Assistance to the seminar "gastritis, Duodenitis and Gastro-oesophageal reflux", with duration of teaching 6:00 pm, March 2009.

Assistance to the seminar "Homotoxicology and Immunomodulatory therapy in Otorhinolaryngology", with duration of teaching 4:00 pm, November 2008.

Assistance to the seminar "Homotoxicology and Immunomodulatory therapies in rheumatic disease", with duration of teaching 4:00 pm, October 2008

Assistance to the International Congress of Sintergética, in Toledo, Spain, 19-21 September 2008.

Master's degree in Biological Medicine and anti-aging, Hospital Ramón y Cajal, University of Alcalá, Madrid, Spain, October 2006-July 2008. Rating: Diploma of Honor.

Assistance to the seminar "Homotoxicology and Immunomodulatory therapies in rheumatic disease", with duration of teaching 5:00 pm, June 2008

Assistance to the Biological Medicine and homotoxicology course 2008, sponsored by the International Academy of Homotoxicology ", Baden-Baden, lasting 46 tuition hours, may 2008.

Postgraduate course in Climatology and hydrology, Faculdade de Medicina da Universidade do Porto (November 4, 2006-July 2007).

General course of Biological Medicine and Homotoxicology 2007, of the 15 June 21, 2007, taught by Dr. Juan Carlos Herrera (sponsored by the

international society of Homotoxicology, Germany)

Assistance to the third module of the first postgraduate course in aesthetics and Cosmetology, lasting 3 days, held in March 2007, Porto, co-chancelada by IBRAPE.

Postgraduate course of Biological Medicine and Homotoxicology, of the 5 January 18, 2007, taught by Dr. Juan Carlos Herrera (sponsored by the international society of Homotoxicology, Germany)

Speaker at the "cycle of conferences of Dermato-Cosmetic Sciences", with the topic: "applicability and benefits of Nutri-cosméticos in Dermatology, aesthetic medicine and anti-aging". November 8, 2006, Lusófona University, Lisbon.

Assistance to the 2nd module of the postgraduate course in aesthetics and Cosmetology, lasting 3 days, 14 to October 16, 2006, Porto, co-chancelada by IBRAPE.

Course "Geriatrics power: the State of the art", Faculty of science of food and Nutrition at the University of Porto, with a duration of 8:00, October 11, 2006.

Coordinator of the Evenings LabMED Medical, exclusive to medical professionals, since October 2006.

Assistance to the seminar: "Introduction to Orthomolecular Medicine and diet according to blood type", 6:00, July 2006, by the Portuguese Institute of Naturopathy, Porto.

In "MEDICINE of AGING", Autonomous University of Barcelona, November 2005-July 2006.

Postgraduate course in Dermo-cosmetology, pharmacy and at the Instituto Superior de Ciências da Saúde do Norte, Department of pharmaceutical sciences, with a duration of 80 hours (March to May 2006).

Assistance to the 1st module of the postgraduate course in aesthetics and Cosmetology, lasting 3 days, 3 the March 5, 2006, Porto.

Intensive course Medical Aesthetics, the Brazilian Institute of research and education (IBRAPE), São Paulo, Brazil, January 2006.

Travel assistance "herbodietética techniques and natural food", 8:00 pm, September 2005, by the Portuguese Institute of Naturopathy.

Member of the Editorial Council of the journal Acta Médica – number 1 of Volume 4-September 2004-Centro Hospitalar de Vila Nova de Gaia

Member of the Organizing Committee of the fortnightly sessions of the Forum of the boarding school doctor – year 2004

Journey "the importance of Endocrinology on medically assisted Reproduction" – bio Mérieux-October 26, 2004

VII Jornadas of Cerebral Vascular disease in family medicine – 21-22 October 2004

"Supply of materials" – clinical pathology of the Centro Hospitalar de Vila Nova de Gaia-April 28, 2004

XXIV Journeys and advances in Rheumatology for family physicians – 15-16 April 2004

9th Symposium of infection and Sepsis-Hospital de s. João-24-26 March 2004

VI Amerlab fall Conference-October 24, 2003

Of course "support for the boarding school"-ARS North-Port Health subregion-5-9 May 2003

Symposium on informed consent-Hospital of São Marcos (Braga)-November 13, 2002

"The Rheumatology in primary care"-1st Course of Rheumatology "Prof. Lee Vaz" for family medicine – 14 and 15 November 2002

Days of internal medicine of Porto-Soc Port of internal medicine – 7-8 November 2002

XIV International meeting of surgery – surgery Department of Hospital Centreo of Vila Nova de Gaia – 28-30 October 2002

13th International meeting on Medical Emergencies-Aventis-May 18, 2002

"XXII Jornadas and advances in Rheumatology for general practitioners" and "XXI Jornadas Luso-French Rheumatology" – sponsorship of scientific medical, Portuguese Soc Rheumatology and the Scientific Council of the Faculdade of medicine, Universidade do Porto – 11-12 April 2002

Dermatology update course 19TH and Venereology-Dermatology and Venereology service of the Hospital de s. João-22-23 March 2002

V days of internal medicine – Centro Hospitalar do Funchal-13-15 February 2002

Clinical Microbiology-Regional Section of the port of the order of pharmacists – Jan-Feb 2002 (9:00 pm)

Professional organizations

Medical-Professional Certificate nº 41132

- Member of the Portuguese society of medical acupuncture
- Member of the Spanish society of Biological Medicine and anti-aging (S.E.M.B.A.)
- Member of the English society of Homotoxicology and Anti-Homotóxica Therapy (The Society for Homotoxicology & Anti-Homotoxic Therapy GB)
- Member of the Spanish society of Anti-Aging Medicine and longevity (S.E.M.A.L.)
- Member of the British society of Anti-Aging Medicine (British Society of Anti-Aging Medicine).
- Member of the International Society of Medical Hydrology and Climatology "
- Member of the International Academy of aesthetic medicine University (A.I.M.E.U.)
- Member of the International Society for Complementary Medicine Research

Member of the Brazilian Academy of aesthetics

Member of the Portuguese society of ozone therapy

Member of the European Nutraceutical Association

Sympathetic to the following medical societies:

American Academy of Anti-Aging Medicine (A4M)

American Academy of Environmental Medicine

American College for Advancement in Medicine

American College of Occupational and Environmental Medicine

American Holistic Medicine Association

Spanish Association of Micro-immunotherapy.

European Academy for Environmental Medicine (EUROPAEM)

European Organisation of Scientific Anti-Aging Medicine (EUROSCIA)

European Society of Anti-Aging Medicine (ESAAM)

Institute for Functional Medicine (IFM)

International College of Integrative Medicine

International Society for the Studies of Subtle Energies and Energy Medicine

The Brazilian society of aesthetic medicine

Spanish society of Cosmetic medicine and surgery (S.E.M.C.C.)

World Anti-aging Academy of Medicine (WAAAM)

World Society of Anti-Aging Medicine (WOSAAM)

Porto, November 2016