



FEDERATION MONDIALE DU THERMALISME ET DU
CLIMATISME WELTVERBAND FÜR BALNEOLOGIE UND
KLIMATOLOGIE
ВСЕМИРНАЯ ФЕДЕРАЦИЯ ВОДОЛЕЧЕНИЯ И КЛИМАТОЛЕЧЕНИЯ
WORLD FEDERATION OF HYDROTHERAPY AND CLIMATOTHERAPY
FEDERATION MONDIALE OF THERMALISM AND CLIMATOTHERAPY
FEMTEC

Founded in 1937

Nongovernmental Organization in official relations with W.H.O.

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PRESS RELEASE

IN SEARCH...OF LOST BREATH!

Multilateral and integrated approach to prevention, treatment and wellness

CASTEL SAN PIETRO TERME (Bologna), May 27, 2023

One can live weeks without eating, a few days without drinking, a few minutes without breathing. Thus, air is the most valuable element for the body's functions. Today, the progressive degradation of the environment and the worsening of air quality are forcing us to rethink both the mechanism and the mode of breathing.

What and how we breathe, therefore, become two indispensable factors for our well-being and health. These issues and their possible solutions are the focus of the **International Course/Conference (CME 8 Credits) "SEARCHING FOR THE... LOST BREATH. Multilateral and integrated approach for prevention, care and well-being"** where we aim to address breathing in a comprehensive way (source of life), as a possible vehicle of toxic substances (source of disease), as a tool for healing (finding health).

Aims and themes: To present an up-to-date picture of chronic respiratory diseases with its social and economic implications; to illustrate the progress of therapies and prevention strategies; to enhance the role of Patient Associations with the involvement of Civil Society.

In addition, a **methodological approach** of Systems Medicine is proposed, where in addition to purely pharmacological therapies, including low-dose therapies, Integrated Thermal Medicine, in its various forms, can make a concrete contribution.

In fact, spa facilities are accredited health facilities, and they can combine inhalation methods, according to precise medical protocols, with various complementary therapeutic paths. Cite, for example, the various respiratory gymnastics of both canonical physiatry and traditional Chinese medicine; vocal exercises; relaxation techniques; education on proper eating behaviors etc.

As stated by Prof. Umberto Solimene, President of the World Federation of Thermalism and Climatotherapy (FEMTEC, an institution in official relations with WHO), *"Integrated Thermal Medicine, applied in an environment of high ecological quality, such as that of the Castel San Pietro Thermal Baths, is the natural therapeutic means that more than any other demonstrates its effectiveness in respiratory diseases, direct and indirect and from which vast categories of the population, of all ages and social classes, are affected."*

Therefore, the aims of this scientific meeting, an integral part of the strategies of FEMTEC and the Ministry of Health (Project GARD ITALY) are not only theoretical, but concretely purposeful. To arrive at the total breathing of our existence means not only to improve and increase our health and energy, but also to contribute to the quest for self-knowledge and our inner growth.

ECM TRAINING CREDITS

The International Study Day "*In Search...of the Lost Breath*" is part of the Continuing Medical Education (CME) program and **8 CME credits** are provided for it **to the following health professions: Surgeon (all disciplines), biologist, dietitian, pharmacist, physical therapist, nurse and psychologist.**

Registration for the day is FREE. CME

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