



8. ZNANSTVENA KONFERENCA Z MEDNARODNO UDELEŽBO  
ZA ČLOVEKA GRE: RELEVANCA ZNANOSTI IN IZOBRAŽEVANJA

8<sup>th</sup> SCIENTIFIC CONFERENCE WITH INTERNATIONAL PARTICIPATION  
ALL ABOUT PEOPLE: RELEVANCE OF SCIENCE AND EDUCATION

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## PLANET OF HEALTH BALANCING METHOD: BODY THERMOREGULATION, SUPPLEMENTATION AND DIAGNOSTIC-THERAPEUTIC IMPLEMENTATION

### ABSTRACT

*Planet of Health – A Method of Balance strongly support preventive medicine as basic mean of protecting and maintaining human health, proper nutrition and natural oils special processed as main and best manner of intervention in order to restore balance to the human body. Diseases of affluence, modern diseases are the consequence daily positive energy balance, diet overwhelmed with hormones, estrogen disruptors and ever-growing number of pollutants. Human body is jeopardized through nutrition, and through nutrition it should be restored. Almost every disease is observed as a systematic disease, or a mere beacon that the overall balance of the body is disturbed. Artificial chemical substance cannot provide a substitute for the natural pathways of regeneration and self-restoration of the human body. YES, natural cold pressed PoH oils balanced, special processed, and in doses given by nature itself, easily absorptive and familiar to our bodies, help the body to gradually establish balance and heal itself. Nutrigenomics is a rapidly expanding scientific field that addresses the way diet affects the genome. The identification of individual differences in response to the same food components is the province of the field of Nutrigenetics. Growing evidence suggests that nutrient and hormonal signals converge and act directly on brain centers, leading to changes in fuel metabolism. Non-exercise activity thermogenesis (NEAT) leads to an overfeeding states and obesity. Many more studies are needed to determine the importance of thermogenic, antiobesity mechanisms in humans. All elements of diet are thermogenic.*

**Keywords:** *balance, functional nutrition, thermoregulation, oils, non-invasive analyzer*

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## RELEVANCE OF SCIENCE AND EDUCATION OF INTEGRATIVE MEDICINE

### ABSTRACT

*Integrative medicine or integrative health sciences base their integrative approach on evidence-based medicine and scientific research. Because of the controversies that have imposed started with the view that education must be primarily implemented university institutions and medical research institutions at all levels. Education is conducted in two directions academically after undergraduate studies, master's and doctoral studies, with modern study programs and in the professional direction through specialization, sub-specialization, and the acquisition of new skills in the organization of licensed schools. Educational and scientific institutions, associations, health services, health insurance organizations, as well as state institutions participate in the provision and implementation of education and implementation of integrative medicine. The fact is that 40% of people in the "West" are treated with Integrative Methods, other than the official health system. In the east, billions of people are treated with Integrative Medicine. The objectives of education in the field of medical science is making medicine based on international standards and competencies, access to evidence-based medicine and scientifically proven facts. Then, promoting the development of Integrative Medicine as well as promoting the development and providing effective models of preventative health care. This approach should provide the modeled gold standard in education and research in the health sector and thus to a high-quality professional work. The relevance of research and education in integrative medicine is a basic requirement in the integration of all the medicine into one that will be customized and needs of the modern world in the 21st century.*

**Keywords:** *relevance, research, education, clinical practice, integrative medicine*