

CURRICULUM VITAE

Ana Moreira

*Ana Cristina Mendes Moreira***MEDICAL DOCTOR • INTEGRATIVE MEDICINE**

Medical Licence No. 41132

anamoreira@anamoreira.pt • www.anamoreira.pt

OneLife Clinic • Avenida da Boavista 1679, Porto

“This is the path of 21st-century medicine: personalised, preventive, regenerative, and profoundly human.”

Dr. Ana Moreira • Exclusiva Magazine, 2026

**◆ PROFILE**

Dr. Ana Moreira holds a degree in Medicine from the University of Porto, with a specialisation in Thermal Medicine and master's degrees in Biological and Anti-Ageing Medicine (Madrid), in Integrative Medicine and Health (TECH Universidad Tecnológica) and in Advanced Integrative Health and Medicine (Universidad CEU Cardenal Herrera). Since 2007 she has dedicated herself to the study and research of integrative medical approaches — Ayurvedic Medicine, Traditional Chinese Medicine, Acupuncture, Neural Therapy, Medical Ozone Therapy, Homeopathy and Homotoxicology, Orthomolecular Medicine, Aesthetic and Anti-Ageing Medicine, Bioenergetic Medicine and the Science of Consciousness, among others — and has also trained in Neuro-Linguistic Programming and Psycho-Neuro-Immunotherapy.

In this context she founded, in Porto, the clinic now known as OneLife Clinic, where she leads a team of more than two dozen healthcare professionals and treats patients from across Europe, the Americas, the Middle East, Africa and Asia. A trainer in integrative health, she is a regular speaker at national and international seminars and congresses, and the author of the best-selling book «How Not to Get Sick: The 8-Week Integrative Medicine Plan», now in its 4th edition.

She presides over the Portuguese Society of Integrative Medicine (SPMI) and the Portuguese Society of Ozone Therapy (SPOZ), sits on the Executive Committee of the European Society for Integrative Medicine (ESIM), organised and presided over all seven editions of the International Congress of Integrative Medicine (2019–2025), and is Co-President of the 18th European Congress for Integrative Medicine (ECIM), in Antalya, 3–6 December 2026.

◆ CURRENT POSITIONS

— **Founder, General and Clinical Director** — OneLife Clinic, Porto

- **President and Organiser** — 1st to 7th editions of the International Congress of Integrative Medicine (2019–2025)
- **President** — Portuguese Society of Integrative Medicine (SPMI)
- **President** — Portuguese Society of Ozone Therapy (SPOZ)
- **Executive Committee Member** — European Society for Integrative Medicine (ESIM)
- **Honorary Member** — Portuguese Society of Aesthetic Medicine
- **Co-President** — 18th European Congress for Integrative Medicine (ECIM) — «In the Trace of the Past, to the Future of Health», Gloria Golf Resort, Antalya, Türkiye (3–6 December 2026)
- **Medical Doctor** — Portuguese Medical Association — Licence No. 41132

◆ AREAS OF CLINICAL EXPERTISE

- Integrative Medicine
- Aesthetic and Anti-Ageing Medicine
- Advanced biomarker diagnostics and biological age assessment
- Regenerative medicine and stem cell therapy
- Medical ozone therapy
- NAD+ optimisation and nanomembrane apheresis
- Peptide therapy and targeted supplementation

◆ ACADEMIC EDUCATION

- Degree in Medicine — Faculty of Medicine, University of Porto (September 2001)
- Postgraduate Diploma in Ageing Medicine — Autonomous University of Barcelona (November 2005 to July 2006)
- Intensive Course in Aesthetic Medicine — Brazilian Institute of Research and Education (IBRAPE), São Paulo, Brazil (January 2006)
- Postgraduate Diploma in Dermo-Pharmacy and Cosmetics — Instituto Superior de Ciências da Saúde do Norte, Department of Pharmaceutical Sciences (March to May 2006)
- Postgraduate Diploma in Climatology and Hydrology, with a specialisation in Thermal Medicine — Faculty of Medicine, University of Porto (November 2006 to July 2007)
- Master's Degree in Biological and Anti-Ageing Medicine — University of Alcalá / Ramón y Cajal Hospital, Madrid, Spain (October 2006 to July 2008) — grade of 20/20, Diploma of Honour
- Postgraduate Diploma in Biological Medicine and Homotoxicology — International Society of Homotoxicology, Germany (January 2007, Porto)
- Postgraduate Diploma in Occupational Medicine — Faculty of Medicine, University of Porto (September 2009 to July 2011)
- Master's Degree in Integrative Medicine and Health — TECH Universidad Tecnológica (author of the academic programme and lecturer, 2019–2023)
- PhD Candidate in Integration and Modulation of Signals in Biomedicine — University of Murcia, Spain (in progress, since 2020)
- PhD Candidate in Quantum Science of Health, Prosperity and Happiness — University of Jaipur, India, under the supervision of Dr. Amit Goswami (in progress, since 2021)

- Master's Degree in Advanced Integrative Health and Medicine — Universidad CEU Cardenal Herrera, Spain (July 2022 to July 2023)
- Mindfulness in Healthcare Settings Course — Faculty of Medicine, University of Porto (since October 2022)
- Competency in Aesthetic Medicine — Portuguese Medical Association

◆ PUBLICATIONS AND PROJECTS

BOOK

«*How Not to Get Sick: The 8-Week Integrative Medicine Plan*» (best-seller), *Oficina do Livro*, 4th edition — ISBN 978-989-661-743-1 (author)

PODCAST

«*hum(ana)mente*», author and host (Spotify and YouTube)

◆ AWARDS

- Women 3.0 Awards (2024) — Distinction in the «Health» Category

◆ PROFESSIONAL ORGANISATIONS AND AFFILIATIONS

- | | |
|---|--|
| – President of the Portuguese Society of Integrative Medicine (SPMI) | – Member of the Society for Homotoxicology & Anti-Homotoxic Therapy, UK |
| – President of the Portuguese Society of Ozone Therapy (SPOZ) | – Member of the Spanish Society of Anti-Ageing and Longevity Medicine (S.E.M.A.L.) |
| – Executive Committee Member of the European Society for Integrative Medicine (ESIM) | – Member of the British Society of Anti-Ageing Medicine |
| – Honorary Member of the Portuguese Society of Aesthetic Medicine | – Member of the International Society of Medical Hydrology and Climatology |
| – Academic Consultant in Integrative Medicine at the National Institute of Integrative Medicine (NIIM), Australia | – Member of the International Academy of Aesthetic Medicine (A.I.M.E.U.) |
| – Advisory Board Member of the European Wellness Academy (EWA), Germany | – Member of the Brazilian Academy of Aesthetics |
| – Advisory Board Member of the European Wellness University (EWU), USA | – Member of the European Nutraceutical Association |
| – Member of the Portuguese Society of Medical Acupuncture | – Member of the International Society for Cell & Gene Therapy (ISCT) |
| – Member of the Spanish Society of Biological and Anti-Ageing Medicine (S.E.M.B.A.) | – Member of the International Society for Complementary Medicine Research |

◆ CONFERENCES, COURSES AND CONTINUING EDUCATION

- Speaker (workshop) at the IPM Congress — Integrative Personalised Medicine, with «Effective Integrative Medicine in Action: From Environmental Exposure to Precision Diagnostics in Europe», em parceria with a Global Lab eXpert Group (GLXG), QEII Centre, Westminster, London (18 to 20 June 2026)
- Lecturer, EMAC Classes — «Foundations of Functional Medicine», online (31 May and 6 June 2026)
- Speaker at the MAHA Symposium 2026 — Integrative Medicine & Dentistry, with «The Secret Weapons of Rejuvenation Medicine» and conferência pública conjunta with o Dr. Sebastjan Perko no Ljubljana Castle, Slovenia (28 to 30 May 2026)
- Speaker at the Congresso ARTOI, with «Dendritic Cell Therapy in Cancer Care: Novel Approaches» and o workshop «Regenerative Medicine in Oncology Patients: State of the Art», Rome, Italy (8 to 10 May 2026)
- Professional Training Certificate «E-Formador» (Training de Formadores, Área 146, 50 hours), Traininghouse, with final grade of 19 out of 20 — completed on 6 May 2026
- Speaker at the XV Congreso Internacional de Medicina Integrativa, Regenerativa y Complementaria, with «Cáncer y Medicina Regenerativa desde la Perspectiva Inmunológica», online (1 and 2 May 2026)
- Speaker at the IV International Conference & III Portuguese Symposium of Veterinary Medicine (Qivet), with «Microbioma Humano–Animal: Uma Interface Integrativa em Saúde», Algarve / online (1 and 2 May 2026)
- Guest trainer, mentorship programme MIR — Metabolic Immune Reset, with Vivian Campos, on Plasmaférese, online (18 April 2026)
- Speaker at «Empresas Saudáveis, Pessoas Felizes» — workplace lighting and sleep quality, Lisbon (15 April 2026)
- Webinar «Avances Clínicos en Ozonoterapia Médica: De la Autohemoterapia a la OHT de Alta Dosis», online (11 April 2026)
- President of the 7th International Congress of Integrative Medicine (5 and 6 December 2025)
- Speaker at the 3rd World Congress on Traditional, Complementary and Integrative Medicine, Rio de Janeiro, Brazil (15 to 18 October 2025)
- Speaker at the Atlantic Health Wellness Summit 2025, Alfândega do Porto Congress Centre (10 and 11 October 2025)
- Speaker at the webinar «Ozonoterapia Hiperbárica», organised by SUMEL (11 October 2025)
- Speaker at the XII National Congress of Medical Students, Porto (11 October 2025)
- Speaker at the 4th World Health Congress, Institute for TCIM/CAM, Prague, Czech Republic (3 to 5 October 2025)
- Speaker at the Effective BioMedicine Congress, BioMedicine International AG, Vienna, Austria (2 to 5 October 2025)
- Speaker at the ITSe International Trichology Seminar, Brazilian Association of Trichology, Porto (28 to 30 September 2025)
- Speaker at the 10th European Cooperation of Medical Ozone Societies Congress, Bucharest, Romania (25 and 26 September 2025)
- Speaker at the Congress of Health and Quantum Physics, organised by Fisioquantic, São Paulo, Brazil (19 and 20 September 2025)
- Speaker at the III International Conference & II Portuguese Symposium of Veterinary Medicine Integrativa, Lisbon (13 and 14 September 2025)

- Speaker at the 3rd International Congress of Ozono, HERRMANN Apparatebau GmbH, Munich, Germany (12 to 15 June 2025)
- Speaker at the 1st Online Ibero-American Congress of Electrossensibilidade, Federação Internacional do Ambiente (7 and 8 June 2025)
- Speaker at the Longevia Summit — Regenerative Advanced Medicine, Liliu Life Institute, Bucharest, Romania (31 May 2025)
- Speaker at the curso de Medicina Regenerativa do College of Surgical Physicians (A.C.) and do Mexican Stem Cell Council, online (24 May 2025)
- Speaker at the Brazilian Congress of Cannabis Medicinal, module Odonto Cannabis (22 to 24 May 2025)
- Speaker at the 8th National Congress of Medicina Estética, Sociedade Portuguesa de Medicina Estética and Cosmética, Porto (15 to 18 May 2025)
- Speaker at the XVI European Congress of Medicina Integrativa, Spanish Society of Health and Integrative Medicine, Madrid, Spain (15 to 17 November 2024)
- Speaker at the Maha Symposium — Integrative Medicine & Dentistry, Maha Clinic, Liubliana, Slovenia (18 and 19 October 2024)
- Speaker at the Longevity and Biohacking Convention, Lifespan Builders, Andorra la Vella, Andorra (5 to 7 July 2024)
- Speaker at the VII International Congress of Medicina Regenerativa and Terapia Celular, Spanish Foundation of Medicine, Aesthetics and Longevity, Málaga, Spain (24 and 25 May 2024)
- Speaker at the Aesthetic & Anti-Aging Medicine World Congress, on the theme of «Integrative Medicine and Longevity — The Umbrella of Health», Mónaco (27 to 29 March 2024)
- Speaker at the MED Future Congress, with «Present Medicine: Bio-regulatory Treatment Options for All», Athens, Greece (23 to 25 February 2024)
- Speaker at the 3rd Algarve Breast Cancer Congress — A Mulher and a Saúde Integrativa, on the theme of «Principles of Integrative Medicine», Vila Galé Hotel, Lagos (16 February 2024)
- Speaker at the VI International Congress of Saúde and Meio Ambiente — Cinasama 2023, with the talk «Promoting Human Health through the Regulation of Environmental Influence» (15 and 16 December 2023)
- President and Organising & Scientific Committee Member of the IV International Congress of Integrative Medicine (SPMI), Super Bock Arena, Porto (1 and 2 December 2023)
- Speaker at the IX Call ME — A Call for Medical Education, Faculty of Medicine, University of Coimbra, on the theme of «Thinking Outside the Box: Complementary Medicine in the Medical Curriculum» (17 to 19 November 2023)
- Speaker at the APTFeridas Congress — 25th Anniversary Gala, on the theme of «Terapia Neural e Ozonoterapia», Gondomar Multipurpose Pavilion (9 and 10 November 2023)
- Collaborating entity at the V National Congress of Integrative Medicine, Valência, Spain (17 to 19 November 2023)
- Participation in the European Congress for Integrative Medicine (ECIM), Rome, Italy (20 to 23 September 2023)
- Speaker at the International Trichology Seminar, on the theme of «Integrative and Regenerative Medicine as the Future of Health», Lisbon (10 September 2023)
- Speaker at the 2nd International Congress of Ozono «Ozone — The Key To Your Health», Rostock-Warnemünde, Germany (22 to 24 June 2023)

- Scientific Committee Member and speaker at the 6th Edition of the National Congress of Medicina Estética and III Congresso Ibero-Americano (16 June 2023)
- Speaker at the XXIX International Congress of Medicina Regenerativa and Terapia Celular, Málaga, Spain (26 and 27 May 2023)
- Speaker at the Congress on Mental Health and Propaganda (20 and 21 May 2023)
- Participation in the VI Conference Otto H. Warburg, Madrid, Spain (6 May 2023)
- Participation in the Course in Práticas de Expansão da Consciência, São Paulo, Brazil (March and April 2023)
- Professional Training Certificate — Suporte Básico de Vida and DAE (19 May 2023)
- Participation in the 2023 Integrative Medicine & Health Symposium, Chicago, EUA (28 February a 2 March 2023)
- Speaker and Vice-President at the 6th International Congress of Medicina Dentária and Saúde Integrativa (24 and 25 March 2023)
- Speaker at the III Brazilian Meeting on Electromagnetic Protection (14 to 16 December 2022)
- 2nd Malaysian Lifestyle Medicine Conference, Berjaya Times Square Hotel (1 and 2 December 2022)
- International Congress on Pandemic/Health Management, on the theme of «Integrative Medicine in the Response to Covid-19», Fátima, Portugal (28 to 30 October 2022)
- Speaker at the V Edition of the National Congress of Medicina Estética, Hilton Porto Gaia Hotel (14 October 2022)
- Speaker at the International Congress of Ozonoterapia, São Paulo, Brazil (3 to 5 October 2022)
- Speaker at the Festival de Bem-Estar, organised by Moonsport, Lisbon (September 2022)
- Speaker at the II Ibero-American Congress of Medicina Integrativa and Terapia Marinha, René Quinton Foundation, Madrid (18 June 2022)
- Speaker at the Immune System World Forum, with o Prof. Dr. Manuel Pinto Coelho (20 May 2022)
- Speaker at the XIII National Congress of Reiki, on the theme of «What Is This Thing Called Energy? A Medical Perspective», online (22 March 2022)
- Speaker at the 1st Symposium 2M Pharma «A Multidisciplinary Approach to the Prevention and Treatment of Cardiovascular Conditions», SDivine Fátima Hotel (5 February 2022)
- President and Organising Committee Member of the III Congresso Nacional and II International Congress of Integrative Medicine (SPMI), online (27 and 28 November 2021)
- Speaker at the III Congresso Nacional and II International Congress of Integrative Medicine (SPMI), online (27 and 28 November 2021)
- Speaker at the XIII Heart and Family Meeting of the Northern Portuguese Cardiology Foundation, on the theme of «The Heart from an Integrative Perspective», CHU do Porto (25 to 27 November 2021)
- Participation in the 1st Symposium on Integrative Medicine and Neuroscience (Parkinson, Alzheimer and Neuro-oncologia), IRCM, online (17 and 18 November 2021)
- Introductory Training in Terapia Sanum, by the Biotop, online (30 October 2021)
- Theoretical-Practical Conference Otto H. Warburg, Madrid (8 October 2021)
- Training «SOS» — Level II, with JP Garnier Malet, Barcelona (25 to 27 June 2021)
- Speaker at the I International Congress of Medicina Regenerativa and Integrativa (FEMEL, SPMI and AMIBRAS), online (28 and 29 May 2021)
- Organising Committee Member of the I International Congress of Medicina Regenerativa and Integrativa (FEMEL, SPMI and AMIBRAS), online (28 and 29 May 2021)

- Organising Committee Member of the III National Congress of Integrative Medicine / I National Symposium on Integrative Nursing (SESMI), online (15 and 16 May 2021)
- Participation in the III National Congress of Integrative Medicine / I National Symposium on Integrative Nursing (SESMI), online (15 and 16 May 2021)
- Course in Microscopia de Campo Escuro, 2M Pharma and MikroAge, Porto (13 to 15 May 2021)
- Speaker at the V uMED — Congresso Médico-Científico dos Açores, online (15 to 17 April 2021)
- Training «SOS», with JP Garnier Malet, Barcelona (9 to 11 April 2021)
- Speaker at the II Symposium on Integrative Psychiatry (SBMI), online (5 and 6 December 2020)
- President and Organising Committee Member of the II Congresso Nacional and I International Congress of Integrative Medicine (SPMI), online (4 to 6 December 2020)
- Speaker at the II Congresso Nacional and I International Congress of Integrative Medicine (SPMI), online (4 to 6 December 2020)
- Speaker at the Online International Congress «Covid-19 — From Pandemic to Treatment» (SEMERETEC), online (27 and 28 November 2020)
- Speaker at the The Global Consciousness Summit, on the theme of «How Consciousness Contributes to Health: Integrative Medicine Point of View», Biocybernaut Institute, online (21 and 22 November 2020)
- Speaker at the Jornada Online da SESMI «Medicina Integrativa e Covid-19» (14 November 2020)
- Speaker at the Webinar «Alzheimer's, Brain Inflammation and Global Health» (SBOSI), online (6 November 2020)
- Speaker at the Webinar «Strengthening the Immune System: Contributions of Traditional, Complementary and Integrative Medicine during the Covid-19 Pandemic», online (31 October 2020)
- Speaker at the Colloquium «Health in the 21st Century», Porto (7 March 2020)
- Speaker at the VII Conference de Ozonoterapia Medicinal, Lisbon (7 and 8 February 2020)
- President and Organising Committee Member of the I National Congress of Integrative Medicine (SPMI), Porto (6 and 7 December 2019)
- Speaker at the I National Congress of Integrative Medicine (SPMI), Porto (6 and 7 December 2019)
- Course «40 Manobras Energéticas», ASSIPI, Biel, Switzerland (15 to 17 November 2019)
- Speaker «Memória, Sono e Aprendizagem», Colégio de Nossa Senhora da Bonança, Gaia (10 October 2019)
- Participation in the 12th European Congress of Integrative Medicine, Barcelona (13 to 15 September 2019)
- Course in Sintergética «Module I: The Spirit of Synthesis and the Great Therapeutic Territories», with Dr. Jorge Carvajal, Lisbon (6 and 7 July 2019)
- Training «Desdobramento» — Module II, with JP Garnier Malet, Madrid (14 to 16 June 2019)
- Theoretical-Practical Module Otto H. Warburg «Biorresonancia-bioimpedancia. Inflamación silenciosa», Valência (9 and 10 May 2019)
- Training «Desdobramento» — Module I, with JP Garnier Malet, Madrid (12 to 14 April 2019)
- Seminar Swiss Biological Medicine Academy — Modules 5+6, with practical component (22 to 25 October 2018)
- Theoretical-Practical Modules Otto H. Warburg, Valência («Borreliia», «Inflamación crónica silenciosa» and «Hormonas Bioidénticas») (1 October 2018)
- II Conference Otto H. Warburg «Ozono — Cáncer — Medicina Regenerativa», Madrid (5 and 6 May 2018)

- I Conference Otto H. Warburg «Segmento Metamérico — Dolor» and «Pre y Probióticos», Madrid (11 and 12 November 2017)
- Courses 1 and 2 «NLP Practitioner», NLP Academy, Sesimbra (15 to 28 May 2017)
- Seminar «Qué Hay de Nuevo en Sintergética», Asociación Internacional de Sintergética, Madrid (11 and 12 February 2017)
- Intensive Immersion Course in Conceitos Ortomoleculares, with Dr. Efrain Olszewer (FAPES) (5 and 6 November 2016)
- Programa Dr. Rau de Medicina Biológica de Paracelso — Module 8, Paracelsus Academy (24 and 25 October 2016)
- Programa Dr. Rau de Medicina Biológica de Paracelso — Seminar 7, Paracelsus Academy (21 and 22 October 2016)
- Seminar «Intensive Training on Neural Therapies» and «Dr. Rau's Neuro-Autonomic Injection Technique», Paracelsus Academy (8 May 2016)
- Seminar 4 — Paradigmas de Regulação / Pilar 3, Paracelsus Academy (4 to 7 May 2016)
- Seminar 3 — «Paracelsus Connects the Intestines», Paracelsus Academy (4 to 7 May 2016)
- XXVII International Symposium on Systems Bioregulatory Medicine, SCOMEDIHH em colaboração with ISOHH (12 and 13 March 2016)
- Speaker at the IV AEICBAS Biomedical Congress, ICBAS (4 to 6 March 2016)
- Intensive Seminar «Darkfield Microscopy — Introduction to Theory and Practice», Paracelsus Academy (31 January 2016)
- Seminar 2 — «The Inner Milieu — Toxicology in Biological Medicine», Paracelsus Academy (27 to 30 January 2016)
- Seminar 1 — «Introduction to Isopathy and Immune Therapies», Paracelsus Academy (27 to 30 January 2016)
- Trainer, Course «Mesoterapia Homeopática», Bwizer (26 and 27 June 2015)
- Presentation «Diet and Cancer: Myths and Facts», Colloquium ACREDITAR (April 2015)
- Trainer, Course «Mesoterapia Homeopática», Bwizer (13 and 14 March 2015)
- Trainer, Course «Mesoterapia Homeopática», Bwizer (28 and 29 November 2014)
- Integrative Medicine Conference «Depression, Anxiety and Sleep Disorders», with Dr. Juan Carlos Herrera (September 2014)
- Trainer, Course «Mesoterapia Homeopática», Bwizer (26 and 27 September 2014)
- Course «Neuromarketing through Psycho-Neuro-Immunotherapy — The Solarte Technique», Level II, with Dr. Armando Solarte, Madrid (May 2014)
- Níveis 1 and 2 de PNIT — Técnica Solarte (formato retiro), with Dr. Armando Solarte, Madrid (August 2014)
- Speaker at the I Madeira Congress on Child Education and Health «Listen, Feel and Respond — The World of Babies», on the theme of «Low-Dose Antigen Immunomodulation Therapy in Early Childhood» (9 May 2014)
- Trainer, Course «Mesoterapia Homeopática — Nível Básico», Bwizer (14 and 15 March 2014)
- Course «Neuromarketing through Psycho-Neuro-Immunotherapy — The Solarte Technique», Level I, with Dr. Armando Solarte, Madrid (February 2014)
- Primeiro Module de Psiconeuroimunoterapia — Técnica Solarte, with Dr. Armando Solarte, Madrid (October 2013)

- Presentation of the 3rd edition of the Course «Mesoterapia Homeopática», Bwizer, Porto (11 to 13 October 2013)
- Presentation of the 2nd edition of the Course «Mesoterapia Homeopática», Bwizer, Porto (5 to 7 July 2013)
- Integrative Medicine Conference — Sistema Neuro-Endócrino, with Dr. Juan Carlos Herrera (May 2013)
- Workshop on Medicina Integrativa «Cell Regeneration and the Tissue Microenvironment», with Dr. Jhann Arturo (April 2013)
- Speaker «Low-Dose Antigen Immunomodulation Therapy», XVI Meeting of the SPA/SPP and Meeting of the A.P.A.S. (12 to 14 April 2013)
- World Congress of Homotoxicology, Bogotá, Colombia (March 2013)
- Integrative Medicine Conference — Doenças Vasculares, with Dr. Juan Carlos Herrera (February 2013)
- Integrative Medicine Conference — Disfunção Mitocondrial: A Doença Crónica Oculta, with Dr. Juan Carlos Herrera (November 2012)
- Speaker at the IV International Congress of Medicinas Naturais do Porto, theme: Terapia Neural (26 and 27 May 2012)
- Course in NeuroConsciência Básico, with Dr. Jairo Villegas, Palma de Mallorca (24 to 26 February 2012)
- Training de Homeossiniatria II, with Dr. Héctor Roa Morales (October 2011)
- Workshop on Programação Neuro-Linguística and Auto-Hipnose, with Dr. Rui Caldevilla (4 June 2011)
- Experiential Workshop «Caminhos Interiores», with Cinira Palotta (14 May 2011)
- Second-degree, method Reiki de cura natural, with Cinira A. Palotta (13 February 2011)
- Training de Homeossiniatria I, with Dr. Héctor Roa Morales (February 2011)
- Speaker at the Estética Viva Forum 2010, FIL, Lisbon, with the talk «Medical Detoxification» (23 and 24 October 2010)
- XV National Congress of Medicina / VI National Congress of Resident Physicians, Porto (21 to 23 June 2010)
- Course in Dieta Proteica and Fundamentos de Ritmonutrição — Level 1, with Dr. Julio Rica, Porto (18 June 2010)
- Guest Lecturer in Human Physiology I, Abel Salazar Institute of Biomedical Sciences (since 2009/2010), Integrated Medicine area
- Speaker to students of the 5th year of the Pharmacy degree (CESPU), theme: «Medical Detoxification» (2009/2010)
- Speaker at the seminário «Modifiable Health Determinants», Master's in Pharmaceutical Sciences (January 2010)
- Seminar «Anxiety, Depression and Sleep Disorders», 13 hours (October 2009)
- Seminar «Probiotics and Prebiotics in Gastroenterological Disease», 8 hours (4 July 2009)
- Speaker «Cellulite — Aesthetic Medicine Solutions», pós-graduação de DermoCosmética, CESPU (15 May 2009)
- Speaker «Balanced Nutrition», António Nobre Secondary School (14 May 2009)
- Speaker «Global Detoxification — A Medical Approach», II Congresso Ibérico de Medicina Natural, Exponor (9 May 2009)
- Seminar «Chinese Medicine and Channel QiGong», with Dr. Fernando Salgado Blanco (24 to 26 April 2009)

- Speaker «Skin Ageing: Different Approaches in Aesthetic Medicine», X Conference de Ciências Farmacêuticas, Alfândega do Porto (18 April 2009)
- Seminar «Gastrite, Duodenite e Refluxo Gastro-Esofágico», 18 hours (March 2009)
- Seminar «Homotoxicologia e Terapêuticas Imunomoduladoras em Otorrinolaringologia», 16 hours (November 2008)
- Seminar «Homotoxicologia e Terapêuticas Imunomoduladoras na Doença Reumática», 16 hours (October 2008)
- VI International Congress of Sintergética, Toledo, Spain (19 to 21 September 2008)
- Seminar «Homotoxicologia e Terapêuticas Imunomoduladoras na Doença Reumática», 17 hours (June 2008)
- Course in Medicina Biológica and Homotoxicologia 2008, International Academy of Homotoxicology, Baden-Baden, 46 hours (May 2008)
- Course Geral de Medicina Biológica and Homotoxicologia 2007, with Dr. Juan Carlos Herrera (15 to 21 June 2007)
- 3rd Module da 1st Pós-Graduação em Estética and Cosmetologia, co-accredited by the IBRAPE, Porto (March 2007)
- Course in Pós-Graduação de Medicina Biológica and Homotoxicologia, with Dr. Juan Carlos Herrera (5 to 18 January 2007)
- Speaker at the Ciclo de Conferências de Ciências Dermato-Cosméticas «Applications and Benefits of Nutricosmeceuticals», Universidade Lusófona, Lisbon (8 November 2006)
- 2nd Module da Pós-Graduação em Estética and Cosmetologia, co-accredited by the IBRAPE, Porto (14 to 16 October 2006)
- Course «Nutrition in Geriatrics: State of the Art», FCNAUP, 8 hours (11 October 2006)
- Coordinator of the Serões Médicos LabMED (since October 2006)
- Seminar «Introduction to Orthomolecular Medicine and Blood-Type Diets», Portuguese Institute of Naturology, Porto (July 2006)
- 1st Module da Pós-Graduação em Estética and Cosmetologia, Porto (3 to 5 March 2006)
- Course in Técnicas de Herbodietética and Alimentação Natural, Portuguese Institute of Naturology, 20 hours (September 2005)
- Membro do Conselho Redactorial da Revista Acta Médica, Centro Hospitalar de Vila Nova de Gaia (September 2004)
- Organising Committee Member of the sessões quinzenais do Medical Residency Forum (2004)

◆ TALKS AS A SPEAKER

2023

1. The Integrative Dentistry Movement in Portugal and Worldwide (with Dr. Cristina Gottlieb) · 2. How Not to Get Sick · 3. Longevity and Regenerative Medicine · 4. Neural Therapy: A Tool for Treating Modern Diseases (with Dr. Gonzalo Andina) · 5. Healthy Living as a Choice · 6. One Life (with Amir Zoghi) · 7. Regenerative Medicine as the Future of Health · 8. The Code of Love (with Dr. Helena Ortiz) · 9. Medicine and Dentistry: Eternal Lovers · 10. Transcranial Photobiomodulation (with Dr. Afonso Shiguemi Inoue Salgado) · 11. Health, Relationships, Life (with Dr. Ana Bispo) · 12. Quantum Biomarkers in Integrative Medicine (with Dr. Godofredo Pignataro Neto) · 13. Current Approach to the Menopause (with Dr. Luis López Tallaj) · 14. Ozone Therapy and its Applications in Daily Practice in Dentistry (with Dr. Magda Siqueira) · 15. Regenerative Medicine (with Dr. Rodrigo Venticinque) · 16. The Power of Sleep on Health (with Dr. William Régis) · 17. Regenerative Diseases in Integrative Medicine (with Dr. Rodrigo Venticinque)

2022

1. Healing into the New Year (with Dr. Helena Ortiz) · 2. Infidelity and Betrayal · 3. Cardiac Coherence · 4. When a Father Dies · 5. Hugs — Why They Do Us So Much Good · 6. Love Across Generations (with Dr. Helena Ortiz) · 7. Geopathic Stress and Health (with Dr. Victor Seco) · 8. Healing Codes — Cancer · 9. Cancer: Other Explanations · 10. Integrative Oncology · 11. I'm Sick, Now What? · 12. Allergies · 13. Forgiveness, Easter Week Edition · 14. Grounding: Connecting with the Earth · 15. Unconditional Love · 16. Obesity · 17. Are We Depressed! Now What? · 18. Sadness: Future Therapeutic Approaches (with Dr. Rui Caldevilla) · 19. Unblocking the Heart · 20. On Life, Love and Other Things · 21. The Salt of Life: Philosophical Theories · 22. Health and Economic Prosperity · 23. Love Life: The Secret to Being Ourselves · 24. (Re)Connection with Life (with Dr. Gonzalo Andina) · 25. Building a New Reality (with Dr. Armando Solarte) · 26. Integrative Medicine: A New Consciousness · 27. A Journey of Reconnection · 28. Getting Ready for Christmas · 29. Psychogenealogy and Integrative Medicine (with Dr. Agnès Paoli) · 30. Diet and Bioresonance (with Dr. Andrea Pulcini) · 31. Lifestyle & Health (with Dr. Santiago Nunes) · 32. Happiness Brings More Health (with Dr. Cláudia Alves da Motta) · 33. How to Combine Medicine and Aromatherapy (with Liliana Santos)

2021

1. Fresh Starts — Tips for a Happier 2021 · 2. Surviving Covid-19 · 3. The Art of Living in Flow (with Raúl Gomes) · 4. Sadness and Discouragement: How to Overcome Them (with Dr. Bruno Ribeiro do Couto) · 5. Talking About Death · 6. Living Life Like a Dream (with Raúl Gomes) · 7. Surviving Lockdown (with Dr. Bruno Ribeiro do Couto) · 8. How Thoughts Create Our Reality (with Raúl Gomes) · 9. Optimism — How to Live Always Content · 10. Treating Excess Fat — Infrared Sauna · 11. What Nobody Tells You About Cancer · 12. Boosting the Immune System in Neoplastic Disease · 13. Inflammation — The Epidemic of the Century · 14. 20 Positive Habits to Make Your Life (Even More) Amazing · 15. The Power of Feng Shui (with Vanda Boavida) · 16. A Shot of Good Energy Before the Holidays · 17. Sugar: The Wrongly Permitted Drug · 18. Intermittent Fasting — The Art of Not Eating · 19. The ABCs of Fertility · 20. Sleeping Badly... Wake Up to the Problem · 21. Diet and Cancer · 22. The Clitoris — The Organ Devoted Solely to Pleasure · 23. A Damn Honest Conversation, Literally! · 24. The Order of Love: Self First, Then Reciprocity · 25. Learn to Cut the Umbilical Cord of Your Life · 26. Learn to De-Stress

- 2020** 1. Living from the Heart · 2. Sexuality · 3. Keeping Your Sanity in Quarantine · 4. How to Be Productive Working From Home · 5. How to Be More Optimistic and Less Anxious · 6. Life... After Death · 7. My Relationship Ended. Now What? · 8. Enjoying Life, Being Happy! · 9. Post-Pandemic Prosperity · 10. Healing the Family Tree — A Scientific Perspective · 11. Fear: How to Live Again After This War · 12. What If Your Father Had Once Been Your Son? · 13. Be the Person You Would Fall in Love With! · 14. Sex «In Quarantine» · 15. Tomatoes, Cucumbers and Melons: Demystifying Sex · 16. The Multi-Orgasmic Couple · 17. Simplifying the Kama Sutra · 18. Love and Relationships in Perspective (with Bruno Mendo) · 19. Bio-Nutrition (with Dr. Cláudio Pulcini) · 20. Flowing with Life · 21. Integrative Health and Creative Writing (with Pedro Chagas Freitas) · 22. Evolutionary Partners · 23. Find the Way to Your Heart · 24. An Integrative Approach to Depression (with Dr. Bruno Ribeiro do Couto) · 25. The Success of Integrative Medicine and Dentistry Around the World (with Dr. Cristina Gottlieb) · 26. Three Opinions, One Feeling (with Dr. Bruno Ribeiro do Couto and Dr. Santiago Rojas) · 27. Love and Relationships (with Marta Flores) · 28. Ozone Therapy and Integrative Medicine · 29. Love and Relationships (with Vera Kolodzig) · 30. Benefits of Infrared Sauna in Medicine · 31. Vitamin C and Covid-19 · 32. The Importance of Hugs — In the Christmas Season
- 2019** 1. The Sacred Geometry of the Soul · 2. Healing the Family Tree · 3. What Do We Need to Be Happy? · 4. Parapsychism and Medicine · 5. How to Make the Most of Life · 6. The Other Side · 7. Healthy Lifestyle Habits · 8. Memory, Sleep and Learning (Secondary School) · 9. Integrative Medicine Around the World · 10. Together for Integrative Medicine · 11. Forgiveness — In Time for Christmas
- 2018** 1. What Is This Thing Called Energy? · 2. Complicated Women. Happy Men. · 3. Mindalia TV — Integrative Medicine · 4. Casa das Artes — A Day in the Life of an Integrative Medicine Doctor · 5. Casa das Artes — Wonderful Relationships: Do They Really Exist? · 6. Mindalia Spain — The Meaning of Immortality · 7. 7 Rules to Be Truly Happy · 8. Instructions for a Healthy Life (Baguim do Monte) · 9. It's Easy to Be a Millionaire (EMAC) · 10. Be the Energy You Wish to Attract
- 2017** 1. Integrative Medicine in Family Life · 2. Healthy Eating · 3. Loving Unconditionally to Be Happier · 4. The Meaning of Immortality · 5. It's Easy to Be a Millionaire · 6. Integrative Medicine: Human Fest · 7. The Key to Success · 8. Training Yourself to Live Life
- 2016** 1. Integrative Medicine · 2. Instructions for Life · 3. Forgiveness · 4. Diet and Disease Prevention · 5. The Power of Optimism · 6. Love and Relationships · 7. Healthy Lifestyle Habits (FEUP) · 8. Life Rules for Being Happy (Funchal) · 9. I Choose to Be Happy · 10. Cardiac Coherence: How to Be Happy from the Heart · 11. 7 Rules to Be Happy · 12. Overcoming Anxiety (FEUP) · 13. Medicine: Biological Processes — Ageing · 14. Ageing: Complementary and Integrative Approaches · 15. Detoxification: Why Is It Necessary?
- 2014** 1. Mesotherapy / Homeosiniatry · 2. Neural Therapy · 3. Adopting Healthy Lifestyles
- 2013** 1. Cellulite as a Health Problem and Aesthetic Medicine Solutions · 2. Obesity
- 2010** 1. Healthy Eating (ICBAS) · 2. Nutrition (Adults) · 3. Detoxification (Funchal)
- 2009** 1. Flu · 2. Nutrition — School · 3. Modifiable Health Determinants · 4. Detoxification
- 2005** 1. Adopting a Healthy Lifestyle

◆ INTERVIEWS AND MEDIA

- 2026** 1. RTP1, «Bom Dia Portugal» — live appearance on oral and periodontal infections as a cardiovascular risk factor (22 June) · 2. Exklusiva Magazine, issue 43 — «The Medicine That Refuses to Age: The Power of Regenerative Health» (16 March)
- 2023** 1. Agora Web TV Podcast (16 October) · 2. SIC, «Alô Portugal» (11 September) · 3. Porto Canal, «Consultório» (31 July) · 4. Domingo Magazine, Correio da Manhã (30 July) · 5. Nuno Mendes Podcast (26 July) · 6. RTP, «Praça da Alegria» (20 July) · 7. LookMag (19 July) · 8. SAPO Lifestyle (15 July) · 9. «SuperUs» Podcast — Stem Cells and the Future of Health (15 May) · 10. Diário de Notícias — Integrative Medicine (23 February) · 11. RTP, «Praça da Alegria» (20 January)
- 2022** 1. TVI, «Esta Manhã» (September) · 2. Liderança no Feminino Magazine (July) · 3. RTP, «Praça da Alegria» (April) · 4. Máxima Magazine online — «Ready to Be Reborn», on the Wellness Retreat at Six Senses Douro Valley (March) · 5. Aromavoice Podcast — «How to Combine Medicine and Aromatherapy» (January)
- 2020** 1. Saúde e Bem-Estar Magazine — «State of the Art of Integrative Medicine» (March) · 2. RTP2, «Biosfera» — effects of natural therapies (January)
- 2019** 1. Medicina Integrativa Magazine online — State of the Art of Integrative Medicine Worldwide · 2. Porto Canal, «Filhos & Cadilhos» — Breastfeeding (January)
- 2016** 1. Pontos de Vista Magazine online — «My View on Integrative Medicine» · 2. Visão Magazine — «Wi-Fi Zones, a Threat to Health»
- 2012** 1. Yni Magazine online — «Tell Me What You Eat and I'll Tell You Who You Are» · 2. Yni Magazine online — «Alchemist of the Soul»
- 2011** 1. Estética Viva Magazine — «Detoxing Is Necessary» · 2. ReDescobrir Cedofeita Magazine · 3. Porto Canal, «Consultório» — Medical Homeopathy
- 2007** 1. RTP News Report — Skin Biostimulation (March)
- 2006** 1. RTP News Report — Electroporation