
IIMAN

INSTITUTE OF INTEGRATED
MEDICINE & APPLIED NUTRITION

2023-2024



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Institute of Integrated Medicine and Applied Nutrition

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Message from Dr. Asif Ahmed

The Scientific Medical Endeavors & New Instrument has provided Remarkable Opportunity for Better Human Dwelling. Now a day's globally the Health Management Cost has increase many folds and on the other side of picture; occurrence of new types of Medical Disorder has generated more complexity in the Health Care Management. But at a lighter side the increasing level of Human intellect has provided a better chance of understanding the molecular mechanics of human disorders.

In the last two decades the arrival of a Newer Concept of Energy Medicine is gaining an attraction among the Medical Health Care Providers. As a step forward a Large Scale accepted concept of Integrated Medicine has also got a right place in medical field.

Therefore, over a period of a decade I have been working on the development of Scientifically Strengthen Energy Medicine Model and its integration with Conventional Molecular Medicinal Model. As it is a high time to identify the Shortcomings of Fragment Knowledge & its Applications. Therefore, I strongly believe it is imperative to start work on Integrated & Holistic Approach to improvise the Life Outcomes.

By the Grace of Allah, I feel Proud in Developing; the Asif Integrated Energy Medicinal Therapeutic Model (AIEMTM) includes Curve Back School System, Asif Cupping Theory, Asif Healing Cryptogram & Asif Intelligent Healing Theory.

AIEMTM is based on Meaningful Amalgamation of Ancient wisdom with Modern Scientific Orientation founded on Knowledge & Intellect, Cognition & Orientation, Logic & Philosophy, Belief & Acceptance focused on Improvement of Health Care Outcomes.

In this regard this course will provide a Structured Opportunity to understand the Energy Medicine & its Integration with Conventional Medical Trends with the Trust to improve the human Life in all Dimensions & Directions.

I hope that IIMAN will positively contribute in the Human prosperity.

Message from Dr. Nadeem

I am grateful to almighty Allah and feel an immense pleasure to write these lines on the occasion of establishment of an Institute of its own kind i.e. “Institute of Integrated Medicine and Applied Nutrition”. It is a great milestone achieved indeed. Since I met Prof. Kashif Ikram & Prof. Asif Ahmed I started thinking differently and experiencing the benefits of alternative medicine by myself first, I was convinced that this is the high time we the health care professionals should adopt integrative medicine to help patients to heal with a combination of conventional and alternative medicine.

I believe that the Foundation Course offered by the Institute will be the first step towards achieving our goal of healthy people and healthy Pakistan by combination of the use of ancient and modern sciences practices. I feel confident that this Course will help the healthcare professional’s participants to enhance their skills in the respective field and will play their role at every level as the Pioneer Members of the Institute. May Allah bless us all.

Message from Dr. Kashif

Dr. Kashif Ikram

About IIMAN

IIMAN is an Institute of Integrated Medicine and Applied Nutrition.

It was formed with the objective, to enhance Professional Health Care Outcomes with the State of Art Health & Medical Management Systems.

It is imperative to include all aspects of Human Life to achieve diversified integrated strategies. There are four main aspects of human health namely:

Physical, Emotional, Social & Spiritual.

We in IIMAN focus in the development of Holistically Trained Community-Oriented to address the diversified wellness of human health. We desire to create orientation and awareness among Medical Practitioners with the meaningful Integration of Conventional & Energy Medicine Sciences.

This in depth Orientation will help the professionals to address multi-disciplinary disease, subject to all the levels of human existence.

As the name suggests the component of applied nutrition is an integral part of IIMAN, We intent to address the importance of food and nutrition in the human life.

Integrated Medicine

The Consortium of Academic Health Centers for Integrative Medicine defines Integrated Medicine as:

“Integrative Medicine is the practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person. It makes use of all appropriate therapeutic approaches and disciplines to achieve optimal health and healing”.

Diseases are caused by mismanagement of the following:

- o Physical
- o Bio Chemical
- o Emotional
- o Spiritual

Integrated Medicine establishes expanded approach towards Treatment Methodologies where the treatment is not only focused to help the patient from disease recovery but additionally facilitates the subject to recover the intrinsic Health, destined for durable satisfied life.

Integrated Medicine Health Care Professional, in reality is a Health Care Service Provider that due to expanded knowledge would be able to hold the principal wholeness, health, illness and curative strategy in such a way that after the therapeutic process. Patient would feel healed at the level of feelings with objective betterment in Biochemical, Hematological and other Relevant Investigational Processes related to Diagnostics & Prognosis.

Applied Nutrition

Hippocrates said "Let thy food be thy medicine and thy medicine be thy food."

Applied Nutrition is the branch of the Food and Drug Administration (FDA) that regulates food, dietary supplements, and cosmetics. Nutrition is the science that expounds the interaction of nutrients and other substances in food. Nutrients give our bodies instructions about how to function. In this sense, food can be seen as a source of "information" for the body. Many researchers now believe that diseases-such as type II diabetes, obesity, heart disease, stroke, and certain cancers - were caused by a single gene mutation, they are now generally attributing these conditions to a network of biological dysfunction. And the food we eat is an important factor in that dysfunction, in part because our diets lack the necessary balance of nutrients (Proceedings of the Nutrition Society, 2004). The development of heart disease can be triggered by multiple factors like insulin resistance, elevated homocysteine, oxidative stress, elevated cholesterol, hypertension, heavy metal toxicity, stress, and inflammation. Each of these factors can be influenced by nutrition and each, in turn, impact our nutritional needs. This applies both to the prevention and treatment of these factors (Textbook of Functional Medicine).

Eating is life's most important activity besides breathing and sleeping. Foods have milder degree of therapeutic properties but the nutritive properties are stronger as compared to herbs and medicines. The therapeutic knowledge of the indications and contraindications of various foods was a legacy of Greek Medicine and other traditional healing systems. Jon Kabat Zinn, psychologist and author of multiple books said:

"For the most part, we eat with great automaticity and little insight into its critical importance for us in sustaining life and also in sustaining health."

Food gives energy but believing in the slogan of "faster is better" food is eaten for convenience and not for health. Marion Nestle, a New York University nutritionist, recommended that:

"Eat less, move more; consume plenty of fruit, vegetables and whole grains; and avoid too much

junk food."

Michael Pollan's in his book, *In Defense of Food* recommended as follows:

"Eat food. Not too much. Mostly plants."

The busy and stressful schedule prevents from nourishing our body and soul. In stress the sympathetic system is activated which puts the digestive system on hold, so that many vitamins and minerals cannot be broken down or released. On the other hand glucose is released in excess resulting in excess release of Insulin and cause cardiovascular diseases and diabetes mellitus. In the Cephalic phase of digestion the body starts preparing for breaking down and absorption of nutrients and if our mind is occupied and not fully aware what we are eating the conveyer belt of digestive system responsible for rhythmic movement in digestive tract fails resulting in failure to breakdown and absorb nutrition

T. Colin Campbell described the relationship between diet and disease in "The China Study" by saying:

"If you want to be healthy, change your diet."

In last 30 years we kept debating "good" and "bad" food and all the efforts remain focused to avoid bad food neglecting the fact that failing to eat may affect our health rather than avoiding bad food only.

Vision

To Revive the lost science of Natural Healing through Integrated Energy Medicine.

Mission

IIMAN is committed to train health care professionals with holistic approach.

We need to prepare individuals who can combine both Conventional and Energy medicine concept and Philosophies.

Our graduates must be competent in the diagnosis and treatment of patient with the new advances in health sciences and technology.

We like to create awareness among community to identify the need of healthy nutrition and healing foods.

About Professional Development

We plan to achieve our vision through Professional development programs:

1. Foundation Course
2. Advance Courses

Foundation course

Program objectives

Learning objectives of our course is to develop professionals with multiple aspects of Integrated Medicine. Our program is designed to cover subjects from basic and clinical medical sciences, integrated medicine, energy medicine and food pharmacology.

The subject specialists, Clinicians and scholars from Complementary Medicine will be imparting knowledge to the participants emphasizing the importance of human healing by combining the Conventional Molecular & Quantum Energy Medicine.

IIMAN introduces a novel combination of health dynamics. The scientific combination of food Pharmacology, Cupping Therapy, Spiritual Healing & Judicious use of bio field devices. Therapeutic tools with Conventional Molecular medicinal:

1. Surgical Intervention with Cupping therapy
2. Pharmaceutical Agents (Drugs) with Food Pharmacology
3. Counseling with Contemplation Therapy
4. Physical Therapy with Bio Resonance

Strengths of the General Practitioner in the program is to explore more advanced knowledge to treat multi-disciplinary diseases with scientific and ethical skills.

The Course Outline

The course is divided into Modules comprising of the topics from Basic of Clinical Sciences and Energy Medicine.

Subjects		Focus
Module 1	Orientation	Orientation
	Multiple Dimensions of Human Existence	Over view of Integrated Medicine Energy Medicine
	Pathophysiology of Multiple Disorders - 1	Applied Human Psychology Clinical Spectrum - Pathogeneses Integrated Medicine
	Marketing & Financial Skills	Practice Management Social media Management
Module 2	Pathophysiology of Multiple Disorders - 2	Clinical Spectrum - Pathogeneses Integrated Medicine Internal Medicine
	Disorder to disease	Overview of Symptomatology Diagnostic and therapeutic Approach of multiple medical disorders
	Pathophysiology of Multiple Disorders - 2	Gynecological Infertility, PCO , Endometriosis, etc.
	Management Skills	Integrated Medicine Communication Skills Leadership Skills
Module 3	Medicinal Spirituality Mental disorder	Islamic scholars health Dynamics Psychiatry
	Basic IT Skills	Computer Skills Clinical Photography
Module 4	Link Between Molecular, Traditional and Energy Medicine	Bio ethics Other Medicinal Systems (Greek, Chinese, Homeopathy etc.)
	Molecule Vs Energy Medicine	Molecular Medicine Biochemical & Molecular derangement
	Applied Medical Science	Nutrition
	Management Skills	Ethics
Module 5	Therapeutic Food Pharmacology	Therapeutic Food Pharmacology
	Bio Field Devices	Concept , Efficiency & Efficacy
	Cupping Therapy	Cupping Therapy
	Spirituality	Spirituality
	Management Skills	Ethics Empathy
Module 6	Multiple Disorders	CNS
		Hair loss
		Endo Criminology
		Cardio Vascular Disorder
		Chest Disease
		GIT
		Muscular Skeleton
		Autoimmune
		Infective
		Gynae
		Cosmetics
		Malignant
		organ Failure
Blood Disorder		

Admission Procedure:

Eligibility Criteria

- MBBS/B.D.S. degree.
- BUMS / FJT
- Respective Council Registration

How can you apply

The details of commencement of the program is given on our website. Please go to our website give in our contact details and fill out our online Registration form.

<https://iimanweb.com/demo/>

We will contact the applicants found eligible after scrutiny through the email. The Fees for the program must be deposited before the start of the program.

Click Here For Registration Process

<https://iimanweb.com/demo/apply>

Course Fee

For details on the course fee kindly fill in the registration form and we will connect with you.

Classes

Venue: Royal Rodale Club

Timing: 9.30 am – 5.00pm

Time Table:

Course Title	Foundation of Energy Medicine (Integrated Medicine & Cupping Therapy) as Effective Adjunctive Therapy	
Session 1	Saturday	Title: Overview of Available Therapeutic Methodologies (Limitations & Challenges)
Session 2	Sunday	Title: Science of Human Existence & Living Requirements
Session 3	Saturday	Title: Science of Cellular Injury to Cell Death
Session 4	Sunday	Title: Disease & Diagnosis Process
Session 5	Saturday	Title: Fundamentals of Energy Medicine
Session 6	Sunday	Title: Essentials of Medical Cupping Therapy
Session 7	Saturday	Title: Practicing Principals of Medical Cupping Therapy
Session 8	Sunday	Title: Patient Preparation (Pre & Post) Procedures & Follow-ups
Session 9	Saturday	Title: Cupping Therapy Algorithms of Medical Disorders (1)
Session 10	Sunday	Title: Cupping Therapy Algorithms of Medical Disorders (2)
Session 11	Saturday	Title: Cupping Therapy Algorithms of Medical Disorders (3)
Session 12	Sunday	Title: Cupping Therapy Algorithms of Medical Disorders (4)

Credit Hour : 9

Format : 12 Contact Sessions

Learning Mode : Blended Learning

Who Can Apply : MBBS / B.D.S degree / BUMS / FJT / Respective Council Registration

How can Apply : Please go to our website and fill out our online Registration form.

Day Plan :

Session 1 09:30 - 10:00

Session 2 10:00 - 12:30

Discussion 12:30 - 01:00

Lunch & Prayer Break

Session 3 02:00 - 03:00

Session 4 03:00 - 04:30

Discussion 04:30 - 05:00

Running Tea & Coffee Will be Served

Award of Certificates

Certificates will be awarded at the end of the program.

Our Faculty

1. Dr Asif Ahmed
2. Dr Kashif Ikram
3. Dr Nadeem Ahmed
4. Saadia Ahsan
5. Haseebuddin
6. Dr Asif Iqbal

Contact us:

Website: <https://iimanweb.com/demo/>

Email address: info@iimanweb.com

Phone: [+92321-2961196](tel:+92321-2961196), [+92321-2961196](tel:+92321-2961196)

Facebook: <https://www.facebook.com/>