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**111th European Congress for Integrative Medicine, September 21 – 23, 2018, LJUBLJANA, SLOVENIA**

**Title : The use of natural oils combination and their impact on hearing quality**

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Correspondence: vesovic@rocketmail.com  
Introduction:

**Abstract :**

The aim of this study was to determine possible influence of natural oils combination on hearing quality. Materials and methods: 40 patients of both genders were included in the study. They were examined by ear, nose and throat specialist and underwent audiometry exam. The level of hearing loss in each ear and the total hearing loss were determined by using Fowler-Sabin (FS) tables. Additionally, all examinees underwent testing on ANESA apparatus. Testing was done at the baseline and one month after the intervention has started. Examinees took natural oils during one month: one to two drops of "Olje 65 extra" was applied on both ears, on the top and occiput of the head, on the throat, and in umbilicus; this intervention was done three times daily. "Olje 1" was applied orally (two to three drops in 100ml of warm water; 3 times daily). "Olje 80" was taken orally (2 times 2 ml daily). All natural oils were made by "Planet zdravlja", Slovenia. Statistical analysis was done by using SPSS v. 17.0. Results: 24 of them (60%) were males (M), while 16 (40%) were females (F). Mean age for M was 58,2+- 16,2yrs, while in F group was 56,7+-12,6yrs. No statistical difference was found between these groups. At the baseline of the study, FS was 56,4+-23,3; after one month of intervention, it was 52,03+-24,2; this reduction was high statistically significant – t=6,733; df=39; p=0,000. When both genders were analyzed separately before and after the intervention, the same significant improvement was obtained - M: 58,8+- 22,4 vs 54,5+-23,5; t=5,188; df=23; p=0,000; in F: 52,8+-24,7 vs 48,3+-25,6; t=4,166; df=15; p=0,001. Conclusions: This study showed that the use of natural oils can improve hearing quality after one month intervention. However, this study requires further research which will give more clear insight of the improvement noted.

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**111th European Congress for Integrative Medicine, September 21 – 23, 2018, LJUBLJANA, SLOVENIA**

## **Integrative medicine in the modern health care**

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### **Abstract:**

Introduction: The current conferences of integrative medicine at the European and world level have shown that the integration of medicine can improve the quality of health care. NR China's One Belt One Road program aims to share the latest development and achievement of TCM with western medicine professionals from other countries and to help people across the world live a healthier life through integrative medicine. Methods: Modern health care rests on several of its principles. The principle of accessibility is achieved by providing health care to citizens, which is physically, geographically and economically accessible, ie culturally acceptable. The principle of equity is exercised by the prohibition of discrimination based on race, gender, age, nationality, social origin, religion, political or other belief, wealth, culture, language, type of illness. The principle of comprehensiveness is achieved through the inclusion of all citizens and the application of unified measures and procedures, health promotion, disease prevention at all levels, early diagnosis, treatment and rehabilitation. The principle of continuity is realized through the organization of the health care system, functionally linked and harmonized in terms of levels, and which provides uninterrupted health protection to citizens at every age. The principle of continuous improvement of quality is achieved by measures and activities that, in accordance with the modern achievements of medical science and practice, increase the possibilities of a favorable outcome. Principle of efficiency by achieving the highest level of health care with the lowest spending of resources. Result: Treatment of patients based solely on personal experience and knowledge acquired from textbooks, ignoring the results of the latest, validly conducted studies, is neither professional nor morally acceptable.

Integrative evidence-based medicine is a careful, thoughtful use of the best evidence from medical literature in making a decision to treat a particular patient. This means that the individual clinical experience must be integrated with the results of clinical studies, which have been methodologically well-established, and whose results have a clinical significance. Integrative evidence-based medicine is the integration of clinical experience, patient value system and the best evidence from literature.

Conclusion: Healthcare based on Integrative Medicine implies the extension of the application of evidence-based medicine to the entire health care system, i.e. all professionals involved in providing health care

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## **IMPORTANCE OF INTEGRATIVE PROTOCOL TO OUTCOME in vitro fertilization (IVF)**

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### **Abstract:**

**Introduction:** The results of global research show that up to 30% of the success of IVF fertilization depends on the timely and professional psychological support. Inclusion of integrative procedures during the implementation of all phases of the program is present today in all specialized centers for IVF fertilization, it is a new approach in medical science and connects treatments and procedures of scientific, allopathic medicine with methods of integrative medicine. An integrative medical program is managed by a holistic integrative approach and aims to provide psychological support, to discuss experiences related to the IVF process itself, to alleviate and eliminate stress and anxiety, and to expertly direct conversations among partners. **AIMS:** Investigation of the efficacy of integrative protocols in IVF programs on stress elimination and establishment of homeostasis in infertile pairs, the effectiveness of the IVF program and outcome of pregnancy. **Methods:** With 18 couples involved in the IVF program in the Special Hospital Belgrade, from the first day the protocol of integrative medical procedures was applied, primarily acupuncture, diet, supplements, antistress therapy and psychological support, phytotherapy, body and mind techniques. The effect of the protocol was analyzed by tests for stress and quality of life at the beginning and at the end of the program. **Result:** Infertile couples often experience feelings of unhappiness, tension, fear, and anxiety, which can negatively affect the outcome of the IVF. At the beginning of the program, in all pairs, the existence of a medium and high degree of stress, as well as a lower quality of life, both individual and common. After applying the protocol in 88% or 16 patients, a significant reduction in stress, improved quality of life, increased readiness for the challenges of the treatment of IVF, improved response to drug treatment, increased blood flow, stabilization of the endocrine system, strengthening of the psychiatric condition were achieved. This protocol has achieved a higher performance of the IVF positive outcome by 16%, as well as the success rate of pregnancy outcomes by 22%. **Conclusion:** Integrative protocol in IVF strengthening psychological stability of couples, rational consideration of current events, achievement of homeostasis, strengthening of the immune and endocrine response, influences the strengthening of their own capacities in order to get easier and more successful through the IVF process and increase the incidence of success.

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## **Determination of Functional Nutrition by Personalized Approach by Non-Invasive Diagnostic Analyzer ANESA**

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Abstract:

Introduction: Scientific evidence that nutrition is directly related to the reduction of the risk of chronic non-communicable diseases and in connection with which the concept of functional food has developed. Functional food is food that has a beneficial effect on human health in addition to its usual nutritional functions. It is food containing biologically active compounds that make it functional because it positively affects certain functions in the body. Aims: Importance of creating functional nutrition by individual personalized approach by non-invasive diagnostic analyzer ANESA, education for adopting the concept of adequate nutrition and measuring the effect of functional nutrition. Methods: A multidisciplinary holistic diagnostic approach was used in the assessment of nutrition and quality of life in 35 patients. All were analyzed by non-invasive diagnostic analyzer ANESA. In most cases, Planet of Health supplements are used, as needed, and other supplements. On the basis of the results, an individual program of functional nutrition was developed, with a change of habits, ABSTRACTS FOR 11TH EUROPEAN CONGRESS FOR INTEGRATIVE MEDICINE 217 supplementation with cold-cut oils, vitamins and minerals. Control analyzes were performed after the first and second month. Statistical results of efficiency in improving the quality of life were compared. If they had prescribed medical therapy, they continued at the time of the program. Result: 5 (14.2%) of persons were excluded from the work due to failure of the program of functional nutrition and the diet. Control analysis after the first month revealed significant differences and improvement of quality of life in 68.5% of subjects, with 17.14% slight improvement, and 14.36% did not change. After the second month, control showed a significant improvement in the quality of life in 82.85% of subjects, with 14.36% mild improvement, while in 2.79% there was no effect. Conclusion: Functional nutrition today has great importance in preventing the disease of modern life, accelerates the treatment and rehabilitation in patients with chronic diseases, and significantly improves the quality of life. It must be part of an integrative approach to prevention, treatment and rehabilitation with a personalized approach to each individual, in a synergy with other procedures and therapies

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## The impact of natural oils combination use on physical domain of quality of life in patients suffering from hearing loss

Dušan Vešović<sup>1</sup>, Zdravko Vulić<sup>2</sup>, Dragan Jevdić<sup>3</sup>, Aleksandar Jevdić<sup>4</sup>, Katarina Jevdić<sup>5</sup> <sup>1</sup>VISAN -- Sanitary Medical School of Applied Sciences, Belgrade, 11.000, Serbia <sup>2</sup>ENT department, General hospital Vršac, 26.300, Serbia <sup>3</sup>Private practice "Astrocit", Vršac, 26.300, Serbia <sup>4</sup>Private practice "Dr Jevdić", Vršac, 26.300, Serbia <sup>5</sup>Special neuropsychiatric hospital "Dr S. Bakalović", Vršac, 26.3000, Serbia Correspondence: [vesovic@rocketmail.com](mailto:vesovic@rocketmail.com)

### Abstract:

**Introduction:** The aim of this study was to determine possible influence of natural oils combination on quality of life (QoL) in people having hearing loss. **Materials and methods:** 40 patients of both genders were included in the study. They were examined by ear, nose and throat specialist and underwent audiometry exam. Additionally, they underwent testing on ANESA apparatus. Testing was done at the baseline and one month after the intervention has started. Examinees took natural oils during one month: one to two drops of "Olje 65 extra" was applied on both ears, on the top and occiput of the head, on the throat, and in umbilicus; this intervention was done three times daily. "Olje 1" was applied orally (two to three drops in 100ml of warm water; 3 times daily). "Olje 80" was taken orally (2 times, 2 ml daily). All natural oils were made by "Planet zdravja", Slovenia. **Assessment of QoL** was done by using World Health Organization questionnaire – WHOQOL-BREF. **Statistical analysis** was done by using SPSS v. 17.0. **Results:** 24 of them (60%) were males (M), while 16 (40%) were females (F). Mean age of all examinees was 57,53±14,7yrs. At the baseline of the study, physical domain of QoL was 59,4±10,3; after one month of intervention, it was 61,9±9,2; this improvement was high statistically significant –  $t=-2,378$ ;  $df=39$ ;  $p=0,022$ . Interesting statistical significant difference was found in physical domain of QoL between examinees taking blood pressure medications (M) and other who did not take those medications (NoM). There were 20 of them in M group, and 20 of them in NoM group. Physical domain in M group was 55,9±10,2 while in NoM was 63±9,4;  $t=2,307$ ;  $df=38$ ;  $p=0,027$ . **ABSTRACTS FOR 11TH EUROPEAN CONGRESS FOR INTEGRATIVE MEDICINE 207** **Conclusions:** This study showed that physical domain of QoL can be improved by the use of natural oils combination

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## Physical domain of quality of life in patients suffering from hearing loss through decades of lifetime

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### Abstract

**Introduction:** The aims of this study were to determine possible influence of natural oils combination on quality of life (QoL) in people having hearing loss, and to check if there is a difference in physical domain (PD) among various age groups of examinees. **Materials and methods:** 40 patients of both genders were included in the study. They were examined by ear, nose and throat specialist and underwent audiometry exam. Additionally, they underwent testing on ANESA apparatus. Testing was done at the baseline and one month after the intervention has started. Examinees took natural oils during one month: one to two drops of "Olje 65 extra" was applied on both ears, on the top and occiput of the head, on the throat, and in umbilicus; this intervention was done three times daily. "Olje 1" was applied orally (two to three drops in 100ml of warm water; 3 times daily). "Olje 80" was taken orally (2 times, 2 ml daily). All natural oils were made by "Planet zdravja", Slovenia. Assessment of QoL was done by using World Health Organization questionnaire – WHOQOL-BREF. Statistical analysis was done by using SPSS v. 17.0. **Results:** 24 of them (60%) were males (M), while 16 (40%) were females (F). Mean age of all examinees was 57,53+-14,7yrs. In age group below 30 yrs, PD was 69,0+-0 (n=1); age group: 31 to 40 yrs (n=4), PD was 66,0+-6,0; age group: 41 to 50 yrs (n=7), PD was 60,0+-10,8; age group: 51 to 60 yrs (n=10), PD was 65,2+-6,1; age group: 61 to 70 (n=9), PD was 52,2+-10,8; above the age of 71yrs (n=9), PD was 56,8+- 10,6. The lowest value of PD was noted in age group from 61 to 70 yrs; the mean value of PD differs among age groups which was high statistically significant – F=2,714; df=5; p=0,036 (one way ANOVA). **Conclusions:** This study showed that physical domain of QoL differs statistically significant among various age groups.

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## The impact of natural oils combination use on psychological domain of quality of life in patients suffering from hearing loss

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### Abstract

Introduction : The aim of this study was to determine possible influence of natural oils combination on psychological domain (PD) of quality of life (QoL) in people having hearing loss. Materials and methods: 40 patients of both genders were included in the study. They were examined by ear, nose and throat specialist, underwent audiometry, and testing on ANESA apparatus. Assessment of QoL was done by using World Health Organization questionnaire – WHOQOL-BREF. Testing was done at the baseline and one month after the intervention has started. Examinees took natural oils during one month: one to two drops of "Olje 65 extra" was applied on both ears, on the top and occiput of the head, on the throat, and in umbilicus; this intervention was done three times daily. "Olje 1" was applied orally (two to three drops in 100ml of warm water; 3 times daily). "Olje 80" was taken orally (2 times, 2 ml ABSTRACTS FOR 11TH EUROPEAN CONGRESS FOR INTEGRATIVE MEDICINE 205 daily). All natural oils were made by "Planet zdravja", Slovenia. Statistical analysis was done by using SPSS v. 17.0. Results : 24 of them (60%) were males (M), while 16 (40%) were females (F). Mean age of all examinees was 57,53+-14,7yrs. No statistical significant difference was found between mean values of PD at the baseline and one month after the intervention has started. However, PD showed difference in relation to blood pressure. PD in examinees (n=19) having normal blood pressure was 60,6+-11,5, while in others having an elevated blood pressure (n=21) was 52,8+-12,4; t=2,046; df=38; p=0,048. PD in examinees (n=20) taking medications for high blood pressure was 52,3+-12,1, while in others who did not take them (n=20) was 61,0+-11,4; t=2,419; df=38; p=0,02. Conclusions: Further studies, which will last longer and have greater number of examinees, are needed to give more clear insight of possible effect of natural oils combination on PD.



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## The impact of natural oils combination use on biochemical parameters and blood cells in patients suffering from hearing loss

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Abstract:

**Introduction** The aim of this study was to determine possible influence of natural oils combination on biochemical parameters and blood cells in people having hearing loss. **Methods:** 40 patients of both genders were included in the study. They were examined by ear, nose and throat specialist, underwent audiometry, and testing on ANESA apparatus. Testing was done at the baseline and one month after the intervention has started. Examinees took natural oils during one month: one to two drops of "Olje 65 extra" was applied on both ears, on the top and occiput of the head, on the throat, and in umbilicus; this intervention was done three times daily. "Olje 1" was applied orally (two to three drops in 100ml of warm water; 3 times daily). "Olje 80" was taken orally (2 times, 2 ml daily). All natural oils were made by "Planet zdravja", Slovenia. Statistical analysis was done by using SPSS v. 17.0. **Results :** 24 of them (60%) were males (M), while 16 (40%) were females (F). Mean age of all examinees was 57,53+-14,7yrs. After one month of intervention, ANESA revealed that the number of platelets was higher then before the intervention – 236,5+-41,7 vs. 214,2+-45,3; p=0,032. White blood cells were also higher after the intervention - 9,2+-3,6 vs. 7,2+-2,6; p=0,009. On the other side, some parameters showed statistically significant decrease: lactic acid was: 1,59+-0,25 vs. 1,72+-0,35; p=0,02, glycogen was 14,7+- 2,5 vs. 15,3+-0,28; p=0,066, and amylase was 15,6+-2,5 vs. 17,4+-4,9; p=0,064. No other significant changes were seen in parameters obtained by ANESA. **Conclusion:** Aside a fact that these oils combination have a positive influence on hearing in examinees, which is described in other paper, the same combination has a certain effect on biochemical parameters and blood cells. Mechanisms of these effects should be further investigated in larger studies with longer duration.



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## The impact of natural oils combination use on social relations domain of quality of life in patients suffering from hearing loss

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### Abstract

Introduction: The aim of this study was to determine possible influence of natural oils combination on social relations domain (SRD) of quality of life (QoL) in people having hearing loss. Materials and methods: 40 patients of both genders were included in the study. They were examined by ear, nose and throat specialist, underwent audiometry, and testing on ANESA apparatus. Assessment of QoL was done by using World Health Organization questionnaire – WHOQOL-BREF. Testing was done at the baseline and one month after the intervention has started. Examinees took natural oils during one month: one to two drops of "Olje 65 extra" was applied on both ears, on the top and occiput of the head, on the throat, and in umbilicus; this intervention was done three times daily. "Olje 1" was applied orally (two to three drops in 100ml of warm water; 3 times daily). "Olje 80" was taken orally (2 times, 2 ml daily). All natural oils were made by "Planet zdravja", Slovenia. Statistical analysis was done by using SPSS v. 17.0. Results: 24 of them (60%) were males (M), while 16 (40%) were females (F). Mean age of all examinees was 57,53+-14,7yrs. No statistical significant difference was found between mean values of SRD at the baseline and one month after the intervention has started. However, SRD showed difference in relation to medications taking. SRD in examinees taking no medications (n=20) was 71,5+-13,9, while in those who took medications (n=20) was 60,5+-14,7; t=2,444; df=38; p=0,019. No other relevant findings were revealed to SRD. On the other side, it was found that the environment domain score in examinees with normal blood pressure and those who took no medications, were higher, but statistical significance was at the border-line. Conclusions: Further researches are needed to clarify much better possible influence of natural oils combination on SRD.

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## **Title: Quality of life of people suffering from chronic pain may be significantly improved by the use of natural oils and diet change**

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### Abstract

**Background** Aside other morbidity in older population, presence of chronic pain may be significant factor that may have negative influence on quality of life (QoL). **Objective** The aim of this paper was to present the results of intervention consisting of diet change and natural oils use on QoL in patients with chronic pain. **Materials and methods** 37 patients of both gender were included in the study (7 - 18,9% males, and 30 - 81,1% females). Mean age was 60,7+-11,9yrs. They filled out questionnaire related to presence and origin of pain before treatment commence and two months later. Intervention consisted of natural oils use and diet change according to following protocol: I) "Relax Tonic" was applied onto whole body including face; II) when the skin has become dry, person took a shower and applied "Olje 10" onto wet skin of whole body and face. This procedure was repeated once daily for the period of study. Oils were made by "Planet zdravja" (Slovenia). Statistical analysis was done by using SPSS v. 17.0. **Results and discussion** Results are presented before vs. after the treatment as mean value +- standard deviation. Physical fitness score: 56,2+-9,7 vs. 61,3+-6,7 (p=0,000); psychological status score: 57,2+-13,9 vs. 65,3+-11,3 (p=0,000); attitude in relation to environment score: 73,6+-14,2 vs. 77,8+-13,3 (p=0,000). Improvement in social relations was also achieved, but was not statistically relevant - 66,2+-16,5 vs. 67,6+-16,2 (p=0,077). **Conclusions** The study showed that the concomitant use of natural oils and diet change may help patients suffering from chronic pain to improve quality of life. Significant improvement was revealed in the field of physical health, psychological health, and attitude to environment; improvement was also achieved in the field of social relations, but was not statistically significant. **Correspondence to:** Dusan Vesovic E-mail: [vesovic@rocketmail.com](mailto:vesovic@rocketmail.com)

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## **Title: Concomitant use of natural oils and diet change may help to reduce some eye symptoms in suffering from allergies**

Aleksandar Jevdic<sup>1</sup>, Dragan Jevdic<sup>2</sup>, Katarina Jevdic<sup>3</sup>, Dusan Vesovic<sup>4</sup>, Sonja Gospavic<sup>5</sup>, Drago Bozic<sup>5</sup> Dr Jevdic private practice Vrsac Serbia<sup>2</sup> ASTROCIT private practice Vrsac Serbia<sup>3</sup> Special psychiatry hospital Dr Slavoljub Bakalovic Vrsac Serbia<sup>4</sup> VISAN-Sanitary Medical School of Applied Sciences Belgrade Serbia<sup>5</sup> Health care Center 1. Oktobra Plandiste Serbia

Abstract:

**Background** Since the eyes are exposed and sensitive, they may become an easy target for allergens and irritants. Inflammation of the eyes is caused by chemicals release, including histamines.  
**Objective** The aim of this paper was to present whether the use of natural oils and diet change may help patients to manage eye symptoms of allergy. **Materials and methods** 13 patients of both gender were included in the pilot study (5 - 38,5% males, while 8 - 61,5% were females). They filled out questionnaire related to presence of allergy symptoms before treatment commence and two months later. Intervention consisted of diet change and natural oils use according to following pattern: I) "Relax Tonic" was applied onto whole body including face once a day; II) three drops of "Olje 1", dissolved in half glass of warm water, were consumed three times a day. Oils were made by "Planet zdravja" (Slovenia). Statistical analysis was done by using SPSS v. 17.0. **Results and discussion** Results are presented before (B) and after (A) the treatment: B – 15,4% of subjects reported no itchy eyes (IE), 38,5% had it occasionally, while 46,2% reported frequent IE; A - 61,5% of subjects reported no IE, while 38,5% reported occasionally presence of IE. B – 16,7% of subjects reported no watery eyes (WE), 50% had it occasionally, while 33,3% had it frequently; A - 69,2% of subjects reported no WE, while 30,8% reported occasionally presence. B – 69,2% of subjects reported under eye dark circles (UEDC), 15,4% had this symptom occasionally, and 15,4% had it frequently; A - 100% of subjects reported no UEDC. **Conclusions** This pilot study revealed that concomitant use of natural oils and diet change may help patients to reduce allergy symptoms related to eyes (itchy eyes, watery eyes, under eye dark circles). **Correspondence to:** Aleksandar Jevdic E-mail: [jevdic@hemo.net](mailto:jevdic@hemo.net)

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## **Title: Reduction of allergic reactions in ears and throat by the use of natural oils and diet change – pilot study**

Aleksandar Jevdic<sup>1</sup>, Dragan Jevdic<sup>2</sup>, Dusan Veso-vic<sup>3</sup>, Drago Bozic<sup>4</sup>, Sonja Gospavic<sup>4</sup>, Zdravko Vulic<sup>5</sup>  
<sup>1</sup>Dr Jevdic Private practice Vrsac Serbia <sup>2</sup>ASTROCIT private practice Vrsac Serbia <sup>3</sup>VISAN -- Sanitary Medical School of Applied Sciences, Belgrade, Serbia <sup>4</sup>Health care Center "1. Oktobar", Plandište, Serbia <sup>5</sup>General hospital, Vrsac

**Abstract:**

**Background** Itchy throat, ear congestion, itchy sinuses and/or ear canals, and painful sinuses are common symptoms of allergy. **Objective** The aim of this paper was to present that the use of natural oils and diet change may help patients to manage symptoms of allergy related to throat and ears. **Materials and methods** 13 patients of both gender were included in the pilot study (5 - 38,5% males, while 8 - 61,5% were females). They filled out questionnaire related to presence of allergy symptoms before treatment commence and two months later. Intervention consisted of diet change and natural oils use according to following pattern: I) "Relax To-nic" was applied onto whole body including face once a day; II) three drops of "Olje 1", dissolved in half glass of warm water, were consumed three times a day. Oils were made by "Planet zdravja" (Slovenia). Statistical analysis was done by using SPSS v. 17.0. **Results and discussion** Results are presented before (B) and after (A) the treatment: B – 16,7% of subjects reported no itchy throat (IT), 58,3% had it occasionally, while 25% reported frequent IT; A – 76,9% of subjects reported no IT, while 23,1% reported occasionally presence of IT. B – 69,2% of subjects reported no ear congestion (EC), 30,8% had it occasionally; A - 92,3% of subjects reported no EC, while 7,7% reported occasionally presence. B – 53,8% of subjects reported itchy ear canals (IEC), 38,5% had this symptom occasionally, and 7,7% had it frequently; A – 84,6% of subjects reported no IEC, while 15,4% reported it occasionally. **Conclusions** This pilot study revealed that concomitant use of natural oils and diet change may help patients to reduce allergy symptoms such as itchy throat, ear congestion, and itchy ear canals. Further studies are needed which will clarify positive impact of his protocol on patients suffering from allergies. **Correspondence to:** Aleksandar Jevdic E-mail: [jevdic@hemo.net](mailto:jevdic@hemo.net)

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## **Title: The use of natural oils and diet change may help patients in reduction of pain of different origins – our experience**

Dragan Jevdic<sup>1</sup>, Aleksandar Jevdic<sup>2</sup>, Katarina Jevdic<sup>3</sup>, Dusan Vesovic<sup>4</sup>, Drago Bozic<sup>5</sup>, Sonja Gospavic<sup>5</sup> <sup>1</sup>ASTROCIT private practice, Vrsac, Serbia <sup>2</sup>Dr Jevdic" private practice, Vrsac, Serbia <sup>3</sup>Psychiatry hospital Dr Slavoljub Bakalovic Vrsac Serbia <sup>4</sup>VISAN -- Sanitary Medical School of Applied Sciences, Belgrade, Serbia <sup>5</sup>Health care Center "1. Oktobar", Plandište, Serbia

### **Abstract**

**Background** Chronic pain is usually present in older population. Common chronic pain complaints include headache, low back pain, cancer pain, arthritis pain, neurogenic pain, psychogenic pain etc. **Objective** The aim of this paper was to present the results of intervention consisting of diet change and natural oils use in patients with chronic pain. **Materials and methods** 37 patients of both gender were included in the study (7 - 18,9% males, and 30 - 81,1% females). Mean age was 60,7±11,9yrs. They filled out questionnaire related to presence and origin of pain before treatment commence and two months later. Intervention consisted of natural oils use and diet change according to following protocol: I) "Relax Tonic" was applied onto whole body including face; II) when the skin has become dry, person took a shower and applied "Olje 10" onto wet skin of whole body and face. This procedure was repeated once daily for the period of study. Oils were made by "Planet zdravja" (Slovenia). Statistical analysis was done by using SPSS v. 17.0. **Results and discussion** 68,6% of subjects examined took pain killers, while only 31,4% did not. 71% of examined persons took drugs because of musculoskeletal disorders. After the treatment, 3,3% of subject "did not have attitude regarding treatment", 60% of them reported that they "believe that the treatment was successful", while 37,7% reported that "do not believe that the treatment was successful". 63,3% of subjects reported that "protocol is easy to use", while 36,7% reported it was not. **Conclusions** Vast majority of tested subjects reported that they were satisfied with effects of protocol and reported that the protocol was easy for use. Therefore, this study showed promising results that the use of natural oils and diet change may be significant tool in medical practice to reduce pain in suffering subjects. **Correspondence to:** Dragan Jevdic E-mail: [jevdicdragan@gmail.com](mailto:jevdicdragan@gmail.com)

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## **Title: The use of natural oils and diet change can improve quality of life in people suffering from allergy – results from pilot study**

Dragan Jevdic<sup>1</sup>, Aleksandar Jevdic<sup>2</sup>, Dusan Vesovic<sup>3</sup>, Drago Bozic<sup>4</sup>, Sonja Gospavic<sup>4</sup>, Zdravko Vulic<sup>5</sup> <sup>1</sup>ASTROCIT private practice, Vrsac, Serbia <sup>2</sup>Dr Jevdic" private practice, Vrsac, Serbia <sup>3</sup>VISAN -- Sanitary Medical School of Applied Sciences, Belgrade, Serbia <sup>4</sup>Health care Center "1. Oktobar", Plandište,, Serbia <sup>5</sup>General hospital, Vrsac

### **Abstract**

**Background** Allergy symptoms may significantly affect subjects' quality of life (QoL). **Objective** The aim of this paper was to present whether the use of natural oils and diet change may help patients to improve QoL. **Materials and methods** 13 patients of both gender were included in the pilot study (5 - 38,5% males, while 8 - 61,5% were females). They filled out question-naire related to presence of allergy symptoms before treatment commence and two months later. Intervention consisted of diet change and natural oils use according to following pattern: I) "Relax Tonic" was applied onto whole body including face once a day; II) three drops of "Olje 1", dissolved in half glass of warm water, were consumed three times a day. Oils were made by "Planet zdravja" (Slovenia). Statistical analysis was done by using SPSS v. 17.0. **Results and discussion** Results are presented before vs. after the treatment as mean value +- standard deviation. Physical fitness score: 51,08+-11,4 vs. 61,23+-6,0 (p=0,013); psychological status score: 54,8+-12,0 vs. 67,4+-10,2 (p=0,004); attitude in relation to environment score: 69,5+-14,4 vs. 75,6+-15,0 (p=0,013). Improvement in social relations was also achieved, but was not statistically relevant – 69,8+-15,9 vs. 72,1+-15,6 (p=0,177). **Conclusions** This pilot study revealed that the concomitant use of natural oils and diet change may help patients suffering from allergies to improve quality of life. Further (placebo-control, double-blinded, longer duration) studies are needed to better clarify this issue and to reveal possible mode of action of this protocol. **Correspondence to:** Dragan Jevdic E-mail: [jevdicdragan@gmail.com](mailto:jevdicdragan@gmail.com)

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**Title: An influence of natural oils and diet change on the use of antihistamines and decongestants in people suffering from allergy – results from pilot study Dragan**

Jevdic<sup>1</sup>, Aleksandar Jevdic<sup>2</sup>, Dusan Veso-vic<sup>3</sup>, Drago Bozic<sup>4</sup>, Sonja Gospavic<sup>4</sup>, Zdravko Vulic<sup>5</sup> ASTROCIT private practice, Vrsac, Serbia<sup>2</sup> "Dr Jevdic" private practice, Vrsac, Serbia<sup>3</sup> VISAN -- Sanitary Medical School of Applied Sciences, Belgrade, Serbia<sup>4</sup> Health care Center "1. Oktobar", Plandište, Serbia<sup>5</sup> General hospital, Vrsac

Abstract:

**Background** Antihistamines and corticosteroids are drugs in treating allergy. **Objective** The aim of this paper was to present that the use of natural oils and diet change may help patients to reduce the use of drugs in allergy. **Materials and methods** 13 patients of both gender were included in the pilot study (5 - 38,5% males, while 8 - 61,5% were females). They filled out question-naire related to presence of allergy symptoms before treatment commence and two months later. **Intervention** consisted of diet change and natural oils use according to following pattern: I) "Relax Tonic" was applied onto whole body including face once a day; II) three drops of "Olje 1", dissolved in half glass of warm water, three times a day. Oils were made by "Planet zdravja" (Slovenia). **Statistical analysis** was done by using SPSS v. 17.0. **Results and discussion** Results are presented before (B) and after (A) the treatment: B – 23,1% of subjects reported no use of nasal sprays (NS), 30,8% took them occasionally, while 46,2% reported frequent use of NS; A – 69,2% of subjects reported no use of NS, while 30,8% reported occasionally use. B – 76,9% of subjects reported no use of eye drops (ED), and 23,1% took them occasionally; A – 100% subjects reported no use of ED. B – 23,1% subjects reported the use of antihistamines (AH), 23,1% used them occasionally, and 53,8% reported frequent use; A – 76,9% subjects reported no use of AH, while 23,1% reported occasionally use. B – 53,8% of subjects reported the use of corticosteroids (C), 23,1% used them occasionally, and 23,1% used them frequently; A – 100% subjects reported no use C. **Conclusions** This pilot study came up with results that the use of natural oils and diet change may help patients to reduce the use of most common allergy drugs. **Correspondence to:** Dragan Jevdic E-mail: [jevdicdragan@gmail.com](mailto:jevdicdragan@gmail.com)



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## **Title: Natural oils and diet change may help people suffering from allergy – re-sults from pilot study**

Dusan Vesovic<sup>1</sup>, Dragan Jevdic<sup>2</sup>, Drago Bozic<sup>3</sup>, Son-ja Gospavic<sup>3</sup>, Zdravko Vulic<sup>4</sup>, Aleksandar Jevdic<sup>5</sup> <sup>1</sup>VISAN -- Sanitary Medical School of Applied Sciences, Belgrade, Serbia <sup>2</sup>ASTROCIT, private practice, Vrsac, Serbia <sup>3</sup>Health care Center "1. Oktobar", Plandiste, Serbia <sup>4</sup>General hospital, Vrsac, Serbia <sup>5</sup>"Dr Jevdic" private practice, Vrsac, Serbia

### Abstract

**Background** Shortness of breath, wheezing, and coughing are most common symptoms of allergy. **Objective** The aim of this paper was to present that the use of natural oils and diet change may help patients to manage some symptoms of allergy. **Materials and methods** 13 patients of both gender were included in the pilot study (5 - 38,5% males, while 8 - 61,5% were females). They filled out question-naire related to presence of allergy symptoms before treatment commence and two months later. Intervention consisted of diet change and natural oils use according to following pattern: I) one natural oil was applied onto whole body including face once a day; II) three drops of other natural oil, dissolved in half glass of warm water, were consumed three times a day. Oils were made by firm from Slovenia. **Statistical analysis** was done by using SPSS v. 17.0. **Results and discussion** Results are presented before (B) and after (A) the treatment: B – 30,8% of subjects reported no shortness of breath (SoB), 53,8% had it occasionally, while 15,4% reported frequent SoB; A – 76,9% of subjects reported no SoB, while 23,1% reported occasional presence of SoB. B – 30,8% of subjects reported no wheezing (W), 53,8% had it occasionally, while 15,4% had it frequently; A – 84,6% of subjects reported no SoB, while 15,4% reported occasional presence. B – 23,1% of subjects reported coughing (C), 38,5% had this symptom occasionally, and 38,5% had it frequently; A – 76,9% of subjects reported no SoB, while 23,1% reported it occasionally. **Conclusions** This pilot study revealed that concomitant use of natural oils and diet change may help patients to reduce allergy symptoms such as shortness of breath, wheezing, and coughing. Further studies with bigger sample size are needed to put more light on the effects of this protocol on allergy symptoms. **Correspondence to:** Dusan Vesovic E-mail: [vesovic@rocketmail.com](mailto:vesovic@rocketmail.com)

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## **Title: Effects of concomitant use of natural oils and diet change on some nasal symptoms in people suffering from allergies – pilot study**

Dusan Vesovic<sup>1</sup>, Dragan Jevdic<sup>2</sup>, Drago Bozic<sup>3</sup>, Son-ja Gospavic<sup>3</sup>, Zdravko Vulic<sup>4</sup>, Aleksandar Jevdic<sup>5</sup> <sup>1</sup>VISAN -- Sanitary Medical School of Applied Sciences, Belgrade, Serbia <sup>2</sup>ASTROCIT, private practice, Vrsac, Serbia <sup>3</sup>Health care Center "1. Oktobar", Plandiste, Serbia <sup>4</sup>General hospital, Vrsac, Serbia <sup>5</sup>Dr Jevdic" private practice, Vrsac, Serbia

### Abstract

**Background** Allergic conditions are one of the most common health issues affecting children and adults worldwide. **Objective** The aim of this paper was to present whether the use of natural oils and diet change may help patients to manage nasal symptoms of allergy. **Materials and methods** 13 patients of both gender were included in the pilot study (5 - 38,5% males, while 8 - 61,5% were females). They filled out questionnaire related to presence of allergy symptoms before treatment commence and two months later. Intervention consisted of diet change and natural oils use according to following pattern: I) one natural oil was applied onto whole body including face once a day; II) three drops of other natural oil, dissolved in half glass of warm water, were consumed three times a day. Oils were made by firm from Slovenia. Statistical analysis was done by using SPSS v. 17.0. **Results and discussion** Results are presented before (B) and after (A) the treatment: B - 23,1% of subjects reported runny nose (RN) occasionally, while 76,9% reported frequent RN; A - 61,5% of subjects reported no RN, while 38,5% reported occasionally presence of RN. B - 7,7% of subjects reported no itchy nose (IN), 38,5% had it occasionally, and 53,8% had it frequently; A - 69,2% of subjects reported no IN, while 30,8% reported occasionally presence. B - 7,7% of subjects reported no nasal congestion (NC), 23,1% had this symptom occasionally, and 69,2% had it frequently; A - 76,9% of subjects reported no NC, while 23,1% reported occasionally presence. Regarding sneezing, the same proportion was revealed as for IN. **Conclusions** This pilot study revealed that concomitant use of natural oils and diet change may help patients to reduce allergy symptoms related to nose (runny nose, itchy nose, congestion, and sneezing). **Correspondence to:** Dusan Vesovic E-mail: [vesovic@rocketmail.com](mailto:vesovic@rocketmail.com)