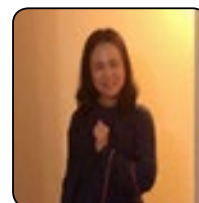


# Revisiting the use of "Rubefacient" in reducing the blood sugar level of people with type II diabetes via Clinical Aromatherapy



## Fai Chan

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## Biography

Clinical Aromatherapist Fai Chan started her career in 2014, when she was still a student, she already published research findings with international Aromatherapy journals. In 2015, she served the board of a world leading aromatherapy association (Alliance of International Aromatherapists). She was also the chair of the publication committee.



Clinical Aromatherapy is still a newly emerge healing/treatment protocol in the medical world, which its scientific bases needs to be proven and studied to yield a popular acceptance among the medical professionals. The word "Rubefacient" stems from the use of the drug to "produce redness of the skin, e.g. by causing dilation of the capillaries and an increase in blood circulation.

"According to Wikipedia definition and there are some topical drugs that can achieve it. In fact, the TCM (Traditional Chinese Medicine) uses of the technique "Gua Sha" can achieve rubefacient effect too. The speech will discuss this technique combining with the use of essential oil massage in treating type II diabetes and how this integrative approach brings down the blood sugar levels to a significant extent that complement well with the conventional drugs in treating the diabetes. Actually, the author made use of this to help one diabetic person to reverse her diabetes and two of them to significant drops of blood sugar level and resolved the severe insomnia issue. Except for the mechanical technique of "Gua Sha", essential oil blend that can create "rubefacient" effect is also employed. ... The formulation and its therapeutic applications will also be discussed. Last but not least, not each part of the whole body deserves the same attention. There will be discussion on which should go first as this will affect the result, specially when time is limited. This presentation not only tells you the facts or evidence but also points to the way that you can improve your formulation to better serve your customers.

What will audience learn from your presentation?

- What composes a practical research that can resolve real life issues
- A win win situation to each party including clients, practitioners, researchers secured the interests of the society and making research grants highly accessible
- Evidence based research is widely applied in many areas of the alternative therapies. A good research must start with

an insight that has practicability and applicability on how to bridge the gap between theory and reality. This presentation

attempts to point the way of improvement instead of only telling the audience facts or evidence.

- A good feedback system from the parties involved makes the whole design of research more appealing and realistic.

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