



WOMEN'S FEDERATION FOR WORLD PEACE EUROPE & MIDDLE EAST

Sunday, October 26th

Session IVb

Health and Well-being

Practical insights into holistic self-care for physical, mental, and emotional health

Dr. Tetiana Zinchenko, CoFounder and Director Intl. Alliance Climate Crisis & Mental Health, Latvia

The presentation **“The Impact of Micro- and Nanoplastics on the Nervous System and Mental Health”** explores how plastic particles infiltrate the human body and affect brain health. Recent studies reveal that humans ingest about **5 grams of plastic per week**, and brain tissue now contains concentrations equivalent to a plastic spoon. Micro- and nanoplastics breach the **blood-brain barrier** and **olfactory pathways**, accumulating in the brain and causing **oxidative stress, mitochondrial damage, and DNA mutations**. These disruptions lead to inflammation, accelerated aging, and neurological dysfunctions such as **Alzheimer’s, Parkinson’s, ALS, and autism**. The electrostatic charge of plastics further impairs neuron communication, resulting in cognitive and psychiatric disorders. Research also shows plastics cross the **placental barrier**, exposing fetuses and children, increasing risks for developmental, cognitive, and metabolic issues. The presentation warns of a growing invisible catastrophe where plastics silently accumulate within the brain, threatening human health across generations.

Ms. Isabel Costa, Naturopath, Portugal

The presentation **“Healing the 4 Dimensions”** explores a holistic approach to personal well-being through four interrelated levels of nutrition and healing: **physical, mental, emotional, and spiritual**. Each dimension includes vitality elements that nourish life and poisons that deplete it. Physical healing focuses on detoxification, healthy eating, exercise, and natural therapies. Mental healing emphasizes positive input, mindfulness, and reprogramming thought patterns. Emotional healing involves forgiveness, compassion, journaling, and transforming pain into growth. Spiritual healing centers on prayer, meditation, gratitude, service, and living one’s purpose. The presentation highlights that true leadership and transformation begin with self-honesty and self-healing – only by nurturing ourselves can we authentically guide and inspire others. The message concludes with a powerful affirmation of personal accountability: **“My life is my responsibility.”**

Dr. Dieter Schmidt, Doctor of Medicine, Germany

The presentation “**What Can We Gain from Oriental Medicine (TCM)?**” by Dr. med. Dieter Schmidt introduces Traditional Chinese Medicine as a holistic system based on the dynamic balance of **Yin and Yang** and the **Five Phases (Wood, Fire, Earth, Metal, Water)**. It explains how TCM views illness as an imbalance in these natural forces rather than merely organic dysfunction. The presentation illustrates the cyclical relationship between body functions, time of day, and life stages, emphasizing inner harmony as essential to health. TCM treatments – such as **herbal medicine, acupuncture, Tuina massage, Korean hand acupuncture, Qi Gong, and emotional healing** – aim to restore energetic equilibrium and promote well-being. The conclusion highlights harmony within oneself and between man and woman, expanding peace from the individual to the family and humanity. Finally, it advocates **integrating Eastern and Western medicine** to create a new, unified vision of health and healing.