

# Curriculum vitae Dr Cristina PAVEL



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**Current position:** Family medicine specialist, licensed in api-phyto-aromatherapy, acupuncture, homeopathy – medical office based in Bucharest, Romania

## **About me:**

- Family Medicine Specialist, Licensed in Api-Phyto-Aromatherapy, Acupuncture & TCM and Homeopathy, also Ayurveda practitioner.
- Lecturer for Professional Higher Education on Apitherapy since 2014.
- Speaker and participant to several scientific events on Apitherapy and Phytotherapy in Romania, Germany, Turkey, Ukraine, Slovenia, Italy, South Korea.
- Since 2000, PMP in Alternative Medicine, Apitherapy, Phytotherapy, Aromatherapy, Acupuncture, Ayurveda; good results in neurological diseases (myelitis, multiple sclerosis), rheumatology (arthritis, arthrosis), autoimmune diseases (ankylosing spondylitis), infectious (including viral) diseases, menstrual disorders, allergies, pain management, strange and unknown conditions, hard to diagnose and treat (desperate cases).

## **Studies:**

- 2021, Xiyuan Hospital (Beijing, China), online: Seminar on TCM Health-care for developing countries
- 2018-2022, Romanian Society for Traditional Chinese Medicine (SRMTC): acupuncture and TCM courses
- 2000-2014, National Association for Promoting Unconventional Medicines (AMN Romania): Ayurveda courses
- 2011, Romanian National School for Public Health and Sanitary Management (SNSPMS): trainer course for doctors in the field of apitherapy
- 2006, Romanian National Agency for Agricultural Consulting (ANCA): beekeeping courses
- 2000-2005: license in homeopathy, api-phyto-aromatherapy, acupuncture
- 2000: family medicine specialist (studies between 1997-2000)
- 1998, *Al. I. Cuza* University (Iassy, Romania): pedagogy courses for university teaching
- 1996: *Gr. T. Popa* University of Medicine and Pharmacy (Iassy, Romania): licensed physician (studies between 1991-1996)

## **Professional experience:**

- 2002-present: private medical practice in the field of apitherapy-phytotherapy-aromatherapy, Ayurveda, Traditional Chinese Medicine; good clinical results for neurological diseases (myelitis, neuralgia, multiple

sclerosis), rheumatology (arthritis, spondylosis), infectious diseases, circulatory diseases, ENT, pain management, also in clinical cases hard to diagnose and treat;

- 2022: phytotherapy lecturer (with Dr. Cristina Cîmpean) for the online course *Integrative phytotherapy – Energetic and therapeutic profile of medicinal plants*
- 2015-present: family medicine practitioner (Bucharest, Romania)
- 2014-present: apitherapy lecturer – api-phyto-aromatherapy license for physicians, SNSPMS
- 2007-2019: member of the staff of Romanian Apitherapy Society - former secretary (2014-2015) and then vice-president (2016-2019); organiser of apitherapy events (*7<sup>th</sup> Apitherapy National Congress – Brasov 2014, Symposium - lassy 2014, 8<sup>th</sup> Apitherapy National Congress – lassy 2015*);
- 2012-2013: consultant for *Research&Development Department* of Santo Raphael/Steaua Divina LTD company (Bucharest, Romania) – recipes, authorisation, clinical studies on herbal supplements;
- 2001-2013 – copywriter & content writer – author of scientific articles, promoting materials, claims for herbs and herbal supplements for *Santo Raphael LTD* (Bucharest, Romania)
- 2004-2005, 2013-2015 (Bucharest, Romania): apitherapy and phytotherapy lecturer – courses for natural products sellers (Raphael Infomed LTD, Raphael Distribution) and alternative therapies practitioners (Centrul de Terapie Holistică Alfa)

**Participant/lecturer to other courses, congresses, symposia:**

- 2018, Faculty of Medicine – Atatürk University, Erzurum (Turkey): Apitherapy Symposium (for physicians and pharmacists)
- 2017, Istanbul (Turkey): 45<sup>th</sup> APIMONDIA Congress
- 2016, Fethiye (Mugla, Turkey): 5<sup>th</sup> International Congress for Beekeeping and Pine Honey
- 2016, Cluj-Napoca (Romania): 7<sup>th</sup> EURBEE Congress of Apidology
- 2015, Marmaris (Turkey): 1<sup>st</sup> International Apitherapy Symposium
- 2015, Daejeon (South Korea): 44<sup>th</sup> APIMONDIA Congress
- 2015, Bucharest (Romania): 7<sup>th</sup> Congress of Anti-aging Romanian Medicine Association
- 2015, Cluj-Napoca (Romania): course *Sensory analysis of honey* – lecturer Etienne Bruneau, CARI Association, Belgium
- 2013-2014, Bucharest (Romania): *Music therapy* course – lecturer Dorin Achim
- 2014, Erzurum (Turkey): 5<sup>th</sup> APIMONDIA Forum on Apitherapy and Beekeeping Quality
- 2014, Cluj-Napoca (Romania): *Production of Royal Jelly* course
- 2014, Piatra-Neamț (Romania): international conference of Phytochemical Society of Europe – *Phytochemicals in Medicine and Pharmacognosy*
- 2013, Cluj-Napoca (Romania) – seminar *Natural Alternatives for the treatment of Multiple Sclerosis* – lecturer Dr. Cristina Aoșan
- 2010-2018, monthly meetings and annual congresses of Romanian Association of Phytotherapist Physicians (ARMF): clinical cases and herbal supplements presentations
- 2013, Kyiv (Ukraine): 43<sup>rd</sup> APIMONDIA Congress
- 2010, Ljubljana (Slovenia): 3<sup>rd</sup> APIMONDIA Forum on Apitherapy and Beekeeping Quality
- 2008-2019: referent for all the scientific events of Romanian Apitherapy Society
- 2008, Rome (Italy): 2<sup>nd</sup> APIMONDIA Forum on Apitherapy and Beekeeping Quality
- 2005-2012, Passau (Germany): referent for the congresses of German Apitherapy Association (Deutsche Apitherapie Bund – DAB)
- 2011, Bucharest (Romania): *Hirudotherapy* course, lecturer Dr. Grigore Șeremet
- 2011, Bucharest (Romania): International french-romanian symposium *Honey flora and the collapse of bee colonies* (organized by University of Agricultural Sciences and Veterinary Medicine)
- 2009, Bucharest (Romania): *Bioresonance diagnostic devices* course – lecturer Dr. Liana Mărginean (UMF Cluj-Napoca)
- 2006, Bucharest (Romania): *Fundamental Principles of Ayurvedic Medicine* – lecturer Dr. Sanjeev Sood (India)
- 2004, Bucharest (Romania): *International course on Apitherapy and Apipuncture* – lecturers: Prof. Dr. Farm. Viorica Istudor, Dr. vet. Hirofumi Naito, Dr. Ștefan Stângaciu

- 2000, Iassy (Romania): *Classical Homeopathy* courses – lecturer Prof. George Vithoukas (Greece)
- 1998, Bucharest (Romania): *Homeopathy Seminar* - dr. Gerhard Resch (Wien)

## Presented papers:

### International

- 2017, APIMONDIA Congress, Istanbul (**Turkey**): oral presentation - *Neuromyelitis Optica (NMO) Treated Successfully with Apitherapy – Case Report*
- 2015, Marmaris (**Turkey**): oral presentation - *Bee Venom in Modern Medicine*
- 2015, APIMONDIA Congress, Daejeon (**South Korea**): oral presentations: 1) *Treatment of Neuralgia with Microdosis of Bee Venom*; 2) *Apitherapy for Rural Development* (coauthor Dr. Ștefan Stângaciu); 3) *New Approach on Sensory Analysis of Honey, by Ayurvedic Perspective* (coauthors Dr. Cristina Daniela Cîmpean, Assoc. Prof. Laura Stan) ; 4) *Sensitive Crystallization as a New Method to Appreciate Informational Quality of Beekeeping Products* (coauthors Claudia Torok, Dr. Cristina Daniela Cîmpean, Cornel Hoțiu); posters: 1) *Bee Venom Therapy for Sinusitis – Clinical Experience*; 2) *Clinical Case of Multiple Sclerosis, Successfully Treated With Api-Phytotherapy*
- 2014, APIMONDIA Forum, Erzurum (**Turkey**): *Bee Venom Therapy – Clinical Experience*
- 2014, International Conference of Phytochemical Society of Europe, Piatra-Neamț (**Romania**): *Clinical Cases of Recurrent Respiratory Infections of Children, Treated with Api-Phytotherapy*
- 2013, APIMONDIA Congress, Kyiv (**Ukraine**): oral presentation *Bee venom Therapy in Neurology – Clinical Cases*; poster *Iontophoresis with Bee Venom and Colloidal Gold for Rheumatic Diseases – Preliminary Study* (coauthor Ing. Paul Nădejde)
- 2005-2012, congresses of German Apitherapy Association, Passau (**Germany**): *Medicinal Bee Pollen and Ayurveda* (2005), *Treatment with Bee Pollen – Clinical Cases* (2005), *Honey in Ayurveda* (2006), *Clinical Case of Cervical Myelitis treated by Api-Phytotherapy* (2009), *Considerations upon Using Apitherapy and Apipuncture for the Treatment of Inflammatory Rheumatic Diseases* (2010), *Api-Phytotherapy in Geriatry* (2011), *Api-Phytotherapy in Neurology* (2012)

### National (Romania)

- 2015, Bucharest, Christian Medicine Seminar, St. Irina Palliative Care Foundation – *Health with Honeybees – Remedies from God's Pharmacy*
- 2015, Bucharest, 9<sup>th</sup> Congress of Romanian Medical Association: poster – *Apitherapy for the treatment of complications of diabetes mellitus* (abstract published in Romanian Medical Journal, volume LXII, supliment 1, 2015, pp. 96-97)
- 2015, Seminar National Network for Rural Development (RNDR), Cluj-Napoca: *Advanced Sensorial Analysis – an Easy and Quick Method of Appreciating Quality of Beekeeping Products* (coauthor Dr. Cristina Daniela Cîmpean)
- 2010-2018, Romanian Association of Phytotherapist Physicians (ARMF) events: *Phytotherapy in Acute Hepatitis – Clinical Case* (2010), *Clinical Case of Cystic Mastosis Treated with Phytotherapy* (2011), *Principles of Ayurvedic Treatment for Hypertension* (2012), *Clinical Case of Metrorrhagia and Uterine Fibromatosis Treated with Phytotherapy* (2012), *Clinical Case of Carotid Atheromatosis Treated with Phytotherapy* (2013), *Clinical Case of Recurrent Pneumonia with Respiratory Failure Treated with Phytotherapy* (2014), *An Integrative Perspective Upon the Management of Autoimmune Disorders* (2015), *Clinical Case of Atypically Meningioma with Multiple Recurrences Treated with Phytotherapy with Favorable Evolution* (coauthor Dr. Mariana Olingheru) (2016), *Clinical Case of Overactive Bladder Treated with Api-Phytotherapy* (coauthor Dr. Cristina Daniela Cîmpean) (2016), *Clinical Case of Cervical Dysplasia Treated with Phytotherapy* (2017), *Silvotherapy (Forest Therapy) – a Novel Type of Phytotherapy* (2018)
- 2007-2015, Romanian Apitherapy Society events: *Honey and Ayurveda* (2007), *Clinical Case of Cervical Myelitis Treated with Api-Phytotherapy* (2009), *Legal Aspects Upon Authorising a Drug with Bee Venom* (2009), *Treatment of Inflammatory Rheumatism with Apitherapy and Apipuncture – Clinical Experience* (2010), *Clinical Study upon Comparative Effect of 4 Bee Venom Creams* (2011), *Api-Phytotherapy in Neurology* (2012, Arad), *Api-Phytotherapy for the Treatment of Myelitis* (2012, Cluj-Napoca), *Clinical Cases Treated with Apitherapy* (2013, Apitherapy Summer School, Sibiu-Săliște), *Clinical Case of Cervico-Thoracal Myelitis Treated*

*with Api-Phytotherapy* (2013, Bucharest); *Experimental Studies upon Iontophoresis with Bee Venom and Gold Nanoparticles for Rheumatic Diseases* (2013, Bucharest), *Using Bee Venom in Different Medical Specialities* (2014, Iassy), *Immunostimulation with Bee Products* (2014, Iassy), *Apitherapy in ENT, Rheumatology, Neurology – Clinical Cases* (2014, Braşov), *Using Bee Products in Oncology* (2014, Braşov; coauthors Dr. Cristina Mihaela Ghiciuc, Prof. Dr. Cătălina Elena Lupuşoru)

-2007, *Body-Mind-Spirit Festival*, Bucharest: *Natural Alternatives for the Treatment of Rheumatism*

-2006, *Expozodiac Festival*, Timişoara: *Medicinal Herbs and Bee Products with Tonic, Revitalizer and Aphrodisiac Activity*

– 2006, *Alternative Therapies Congress*, Centrul de Terapie Holistică „Alfa”, Bucharest: *Using Medicinal Plants for Cleansing the Body*

– 2005-2006, *Expodiabet Symposium*, Bucharest: *Medicinal Plants for the Treatment of Diabetes Mellitus*

#### **Member of Professional Associations:**

– 2010: founding member of Romanian Association of Phytotherapist Physicians (ARMF)

– 2007-2019: member of the staff of Romanian Apitherapy Society

– 1997-present: member of Romanian Physicians College

#### **Mass-Media:**

– invited speaker for several Romanian TV& radio stations (TVR International, Radio Antena Satelor, DigiTV, Antena3, Etno TV, Favorit, OTV, Realitatea, National TV, Senso, Euforia)

– articles on api-phytotherapy in different Romanian journals (*Asul Verde*, *Click-sănătate*, *România Liberă*, *Jurnalul Național*, *Leacuri și terapii*, *Mirabilys-magazin*, *Lumea misterelor*)

#### **Abilities:**

– foreign languages: English – advanced (spoken, writing, reading), French – medium level (reading, writing)

– PC operating (Word, Power Point)

– driving license

#### **Interested by:**

– clinical applications of alternative therapies (Phytotherapy, Apitherapy, Aromatherapy, Ayurveda, TCM)

– research on therapeutic potential of bee venom

– beekeeping, honey flora

– music therapy, sound therapy

– research & development of new therapies