

**Mindfulness Practice in Tao Calligraphy Field Improves Clinical Outcome in Very Severe Aplastic Anemia (VSAA). XVI European Congress for Integrative Medicine, Integrative Medicine, The Challenge, Madrid November 15-17, 2024.**

Consuelo Fernandez MD, Cynthia Hamilton, PhD, Peter Hudoba MD.

**Purpose:**

The authors have studied the effect of mindfulness practices in a Tao calligraphy field combined with listening to Tao song and refined energy transmission as an adjunct modality to the standard treatment of very severe aplastic anemia (VSAA), an idiopathic failure of blood cell production.

**Method:**

In January 2020, a 68-year old subject was diagnosed with VSAA at Sunnybrook HSC. Soon, she enrolled into an IRB-approved prospective follow-up case study and started practices in a Tao calligraphy field using refined energy transmission, Tao calligraphy tracing and singing Tao song for at least two hours a day.

**Results:**

Clinical and laboratory documentation between January 2020 and September 2023 was reviewed. In January 2020: admitted with bruising and bleeding, Hemoglobin (Hb) 65 g/L, Neutrophils  $0.02 \times 10^9/L$ , platelet (PLT)  $6 \times 10^9/L$ . February 2020: initiated standard treatment of horse ATG and Cyclosporine. September 2020, due to severe side effects, Cyclosporine was discontinued and Eltrombopag (Thrombopoietin) was added; she was transfusion-dependent; Hb was 80 g/L; Neutrophils  $0.5 \times 10^9/L$  and PLT  $11 \times 10^9/L$ . March 2021 transfusions were stopped and in September 2021, CBC showed complete normalization (Hb 131 g/L; Neutrophils  $4.8 \times 10^9/L$ ; PLT  $172 \times 10^9/L$ ). By August 16 2023 continues to receive a minimal dose of Eltrombopag, Hb 143 g/l; Neutrophils  $4.4 \times 10^9/L$ ; PLT  $165 \times 10^9/L$  and no signs or symptoms of illness.

**Conclusions:**

VSAA is a rare life-threatening idiopathic disease with high mortality (around 50%) and high morbidity. The clinical goal for these patients is to have response with immunosuppressive therapy of at least 60%-70%, while reaching improvement of CBC to at least non-severe cytopenia. However, this subject has surpassed the expectations by reaching and maintaining a complete normalization of the CBC and clinical picture from September 2021 to this date. These results indicate that Tao calligraphy mindfulness practices could be successfully integrated into conventional medical treatment to support patient outcomes.

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