



## DR. ANA ORTIZ REPARAZ

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## CURRENT ACTIVITY

At present, I am treating patients in consultation by means of United Medicine.

In this way, I have created a method of my own, fast and efficient. I combine different treatments in my medical practice.

My own, individualised and emotional method is the result of my personal

medical experience of illness in hospitals and outpatient clinics.

I realised the need to offer patients an effective and fast system to get out of the pathological state, whether mental, physical or emotional. Emotional imbalance being an important cause of this. The treatments to be followed by patients depend on the diagnosis according to official medicine, osteopathic medicine and Chinese medicine among others. The diagnosis is individual diagnosis for each patient.

## ACADEMIC BACKGROUND

1988 Degree in Medicine and Surgery (University of Barcelona).

1995 Diploma in Anaesthesia and Resuscitation (Hospital Clínic, Barcelona).

1997 Theoretical-Practical Diploma and Master's Degree in Medicine (CENAC and University of Barcelona).

2001 University Degree and Postgraduate in Osteopathy. University of Barcelona UAB.

## ADDITIONAL TRAINING AND POSTGRADUATE INTERNSHIPS

1985-1989 Medical intern at the Surgery Department of the Red Cross Hospital Hospitalet.

Diploma in Orthopaedics and Sports Traumatology (Valle Hebron Hospital).

1988-1989 Doctor in the Emergency Department at the Hospital of San Andrés in Manresa.

1989-1992 Resident Doctor in the Traumatology and Orthopaedic Service of the Orthopaedics at the General Hospital of Manresa.

Diploma in Surgery Initiation (Tres Torres Clinic, Barcelona).

1988 Assistant Doctor in the Vascular Surgery Service (The Red Cross Hospital Hospitalet).

1995 Certificate of Attendance at the first course on Tumours of the Locomotor System (San Pablo Hospital, Barcelona).

1992 Certificate of Attendance at the Training Seminar in Cardiology (The Red Cross Hospital in Hospitalet).

## TRAINING AND EXPERIENCE IN ANAESTHESIA

1992-1995 Diploma in Anaesthesia and Resuscitation (Hospital Clínic, Barcelona).

1992-1995 Collaborating doctor at the Anaesthesia Department of the Hospital Clínic.

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As a consequence, the medical treatments I implement are always the treatments I have obtained from the best of all medicines, according to the pathology of the patient, according to the patient's needs and individual response to them.

We are potentially the same, but we respond differently, and the causes are not always the same under the same diagnosis, which means that each patient needs an individualised treatment for healing.

One has the innate ability to see, i.e. to read the energy field of the human body and to heal, thus correcting imbalances and organic pathologies with all the medical studies and research of more than 30 years to give each patient the best option to restore and preserve their health.

Thus, with the union of all the medicines, I established my own system to achieve the rebalancing, to regain the joy of living and to live and achieve physical wellbeing.

I have given and continue to give classes, talks and lectures in the media, radio, television, the university and, also, in the doctor's office to educate the population in health prevention.

Dr. Ana Ortiz Reparaz.

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## LANGUAGES

Spanish: Spoken and written

Catalan: Spoken and written

French: Spoken and written

English: Spoken and written

1993-1994 ScD courses in Anaesthesia and Resuscitation. (University of Barcelona).

1994 Assistant Anaesthesia Doctor in the Emergency Department (Hospital Clínic, Barcelona).

Training in Integrative Medicine.

Diploma in Chiromassage (Gisbert Foundation).

Diploma in Naturopathy (Gisbert Foundation).

Technician in Natural Biomedicine (Gisbert Foundation).

1994 Diploma in Theoretical-Practical Natural Treatments. (Faculty of Pharmacy of the University of Barcelona).

1994 Theoretical-practical Diploma in Emergency Chiromassage. (Gisbert Foundation).

1994 Diploma in Foot Reflexology (Gisbert Foundation).

Intensive course on Bach Flowers and Vibrational Therapies.

Vibrational Therapies given at the European Naturist Institute of Alternative Health Studies.

Diploma in Homeopathy (Heilpraktiker Institut).

1995 Diploma in Osteopathy (Heilpraktiker Institut).

1995 Intensive course on Vegetarian Nutrition at the European Naturopathic Institute for Alternative Health Studies.

2000 Postgraduate Diploma in Osteopathy (University of Les Heures).

2004 Diploma in Psychotherapy (Dr. Osvaldo, Barcelona).

2004 Master's degree in Reiki (Professor Enric Sanmartí, Barcelona)

Speaker at the certificate of the Scientific Academy of Acupuncture.

Acupuncture of the Balearic Medical Association for the theoretical-practical course on Partial Tendon Rupture and its Treatment.

Attendee at the First Conference on Cancer and Complementary Medicines. (Collegiate Section of Acupuncture of the College of Doctors of Barcelona).

Seminar in Tenerife on the Integral and Multidisciplinary Approach to the Intimate Nature, Aetiopathogenesis and Treatment of Cancer. Institute of Cellular Metabolism.

Master's Degree in Acupuncture (University of Barcelona. IL3).

2005 Certificate of Attendance at the Theoretical-Practical Course on the Application of Medical Nutritional Counselling Protocols of the Institute of Cellular Metabolism in Tenerife.

2012 Participation in the Advanced Course of Asyra for Bioenergetic Diagnosis and Bioenergetic and Food Intolerance Diagnosis in Malaga.

## **OZONE COURSES**

2006 Theoretical-practical course on Ozone Therapy (Medical College of Valladolid).

2007 Certificate of Attendance Theoretical-practical course in Ozone Therapy (Teknon Clinic. Ozone Unit)

Theoretical-practical Ozone Conference of National Health Interest in Medina del Campo.

Certificate of Attendance at the Course on Ozone Therapy, Systemic, Vascular, Sports and Oncological Diseases in Barcelona. Oncology in Barcelona.

## **COURSES ON AESTHETIC MEDICINE**

2014 Combined treatments in aesthetic medicine. Ozonised growth factors. Plasma gel and CD34\* cells. Practical sessions with real patients. Facial aesthetics.

2007-2009 Aesthetic Medicine Congresses and Workshops (SEME. National Congresses of the Society of Aesthetic Medicine in Barcelona)

2008 Theoretical-practical course on Radiofrequency and Cavitation. (Prohigiene).

Theoretical-practical course on Thai Massage (Prohigiene).

Recycling of Radiofrequency

Radiofrequency (Prohigiene)

2009 Treatments combined with Yesotherapy (Prohigiene).

2009 Growth Factors and Implants (Doctor Victor Garcia).

2014 Combined treatments in Aesthetic Medicine. Ozonised growth factors.

Plasma gel and CD34\* cells. Practical sessions with real patients.

Facial aesthetics.

2015 Postgraduate course in Dermatology and Cosmetics in Acupuncture Dr. Radha Thambirajah.

Postgraduate course in Ageing. University of Barcelona.

## **TRAINING AND EXPERIENCE IN ACUPUNCTURE**

Attendee to the Course of Tongue and Energetic Diagnosis (College of Doctors of Barcelona).

Attendee to the Course on Digestive Pathology (Dr. Deroc. Collegiate Section of the College of Doctors of Barcelona).

Attendee at the Course on Referred Muscular Pain (Barcelona College of Doctors)

Attendee to the course on Chinese Diet Therapy (College of Doctors of Barcelona).

Auriculotherapy (Medical Association of Barcelona).

Acupuncture Treatment in Pregnancy and Fertility.(College of Doctors of Barcelona)

Segmental Acupuncture and Research Methodology.

Research Methodology (College of Doctors of Barcelona).

2001-2005 Cycle of Continuing Education in Acupuncture.

Acupuncture (College of Physicians of Barcelona).

Speaker on the Treatment of Shoulder Tendon Sections.

(Academy of Medical Sciences of the Balearic Islands).

2004-2009 Teacher of Acupuncture Practices for Doctors.

(Barceloneta. CAP de Barcelona. University of Barcelona).

Lecturer of Acupuncture for the Master of Physicians. IL3

Accredited Diploma in Acupuncture (College of Doctors of Barcelona).

Barcelona).

Locomotor System Problems Treated with Acupuncture.

Acupuncture (Barcelona College of Doctors).

Master's Degree in Acupuncture (University of Barcelona. IL3).

2009 Paediatrics and Acupuncture (College of Doctors of Barcelona).

## **TRAINING AND EXPERIENCE IN NUTRITION**

2004-2012 Professional Application of the Protein Diet for Metabolic Syndromes, overweight and associated pathologies in Private practice.

Attendee at the Protein Diet Course and Methodology (PRONOKAL Prescription).

Diploma of the Level 1. Protein Diet Course (DAP-1) by YSONUT Laboratory.

2007 Diploma of the Level 2 of the Protein Diet Course (DAP-2) by YSONUT Laboratory.

2007 Diploma on Micronutrition, by the YSONUT laboratory.

2007 Diploma on Intestinal Syndrome by the YSONUT laboratory.

2007 Diploma on Chrono Nutrition and Chronobiology, by YSONUT laboratory.

Diploma of Medical Trainer by YSONUT laboratory.

- Attendee at the Protein Diet Course 1 and 2 (YSONUT Laboratory).

2008 Assistant to the Ritmonutrition Course (Ysonut Laboratory).

- Attendance at Master-Class Level I (Ysonut Laboratory).

- Diploma in Chronobiology in the Approach to Overweight and Obesity, basic level.

Obesity, Basic Level.

- Diploma in Chronobiology in Overweight and Obesity, Advanced level.

Obesity, Advanced level.

2009-2012 Medical trainer at National Level in Protein Diets

DAP-1- DAP-2 and YNP.

2012 Diploma in Consultation in Micronutrition - Intestinal Ecosystem

Intestinal Ecosystem and Clinical Cases.

- Diploma in Micronutritional Consultation and Hepatic Balance.

Hepatic Balance.

- Diploma in Cardiovascular Micronutrition.

- Diploma in Business Management and Basic Workshop.

- Diploma in Nutritional Brain Vector.

2015 Diploma in Nutrition and Dermatology.

2015 Diploma in Nutritional Chronobiology.

## **TRAINING AND EXPERIENCE IN OSTEOPATHY**

1995 Diploma in Osteopathy (Institut Heilpraktiker).

- Postgraduate Diploma in Osteopathic Manual Therapy.

Osteopathic Manual Therapy (Gimbernat University).

- Postgraduate Diploma in Osteopathy (Universitat de Les Heures).

- University Degree in Osteopathy (University of Barcelona, Les Heures and IL3).

- Postgraduate Diploma in Osteopathy (University of Barcelona):

## **TRAINING AND EXPERIENCE IN HOMEOPATHY**

- Diploma in Homeopathy (Institut Heilpraktiker).

- Diploma in Homeopathy - Homotoxicology (Dr.Ibañez).

1996 Diploma in Paediatric Homotoxicology (Phinter- Hell Laboratories)

## **TRAINING AND EXPERIENCE IN SOPHROLOGY**

- Diploma in Advanced Studies in Sophrology (International School of Sophrology).

- Diploma in Sophrology Applied to Children (Clínica del Doctor Escudero Madrid).

## **TRAINING AND EXPERIENCE IN EMOTIONAL MANAGEMENT**

2020 Higher Degree in Mindfulness and Emotional Management, positive psychology, by the University of La Salle.

2021. Master in Holistic Psychology by the Catholic University.

2021. Master Expert in Coaching by the Catholic University.

## **OTHER COURSES**

1989 Oligoelements (Institute of Natural Medicine Dr. Gisbert).

- Language and Energetic Diagnosis (College of Doctors of Barcelona).

- Digestive Pathology (Collegiate Section of the College of Doctors of Barcelona).

2000 Referred Muscular Pain (Barcelona Medical Association).

## **LECTURES AND COURSES GIVEN**

1990-1991 Talks on Preventive Medicine and Treatments on Gavá Radio and treatments, combining official and alternative medicine.

1999 Course on Posturology (Centro Cívico Zona Franca).

2002-2005 Lectures on the Applications of Osteopathy and

Osteopathy and Physical and Emotional Health (Vegetarian Association of Barcelona).

2002 Workshops on Homeopathy.

2002-2005 Lectures on Homeopathy:

At the Vegetarian Association of Barcelona on. "The Application of Homeopathy in Health".

\*At the Gavá Private Practice on the Importance and Medical Basis of Homeopathy.

2003 Workshops on Sophrology (Gavá Medical Centre).

- Lecture on the Daily Application of Sophrology and Dysfunctions. (Gavá).

- Lecture on the Daily Application of Osteopathy and Dysfunctions and/or Illnesses (University of Barcelona IL3).

- Speaker on the Treatment of Shoulder Tendon Sections.

(Academy of Medical Sciences and the Balearic Islands).

2004-2009 Lecturer of Acupuncture Practices for Doctors. (Barceloneta. CAP of Barcelona. University of Barcelona)

- Professor of Acupuncture for the Master of Doctors. (University of Les Heures Barcelona).

2011-2012 Lecturer in Hypnosis and Regression Courses.

2011-2012 Talks on Gavá Radio about Integrative Medicine.

2013 Speaker at the Symposium of Doctors and Healers in Barcelona.

2013 Workshop at the Symposium of Doctors and Healers on the Healers Symposium on Emotions and the Body. Barcelona

2015 Speaker at the Congress Health and the Yoga of Laughter.

2015 Speaker at the Symposium of Nurses on pain and emotions. How the body expresses itself when it needs to be happy. Huesca.

2015 Speaker at the Ambulatorio de Tamarite for doctors and nurses.

Holistic Medicine 2015 Lecturer for the Tamarite Housewives Association.

Association of Housewives Tamarite on Emotions and Health.

## **PUBLICATIONS**

2012 Author of the book Medicina Unida, (A quick and effective response to healing) Editorial PROMAREX.

2012 Writer for the magazine DOLOR by Editorial Permanyer. (Subjects covered: Cervical pain: Curative and preventive medicine -Talgia: Spoliation and Preventive medicine -Talgia: Calcaneal spur and plantar fasciitis).

2013 Article in the DOLOR magazine Sinusitis: an effective and concrete response to healing

## **OTHER TRAINING**

1973-1981 Academic studies of Piano and Solfège at the Marshall Academy in Barcelona.



2009 Certificate of Public Speaking and Expression and Overcoming Stage Fright.

## WORK EXPERIENCE

1985-1988 Medical Intern at the Surgical Service of the Red Cross Hospital Hospitalet.

1988 Assistant Physician at the Vascular Surgery Service of the Vascular Surgery Service at the Red Cross Hospital in Hospitalet.

1988-1989 Emergency Department Doctor at the Hospital de Sant Andreu, Manresa.

1988-1992 Emergency Doctor at Manresa Outpatients' Department.

1989-1992 Resident Doctor in the Traumatology and Orthopaedics Service at Orthopaedics Department at the General Hospital, Manresa.

1992-1995 Trainee Doctor in Anaesthesia and Resuscitation.

Reanimation (Hospital Clínic Barcelona).

1995 Assistant Doctor of Anaesthesia in the Emergency Department.

Emergency Department (Hospital Clínic de Barcelona).

2009-2012 National Medical Trainer in Protein Diets DAP-1- DAP-2 and YNP.

2004-2016 Lecturer in Acupuncture for the Master's Degree in

Doctors. IL3-

2016-2017 Doctor in Emergency Medical Service, SEM.