



## PHYTOTHERAPY

### **Metabolic restoration:**

in general or of an organ: when this organ is weakened by an inflammation or an infection and protective and non-stimulating remedies are prescribed.

### **Health**

Health is the innate and original expression of a **state of dynamic equilibrium** of the open and interconnected complex system that is the living being. The loss of this state is defined as illness. This may also be seen and understood as **information not to be suppressed** but to flow in a path of healing that invites the human being to reconcile with Life and Nature, in order that the natural healing force of the body, called "**vis medicatrix naturae**" since ancient times, can be freed to express itself.

### **Dr. Dario Ayala**

Dr Ayala graduated with full marks in medicine and surgery at the Università degli Studi in Milan.

He **expanded and integrated** his General Medical clinical activity with **Modern and Traditional Medical Phytotherapy**.

He is an educational and curricular didactic tutor in Medical Phytotherapy and Radial Pulse Semiology at the Università degli Studi in Bologna.

### **Milan Office**

At the "Centro Studi PIIEC"

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### **For appointments:**

Between 14.00 and 15.00

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## Dr. Dario Ayala

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## What do we mean when we say "Phytotherapy"?

It means looking after oneself with medicinal plants and their derivatives. It represents the most widespread natural therapeutic path in the world, the most coevolved and biocompatible with human beings.

Nowadays, phytotherapy preparations respect the **Quality, Safety** and **Efficacy** standards of many medications and they are documented by numerous scientific studies. Their prescription, in harmony with individual constitution and needs, **can become a significant clinical and therapeutic reality through the integration of conventional and traditional medications.** As with other therapies, the duration and strength of its efficacy are enhanced when it is accompanied by **healthy eating** and a **balanced lifestyle.**



## When and what it can be used for

The applicative fields of phytotherapy are multi-disciplinary and aimed at **rebalancing functions or treating illnesses** of specific tissues, organs and systems.

Phytotherapy in its various therapeutic formulations and forms, from integrators to galenical preparations, **is the natural medicine closest to the drug.** For this, it is correct that its prescription is evaluated by an expert doctor who assesses the various opportunities for intervention and ingestion.

### *As a support therapy with a complementary and integrated role:*

it consists in the integrated use with more specific chemotherapies, **in order to reduce the side effects** and to increase its **efficacy**, often due to a synergy effect. It is used to **cover the "windows" of the therapeutic interval and to reduce the possibility of relapse** in the phases in which, for various reasons, the first choice medicine requires periods of interruption. All of this happens more and more often in the field of oncology in order to improve the quality of life, the protection of the immune and gastric systems and often in order to enhance the efficacy of the basic treatment.

### *Specific:*

when it becomes **a valid choice** to a synthetic medicine to which one is intolerant or allergic or when it is **scientifically and traditionally proven** to be a valid option for a particular ailment.

### *Constitution or baseline:*

when it is **aimed at the whole biological entity** of the individual seen as a psycho-neuro-endocrinal-immune-somatic-environmental system (PNEISE Unit).

### *Prevention:*

when the probabilities of expression of one or more specific pathologies are reduced through a correct functional rebalancing.

### *Drainage:*

of an organ / system and its matrix of **environmental xenobiotics** (preservatives, additives, pesticides, pollutants, medicines, etc.) and catabolites derived from chronic stress: physical, emotional or mental of particular intensity which, as is known, create situations of acidity, hypoxia and specific inflammation.