

# **DR GIORGIO D'ALESSANDRO**

## **REHABILITATION – PAIN THERAPY – NATURAL MEDICINE**

**Milano, Zürich, Interlaken, Siebnen, Savognin**

**Medical Doctor, General Medicine,  
Senior Consultant in Rehabilitation Medicine**

**Specialist in Physical Medicine and Rehabilitation**, with recognition for Switzerland.

**SGSS - Pain Specialist - Switzerland**

**Registered expert physician in psychotherapy, acupuncture and homeopathy in the experts registry of the Medical Association of Milan**

**International Master in Acupuncture and TCM**

ASA Certification in TCM and Acupuncture, Switzerland

**Master in Thermal Medicine, Thalassotherapy and Medical Climatology**

**Acupuncture, Neuraltherapy** (Pain Therapy and Regulation Therapy), Osteopathy, **Electrotherapy**

Psychoterapy - Medical Hypnosis,

Natural Medicine, **Homeopathy, Ayurveda**, Tibetan Medicine,

Excimertherapy

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## **CURRICULUM VITAE**

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Born in Torino, il 30 june 1958, Italian citizen, single

Private address : Hauptstrasse 46-b, 8832 Wollerau, SZ – Switzerland

**LANGUAGES: German,english and Italian spoken and written.**

Basic french, spanish, russian.

## PROFESSIONAL CURRICULUM

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**2017-2021 Consultant of Hydrotherapy & Climatotherapy Tourism of Chongqing Municipal Commission of Culture & Tourism Development, Chongqing, China**

1987-2020 Own Medical Clinic, City-Life, Milano, Italy

**2018-20 Certified Lifetime Teaching Member in Educational Activity - Ministry of Health Russian Federation**

**Russian Society of Rehabilitation Medicine – Russian Society of Balneology**

2018-20 Appointment as "**Expert**" in the **Commission for Rehabilitative Medicine and Sport**, FEMTEC (World Federation of Hydrotherapy and Climatotherapy)

**2014-20 Honourable Professor, Republican Children's Rehabilitation Center, Astana,**

**2018-20 Member of the Board of MSLM**  
(Mediterranean Lifestyle Medicine Society)

2018-20 SGSS - **Pain Specialist - Switzerland**

**2015-20 Vice-President of SIMA (Italian Environmental Medicine Society)**

**2013-20 FEMTEC ( World Federation for Hydrology and Climatology - Thermal Medicine ) delegated Physician for Switzerland**

**2016-2018 Deputy President World Thermalism Forum, under FEMTEC, Yingkou-China**

2017-20 Working as Medical Doctor in :

**2019-20 Center da Sanadad Savognin – Hospital Savognin,**  
Graubünden, Switzerland

Rehabilitation, Physiotherapy, Paintherapy, Natural Medicine

2018-20 **Gesundheitszentrum Rosetta**, Zürich, Switzerland

2017-2020 **Complimed Siebnen**, Schwyz, Switzerland

2013-20 **Medical Director of Naturheilzentrum Oberland**, Spiez and  
Interlaken, Bern, Switzerland

1987-20 Working in **his own medical clinic in Milano - City Life**, Italy

**Registered expert physician in psychotherapy, acupuncture and  
homeopathy in the specialist registry of the Medical Association of  
Milan**

2017-18 Seegartenklinik Kilchberg - ZH, Switzerland CH

2017-18 Sinomedica Zurich, ZH, Switzerland

2013-2015 **Senior Consultant for Rehabilitation Medicine in  
Leukerbad clinic, Switzerland**

Rehabilitation, Physiotherapy, Paintherapy, Better Aging

## MEDICAL CONSULTATIONS

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2017-2021 **Consultant of Hydrotherapy & Climatotherapy Tourism  
of Chongqing Municipal Commission of Culture & Tourism  
Development, Chongqing, China**

**2019-20 Center da Sanadad Savognin – Hospital of Savognin, Switzerland**

Rehabilitation, Physiotherapie, Schmerztherapie, Naturmedizin

**2015-20 Vice-President of SIMA (Italian society for Environmental Medicine)**

**2013-20 FEMTEC ( Thermal Medicine World Federation) delegate Physician for Switzerland**

**2002-20 Rehabilitation Consultant of Italian National Sailing Federation** for sailors participating in international sailboats championships

**2013-2015 Senior Consultant for Rehabilitation Medicine – Leukerbad clinic CH**

**2014-20 Honourable Professor, Republican Children’s Rehabilitation Center, Astana, Kazaksthan**

**1994-2013 Tour physician of the most important italian rock star, Vasco Rossi, with the responsibility of the singer's health and fitness.**

About 150 concerts, with **public from 80.000 up to 400.000 spectators.**

**1990-2013 Lecturer and Consultant** of the “Centro di Ricerche in Bioclimatologia Medica, Biotecnologie e Medicine Naturali “  
Institute of Hydrology and Medical Bioclimatology I,  
Faculty of Medicine and Surgery – Milan,

**WHO Collaborating Center for the Study of Traditional Medicine,**  
for practical-clinical **Postgraduate Courses in Agopuncture**  
and seminarial **Courses in “ Biomedical Technologies and Natural Medicine “**

**1985-2010 Responsible for prevention, care and rehabilitation** of the wrestlers of italian Sambo **national team (self defence)**

**1999-2001 Medical Director of the sanatorium “ Kurhaus Prasura “,** 80 beds, Arosa ( Chur ), Switzerland

**1982-1998 Medical Consultant of FININVEST/MEDIASET Group** for wellness, fitness and good health of the executives

**1995-1996 Consultant for the rehabilitation of injured athletes of American Football team “Rhinos Milano”**

1989-1993 **Senior Consultant, Responsible for the rehabilitation of injured athletes of top class** of Gruppo Sportivo **Milan**  
/ Mediolanum: soccer, rugby, hockey, volley and baseball.  
Including about 800 athletes.

## ASSOCIATIONS

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**2018-21 ISPRM member (International Rehabilitation Medicine Organisation)**

**2015-20 Vice-President and Founder Member of SIMA (Italian Environmental Medicine Society)**

**2013-20 FEMTEC Delegated Physician for Switzerland**

**( World Federation of Hydrotherapy and Climatotherapy) -**

**- NGO in official relation with WHO (World Health Organisation)**

**2015-20 Member of SINTH International Medical Federation for Neuraltherapy (Pain and Regulation Therapy)**

**1999-2020 Member of Neuralia (Italian Neuraltherapy Medical Association)**

**and Società Italiana di Neuralterapia (Pain and Regulation Therapy)**

**2015-20 Member of SVTTM Swiss Medical Society for Traditional Tibetan Medicine**

**2015-20 Member of ASA Swiss Medical Society for Acupuncture and TCM**

**2016-2018 Deputy President World Thermalism Forum, under FEMTEC, Yingkou-China**

**Founder and Member of " Ricercatori per la Vita "**

**Società Italiana Medici Osteopati e Chiropratici (Osteopathy and Chiropractic)**

**Associazione Specialisti in Fisioterapia dell'Università di Pavia**

**ISPRM (International Rehabilitation Medicine Organisation)**

## **European Association of Football Team Physicians**

Former **Board Member** and **President of Athlets Commission**

And Member of the " **International Medical Commission of IASF** -  
International Amateur Sambo Federation (**Self Defence**) and **Board Member**

Associazione Italiana Kinesiologia Medica (**Applied Kinesiology**)

Istituto Italiano di **Ipnosi Clinica e Psicoterapia** H. Bernheim

(Hypnotherapy and Psychotherapy)

Associazione Italiana per lo Studio della Medicina Tibetana (**Tibetan Medicine**)

Associazione Nazionale Atleti Azzurri d'Italia (**Italian International Athlets**)

## **MEDICAL EDUCATION**

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1986-2020 Regular participation in medical courses and seminars

2019

- Course **Ecography of the musculoskeletal system**  
Unispital Basel, medAcademy, Switzerland
- Course **Vascular access and nerve blocks with ecography support**, DEGUM-SGUM, Germany-Switzerland
- **Certificate as laser protection officer for medical applications.**

According to Önorm S1100-1 und Önorm S1100-2, Heltschl Fortbildung, Austria

2012-2019 **World congresses of World Federation of Hydrotherapy and Climatotherapy (FEMTEC)** 2012, Chongqing und Nanjing, China - 2013 Kos, Griecheland - 2014 Astana, Kazaksthan - 2015 Cagliari, Italy – 2016 Yerevan und Jermuk, Armenia – 2017 Ischia, Italy – 2018 Batumi, Georgia - 2019 Halkidiki, Greece

2015-2017 Course in “**Informational Acupuncture**” at University of Novara, Italy

2017 Course in „**Quantum Medicine**“, at **CNR (Consiglio Nazionale delle Ricerche)**, SEAB, Milano, Italy

2014-2016 Course in **Neuraltherapy** (Pain- and Regulationtherapy) at  
SANTH, Switzerland

**2014 Honorable Professor, Republican Children's Rehabilitation  
Center, Astana, KAZ**

2012-2014 Course in "**Osteopathy, Craniosacraltherapy and  
Visceraltherapy**" at ICOM International College of Osteopathic  
Medicine, Milano, Italy

2012 Course in "**Biologic Regulation and Complementr Medicine** "  
at Centro di Ricerche in Bioclimatologia Medica, Biotecnologie e  
Medicine Naturali, Università degli Studi, Milano, Italy

2011 **II Level University Master :**

**" Thermal Medicine, Thalassotherapy and Medical Climatology "**

at the Centro di Ricerche in Bioclimatologia Medica, Biotecnologie e  
Medicine Naturali, Università degli Studi, Milano. Prof .Umberto  
Solimene, Secretary General of F.E.M.T.E.C. (World Federation of  
Hydrotherapy and Climatotherapy),

**WHO Collaborating Center for the Study of Traditional Medicine**

2006-2007 **II Level University Master :** " **Integration among Chinese Traditional Medicine and Western  
Medicine.**"

Under **the patronage of the Ministry of Health of Italy** and the  
**National Amministration for Chinese Medicine of the People's  
Republic of China**

in collaboration with **the " Università degli Studi " of Milano** and the  
**"University of Chinese Traditional Medicine "** of Nanjin, China.

With, at the end of the course, **one month of hospital practice in  
Nanjin, under the direction of chinese professors.**

1995 Included in the special "**List of Medical Psychotherapists "**  
**of the Board of Physicians of Milano.**

1989-1993 Course **of Psychotherapy and Hypnosis** at the Italian  
Institute of Medical Hypnosis and Psychology H. Bernheim - Verona

1987-1990 **Specialty degree in Physical Therapy and Rehabilitation** at the University of Pavia, discussing the thesis: The role of the Physiotherapy Specialist in sport activity.

1987 **Inscription in the “Board of Physicians”** of Milano

1986 **State Exam and Medical Degree** at the “ Università Statale di Milano “ with the thesis :

“ Epidemiological data on rehabilitated and not rehabilitated infarcted patients in Lombardy. ”

## FORMATION AND UPDATING

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1986-2018 Regular participation to medical meetings e seminars

2017 Course in **Lifestyle Medicine – University La Sapienza, Rome, Italy**

2017 **Course in Lifestyle Medicine – Harvard Medical School, Harvard University, Boston, USA**

2017 Eintragung als **Experte Arzt in Psychotherapie, Akupunktur und Homöopathie** im Fachregister der Ärztekammer Mailands, Italien

2017 **Recognition as Expert Physician in Homeopathy** in the experts registry of the Medical Association of Milan, Italy

2014-2017 Homeopathy Course, MAPY, Firenze, Italy

**2017 Course in "Quantum Medicine", CNR (Consiglio Nazionale delle Ricerche), SEAB, Milano**

2015-2017 Course in **“Informational Acupuncture”** at University of Novara, Italy

2016 **Giving course in Rehabilitation Medicine at first Chinese Thalassotherapy Center** in Dalian Yi Thang Thalassotherapy Center, **Dalian, China**

2014-2016 Course in **Neuraltherapy** at Neuralia-Italy

2014-2016 Course in **Neuraltherapy** (Pain and Regulation Therapy) at SANTH, Switzerland



**2014 Honourable Professor, Republican Children's Rehabilitation Center, Astana, KAZ**

**2012-2018 World Congresses of Hydrotherapy and Climatotherapy (FEMTEC)** 2012, Chongqing and Nanjing, China - 2013 Kos, Greece - 2014 Astana, Kazaksthan - 2015 Cagliari, Italy - 2016 Yerevan and Jermuk, Armenia - 2017 Ischia, Italy

2012-2014 Course in **Osteopathy, Craniosacraltherapy and Visceraltherapy** at ICOM International College of Osteopathic Medicine, Milano

2014 **Recognition as Expert Physician in Acupuncture and TCM** in the experts registry of the ASA, Switzerland

2013 **Recognition as Expert Physician in Acupuncture** in the experts registry of the Medical Association of Milan, Italy

2012 Course in “ **Biological Regulation and Complementary Medicine** “ at the Centro di Ricerche in Bioclimatologia Medica, Biotecnologie e Medicine Naturali, Università degli Studi, Milano

- 65° General Assembly and International Scientific Congress of World Federation of Hydrotherapy and Climatotherapy (FEMTEC) 21 – 28.10.2012, Chongqing – Nanjing (China)

FEMTEC, Chongqing People's Government, Jiangning District People's Government of Nanjing Municipality, CHTA

2011 University Master of second level in

“ **Thermal Medicine, Thalassotherapy and Medical Climatology** “

at the Centro di Ricerche in Bioclimatologia Medica, Biotecnologie e Medicine Naturali, Università degli Studi, Milano. Prof .Umberto Solimene, Secretary General of F.E.M.T.E.C. (World Federation of Hydrotherapy and Climatotherapy),

**WHO Collaborating Center for the Study of Traditional Medicine**

2010 Course in “ **Emergencies, First Aid and Advanced Life Support for Physicians with Special Tasks** “. Università Gabriele D'Annunzio – Chieti, Prof. Federico Meneghini, an Internationally recognised expert.

2009 Course in **Pain Medicine at the scientific center “ Renato Dulbecco ”** under the direction of Professor Mario Tiengo

2006-2007 **Universitary Master of second level: “ Integration among Chinese Traditional Medicine and Western Medicine.”** Under the patronage of the Ministry of Health of Italy and the National

**Amministration for Chinese Medicine of the People's Republic of China** in collaboration with the “ **Università degli Studi “ of Milano** and the “**University of Chinese Traditional Medicine “ of Nanjin, China.** **With, at the end of the course, one month of hospital practice in Nanjin, China under the direction of chinese professors**

2004-2007 Course of **Osteopathy, Chiropratic and Manual Medicine** at the Simoc

2004-2008 Course on “Biological Medicine” and “New Medicine” according to Dr. Hamer with Prof. Samorindo Peci

2005-2006 Course on Psychosomatic Iridology at Named - Milano

2002-2003 Universitary course about **Scientific update in Emergency Surgery –ALS Advanced Life Support** at the University of Chieti – Prof. Meneghini

2001-2003 Course of **Neuraltherapy** at Named - Milano

1986-2000 Theoretical and practical studies of **Omeopathy and Acupuncture** with dr. Ernst Bauer – Arosa ( Switzerland)

1995-1999 Course of **Ayurvedic Medicine** at Charysat Global Health Ayurvedic Research Institute – Varese, Dr Giuseppe Lorini

1993-2000 Degree of **Tibetan Medicine** at Kunpen Lama Gancen Institute – Milano and New Yuthok Institute – Milano, Professor Pasang Arya – **former director and professor of Tibetan Medicine at the Men-tsee-khang, Tibetan Medical College, Dharamsala, India.**

1989- 1993 Course in **Hypnosis and Psychotherapy** at the “ Italian Institute of Studies in Clinical Hypnosis and H.Psychotherapy Bernheim “ – Verona

1975-1992 **Shiatsu and Rehabilitation Therapy and Athletic Training for Sports.** Studies under the direction of Rutilio Del Vecchio , Italo-American Expert of these fields.

## OWN SPORT ACTIVITY

**About 50 years active in fighting sports:** Judo, Wrestling,

**Sambo (Russian self defence wrestling), Combat Sambo, Brazilian Jiu jitsu**

**As an athlete, Sambo wrestler, won :**

**one gold medal in World Master Championship 1985 (World Top Athletes**

**Tournament)**

- 12 silver and bronze medals in World and European Championships, World Cups and World Games

- 21 consecutive gold medals in Top Class National Championship

**As wrestling trainer:**

- 9 silver and bronze medals in World and European Championships in Sambo Wrestling

and several medals in national championships

**As athletic trainer :**

- trainer and rehabilitation expert for many professional and amateur champions in different sports:

boxe, tennis, rugby, ski, golf, sailing, soccer,

car racing, motocross, american football, Sambo, Wrestling, thai boxing, MMA, brasilian jiu jitsu, Kung Fu, Wu shu, Karate, fencing, dancing, ballet, light athletics, body building, alpinism

**As member of Sporting Clubs and Associations:**

2002-2012 **Honourary President of Italian Sambo Federation-FILSAMBO**

**1985-2002 Founder and President of AISAM Italian Sambo Wrestling Association**

1985-2009 Member of National Team Athletes Association

**1993-1999 Member of the Board of ESF - European Sambo Federation**

**1985-1999 Founder and Member of the board of IASF – International Amateur**

SamboFederation

President of Athletes' Commission - IASF

**Member of MEDICAL COMMISSION - IASF**

**1993 Official Delegate of FIAS/IASF at the World Annual Congress of AGFIS in Lathi – Finland**

**1987 President of the Organizing Committee of the Sambo World Championship in Corsico – Milano – Italy**