

Dr Rita Xavier

Integrative and Functional Medicine

I am a physician, specialist in General and Family Medicine, with competence in Medical Acupuncture by the Order of Physicians and with training in non-conventional therapies.

In the consultation, I combine knowledge of conventional medicine with principles of various non-conventional therapies, achieving a more integrated, holistic and individualized approach.

I focus on a preventive approach of the disease, with the performance of medical screenings, advice on lifestyle, eating habits and physical exercise, so that patients achieve a state of general well-being and obtain greater awareness of the body and mind.

I also follow patients with acute and chronic health problems with the aim of treating and improving quality of life. As main diagnostic and treatment tools I use knowledge of acupuncture, Chinese medicine and neural therapy. I seek, whenever possible, the use of regulatory substances and less harmful to our biological system.

Brief Curriculum Vitae:

- Master's degree in Medical and Dental Neural Therapy, University of Barcelona - 2021
- Competence in Medical Acupuncture, Medical Association - 2019
- Specialization in General and Family Medicine, ARS Norte - 2014
- Postgraduate in Acupuncture and Moxibustão, ICBAS - University of Porto - 2013
- Degree in Medicine, ICBAS - University of Porto - 2008

Functional Medicine

Functional Medicine addresses the root causes of disease, using a system-oriented approach and engaging both patient and practitioner in a therapeutic partnership.

Acupuncture

Acupuncture is an ancient and effective technique, with proven results, used in Chinese Medicine. Its main objective is to restore a global balance, both in the body and the mind. It consists of inserting (extremely fine) needles into certain points of the body, so that it finds its way to healing. Thus, acupuncture can help with most health problems, and it also plays a key role in disease prevention.

Electroacupuncture consists of the electrical stimulation of acupuncture needles. It is a non-painful method that aims to regulate the nervous system and, in this way, improve the functioning of organs and tissues that are out of balance. It is also used in musculoskeletal problems, improving pain, inflammation and edema.

There are more and more scientific studies that prove its effectiveness in the treatment of various pathologies and in its ability to modulate the nervous, endocrine, immune and limbic systems (related to emotions).

Neural Therapy

It's a regulatory therapy that acts by modulating the nervous system, specially the autonomic nervous system, leading to the recovering of the organs' function and tissues of the body. It works by correcting the electric potential of the membrane cells and by neutralizing tissues irritations that affects the autonomic nervous systems and lead to pain and diseases.

It is mostly used in acute and chronic pain, inflammatory and auto-immune disorders, autonomic dysfunctions / imbalances, as a complementary cancer treatment, in chronic anxiety and depressive disorders.