



Reward system basis and strategies: an updated overview

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Abstract:

Reward system regulates our needs, wellbeing and health: center of interest since the origin of human thought and science (history+geography of medicine). From 1950s it is discovered and scientifically described. (1) Last year at the Meetings International Roma conference I talked about reward pillars then published on PubMed: reward regulates life needs, rights, duties. Reward strategies are diet, fitness, mindfulness, affective life, sleep, others. Health is a human right, in the sense of feeling good without taking drugs. Food is a right, Vandana Shiva focuses on bioecology, the respect of our planet (2). Seigaku remembers we should eat in a zen way (3). A rewarding diet is based on fasting and eating pleasant foods. Muscle is a secretory organ, regulating metabolism. Endorphins act like acupuncture being opioids. Fit is better than thin (4). Mind: relaxation techniques are to apply. Empowerment is important at work (5), slowness is to live at home (6). Emotions are also to focus: universally they are six (7). Affective life. Bonding is the main feeling linking kids and parents: we should live and encourage it. Montessori focused on infancy needs. Sleep is a right too. Others: artherapy is basilar in sickness condition and to improve: it releases our deepest emotions and also phytotherapy is to know (8, 9). To conclude dopamine is also a growth factor (Montalcini and followers - 11-15), linked with our needs, a basis for life and wellness. Reward is the human rights system.



Biography:

Dora Dragoni is a medical doctor: she got her degree with Bologna Alma Mater University in 2009. She attended courses and so she is nutritionist, personal trainer, mental trainer. She got her acupuncture specialty diploma with AMAB in 2016. She attended a fertility master in the same year. She got her PhD in alternative medicines with IBAM with a thesis about lifestyle. She is author particularly with "Medicina Integrata" journal, in total she wrote more or less 40 articles. She is also speaker at medico-scientific events. (Up to 100 words)

Recent Publications:

1. Dora Dragoni ,J Gen Virol. 2019,
2. Dora Dragoni ,Microb Genom. 2018
3. Dora Dragoni ,J Med Microbiol. 2019
4. Dora Dragoni ,Microbiology (Reading). 2019
5. Dora Dragoni , Alzheimers Dement (N Y). 2019

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