

**Press release**

***TCM Kongress Rothenburg 2021: The programme is online***

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**Berlin, 12 February 2021 – The 52nd TCM Kongress Rothenburg, which will take place from 11 to 15 May 2021 in Rothenburg ob der Tauber, offers an extensive and diverse programme. For the first time, this internationally renowned annual congress combines on-site events with a comprehensive virtual programme – offering its participants the best of both event forms. The congress programme has just been finalised and is now online at** [**www.tcm-kongress.de/en**](http://www.tcm-kongress.de/en)**. There is an early bird discount of 20% for registrations and bookings made until 1 March.**

“Expressions of the Metal Element: Physical and Mental Manifestations of Skin and Respiratory Diseases” – is this year’s main topic, on which a wide variety of events, lectures, workshops, expert panels, and courses will be offered. In addition, the congress offers a comprehensive programme with events on many different aspects of Traditional Chinese Medicine and its possibilities for integrative medicine. “The TCM Kongress Rothenburg is an important element of professional training and further education for TCM therapists from Germany and many other countries,” tells the 1st chairwoman of the AGTCM, Dr. Martina Bögel-Witt. “Additionally, it is also a popular occasion to meet colleagues from Germany and abroad, to exchange professional information, and to receive exciting information from the most diverse areas of TCM.” Many European TCM and acupuncture associations and societies, the Bund Deutscher Heilpraktiker (Association of German Alternative Practitioners) and the Bayerische Landesärztekammer (Bavarian Medical Association) usually certify the congress for the acquisition of continuous professional education credits.

**Herbal medicine, acupuncture, Chinese dietetics and integrative nutrition therapy – examples from the congress programme**

On the main topic of skin and respiratory diseases, the congress offers several exciting contributions. For example:

* Successful treatment of psoriasis with Chinese herbal medicine
* Treatment of allergic rhinitis and bronchial asthma with TCM
* Chronic recurrent respiratory infections and bronchial asthma in children
* Yiqi Yangfei Gong exercises for the respiratory system
* Acupuncture and dietetics for disharmonies of the abdominal-brain axis from the perspective of TCM and neurogastroenterology
* Theme days on integrative nutrition therapy with a focus on skin and intestinal diseases including allergies

**Live online cooking course: “Medicine from the cooking pot”**

For the first time, the TCM Kongress Rothenburg offers a live online cooking course, a very special event for participants who stay at home – in this case in their kitchens – and take part in the congress online. Titled “Medicine from the Cooking Pot”, the focus will be on nutrition according to TCM. Participants will have the opportunity to cook together virtually. To do so, they will receive all necessary information, the shopping list, and list of ingredients in advance. The focus of this event is on the great healing foods of TCM, the congee and the power soups.

**More than 1,000 participants from all over the world**

Traditionally, the TCM Kongress attracts participants from all over the world to Rothenburg. Before the pandemic began, usually more than 1,000 participants from up to 44 countries met on-site. This makes the congress the largest and most renowned congress on Traditional Chinese Medicine in the western world. The organisers would like to build on this in 2021.

Further information on the congress programme and the speakers, the hybrid concept, prices and offers as well as the exhibition accompanying the congress can be found on the website of the TCM Kongress Rothenburg: [www.tcm-kongress.de/en](http://www.tcm-kongress.de/en)

The AGTCM is a cross-professional association for Chinese Medicine that promotes the highest quality in the teaching and application of Traditional Chinese Medicine (TCM) and includes more modern aspects of Chinese Medicine. It was founded in 1954 and has about 1,700 members today. Most of them practise TCM as alternative practitioners or as doctors. In addition, specialised physiotherapists, midwives, and sinologists, among others, belong to the professional association. The AGTCM is one of the most important associations for Chinese Medicine in Germany and, with its five cooperation schools, ensures one of the highest training standards for acupuncture, Chinese drug therapy, Tuina, dietetics, and Qigong in Germany. Among other things, the AGTCM supports patients in finding suitable TCM therapists in their region and provides them with criteria for the quality of TCM treatments. Every year, the AGTCM organises the International TCM Kongress Rothenburg (o.d.T.), which is now established as the largest and most renowned TCM congress in the western world. The AGTCM is a founding member of the European TCM Association (ETCMA), in which organisations from 31 European countries work together.

**Press contact:**

AGTCM

Juliane Papendorf

Phone: +49 (0)176 - 10 30 51 87

E-Mail: papendorf@agtcm.de

Internet: [www.agtcm.de](http://www.agtcm.de)