

Profile

Dr. Hugo Galindo Salom

Medical surgeon, from Cartagena, awarded with the medal to the merit by the Colombian Battalion #3 in 1982 because of his flawless participation in the first contingent of military translators in the Multinational Mission of Sinai in Israel and Egypt.

In 1994 he completed his medicine studies in the Juan N. Corpas University, where he presented his first research in the Samaritana Hospital, "Offspring sex pre selection: methodological review".



In 1995 he studied his first postgraduate on Nutritional Medicine in Australia in the Australian College of Nutritional Medicine, where he receives training on Orthomolecular medicine guided by prestigious Australian teachers like Dr Archi Kalokerinos (RIP) and Dr Ian Dettman.

He went back to Colombia in 1999 named first representant of the Organization IDP EDUCATION AUSTRALIA in Colombia and from that moment he has counselled more than 7000 Colombian students with interests in study abroad programs in Australia and New Zealand.

On 2004 he translates to Spanish the piece "Vitamin C, Miraculous Healing Missile", while in 2005 he finishes his second specialization as Epidemiologist Doctor from the Rosario University; specialty which has allowed him to develop his research such as the First Clinical Essay in Ascorbate IV and tobacco use altogether with CES and Rosario University. Ref Vitamin C Mega Dose vs Standard Dose in Smokers with Subclinical Hypovitaminosis C. A Controlled Randomized Clinical Trial. 2006.

On 2006, he undertook his third postgraduate at Griffith University, Australia. Master in Education, obtaining the maximum qualification "high distinction" for his Project on research methods. Preventive Medicine Education Provisions in undergraduate Programs in Colombia and Australia: A comparative Study

From this year, the EPHETA PROGRAM R has developed which aims to stabilize and control patients with catastrophic diseases, like Cancer, under the principle of controlling the three areas that make up the human being: mind, body, spirit.

He is magister in Education from Griffith University Australia in 2007, with honored thesis because of his Project of Comparison of the educational System in Undergraduate between Colombia and Australia.

He founded in Colombia the Colombian Society of Preventative Medicine in 2009. He undertakes and publishes the First Clinical Essay of Megadose of intravenous Vitamin C in smokers in Colombia. He receives training both in ACNEM Australia, and in the Riordan Clinic in Kansas (USA) about protocols of Megadose of Vit. C in Cancer. Diploma in Alternative Medicines in 2014 in the Rosario University in Colombia.

GOALS ACHIEVED

Throughout three decades of professional life

PHARMACOLOGICAL AREA:

- To obtain the first Registration at INVIMA in Colombia of injectable Vitamin C (Sodium Ascorbate) .
- Translate from English to Spanish the most trustworthy book of clinical use of ascorbate in Humans: Vitamin C, Miraculous Healing Missile (Dettman, Kalokerinos).
- Develop, apply and train doctors in the orthomolecular protocols to control oxidative stress

SCIENTIFIC AREA

- Develop a scientific society new in Colombia, non-excluding, to all the health professionals (Colombian Society of Preventative Medicine and Orthomol.)
- Entering to the Colombian Society of scientific societies.
- Sensitizing the Colombian medical community about the importance of the orientation of the health policy around the Prevention versus the Healing.
- Create every two years symposiums of clinical use of Ascorbate for doctors´ and dentists´ trainings.

PUBLICATIONS

- **JUNE 2008.**Galindo HM, Carrillo C, Prieto Helber, Trillos Carlos 2008 Vitamin C megadose Vs standard dose in smokers with subclinical hypovitaminosis C. A controlled, randomized, clinical trial http://www.grupogales.com/medicina_publicaciones.html
- **DECEMBER 2006.** Galindo HM. 2006, Carrillo C, Prieto Helber 2006 Preventive Medicine Education Provisions in undergraduate programs in Colombia and Australia: A comparative study. Thesis of the Master of Education. Griffith University, Australia. Oct 2006 http://www.grupogales.com/medicina_publicaciones.html
- **DECEMBER 2006.** Galindo HM. 2006, Carrillo C, Prieto Helber 2006 Preventive Medicine Education Provisions in undergraduate programs in Colombia and Australia: A comparative study.

Thesis of the 2 LOGROS OBTENIDOS A LO LARGO DE TRES DÉCADAS DE VIDA PROFESIONAL PUBLICACIONES Master of Education. Griffith University, Australia. Oct 2006 http://www.grupogales.com/medicina_publicaciones.html

- **DECEMBER 2005.** Galindo HM, Carrillo C, Prieto H. 2005. Efficacy of the use of Megadose of vitamine C in Humans: Sistematic Revision. Graduation Thesis to obtain the title of specialist in Epidemiology Rosario University Bogotá, Colombia
- **JUNE 1995.** Galindo HM, Silva JL. 1995. Offspring sex pre selection: methodological review. Academic report for undergraduate degree of bachelor of Medicine Escuela de Medicina Juan N Corpas Bogota, Colombia
- **OCTUBER 1993.** International Congress of Integral Medicine, co-organizer and lecturer. Interamerican Society of Integrative Medicine. Orquidea Real Hotel Bogotá, Colombia

OUR MISSION?

Concientizar a las personas de que hay una forma diferente de lograr la salud óptima

OUR VISION?

Mejorar la calidad de vida de las personas, independiente de su estado de salud

EPHETA®

Integral Renovation Program

What is its origin?

In 2016 in Colombia doctor Hugo Galindo Salom discusses with father Marino Marin his worry about the incomplete management (with equal results) of the patients with catastrophic diseases, like Cancer that the traditional medicine of the country offers.

The hypothesis that all diseases have a physical, mental and spiritual component is proposed, and so its prevention and/or treatment must consider and intervene the 3 areas. Thus, a health holistic program, with a catholic character is created.

What does it consist of?

In separating a Health Gathering Space of 7 days of duration, for 7 people, that include learning and consuming food truly organic, and receiving therapies of detox Mind- Body-Spirit for the prevention and/or treatment of Cancer and other chronic degenerative diseases.

Where does it develop?

In Colombia, Department of Cundinamarca, in two areas. It is started in a doctor's office in Chia where the initial evaluation of each patient is made, and the laboratory measurements that evaluate the level of oxidative stress. Then in an 8000 meters farm in Anapoima, 3 hours distance from Bogotá, by car.

When?

The 7 first days of each month of the year, from January 2017.

How to make it?

With respect to conquering total health, what is the truth? Maybe we will never know, because there is no total health state. We will always have some pain. We could be more flexible using the term optimal health. Therefore, we will refer to the maximum wellbeing that we can accomplish, keeping the logical proportion of some inevitable aches in an appropriate environment, surrounded by nature, and dealt by a team of skilled professionals. Including doctors, cooks, dentists, nurses, therapists, priests and psychologists.

What it is not?

This program is not a revolutionary diet. It is not a treaty of mind control, or the steps to become a celebrity, or the playdoh to disappear belly fat in a week! And far less the medicine of the new millennium. We are proposing to extract and group the good of the healthy populations with long lifetimes, in different regions of the world accompanied by personal reflections of the author, after thirty years of a road full of wonder, disappointments, expectations, rehearsals, and lots of friendships with patients. Nothing new but forgotten. In fact, what we desire is to go back to the time when there were no chronic degenerative diseases, common to today's civilization. And I do not refer to the farmers of last century. We just desire to correct the course that our health has taken in the last thirty years.

What is it then?

Finally, we have to die from something. But, it depends on us the quality of life of our old age. It is not the same, to jump like a hare at eighty, that complaining about aches since forty. With a simple change of habits, in our three areas, it is notable the turn that we can give to our health. This is under our total control. And sinning for being ignorant is totally understandable, but for apathy, it is unforgivable! There are things that escape our control.

I can not modify all the genetic load I came to the world with, or the region where I grew up, or the accidents that I have faced. But I can correct my bad habits. Those that I have for not ignorance or comfort but are drilling my organism to define my future.

What to change?

The air we breathe, the liquids we ingest and the food we consume have the main toxics that enter our physical body. The strong thoughts of others and their emotions saturate your bones and modify us day by day. There are some missing, like the sounds that pass the tolerance limit, the substances that our skin contacts, and in general, everything that impacts our five senses, counts. Is the air inhaled really important? Apparently, we do not care to breath at any velocity, at any place and any type of air. Is the water that we drink simply water? Does its PH matter? Its hardness? Even, its source? Does the Bible say something about it? I am like this full stop? And what about the food? How often do we take the trash out of home? Daily? Every other day? weekly? Let's imagine that for some unexpected reason we see ourselves unable to throw it away with the usual frequency. How about accumulating the trash a couple of weeks or months, and keep on producing them, without being able to clear them? Chaos!

This is exactly what happens to our body we stuff our poor intestine of decomposing food, desperate to get out.

The Renovation

Iniciemos pues este viaje de hacer pequeños ajustes diarios de salud en siete días, ojalá sin retorno. Vamos a ordenar lo que no está en su puesto. Vamos a limpiar la casa. Quitemos lo que sobra, para luego añadir lo que falta. Dijo san Pablo a los habitantes de la podrida ciudad de Éfeso: Renuévense en el espíritu de su mente, y revístanse de la nueva naturaleza, creada en conformidad con Dios en la justicia y santidad de la verdad (Ef. 4,23)

Our Proposal

We propose then a simple program of habits' change. We recommend reading the habit change proposal for each day and practice it. Its seven, without any chronological order, so we can complete the totality of the program in a week. It is not necessary to be very strict or generate us more anxieties that are already left overs. Relaxed! If we forget it today, tomorrow we retake the road. Let's focus on that the goal is to enjoy developing it on each one's rhythm. And if you like it, make it part of your life, like we millions are already doing it.

I invite you to "know" with me this program names Ephetá, honoring the word that Jesus used on his miraculous healings (Mark 7,31). My best teacher once asked me: "the best medicine of the world? The results one". And if it works, well we will already have a new healthy individual healthy in the planet and a client less for the pharmaceutical industry. Fair, right?

The truth will set you free (John 8,31)