

*Editorial*

# The I International Congress on Complementary Therapies in Health.

The First International Congress on Complementary Therapies in Health was held online on June 24, 2023. The primary objective of the event was to facilitate networking among Portuguese researchers, students, international experts, and specialists while showcasing the potential of complementary therapies. However, an unforeseen partnership with Zhejiang Chinese Medical University and the Confucius Institute of the University of Coimbra elevated the significance of the congress. This collaborative support expanded the congress's goals to encompass a more profound impact on the field. In addition to fostering networking and knowledge dissemination, the congress embraced the mission of contributing to the implementation of complementary therapies in the healthcare sector. This endeavor seeks to enhance both public access to evidence-based complementary therapies and the potency of conventional treatments. The scientific committee of the event acknowledges the sensitivity of this subject, emphasizing the crucial importance of undertaking meaningful scientific research on these therapies. The future progress of the field hinges upon such research to establish its credibility. To this end, the Zhejiang Chinese Medical University has created an International Development Alliance with an action plan aiming to create a mechanism for an enduring international cooperation, explore new channels and modes for the internationalization of the School of Zhe's TCM, and build a higher-quality overseas traditional Chinese medicine service system. In addition, the Confucius Institute of the University of Coimbra has an important role in the Portugal-China bond and implemented several projects to develop Chinese medicine in Portugal. As well, another partner of this event, the Health Level of the Atlântico Business School has developed several courses in non-conventional therapies such as traditional Chinese medicine, quickly establishing its presence and attracting students from Portugal and abroad. Furthermore, the Portuguese Institute of Taiji and Qigong has spearheaded multiple scientific research projects and introduced the first evidence-based instructor-therapist programs of Taiji and Qigong in Portugal. The institute has also undertaken the organization of this journal and congress. However, more than each on its own, it is the collaboration between Zhejiang Chinese Medical University, the Confucius Institute of the University of Coimbra, the Atlântico Business School, and the Portuguese Institute of Taiji and Qigong that lends utmost significance to these endeavors. This powerful multinational connection and cooperation significantly amplify the reach, profoundly deepen knowledge, and passionately nurture a culture of research, laying the foundation for a truly transformative future in the field.

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