



Ancient
Wisdom for
Modern
Wellness

HARMONY

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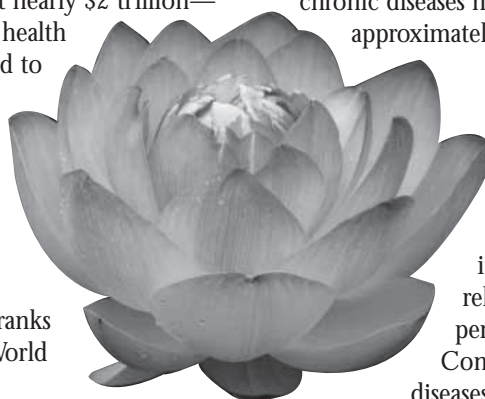
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There are
natural
laws
we all
operate
under.

Is *Wellness* the Cure?

At this point, hardly anyone disputes it needs a change. So what is the best way to heal our ailing health-care system? Many possibilities have been proposed, yet a closer look at some of the facts reveals clues to one very promising direction. Americans spent nearly \$2 trillion—roughly 16 percent of the GDP—on health care in 2005. These costs are expected to increase to 20 percent of the GDP by 2015. As a nation, we spend 40 percent more on health care per capita, as a proportion of our GDP, than any other country. How do we fare for our health dollars spent? In terms of overall health-care system performance, the United States now ranks 37th in the world, according to the World Health Organization. 37th!



Given the enormous expenditure, what's wrong with the performance of our health-care system? On one hand, it appears to be addressing an outdated need. The landscape of health-care need has changed dramatically in the last century. Previously, infectious diseases were the leading cause of mortality; today, chronic diseases have captured the lead. According to the Institute of Medicine (IOM), whose mission is to serve as an independent advisor to the

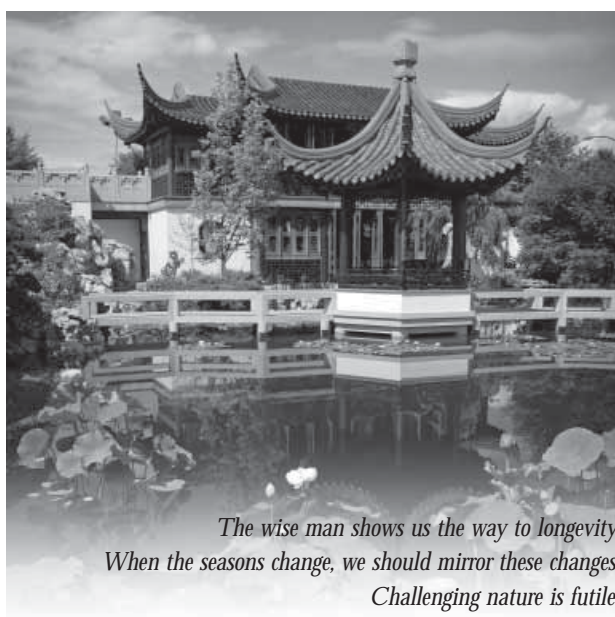
nation on policy to improve health care, more than 1.7 million Americans die annually from chronic diseases such as heart disease, stroke, cancer and diabetes. This figure represents seven out of every ten deaths. Further, chronic diseases negatively impact the quality of life for approximately 90 million Americans.

Regarding treatment for chronic conditions, the IOM has determined that, "Behavioral and social interventions . . . offer great promise to reduce disease morbidity and yet their potential to improve the public's health has been relatively poorly tapped." Echoing this perception, the Centers for Disease Control has stated, "Although chronic diseases are the most common and costly health problems, they are among the most preventable."

Key word: preventable. Enter traditional Chinese medicine (TCM). In continual practice for more than 5,000 years, TCM is a holistic medical system with a theoretical and philosophical foundation in true prevention and lifestyle education/modification. True prevention has its

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FIVE OF THRIVE



*The wise man shows us the way to longevity.
When the seasons change, we should mirror these changes.
Challenging nature is futile.*

*Keeping a peaceful mind and living a simple life without
undue desire allows the energy of the Universe to flow through you.*

*If your body, mind and spirit become one,
where is the space for illness?*

— Nei Jing

Each day that we're fortunate enough to be alive we can make choices to enhance our health. Yet how do we know what will really benefit us? At a deep level of reality there are natural laws we all operate under—whether we believe in them or not. If we know these laws, they will form a foundation of wellness in our life—but just knowing them is not enough, we have to follow them! The passage from the classic *Nei Jing* (475–221 B.C.E.) reflects the wisdom of flowing with nature and letting it flow through us. It reveals there is an adjustment we can make—achieving a oneness, a unity—that creates well-being. Here are five lifestyle choices the ancients in China tuned into that will help you thrive.

Eating for Healing

Eating for healing—and not just survival—is all about following the seasons when choosing what to eat. When you eat in harmony with the specific time of year, not only do you eat foods that are naturally available locally,

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THE NEWSLETTER OF THE



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Full growth realized ... full potential unfurled ... a healthy abundance of Life.



That's what summer is. It inspires us to go out ... to immerse ourselves in a cool pond of water, to walk in a forest with the sun filtering down through a profusion of leaves, to lie in the grass on a warm night and watch the stars blinking and burning. In summer we easily connect to nature and it heals something in us. If we open, we will know that only we know what true wellness is for our own heart, our own body, in our own life. Nature is all around, supporting us in our journey forward ... and inward. Have a joyful summer!

“Natural forces within us are the true healers of disease.”
— Hippocrates

ABCs of TCM: Xin (Heart)

We all know what the heart is—or do we really? How many of us truly know—or fully experience—the miraculous power of the heart? In the view of traditional Chinese medicine (TCM), your heart is the Heart—it's so much more than the physical organ. It controls all the other organs; it's the home of our spirit. (See “TCM This Season” on page 4 for more about the Heart.) TCM understanding tells us the Heart controls the mind. The mind has two aspects: the questioning mind and the intuitive mind. Most of the time we function in the questioning mind, but the other part—the intuitive mind, based in the Heart—never functions one hundred percent. We always want more knowledge, but the real you is inside the other part of the Heart—your intuitive mind, which is your source of wisdom. Wisdom only comes from the Heart, never the mind. In the East, a peaceful, open Heart is the path to a strong, balanced Heart. One traditional Chinese practice is having a “Baby Heart.” Why have a baby's heart? No judgment. Judgment makes the mind function differently; judgment makes us see things differently. Make your mind peaceful. When your mind is peaceful, then wisdom can flow through it. In Chinese medicine it is believed that when you are born you “download” all knowledge and all wisdom with you. You are only missing the password to access this treasure. How do you find this password? Be peaceful; be empty. Touch your Heart. Let it function one hundred percent, not just in the rational way, but also in the intuitive way. Then your Heart can be complete! This is the gateway to health and beyond—the Heart's capacity for unconditional love places us directly at the threshold of infinity.



Traditional Chinese Medicine World Foundation, a nonprofit, 501(c)3

organization, is dedicated to building bridges of understanding between East and West in the areas of TCM, natural healing, and Qigong and other internal martial arts. Our mission is to serve as the source for authentic information on health and healing with TCM for the general public and practitioners. We are a resource where all individuals can learn about TCM (including acupuncture, acupressure, herbal therapy, and internal martial arts such as Qigong and Taiji) as well as the body's natural healing ability. And we seek to help people develop the skills to apply this knowledge in everyday life for prevention, healing and spiritual balance.

Help Us Spread the Word about TCM

Traditional Chinese Medicine World Foundation relies on the generous support of individuals and organizations to further its mission of educating individuals and health-care professionals about TCM and self-healing modalities. We invite you to support this important work with a tax-deductible donation. Every dollar you donate goes directly toward supporting the Foundation's ongoing operations and programs.

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Practitioners – Want *Harmony* in Your Office?

If you're a health-care practitioner and would like to put some *Harmony* in your office, we invite you to share the empowering self-healing information in our newsletter.

Send a \$10.00 check or money order (please do not send cash) for 10 copies plus \$3.50 S&H to TCM World Foundation, 396 Broadway, Suite 501, New York, NY 10013. Attention: *Harmony*.

Minimum order is 10 copies. Additional orders are available in 10-copy increments.

Please specify the number of copies, which edition, and the mailing address where copies should be sent. We thank you for helping us spread the word about TCM!

The Wisdom of the Body

Harmony Talks with Dr. Christine Page



Harmony: Would you speak about prevention—how can we shift from an illness-based health-care model to a wellness-based one?

CP: I want to separate the term “wellness” from “preventive care.” We have fairly good preventive programs here in the States, as there are in many countries. But preventive care is against illness—what we often find ourselves doing is focusing on the illness and not always on health. And so consciously, people take on sickness rather than doing anything because of wellness. To me, the focus of attention must be 70 percent on what it is to be healthy and the other 30 percent on what it will be the other way.

Harmony: You have spoken about the body as a source of wisdom. Can you talk a little more about that?

CP: Here, again, I’m going to change the paradigm. What I believe is the body works for the soul and not for the personality. I believe the body is a greater friend to you than you are to yourself. The body loves you so much it will even die for you! What I find is, in the body, all parts work to find a solution.

Harmony: What is the role of emotions in health? Are they the conduit between the body and spirit?

CP: I would say emotion is literally energy in motion. Every emotion is connected to an element and each will move in a different way. For instance, tears or sadness are trying to dissolve something for you. Tears are very important in dissolving the past, dissolving what is no longer appropriate. And again, if we don’t shed those tears, we see them, for example, in the lungs as water on the lungs or in the legs as excess fluid collection. So I see emotion as an interface, and it’s also the energy that makes for change—it changes spirit into the physical and the physical into spirit.

Harmony: When a person is trying to integrate their emotions and understand what their body is saying to them, where do they get the courage to move more deeply into an issue?

CP: It’s a lot of different things. One of the questions I ask is, “What was going on when you got sick?” Inevitably, especially with cancer patients, they will say, “I know why I have cancer.” People are desperate, but they are so willing—they want to tell someone what they already know! I have many stories where people have said, “This was the way I got out of the situation which I couldn’t deal with any other way.” So many stories are so beautifully metaphorical. A girl was telling me about breaking a hip—she was windsurfing. She said, “I didn’t head into the wind.” That was the whole story of her life at that time! One of the hardest adjustments to make is for someone not to see their body as the part of them that has let them down, not to separate from their body. There is a huge paradigm shift that has to take place.

Harmony: You say the body has a knowing. Is that knowing intuition?

CP: Absolutely. You know, intuition is like a knock on the door—sometimes with a sledgehammer! We all know it, yet we keep going. Part of it is on the stubbornness level—not wanting to hear. And part of my task is helping people to listen at an earlier stage and realize, “You know, this just doesn’t feel good.” Also, moving them with their thought beyond either a tribal belief—you want to fit in with everybody else—or the belief that you don’t need to listen because it’s mind over matter. Everybody hears their intuition, but they don’t always follow through. I see intuition as a connector to the soul. Sixty percent of illness is a wake-up call from the soul. And essentially, I see illness as consciousness—it’s a frequency of consciousness awaking integration.

Harmony: Is the function of the healer to facilitate that?

CP: Yes. And I first start by saying to the client that the illness is not a weakness or a failure—because we have to move out of the paradigm that it’s a thing to be fixed. What we’re really doing is supporting the client in their integration.

Harmony: A healer really needs to be creative—it’s fundamentally a creative profession, isn’t it?

CP: I believe so. If a client says to me, “I feel better when I do that,” then I say, “O.K., let’s do that.” There’s nothing that isn’t possible. And I tell them, “I will support you,” because I want to be with them in their journey. And I will also say to them, where appropriate, “It’s time you stop hiding behind your illness.”

Harmony: That’s really the whole message of your work—helping people reach a level of honesty. It seems like it’s going for a truth.

CP: Well, integrity is a word I use because we have too many good people! We need authentic people . . . with true purity of heart—the true meaning of purity of heart—to be authentic from the heart. ○

*Known as a mystical physician, Dr. Christine Page is an internationally respected pioneer in changing the face of health care from a system that concentrates primarily on the physical body to one that is soul directed. She has 30 years of experience within the caring professions as doctor, homeopath and seminar teacher. She is the author of five books, the latest being *Spiritual Alchemy*. She and her husband live north of San Francisco under the watchful eye of Mount Tam, the sleeping lady. For more information about the work of Dr. Page, visit www.christinepage.com.*

Dr. Christine Page will be a featured speaker among a select group of insightful and inspiring speakers at the 2007 *Building Bridges of Integration for TCM* conference. *Building Bridges* is a premier conference designed for Eastern and Western health-care professionals as well as anyone interested in learning about cutting-edge medicine. Join us at the beautiful Westfields Marriott in Chantilly, Virginia, from October 18–21, 2007. For details and registration, visit www.tcmconference.org or call 1.888.TCM.6909.

To read the full-length version of this interview, visit www.tcmworld.org and click on “Publications” and this issue of *Harmony*.

The Fire Element Summer



The internal organs are much more than physical structures in the TCM view. They are complex systems also involving aspects of the mind, emotions and spirit. Not only does each organ have a physiological function, it has functions at the invisible level of vital energy, or Qi. Each organ is uniquely related to a body tissue, a sense organ, emotion, taste, sound, climate, and a direction, among a seemingly endless range of correspondences. These associated qualities are organized in the Theory of Five Elements. Functioning as a template systematizing all phenomena into five Universal patterns, this ancient system is integral to TCM theory and provides TCM practitioners with a framework to understand, diagnose and treat health problems.

Summer, with its blazing hot sun, is related to the Fire element. The Heart and Small Intestine organ system is in predominance during this season. This means that their energy is at its height now. During the day, the Heart is at its peak between the hours of 11:00 a.m. and 1:00 p.m., and the Small Intestine peaks between 1:00 and 3:00 p.m. The Heart is truly a miraculous organ. It performs many energy functions that are vital to the health of your entire body, mind and spirit. On a very deep level, it just isn't possible to have true health without a peaceful Heart. This may seem like a very strong statement, yet you have to understand the Heart from the TCM perspective for it to make complete sense.

Housing the Spirit or *Shen*

In TCM, your physical heart is the Heart of your being—with a capital “H.” Its capacity and power extend way beyond the physical organ. It is the King of the kingdom, providing the soul force that coordinates all activity—physical, mental, emotional and spiritual—in the body. TCM believes the Heart houses your spirit or *Shen* as well the “control center” for the other four aspects of the soul, each one residing in the other organ systems. These are the *Yi*, the aspect of the soul linked to thought and the Spleen; the *Po*, the physical aspect of the soul, related to the Lung; the *Zhi*, the soul aspect related to willpower and the Kidney; and the *Hun*, the Ethereal Soul, or mental-spiritual soul aspect, related to the Liver.

Your Body's Organizing Force

While it is true that your body and its organs need energy, or Qi, to power their functions, they also need the right “message.” The great task of the Heart is to provide this message, a kind of all-encompassing organizing force. Essentially, TCM sees everything in terms of relationships—how

things interact. You must have enough Qi and all your organs must work well in order to have good health, yet the organs must also work well together, in harmony. Your Heart serves as a sort of master message coordinator for the organs, receiving and relaying the countless impulses and messages continually sent back and forth between them. This means that if your Heart is troubled and is not peaceful, its function will be affected and this upset will also impact all the other organs.

Governing Blood Circulation

The Heart is responsible, along with your Liver, for controlling blood circulation. Blood moistens and nourishes your entire body, but it also is the material basis for all mental activity, according to TCM. Normal mental activity is reliant on sufficient blood and proper blood circulation. Also, if your Heart is not supplied with enough blood, it will not be able to house your spirit, which will compromise healthy body, mind and spirit functions.

Ruler of Mental Activity

When TCM speaks of the mind, it is a much broader concept than in the West—it's Mind with a capital “M,” and not the small, chattering mind. The Mind includes all aspects of consciousness, including thinking and intelligence, emotions, as well as memory and sleep. So TCM would see issues such as mental problems and sleep irregularities like insomnia and nightmares as potentially arising from an unbalanced Heart. If the Heart does not have enough Qi, it cannot provide a place for your spirit. When this is the case you may experience an uneasy or restless feeling. Sometimes this will cause mental cloudiness and an elusive memory. Without a strong, balanced Heart these key aspects of consciousness can be dull and disturbed.

Controlling Perspiration

Perspiration is the “fluid” of the Heart. Perspiration comes from body fluid, and the Heart controls body fluids. If you find you are perspiring excessively, it can signal a Qi deficiency of the Heart. On the other hand, if you engage in activities that make you to sweat too much, this can cause a Qi deficiency of the Heart. That is why TCM advises against demanding exercise routines that leave you bathed in sweat.

Opening into the Tongue

The tongue is the sense organ related to the Heart. In TCM, the condition of the Heart (as well as other organs) is determined by observing the tongue. The tongue will be a healthy red color when this organ is in balance. If there is insufficient blood in the Heart, the tongue may appear pale or if there is blood stagnation, the tongue will reflect this condition with a dark purple color.

Governing the Blood Vessels

Blood vessels are considered the “tissue” of the Heart. Because the face has many blood vessels, the complexion reveals the state of the Heart. Like the tongue, a pale complexion can indicate insufficient blood, and an overly red face can signal excessive heat. ○

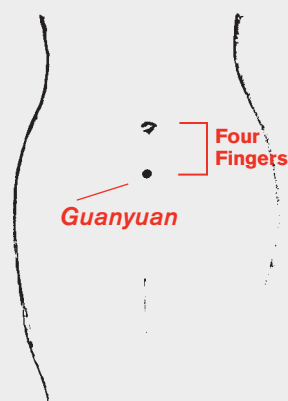
TCM HEALTH TIP

HEALING GATES

In your body there are special acupoints that promote harmonious communication between your organs. These points can be likened to a junction where several major highways intersect—they allow a maximum amount of Qi to flow through them. These acupoints, or “healing gates,” as they are sometimes called, convey many health benefits.

POINT GUANYUAN (REN 4)

Literally meaning “Gate to the Original Qi,” point *Guanyuan* is located about the width of four fingers directly below the navel. It is extremely beneficial for generating extra Qi for healing purposes and longevity. Point *Guanyuan* is especially helpful for women because it can relieve menstrual cramping, rebalance hormonal problems and help infertility. Massage this point every day gently with small circles in both directions for about five minutes.



The Holy Man

EVERYWHERE HE WENT,
THE RICH MAN HEARD
ABOUT THE HOLY MAN



who lived on top of the mountain. It was said that the holy man's garments were spun from the finest iridescent silk handed down from the wife of the Yellow Emperor. And it was said that his house was so grand even the trees surrounding it bowed down, and the effect of the sun reflecting brightly off its golden windows was almost too brilliant to behold.

The rich man's garments were fit for a king. His house of many rooms was filled with treasures and painted opulent colors, but he was certain neither his clothes nor his house were as magnificent as those of the holy man. Night after night the rich man lay awake thinking about how envious he was of the holy man. Finally, the rich man decided to make the difficult journey to the top of the mountain to see for himself.

"I've come to see the holy man," he said to the servant who answered the door of the humble hut perched at the top of the highest peak.

"He is here," the man said with a smile, and he invited the rich man inside.

As they walked from the first room to the second, the rich man looked around for the golden windows, but saw only one open, wood-framed window where three yellow warblers perched, eating crumbs. He looked around for the holy man himself, dressed in robes of finest silk, but he saw only the servant, stooped with age and with tattered sleeves and a long beard that nearly touched the ground. In a matter of minutes they reached the back door and stood outside, where flowers bloomed in profusion and ancient trees swayed gently in the wind.

The rich man exclaimed, "What kind of trick is this? Where is the holy man? I have come a long way and demand to see him immediately!"

"You already have, yet you have not found what you are looking for," answered the holy man in a warm, calm voice. Continuing, he said, "Learn to see with new eyes. View everyone you meet in life, even if they appear plain and insignificant, as a holy person. If you do this, whatever riches you now have will be nothing compared to the treasures you will gain."

Eastern philosophy teaches that a busy mind, full of preconceptions, prevents one from moving into the heart. When the mind is empty, the heart attains a state of calm and rest, and it can open. And only with an open heart can we truly see—without judgment, without bias—and love unconditionally.

Awakening to Wellness

The mind serves a practical purpose; we couldn't manage without it in the "real" world. We use our mind to control many things. We also use it to send many messages to our bodies. Unfortunately, when it comes to health, these messages are frequently negative and undermine the self-healing skill that is our birthright. It's necessary to go beyond the mind when exploring concepts of wellness and prevention.

The outside world engages and dazzles the mind. The chatter we experience and the data coming through our five senses only serve to obscure our true self. In our lives today, there is little opportunity for silence or little time to escape from continual stimuli. The mind is bombarded by external messages, especially from all kinds of media.

Let's examine some common messages about health. We've become somewhat suspicious of real foods, so we avoid things like eggs, butter, milk, teas, among others, because we're taught to worry about cholesterol, too much sugar, salt, caffeine, etc. We're encouraged to turn to foods that may have been stripped of nutrients, de-fatted with foaming agents, or formed into new foods we're told will keep us healthy. We're urged to get tested for many different conditions. We're told to run for miles on treadmills. These actions are supposedly "preventive" in nature, but often they create a fear-driven battle to "conquer" health, rather than a joyful state where life's riches can be embraced.

Take prevention and food allergies, for example. Why do you have a food allergy today when you didn't have one five years ago? Little by little, a particular food has caused you problems until one day, you say, "This food is bad for me." Practically speaking, it's useful to avoid this food, but the food itself is not the issue. Avoidance is not prevention. The food has assumed enemy status—something to fear.

From the TCM perspective, a food allergy signals that an unbalanced relationship exists in your life. The food item acts as a messenger to point this out. If you go deeper, you might see where this problem exists and rebalance this relationship. Once addressed, true health can return. Is the unbalanced relationship between your body and mind? Is it between you and the environment? Is it between you and your family? You and work? If these relationships are not healed, then you might develop allergies to even more foods until the root cause is fixed. Food has a natural purpose—to nurture and sustain us. Food is not bad.

Many of my patients appear to be in a state of fear about "what if." What if I have breast cancer ... heart disease ... diabetes ... high blood pressure? Vibrant health is light years away from the absence of illness and disease. It is not a perpetual state of fear, avoidance, and denial. Finding true health requires a 180-degree about-face to appreciate the body's innate ability to make healthy choices. Respecting the body's signs and signals and understanding its interior dialogue is more useful than listening to external sources like media, advertising, and others who would deter us from exploring our inner guidance system.

How can we cultivate wellness? This issue of *Harmony* is devoted to helping readers understand the nature of health and true prevention. Prevention is not a state of mind over matter, nor is it about preventing future health catastrophes. It's about understanding the origin and spiritual purpose of illness or disease. Good health emanates from healthy belief systems, emotional balance, and healthy relationships among the organs themselves, and between the human organism and its external environment and the Universal.

Each of us is a part of and a reflection of the Universal. We are all under the same law. With the proper tools, we can self-heal and rebalance our systems, just as surely as Nature can.

An effective framework for prevention calls for a new belief system and new kinds of inner listening skills. We should respect our spirit and not abuse it by refusing to acknowledge our powerful self-healing abilities. Train yourself to trust and listen to your body, not your mind. ○

Nan Lu, O.M.D., is the founder of the Traditional Chinese Medicine World Foundation. He has spent more than a decade helping his patients discover the path to true healing and true health. He is the founder of Building Bridges of Integration for Traditional Chinese Medicine and will speak at this educational forum in October 2007.



At Least...

By Michael A. Taromina, Esq.



One common but all-important question I receive on a regular basis is the following: I am in the market for space for my new practice. Can you please advise me?

As practitioners you need to know that the terms of your lease are critical components of your success. Your lease contract will likely represent your largest business expenditure—unless you are paying salaries. It will also be your largest overall financial liability—you can always fire employees, you cannot simply walk away from lease obligations. Here are some of the most common and regrettable leasing mistakes practitioners make:

1. Assuming an attorney or agent knows what specific terms your business needs in a lease. Attorneys look at liability, not marketability. There is a significant difference between legal protection and business profit. You need both protections in the agreement and terms that maximize your ability to turn a suitable profit in the designated space. Two important examples:

- **Subleasing** – Include a term specifically granting you the unrestricted ability to sublease your space to other health-care and medical providers without having to obtain your landlord's approval. To a small business dependant predominantly upon your service, this clause is critical, not necessarily as a business model, but as an available option to underwrite expenses if or when your business is unable to pay rent due to your temporary disability, sickness or attention to personal matters.
- **Length/Options** – Generally I advise new practices to negotiate 12- to 18-month term leases with a unilateral tenant option for substantially longer periods (5 to 10+ years). A new practice, like any small business, is a high-risk venture. After a year in business, your long-term prospects for success will be clear. Therefore, at that point, you want both an out and an unencumbered choice to stay long term. Note: Rent increases for potential option periods must be stated in the agreement or the option is meaningless.

If you are new, and the above clauses are not agreeable to a potential landlord, find another space.

2. Not bargaining with more than one landlord at a time, thereby completely nullifying any negotiating leverage. You are not a site-sensitive business, so market conditions are always in your favor. However, you cannot obtain the best terms unless you bargain for several sites at the same time. Do not fall in love with any particular space. Hate all spaces equally and have landlords bargain for your love.

Most problems that arise between landlord and tenants could have been avoided with more communication and understanding at the outset of the lease. Before you sign, speak directly to your landlord and read every line of your lease. If you do not understand a clause, get clarification. If you do not like a clause, walk away. Your lease is the soil where you will plant your practice. If the soil is deficient, your crop will not yield.

Michael A. Taromina, Esq., has represented practitioners, institutions, organizations, and students in the TCM field. He serves as a member of the NCCAOM Ethics and Disciplinary Committee and has designed and taught programs in health law, ethics, professional liability and practice management.

Do you have a question, comment or issue you'd like Michael Taromina to address in an upcoming column? E-mail *Harmony* at newsletter@tcmworld.org.

Five to Thrive

CONTINUED FROM PAGE 1

you eat in a way that supports the health of your organs and internal energy, or Qi. This is a powerful tool to create wellness because it is something you do three times a day, every day. See “Taste of TCM” on page 7 to learn which foods are most beneficial when eaten in summer. Also, hold the ice in your summer beverages! TCM understanding and natural law teaches that the Stomach “prefers” warm foods and drinks. Ice-cold drinks as well as raw foods and foods with a cold essence (like yogurt) can actually unbalance the function of this key digestive organ.

Take a Break

Finding a balance between work and rest is important to your overall health, in the TCM view. Start your workday with the following two-minute meditation: Sit at your desk and simply close your eyes. Take a few slow, deep breaths. Allow yourself to go into a state of “let go” where you do not focus on any problems, emotions or physical sensations. It's not healthy to go for long periods without a break! You can return to a relaxed, calm state via short meditation breaks throughout your day, as needed. These breaks will give your body a special energy recharge that you can't get from caffeine or sugar. And cumulatively, they can have the same healing value as a longer meditation. Also, bring a plant or fresh flowers at the peak of their energy or lifecycle into your workspace. Doing this connects you with a living message from nature that will help your body and spirit recall its own healing energy.

Move to Build Energy

Your body is about 70 percent water, so from the TCM perspective, soft, slow, water-like forms of movement are the best forms of exercise. Self-healing practices such as Qigong, Taiji and Qidancing increase and balance your Qi. They foster many healing benefits when practiced daily over time. Casual swimming or slowly walking in nature are also great health-builders. And leave the headphones home! When you walk fully present in nature your body connects with and receives the healing Qi of the natural world.

Early to Bed

Ben Franklin was right, after all! Do you know that you expend nearly twice the energy when awake after midnight than you do during the day? Your body has an internal rhythm, and your energy moves deep into your organs during the night, rejuvenating and healing them.

Don't Worry, Be Happy

Emotions play a large role in your overall wellness. They are the actions of your mind and the manifestation of your consciousness. Emotions are often the energy behind many physical problems. According to TCM, emotions are a natural part of life, yet they should flow! When you experience an emotion in excess or hold onto an emotion chronically over an extended period of time, this unbalances the energy of your organs and sets the stage for health issues to arise. One traditional healing exercise is called “Smiling from the Heart”: Sit or stand facing a mirror and smile—a real smile from your heart and not a fake smile. That's it! Your Heart is home to your *Shen*, or spirit, and your face reflects this aspect of your soul. This practice has a very deep effect—it promotes the flow of Qi and blood throughout your entire body. So smile! ○

Summertime Healing Foods

According to TCM understanding, every food has an energy essence that resonates with one or more particular organs. The ancient Five-Element Theory, a fundamental blueprint of five Universal patterns, tells us that a bitter taste is associated with summer and the Fire element. The Heart and Small Intestine are predominant during summer, which means that their energy is at its peak now. Including foods in your summer meals that help heal this organ pair can build the health of your whole body—all year round. Foods that strengthen and help heal your Heart include broccoli, broccoli rabe, plum tomatoes and watermelon. Red apples, red grapes and pineapple are a boon to your Small Intestine; their mild and warm essence helps this

organ function more efficiently, which improves metabolism.

STEAMED BROCCOLI FLORETS WITH GARLIC

Broccoli actually decreases internal heat in the Heart and Liver, and helps prevent Heart disease. This simple healing recipe puts a delicious twist on this powerful green!

Ingredients

- 2 cups of water
- 3 garlic cloves, sliced
- 1/8 teaspoon of salt
- 1/4 cup of white grape juice
- 3 to 4 cups of broccoli florets

Directions

- Place the water, garlic and salt in a large pot and bring to a boil.
- Lower the heat to a simmer and add the white grape juice.
- Add the broccoli florets and toss them well in the liquid.
- Cover and steam a few minutes until the broccoli is bright green and slightly tender.

Serve immediately!

Makes about 3 servings.

Is Wellness the Cure?

CONTINUED FROM PAGE 1

primary focus on creating wellness, not on combating disease. The operational principle here being, what you focus on increases. TCM is a wellness-based medical paradigm, which means it takes a proactive approach to medicine—first and foremost, it shows you how to achieve and maintain true health. This approach stands in contrast to the pathology-based, post-symptomatic orientation of conventional Western medicine—the other way it seems to be moving in the wrong direction in terms of meeting current health-care need.

Fundamental to the TCM paradigm are time-tested principles that make it uniquely effective in addressing the chronic conditions so prevalent today. TCM principles have remained unchanged throughout the ages because they are based on natural law; they accurately reflect how the body, nature and the greater universe interact and actually work at the deepest levels of reality. At the very heart of TCM is Qi, the life energy that is the animating and connecting force of everything in the universe. Interestingly, this ancient model of energy at the core of all existence has been validated by discoveries in quantum physics. All TCM treatment seeks to balance and harmonize your internal Qi, promote your body's innate self-healing ability, and then harmonize you with the Qi of the natural environment.

A key TCM principle teaches us that humans are whole beings—body, mind, emotions and spirit. And each person is inseparably connected to the natural world. In terms of personal health, this means that each of these aspects of being impacts the other. So, for instance, you can't really be well physically if your heart is unhappy or you are not connected to your spirit and fulfilling its mission with your life. This philosophical underpinning is especially relevant to effective, comprehensive treatment of modern conditions—many of them related to lifestyle issues, particularly stress, depression, unhealthy thought patterns and unbalanced emotions.

One traditional Chinese adage says the superior physician teaches people how to sustain their health. Incredible as it sounds, ancient TCM practitioners were paid only if their patients remained well! This tradition underscores TCM's focus on the principles of prevention and education—both go hand in hand in TCM treatment. From an energy perspective, TCM understands what a person does on a daily basis can

either create health or erode it. TCM has a wealth of knowledge about positive lifestyle choices and how they help create wellness. Age-old TCM wisdom and practices teach you about balancing work and rest, food choices that heal your organs, forms of movement that increase your energy, and the powerful role emotions play in overall health, among a seemingly endless reserve of healing resources. This health-care model places responsibility on the individual and empowers him or her to build or rebuild their health with the guidance and assistance of a TCM practitioner in a healing partnership.

TCM treats the root cause of any health issue while addressing symptoms. Treatment with TCM is adapted to the needs of each individual, taking into account a wide range of factors including age, constitution, genetics, physical condition, as well as specific time of day, season and geographical location. With its natural healing modalities—acupuncture, acupressure, herbal therapy, Qigong energy practice, and Chinese psychology—TCM is cost effective, making it potentially affordable by an entire sector of the population that currently goes untreated.

In China, TCM has been successfully integrated with Western medicine for decades. It's a collaborative, complementary model whose fundamental features are its low cost and focus on prevention. For ages, TCM has demonstrated success with chronic conditions as well as sports injuries. It's also been used as an adjunct treatment for pain management, nausea, depression and anxiety. China has a very strong tradition of self-care and places a high value on longevity. Every day millions of Chinese practice Taiji and Qigong, the most prominent forms of self-care. Most Chinese hospitals have Qigong departments, and this modality is used extensively to treat conditions including arthritis, asthma, cancer, and high blood pressure.

What is certain is we are on the threshold of a health-care paradigm shift in this country—the old one can no longer be sustained for a host of reasons. And it appears that what is good for the individual—health care with its foundation in true prevention, wellness, and a fair measure of self-responsibility—will be good for the whole, and traditional Chinese medicine is perfectly suited to play a vital part in that new health-care model. ○

BUILDING BRIDGES FOR TCM 2007 ADDS TWO SPECIAL EVENTS

PRECONFERENCE EVENING DIALOGUE

Thursday, October 18, 2007, from 7:00 to 10:00 p.m.

Using Spiritual Wisdom to Understand and Heal Disease and Illness

Three dynamic healers—a global spiritual leader, a complementary Western medical doctor and mystic, and a doctor of traditional Chinese medicine and energy master—explore the essential role of spirit in healing. Each shares rare knowledge about the source and purpose of illness and disease from his or her powerful spiritual tradition. Together they offer the benefit of their many years of experience and effective ways to address a broad range of conditions, including cancer, heart disease, diabetes and more. Participants will gain surprisingly new insights about how to perceive the spiritual role of health problems and learn special techniques to truly heal.



**H.H. SAI MAA
LAKSHMI DEVI**



CHRISTINE PAGE, M.D.



NAN LU, O.M.D.

Open to the Public. Registration required. Conference and non-conference attendees: \$30.

ADVANCED TRAINING WORKSHOP WITH H.H. SAI MAA

Sunday, October 21, 2007, from 1:00 to 4:30 p.m.

Spiritual Healing: Tools and Techniques to Understand and Practice the Highest Form of Healing

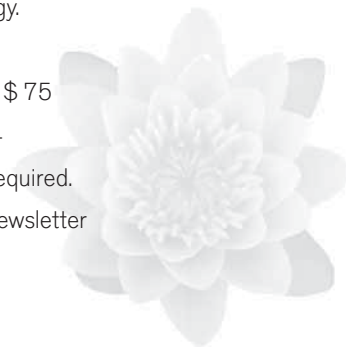
Her Holiness Sai Maa Lakshmi Devi joins the *Building Bridges for TCM 2007* faculty for a unique three-and-a-half-hour workshop on the tools and techniques of spiritual healing. This advanced training is for anyone who wants to achieve his or her highest healing potential. Sai Maa, a global healer and humanitarian, speaks to audiences across the world to help them understand their connection to Divine Light and the nature of their true selves. Her appearance is being sponsored by TCM World Foundation, Humanity in Unity, and the Association for Comprehensive Energy Psychology.

Three-day conference attendees: \$ 75

Non-conference attendees: \$144

Open to the public. Registration required.

Use the registration form in this newsletter or go to www.tcmconference.org.



Visit our Web site at www.tcmworld.org for information on our unique healing programs and products.

Have a healthy summer!



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