Traditional Chinese Medicine Tour 2017
(Xiamen University, China)

13th November 2017, 17:00-18:30
2.21, The Research Beehive, Old Library Building, Newcastle University, NE1 7RU

Lecture 1: Chinese Approaches to Wellbeing and Health in the Context of Traditional Chinese Medicine (TCM)

Speaker

Wang Yanhui, Deputy Dean and Professor in the department of Traditional Chinese Medicine of Xiamen University. His research fields are diagnostics of TCM, science of epidemic febrile disease of TCM.

Professor Wang is the project leader in the research of Prevention and treatment mechanism study of traditional Chinese medicine on common digestive tract cancer of Fujian and Taiwan. The Cancer Therapy Center of TCM of Xiamen University established by Professor Wang has been providing treatment for a great number of patients not only in local and surrounding areas but also from Hong Kong, Macao, Taiwan and Southeast Asia. Atlas of Tongue in Clinic, Health Care by Tongue Observation and The Health of Judgment by Tongue Diagnostics that he took charge in writing has a great influence among the readers. The System of health of judgment by tongue diagnostics chaired by Professor Wang has been evaluated as an internationally advanced. As a distinguished expert in science of epidemic febrile disease of TCM, the project of Study of Wet Disease of TCM that he took in charge of was also won the third prize of Xiamen technological progress in 2009. Professor Wang has hosted in writing Wet Disease of TCM and Wet Disease of TCM Authentic Tradition, the form of which has received the excellent prize for academic writings of China Association of Chinese Medicine (Beijing, China) in 2001.

Lecture Introduction

Longevity is a common pursuit of mankind. Modern social stability and high level of living quality promote the need to stay healthy for longer, making health preservation a popular topic in the society. This lecture mainly discusses the health preservation, explains what health preservation is and why and how to preserve health, and provides a number of practical methods for health preservation, calling on everyone to stay in good health to achieve the goal of improving health and preventing diseases. Meanwhile, the lecture will introduce the traditional Chinese medicine exercise “Ba Duan Jin”. Besides, through the application of traditional Chinese medicine theory, the lecture also teaches the audience to differentiate heat, cold, excess, deficiency syndromes by observing the tongue variation and provides...
corresponding methods of health preservation to help everyone improve their physiques and do their life management well.

**Lecture 2: An Introduction to Acupuncture**

**Speaker**

Qian Xiaoyan, Professor in the department of Traditional Chinese Medicine of Xiamen University. She is also the executive director of gerontology of the world federation of Chinese medicine; the executive director of the Translation Branch of China Association of TCM; the executive director of the Cosmetology Branch of Fujian Association of TCM; the vice-chairman of Xiamen Association of Acupuncture.

Professor Qian has been engaged in TCM acupuncture teaching and clinical practice for 30 years. She teaches Acupuncture, Basic Theory of TCM, TCM Cosmetology, and is responsible for TCM international exchange and cooperation. She has the adept clinical skills of acupuncture and has obtained considerable clinical experience and good curative effects. She is particularly accomplished in acupuncture curing various parenchyma damnification, aches, sequelae of apoplexy, facial paralysis, insomnia, acne, gynaecology diseases and acupuncture for cosmetology, losing weight. She has been selected into the International Cooperation and Exchange Expert Database by State Administration of TCM. She has been to many countries where she gave lectures and had clinical work, undertook part-time professor and advisor in local medical colleges. She has delivered many lectures to In-Service Training Workshop for Confucius Institute Directors.

**Lecture Introduction**

Traditional Chinese Medicine (TCM) is an important part of the Chinese culture. In recent years, natural treatment has been drawing increasing attention. Therefore, acupuncture, as an important part of TCM, and an effective, safe, widely applicable natural treatment, has been accepted by more and more countries, leading to an “acupuncture craze” around the world. There are more than 180 countries accept this method. The WHO recognizes that acupuncture can treat more than 100 common disorders. The number of people that already adopted TCM treatment has accounted for nearly 70% of the world’s population. This lecture mainly introduces how the acupuncture treatment regulate and stimulate the flow of Qi and blood in channel systems to cure diseases based on the conduction of the points and channels of human body, and these could effectively improve the understanding of TCM.

All Welcome Free Admission.