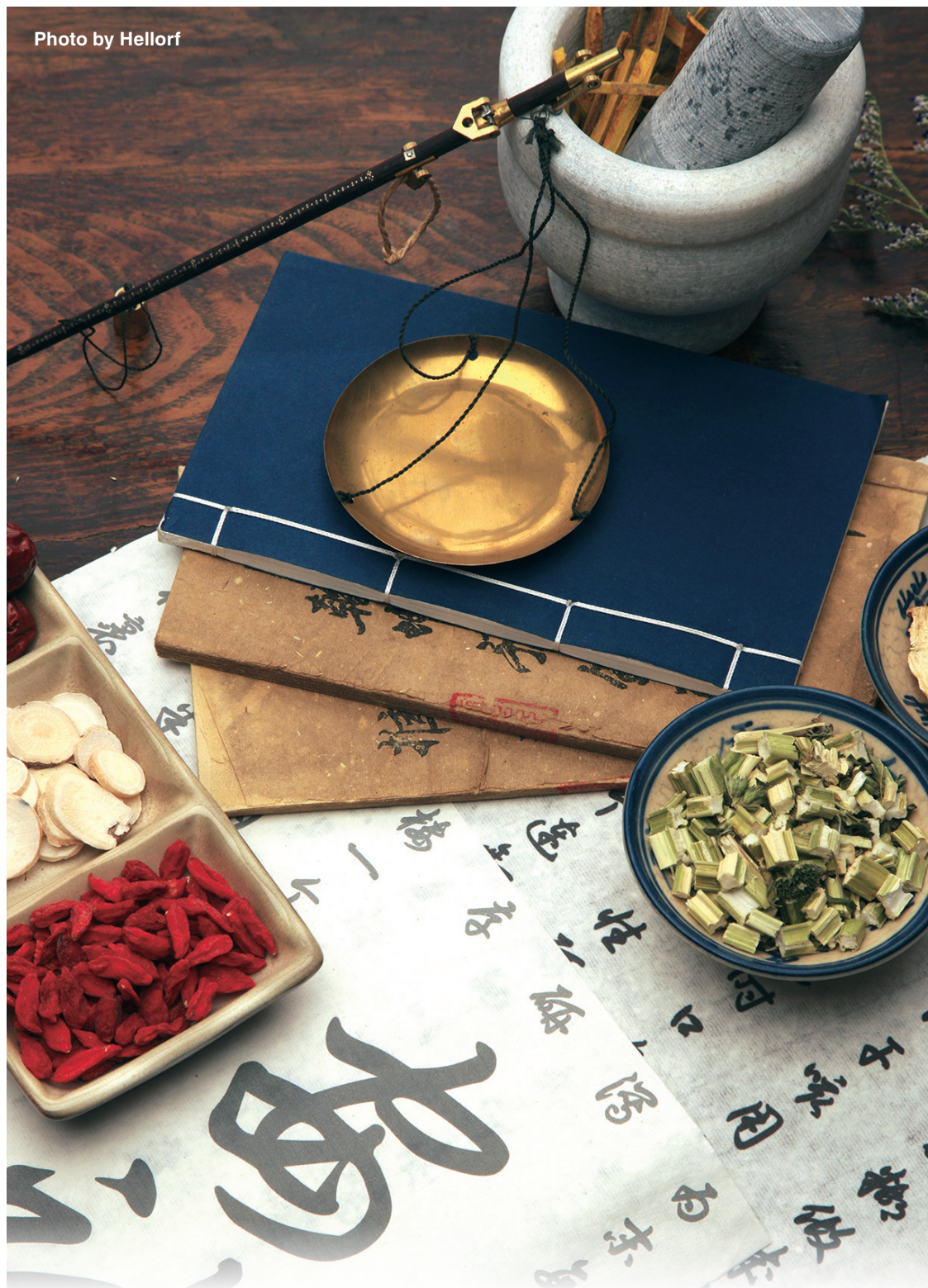


Photo by Hellorf



# Can East meet West in medicine? Integration is a slow process

## Lu Feiran

**L**iberian Joelle Karnwhine came to China two years ago to study Western medicine, but now she has expanded her discipline to include Chinese traditional medicine.

Now a postgraduate student at Shanghai University of Traditional Chinese Medicine, Karnwhine is taking courses that integrate Chinese and Western medicine.

“My clinical practice shows me that Chinese traditional medicine improves blood flow to the eyes in treating conditions such as dry eyes, optical nerve atrophy and diabetic macular edema,” she said.

“In addition, I found it can help treat insomnia, lower back pain, constipation, facial paralysis, and can even promote beauty.”

She also found traditional treatment beneficial for herself.

Karnwhine said massage on several acupoints on her head helped ease her long-term migraines.

“Now whenever I feel the onset of a migraine, I begin to massage those acupoints, and the headache disappears instantly,” she said. “For about eight months now, I have not taken any pills for migraine.”

In recent years, traditional Chinese medicine has become more internationally recognized. Schools for its study have opened in the West. In the United States alone, about 50 programs are accredited by the American College of Acupuncture and Oriental Medicine.

Lawrence Tien, a doctor of acupuncture and Oriental medicine for 17 years in California, said there are more than 12,000 acupuncturists operating businesses around the US, where more than 10 million acupuncture treatments are administered annually.

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It is still a long way to go, especially for compound traditional medicine preparations to be globally recognized. But the success of Biliflow broadened our horizon, and we believe there will be more herbal remedies reaching overseas markets.

## Zhan Changsen

Vice president of Shanghai Hutchison Pharmaceuticals

“Because acupuncture is considered an ‘invasive treatment’ in California, it requires a license to practice, issued by the California Acupuncture Board,” Tien said.

Most of Tien’s clients are office workers seeking to relieve muscle pain, lose weight or promote general physical and emotional well-being.

“Although many people in the US believe that the theories and practices underlying traditional Chinese medicine are not based on scientific knowledge, I’m still fascinated by the rich culture behind it,” Tien said.

“It has a tradition of ‘preventive’ treatment. So for Chinese medicine, maintaining health is the goal, and treating disease is just a means.”

A US patient who identified herself only as Lisa M. said acupuncture cured her long-term temporomandibular