

Humanistic Medicine with Reverence for Life.

Saving Lives, Safeguarding Health, and Upholding the Spirit of Love.



Tzu Chi University

TEL: 886-3-8565301

701, Chung Yang Rd., Sec.3 Hualien, Taiwan 970



Tzu Chi University of Science and Technology

TEL: 886-3-8572158

880, Sec.2, Chien-kuo Rd.

Hualien, Taiwan 970



Buddhist Tzu Chi General Hospital

TEL: 886-3-8561825

707 Chung Yang Rd., Sec. 3,

Hualien, Taiwan 970



Buddhist Tzu Chi General Hospital, Yuli Branch

TEL: 886-3-8882718

1-1, Minchiuan St., Yuli Town,

Hualien County, Taiwan 981



Buddhist Tzu Chi General Hospital,

Kuanshan Branch

TEL: 886-8-9814880

125-5, HoPing Rd., Kuanshan Town,

Taitung County, Taiwan 956



Buddhist Tzu Chi General Hospital, Dalin Branch

TEL: 886-5-2648000

2 Min Shen Rd., Dalin Town, Chia-yi County, Taiwan 622



Buddhist Tzu Chi General Hospital, Taipei Branch

TEL: 886-2-66289779

289 Chen-Kua Rd., Sindian Dist.,

New Taipei City, Taiwan 231



Buddhist Tzu Chi General Hospital, Taichung Branch

TEL: 886-4-36060666

No.88, Sec. 1, Fengxing Rd., Tanzi Dist.,

Taichung City 427, Taiwan 427



Buddhist Tzu Chi General Hospital, Douliou Clinic

TEL: 886-5-5372000

248, Sec. 2, Yunlin Rd., Douliou City,

Yunlin County, Taiwan 640



Tzu Chi Health Promotion Center, Suzhou

TEL: 86-512-80990980

No. 367, Jingde Rd., Gusu Dist.,

Suzhou City, Jiangsu Province, China

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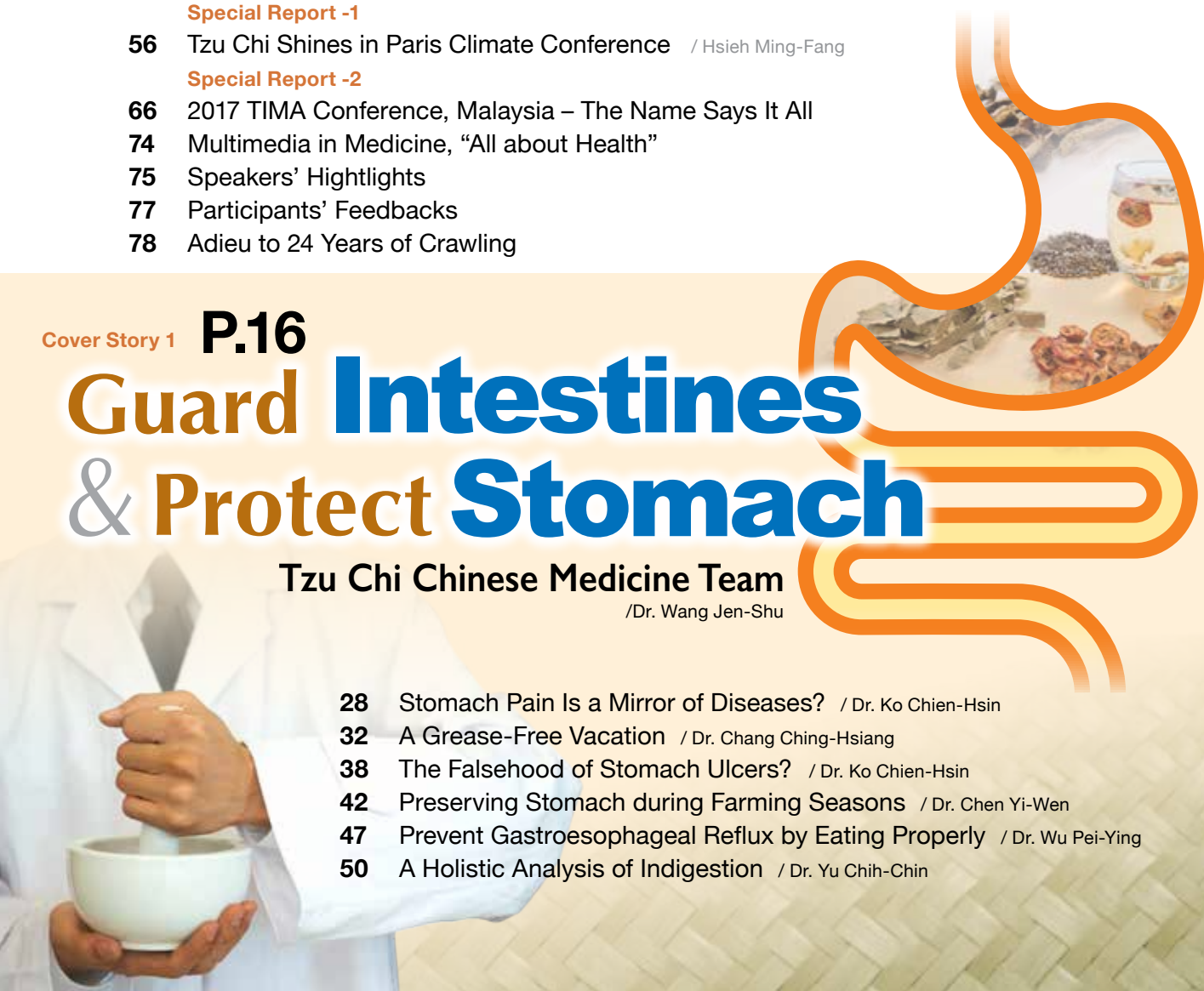
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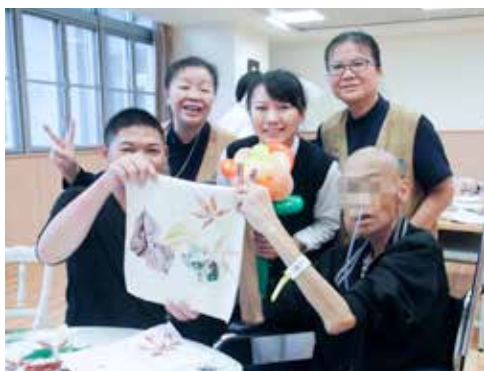
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TIMA

Regardless of one's race, religion or nationality, anyone willing to compassionately contribute time, energy, and medical expertise to help the needy is welcome to join the Tzu Chi International Medical Association (TIMA).

Welcome

Join TIMA, Give with Joy



We need

- medical practitioners
- nursing professionals
- pharmacists
- any health-care related personnel
- ordinary people with a heart to help



Please contact any Tzu Chi office near you.

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Carrying Forward the Essence of Chinese Medicine

Since the founding of the Tzu Chi hospitals, I have been encouraging the departments of Chinese medicine from all the hospitals to collaborate in parallel with the western medicine. In 2012, the Tzu Chi University (TCU) established the School of Post-Baccalaureate Chinese Medicine to train new medical talents in the field. Our traditional Chinese medicine (TCM) doctors have been participating in the international disaster relief efforts in the recent years. A particular scene from the relief effort made a lasting impression on me.

In Jan. 2010, Haiti was devastated by a major earthquake. Tzu Chi chapters from the United States, Canada, and Central America soon initiated disaster relief operations and medical services. A patient, who had endured severe pain caused by unknown disease for over 14 years and could only walk with assistance, received a 4-day acupuncture therapy at the hands of TIMA member Dr. Liao Ming-Huang. On the 4th day, while Dr. Liao was occupied with treating other patients, a burst of cheer from the crowd caught his attention. He turned and saw that patient standing on his feet and ran a short distance. The two were so jubilant that they embraced each other in tears. The genuine emotion that flows between the doctor and the patient were more than apparent.



Everything between heaven and earth, whether it is plants or minerals, have medicinal properties. The westerners use scientific methods to extract and purify herbs, trees, and minerals into drugs, conducted countless experiments, and diagnose diseases with apparatuses. They are referred to as western medicine because they come from the west. As a matter of fact, the pharmacology and physiology of Chinese medicine may not be that different from the west. All the medicines are extracted from within heaven and earth, the east and the west alike, only the diagnoses and treatments are different.

As of now, both the TCU and Taichung Tzu Chi Hospital have medicinal botanical gardens, which offer profound insights into medicinal herbs and their applications. The achievements of Dalin Tzu Chi Hospital in their scientization of Chinese medicine and the facilitation of collaboration between Chinese medicine and Western medicine have not only astonished me, but fortified my trust in Chinese medicine. From the empirical testing on a drop of blood, TCM doctors can analyze the patient's psychological, physiological, and pathological conditions. If Chinese medicine can treat a patient, herbal medicine can be prescribed; if further examination by the Western medicine is required, referral to other departments can be arranged. No time will be wasted.

Aside from acute trauma and disease that demands surgery or chemotherapy, people nowadays would choose TCM. The therapeutic orientation of TCM is the balance of the four elements and the restoration of mind and body to their natural alignment. Let us work hand in hand in carrying forward the essence of Chinese medicine.

Education That Integrates East and West

The Success of the School of Post-Baccalaureate Chinese Medicine

Dr. Lin I-Hsin, the Director of the School of Post-Baccalaureate Chinese Medicine, Tzu Chi University



In May 2014, the white coat ceremony for the first session in School of Post-Baccalaureate Chinese Medicine, Tzu Chi University.

School of Post-Baccalaureate Chinese Medicine, Tzu Chi University, was established in 2012. Inheriting the tradition TCU has consolidated in the past two decades, the School has jointly appointed close to 30 faculty members in the field of Western medicine to assemble an outstanding team of educators, comparable to the Department of Medicine, who excel in biochemistry, anatomy, physiology, pharmacology, pathology and clinical medicine. As for educators in Chinese medicine, the School continues to recruit close to 30 resident and adjunct instructors from all medical schools, as well as senior physicians and department directors of Chinese medicine from all six Tzu Chi hospitals to co-instruct. The faculty lineup is superb.

To promote and develop traditional Chinese medicine (TCM) while integrating the research of contemporary biotechnology, the School of Post-Baccalaureate Chinese Medicine has established specialized classrooms: TCM concoction, acupuncture and traumatology, TCM diagnosis, and clinical skills, as well as two joint laboratories. Furthermore, TCU Botanical Garden of Chinese Herbal Medicine was established, opening to students, faculty, and off-campus guests.

The modernized teaching excellent project on TCM diagnosis aims to train our students in the operation

and application of modernized TCM diagnostic equipment, and by introducing technological diagnostic products of modernized TCM, to create the opportunity for teachers and students to embrace and develop TCM diagnostic skills and products. Through heart rate variability (HRV), meridian energy analysis system, and ANSWatch wrist patient monitor and other devices, the students of our School are not only trained in the comprehension of traditional theories of yin-yang and five elements, the concepts of acupuncture and meridian system, as well as the development of evidence-based TCM. We endeavor to train a new generation of TCM physicians who will play a vital role in the accelerated integration with the main stream medicine to form a collaborative “Chinese and Western Integrative Medicine”.

The medicinal botanical garden of our School was inaugurated on May 16th, 2015. The garden provides an educational venue for the study and supply of medicinal herbs, and offers our students a place of recuperation. This is the first medicinal botanical garden nationwide sectioned in accordance to human organs. Other peripheral sections are divided into areas for brain nourishing herbs, for refreshing herbs, for aboriginal herbs, for herbal tea, for anticancer herbs, for toxic herbs, for aromatic herbs, for folk festival herbs, for vines, and for aquatic

medicinal botany.

The first white coat ceremony for TCM students was held on May 17th 2015 by Master Cheng Yen. She handed in person a stethoscope and a acupuncture bag to each of the 44 students, encouraging them to preserve their initial inspiration, to comprehend beyond pharmacology and physiology to include patients' psychology; to be a gentle, empathetic, trustworthy physician, and a reliever of disease, a solace to the suffering.

The first class of our School performed exceptionally well. Not only did all of them passed the first stage test of TCM in the

"2014 2nd Professional and Technical Examination", after a year of fundamental course on Chinese and Western medicine, these 44 students had been interning respectively at Hualien, Taipei, Taichung, and Dalin Tzu Chi Hospital. Our School places strong emphasis on the integration of Chinese and Western medicine. Our student interns in the Western medicine in their 4th year, and TCM in the 5th year. In future, the School of Post-Baccalaureate Chinese Medicine will further improve our administrative service system, enhance curriculum planning, and strengthen faculty lineup to train trust-worthy humane Chinese medicine doctors.



In May 2015, the commencement of the botanical garden in the Tzu Chi University campus.



Photo depicts pharmacology class running test in the botanical garden.



Students and their families visiting the medicinal botanical garden in the Tzu Chi University Campus.

Encounter with a Patient from Another Country



Written by Wu Hung-Pin, MD, Director of Otolaryngology Dept., Taichung Tzu Chi Hospital

When cochlear implant was introduced to Taiwan, it was only single band cochlear. Now, it has been developed to multiple bands to transform sound. It is like a big jump from cassette player to surrounding sound stereo. It is great news to patients.

It is one of most painful things of life if one loses hearing. The cochlear implant technology gives the severe hearing impaired patients hope. It is what I have been doing. In fact, many children who have had cochlear implants, their grades are not less than the other children. They live a normal and happy life. The elderly no longer have to stay in a corner and now can live a colorful life.

"Foreign Country" (author Kebao Deng) is a famous war literature I read when I was in elementary school. It describes the main character in Burma Expedition who withdrew from Yunnan to Myanmar, and finally stayed in Northern Thailand. I was very impressed and had a lot of respect for him. In 2014, I actually met the offspring of the main character in "Foreign Country".

Little An is the third generation, and is the younger one of a prematurely born twins. Both of them have many complications due to premature birth, such as issues with the heart, hearing, lung, bronchus, etc. At the time, the family did not have health insurance, and it was hard to take care of these two children. Having difficulty in money, the parents still worked hard to fight for the children's right to survive.

Taking Over Difficult Case - He Can Hear and Talk Now

Although Little An was three, he still could not hear. After an unsuccessful cochlear implant, Little An was transferred to Taichung Tzu Chi Hospital. I took over the case.

To me, a transfer from a hospital well-known for cochlear implant shows the confidence of our abilities. More so, I wanted to help this child. Not only because he is the offspring of "Foreign Country" and



Dr. Wu Hung-Pin executes the cochlear implants. No matter how difficult it was, he worked hard to complete the task.

the parents love this child, but because I am a doctor, I hope to help him to hear like other children.

There were a lot of issues when we operate for the first time because Little An's facial nerves covered the cochlear. We were not able to find room to insert the electronic ear unless we cut off the facial nerves. However, if we did that, the face would be deformed. This is the reason previous operation was not successful.

Later, I tried various methods, even tried turning Little An's head to the other side for a backward implant. The final method was to cut a small crack at the end of the nerve, splitting it into two, and successfully inserted the electronic ear through the two facial nerves. It took over five hours for the operation, which was nearly double the time of a normal operation. The operation was successful, and Little An was able to hear. The recovery was good, too. He reacted to sound and sensitivity. Everyone was very happy for him.

Sudden Loss of Hearing Lead to Operation Again

Unexpectedly, six months after the operation, resistance of the 12 electrodes inside the electronic ear increased. After nine months, there were only two electrodes operating. A multiple-band electronic ear needs to have at least eight functional electrodes. Having only two electrodes is like hearing from the early single band electronic ear, the sound effect was no longer good.

In the beginning, I thought it might be the electronic ear malfunctioning, or infection inside Little An's cochlea, or something else causing it. The only thing we could do at the time was to replace it with a new one. The previous electronic ear was sent back to the original manufacturer for testing and the test result did not show any problem.

The new electronic ear operation was also successful, and the 12 electrodes

were operating fine. However, after about four months later, the same situation occurred. The resistance of 12 electrodes gradually increased, and we did not know what happened. We thought if it was bacterial infection, the antibiotics should have worked. If it was inflammation, then steroid or anti-inflammatory drugs should have worked. No matter what medicine we used, nothing worked, and we could not find the causes.

Although Little An had heart and kidney diseases, he was still an active child. The parents were also sad about the result because they had heard Little An said mom and dad, but he couldn't any more. I thought that if the parents agreed, I would try to do the implant for the third time, and Tzu Chi Foundation and Yawen Foundation also agreed to subsidize the expense also. The father wished to try again, but the mother felt that the child had suffered enough and decided against it.

Little An was the first child that I had to do implant operation twice. I suspected that it was the implant itself but something to do with his illness. However, due to multiple congenital illnesses, I was not able to do any check up in the child's head.

Open the Wings of "Smile" **The Joyful Angel** **Smooths the Hardship**

In early May of 2015, four years old Little An passed away in the Medical Center in Taipei. The parents cared for their



Wu Hung-Pin helped Little An to set up the electronic ears so he could hear and talk. Regrettably, he lost the hearing again. Little An's father told Little An to give Dr. Wu Hung-Pin a kiss to thank him.



Dr. Wu was touched by the love of Little An's parents, and the fact they never gave up.

children the best they could unconditionally. The result might not be what we wanted, but I am glad that I had the chance to help in the process. Sometimes, I wondered if there was anything else I could have done. After doing cochlear implant for so many years, I learned something from this case. The doctor is connected with the patient, helping the patient to navigate. I participated in part of their lives.

My heart aches for Little An. The child had a good soul. He was not afraid of doctors, never cried when getting the shot, put out his arm when we needed to draw blood as if this was something he was used to. These did not bother him. He was always smiling. His attitude toward the hardship in life was nothing to him.

Buddhism talks about cause and effect. The result may not be everyone wished, but he had a special name, like the famous director Ang Lee. The parents loved this child. He might not be handsome but the spirit shone through his eyes. One could not help but like him. Although he was so little, he faced the hardship but encountered with a smile. Although I was not with him when he was operated for a bypass, I believe that he still went through it with a smile. He treated these things like a game, and happily completed his part.

Although it was a short period of time, Little An had brought joy to others. He was not afraid of doctors. He always smiled and hugged every medical staff. Today, with so many medical disputes and arbitration, this patient and family gave us the greatest support to continue what we do.

Every child with electronic ear is special. They are different from others due to severe hearing impairment which causes various types of abnormal issues. Little An's case is the first time I saw this type of case, which I believe is rare in Taiwan. I checked many articles but could not find the right answer of what happened to him.

Little An lived in Chongli, Longtan.

Although I had never met with the brothers and sisters of Tzu Chi volunteers there, I am touched that they regularly visited his home. Even after the operation, volunteers continued visited and cared for them after they returned home. Furthermore, our medical team did not give up because the first cochlear implant was not successful. I am even surer that we have established a good cochlear implants operation team.

Although we might think that we have done our best, the answer or result does not seem to be perfect. Parents and others know that we did our best. I think we can do better with more work. There are still mysteries in medical treatments, sometimes with no answers. I am grateful that Little An gave me the chance to learn things I have never thought about. I will continue to work hard.



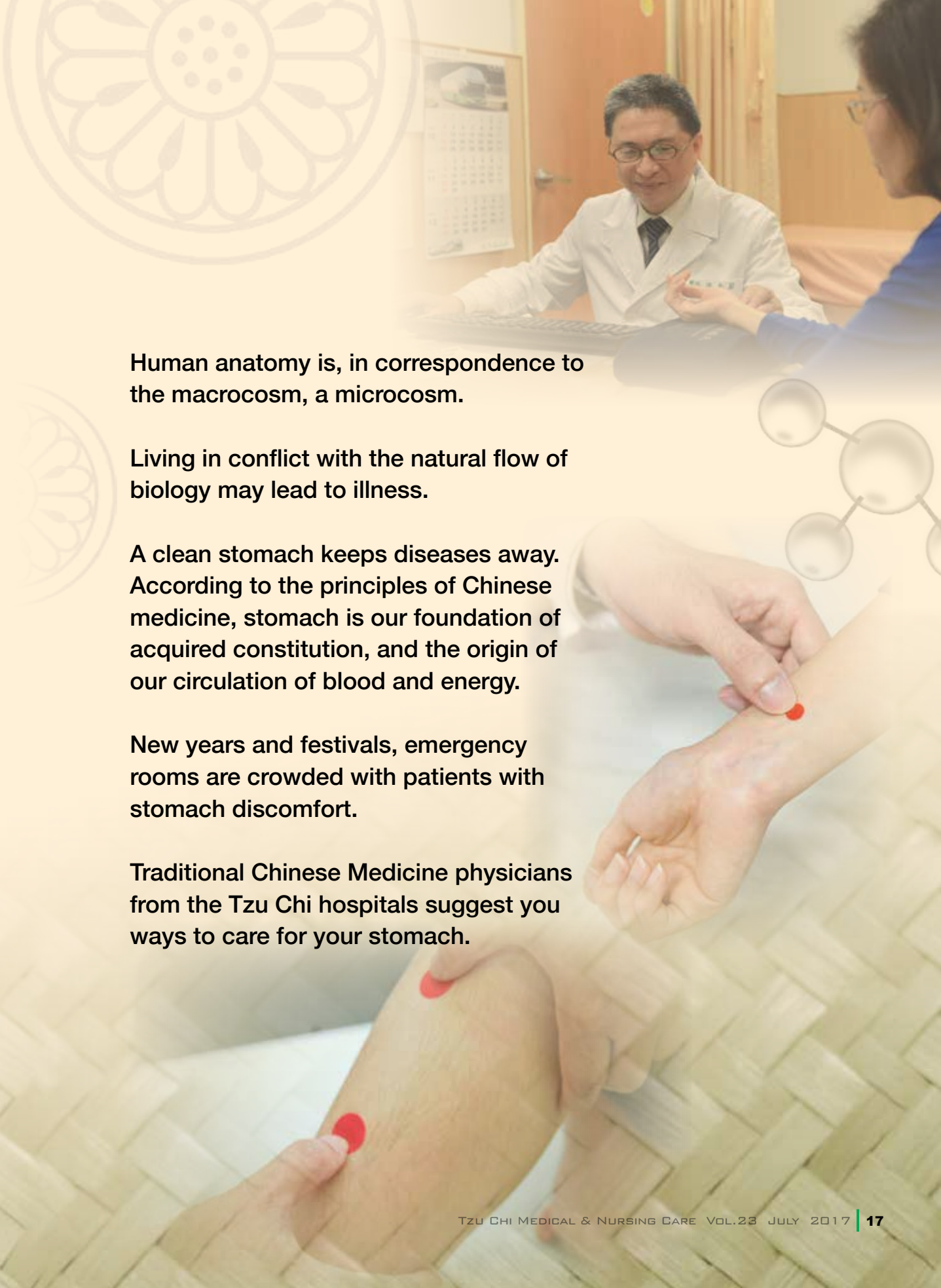
Although Little An's short life was spent mostly in the hospital, he brought joy and good memories to people around him. The picture is Little An's parents accompany him in hearing recovery exercise.



Guard Intestines & Protect Stomach



Tzu Chi Chinese Medicine Team



Human anatomy is, in correspondence to the macrocosm, a microcosm.

Living in conflict with the natural flow of biology may lead to illness.

A clean stomach keeps diseases away. According to the principles of Chinese medicine, stomach is our foundation of acquired constitution, and the origin of our circulation of blood and energy.

New years and festivals, emergency rooms are crowded with patients with stomach discomfort.

Traditional Chinese Medicine physicians from the Tzu Chi hospitals suggest you ways to care for your stomach.



Dr. Wang Jen-Shu, Vice-Supt. of Taichung Tzu Chi Hospital

The food ingested during holidays and festivities are often extravagant and high in calories. One must beware, though, that TCM dietary supplementation must be in accordance with one's constitution and symptoms with professional guidance from physicians and pharmacists. Many gastrointestinal diseases have complex pathogenesis, while climate changes may lead to earlier onsets of diseases. Gastrointestinal hemorrhage, cerebral hemorrhage, and peptic ulcer, for example, are common diseases in winter. Low temperature is a source of physical stress. As blood vessels contract from the cold, volume of blood flowing is reduced, blood volume in the stomach increases, internal pressure builds, and for patients with ulcers the exposed blood vessels may easily rupture. When coupled with binge eating, the odds of gastrointestinal hemorrhage and inflammation increase, worsening the original diseases.

Stomach is the Foundation of Health

When speaking of spleen and stomach, the foundation of acquired constitution, TCM specifically points out that “a clean stomach keeps diseases away, a strong stomach keeps one healthy”. TCM refers to human anatomy as a microcosm, in correspondence to the macrocosm, the universe. The concept

originated from Dong Zhongshu in the Eastern Han Dynasty. From the study of “Gongyang Zhuan”, Mr. Gongyang's commentary on The Spring and Autumn Annals, he applied the five elements—metal, wood, water, fire, earth—to correspond with “Earth, Water, Fire, Wind”, in which metal refers to minerals, wood refers to botany, water includes oceans, rivers, and streams, fire refers to worldly flames and the sun, and earth as the earth we know.

The operation of the universe relies on sun and moon; the operation of the five elements relies on yin and yang. Judging from the material state, sun and moon forms the foundation for the dichotomy of yin and yang, hence the human anatomy naturally corresponds to the five elements in the worldly realm.”



Vice Supt. Wang Jen-Shu of the Taichung Tzu Chi Hospital reminds the public to conserve the health of their stomach while enjoying vacation.



On Sept. 12, 2015, the 8th anniversary of the Dept. of TCM, Taichung Tzu Chi Hospital, Dir. Chen Chien-Chung led the team to practice eight-section brocade qigong.

This theory, after various interpretations, gave birth to the theories of viscera state founded on the principles of yin-yang and five elements, which corresponds heart to fire, liver to wood, spleen to earth, lung to metal, kidney to water. Heart pulses to pump blood, therefore corresponds to fire, and shares an external-internal relation with small intestine; lung corresponds to metal, responsible for the regulation of energy (qi) and breathing, and shares an external-internal relation with large intestine; liver corresponds to wood, filters toxins like plants filter air, and shares an external-internal relations with gallbladder; kidney corresponds to water, and shares an external-internal relations with bladder; and spleen corresponds to earth, responsible for sustaining life, in charge of the digestive system much like earth absorbs food and water, and shares an

external-internal relations with stomach.

A simple description of the digestive system is that food is ingested through the mouth and enters esophagus after mastication; once it reaches stomach, the food is broken down through peristalsis from macromolecules to micromolecules ready for absorption. The food is then sent to small intestine where, with the cooperation of digestive juice from pancreas and hepatobiliary bile, it is decomposed and absorbed. About 90% of the water is absorbed by small intestine, leaving 10% for large intestine. The rest continues on to the rectum and is excreted from anus. This is the fundamental structure and functionality of our digestive system that employs physical and chemical methods to digest method. In TCM, we refer to it as “The Qi of Spleen Earth”.



In this human “digestive tract”, each location has its respective function that is indispensable. First, food is broken down in the mouth, then processes through chemical agitation and digestion again by gastric juice, small intestine enzyme. Pancreas can produce pancreatic fluid, trypsin digestive enzymes, and bile to facilitate fat absorption. The front end of the entire digestive system that initiates digestion is mouth. When mouth moves, stomach follows; when stomach has food, intestines follow. This animalistic physiological activity is the way humans and most species acquire nutrition,

produce energy for growth and survival. TCM has been referring to this acquisition of nutrition for the preservation of life as the “foundation of acquired constitution”.

We Are What We Eat

Spleen and stomach, as vital as they are, can bring catastrophe on mind and body once damaged. The prevention of digestive diseases have intimate associations with food intake, emotional states, cooking methods, seasonal changes, quality control, and even defecation habits. Out of these factors, food intake plays a dominant role. One



TCM pharmacists and pharmacists of the Taichung Tzu Chi Hospital would research or concoct medications according to clinical needs. The photo shows the longevity tea prepared by the TCM pharmacists during the Medicine Buddha day.



The multidimensional development of TCM, Taichung Tzu Chi Hospital, attracted foreign TCM physicians and medical students to visit.

should refrain from fried, barbecued, and spicy food, as the adversity may affect the entire body. Research has shown that 30% of colorectal cancer cases are caused by red meat, followed by mastication. Chewing betel nuts, for example, may cause oral whitening, which increases the risk of oral cancer; frequent consumption of alcohol and spirits can drastically increase the risk of esophageal cancer. These are inappropriate diet that could have lasting impact on the digestive system.

The preservation of food is equally important in healthy diet, as inappropriate preservation may lead to disease. Bacteria in rotten meats produce toxins

and salmonella that can cause acute gastroenteritis; allergic foods can lead to skin rash and diarrhea; high temperature can burn esophagus; low temperature can cause gastrointestinal allergies, stomach swelling, and other issues.

Dietary Methods Are Important

Oral cavity is a vital organ that integrates mechanical and chemical digestion, and is therefore placed in the front line of the system. Controlled through the 5th pair of cerebral nerves and accessory nerves, teeth chew the food, produce saliva to break down starch and enzymes, macromolecules are broken



down and delivered to stomach.

Inside the oral cavity are three glands: sublingual, submandibular, parotid glands. All 6 pairs of salivary glands are involved in the digestion, decomposition, bacteriolysis, and heat preservation of food through chemical actions. Conversely, poor chewing habits could be a major pathological cause of gastric inflammation and ulcer. If foods are not thoroughly broken down and digested while in oral cavity, stomach, which is simply a cyst, would be overstressed from digesting large chunks of food. Foods that are too hot, too cold, or too stimulating can apparently cause inflammation, which, over a long period of time, would lead to gastric acid erosion of the stomach wall, and eventually the formation of acute and chronic gastritis ulcers or pylori infection.

Physical needs tend to operate in a way of its own. Once the methods are wrong, disease may ensue. Many white collars sit all day long, exposing themselves to high risk of constipation. In fact, intestines will not move if stomach is empty. Many people have constipation because they eat too less. Without any fiber, stomach does not have the opportunity to deliver message to large intestines; and without intestines moving, defecation would be impossible. Fundamentally speaking, one has to chew slowly for the sake of one's stomach. Only with enough loading in the stomach would

the intestines move, hence the oral-gastric and gastrointestinal reflexes. Building an accurate understanding of these two concepts is the path to longevity. In TCM, we call it the "stomach qi".

Sthenia and Asthenia

Approximately 10% to 20% of the Taiwanese population suffers from Irritable bowel syndrome (IBS) (the global prevalence rate of IBS is 15%). In TCM symptoms are divided into two categories: Sthenia and asthenia. Treatments for each category vary accordingly, adhering to the philosophy of TCM, "syndrome differentiation and treatment". Emotional stress complicated with gastric juice secretion disorders, which induces increased defecation, abdominal distension, and flaky stool, is diagnosed by the TCM as asthenic allergy, and the appropriate counterstrategy is soothing the liver and fortify the spleen, invigorate the center (spleen and stomach), replenish qi (increase body energy), and reach the desired goal, reduce peristalsis and increase absorption by regulating autonomic nerves and emotional sensitivity.

As for sthenic allergy, which is common in youth, the symptoms are nervousness, red and dry lips, agitated at night, fast pulses, sensitive stomach, mucous inflammation, and



The TCM team of Taichung Tzu Chi Hospital participates actively in community health screening and medical outreach.



Traditional Chinese Medicine Dept., Hualien Tzu Chi Hospital



Traditional Chinese Medicine Dept., Dalin Tzu Chi Hospital



frequent diarrhea with cold or hot stimulants. In this case, TCM would recommend the removal of intestinal heat, mucosal congestion, and nervous sensitivity. Any types of asthenic symptoms require replenishment, like how dogs bark when hungry, for example, and feeding it would resolve the issue. Conversely, students drinking intestine-clearing scutellaria decoction prior to examinations could reduce gastrointestinal sensitivity, and calms the pre-examination nervousness.

Clinically speaking, TCM has many prescriptions that target gastrointestinal issues by facilitate digestion, stimulate gastrointestinal peristalsis (flow of qi), and enhancing gastrointestinal circulation and nerve invigoration (warming replenishment). Constipation common in old people is generally caused by a dynamic bowel. Through the process of syndrome differentiation and treatment, one would focus on the therapeutic treatment with warming and replenishment, intestine moistening, and qi circulation.

Chew 30 Times Per Bite to Longevity

Whether it is TCM or western medicine, medications only target symptoms no matter how effective they are. As for root causes, fundamental

changes to daily life is essential. An association in Japan has proposed a rather effective strategy. They encourage that one should chew thirty-times over a thirty-second duration every bite, a method that can prevent the ingestion of food too hot or too cold and facilitate digestion through adequate salivation. In simple terms, the strategy fully utilized organ functions, engage in physical and chemical digestions with proper chewing. Many elderlies who live a long life are salivated even though they are not eating. Drink your water in 10 seconds, hold it in your mouth for 20 seconds before swallowing it down, and that is the way.

Trees prosper with the earth as foundation, spring blossoms are the result of seasonal changes, such is the operation of cosmic. In the beginning of a year, listening to the vital message from the earth. The path to longevity that TCM proposes is to mind the operation of the microcosm, providing one's body with proper diet, attend to one's spleen and stomach that are the foundation of acquired constitution, absorb adequate nutrients, and perfect health comes naturally.

Integration of East and West

Taiwan has been advancing the modernization of TCM and the



Traditional Chinese Medicine Dept., Taichung Tzu Chi Hospital



Traditional Chinese Medicine Dept., Taipei Tzu Chi Hospital



implementation of Chinese and Western Integrative Medicine for half a century. In the four years since the founding of the School of Post-Baccalaureate Chinese Medicine, TCU, a two-track education approach was taken with TCM as main and Western medicine as auxiliary. Graduated students from the School are fully capable of utilizing their comprehension and application of all the professional knowledge and equipment modern medicine has to offer in their diagnosis, analysis, and treatment, integrating fully with TCM to provide modernized integrative medical service.

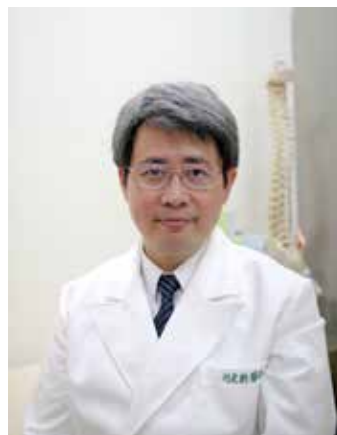
In 2012, the CEO Office of the Tzu Chi Medical Foundation founded the “TCM research & development team”. At the same time, the Taichung Tzu Chi Hospital also established the “Chinese and Western Clinical Integrative Medicine Research Center”. The clinical scope of the integrative medicine includes neural/brain trauma, oncology, dermatology, pulmonary diseases, and gastroenterology. Many projects on integrative researches are currently underway.



**Traditional Chinese Medicine Dept.,
Kuanshan Tzu Chi Hospital**



**Traditional Chinese Medicine Dept.,
Yuli Tzu Chi Hospital**



Stomach Pain Is a Mirror of Diseases?

**Dr. Ko Chien-Hsin, Director, Traditional Chinese Medicine Dept.,
Hualien Tzu Chi Hospital**

When my patients complain about stomach pain, I would always ask: “Breakfast, lunch, and dinner, did you eat when you are supposed to?” It is not about stuffing oneself with food, but rather to eat moderately in a timely manner. Only one thing can happen when someone skips meals when needed, or eats more than needed - retribution. You torment it today, and it torments you back tomorrow.

“My first stomach ache happened in the third year of junior high. Our school had routine cleaning sessions during lunchtime, and half an hour lunch was drastically compressed. I had to eat fast. The habit accumulated, and the pain persisted to this day...” a patient who had been troubled by long-term stomach pain said. When I asked her if she had slowed down her eating pace, the patient shook her head guiltily. Eating irregularly at a rapid pace had become her habit.

Is there a chance for her to be relieved from stomach pain if this is the

case? Whatever the underlying causes are behind the irregular dietary pattern, you have to memorize one principle (and I say it again)—you torment it today, and it torments you back tomorrow.

Three Meals a Day in the Right Way

There is a saying, “eating is more important than an emperor’s order”. The most ideal scenario is to dine like a French cuisine, eating slowly, dedicatedly with adequate time and relaxing mood. This is the best way to manage your stomach. Even when occupied with work, or many other reasons like the aforementioned patient that cut your mealtime short, at least focus on each bite as you eat. Do not spend time on your phone talking business or chatting, allow blood to concentrate at your stomach for proper and effective digestion.

Regarding this point, she answered



with a sense of innocence, “but I eat very slowly already!”

Since eating slow was not an issue for her, it is time for me to speak about dietary avoidances. In TCM, we do not recommend extreme diet. What is classified as extreme diet? Foods that are too hot, too icy, too cold, or too spicy. People with unhealthy stomach should avoid hard to digest food like glutinous rice and mochis, or a sudden change to whole grains.

I have encountered patients who, after recovering an illness or a health examination, vowed to eat only whole grains. Whole grains are nutritious, but people with different constitutions may find whole grains indigestible, hence forcing down food of any kind is generally ill advised. So is whole grain food truly untouchable? The answer is no. However, the dietary process should be changed step by step. For example, if you are accustomed to cooking two cup of white rice, change a quarter-cup to whole grains at first. The gradual alteration can provide ample time for stomach to adjust without any undesired side effects.

We all know to stay away from icy and fried food, but such is human nature: we are troubled if we do not eat, we are troubled if we do eat. I usually ask my patients, “what kind of life do you want to lead?” Choose a life and live it out accordingly.



Desserts give people a pleasant sensation, or rather, a falsehood of pleasant sensation. It is a deception to our body, not taking care of it. Occasional deceptions may be fine, but our body would protest in the long run.



The patient asked again, “I eat so little, but I really love desserts. It is something I just cannot quit.”

The reason why people are passionate about desserts is generally to relieve tremendous stress. It is the same as how school children indulge themselves in games and fun prior to exams, our body also naturally seeks out stress relievers. Foods that are sweet or with heavy flavors are at the top of the list. Desserts can elevate blood sugar, generate pleasant sensations, and facilitate happiness. However, it is all but an illusion. It is how we fool our body, not taking care of it. This deception is acceptable on short-term basis, after that, body would begin to protest. Those who lack the awareness would continue to deceive themselves until their body collapses. The scary part of this scam is that our body can compensate for this deception for a short duration without any apparent consequences.

This is a grave mistake, a prelude to the coming illnesses. Many people drink coffee as stimulant, but without adequate physical endurance to begin with, this habit can evolve into coffee dependence, masking the true issue behind it all. Many dessert lovers have issues with obesity, fatigue, and hyperlipidemia. TCM believes that desserts produce sputum, alter one’s constitution into a damp-heat one. Indulgence in the pleasant illusion of desserts would lead to the ignorance of



People have desires. For those with gastrointestinal issues, the priority is the reconstitution of their body, to avoid foods that are detrimental to health and to embrace those that contribute to health.



the underlying risks.

Of course, it does not mean that all these food should be prohibited. Eat occasionally in a small portion is the abiding principle. We all have our desires. For those who have stomach issues, the priority should be the reconstitution of their body, to avoid food that is detrimental to health and to embrace those that contribute to health. A patient once told me, “I had a poor childhood with nothing much to eat. Now that I have wealth, I have to watch my mouth because of diabetes and the three-hypers (hyperglycemia, hyperlipidemia, hypertension).” If you fail to take care of your body, once the body collapses, all you can do is to stare into delicious cuisines. That is a whole new level of pain.

Root Out the Cause Before Too Late

On the topic of stomach pain, I am obligated to explain that it is not a disease per se, but a symptom. It is merely a tip of the iceberg. Some people experience pain, for example, while others experience stuffiness, flatulence, acid reflux, or acid burn. All these symptoms are not necessarily caused by stomach. Cardiac infarction or gallstones could lead to stomach pain, diaphragmatic inflammation, and even appendicitis where the pain proliferates to lower right

abdomen. Our senses may be deceived at first and mistaken the symptoms as stomach pain or gastric ulcers. The real culprit is only unraveled only through thorough diagnosis.

Emotions can also be the cause behind the “symptom” of stomach pain. In the five elements we speak of in TCM, “Heart, liver, spleen, lung, and kidney; fire, wood, earth, metal, and water”, wood restricts earth, which is translated to “liver (wood) restricts spleen (earth)” in terms of human anatomy. Our liver operates like an autonomous nervous system, and the spleen mentioned above refers to both stomach and spleen. Whenever we are depressed or angered, our digestive system is immediately affected. Since anger burdens liver and restlessness burdens spleen, eating during those emotional states would obviously lead to stomach pain. Despite our instinctive denial of stress, our body remains honest.

It is very like that the solution to stomach pain is not to deal with it directly. The pain is nothing but a reflection of our anatomical conditions. Some people inhibit acid reflux by taking liquid antacid, but the inhibition of what is needed for digestion may not be good. It is an attempt to remedy to symptoms, not the cause. A wiser tactic would be to trace the cause to the symptoms, which is stomach pain in this case, and deal with it accordingly.



A Grease Free Vacation

**Dr. Chang Ching-Hsiang, Physician, Traditional Chinese Medicine Dept.,
Dalin Tzu Chi Hospital**

Under the influence of long vacation and its euphoric vibe, patients with chronic diseases often suffer from high cholesterol, blood pressure, blood sugar, and bloating from unrestrained intake of traditional festive platters and snacks that

are abundant in oil, sugar, salt and low in fiber. The relapse rate of patients with gastroesophageal reflux also climbed higher than usual. People are also more likely to experience nausea, vomit, and diarrhea from excessive eating,



Photo depicts Dr. Chang Ching-Hsiang and TCM teammates in a Tzu Chi recycling station to treat volunteers to regain strength by acupuncture.



placing their health at risk.

Common symptoms of acute gastroenteritis include nausea, vomit, diarrhea, bloating and abdominal pain, frequently accompanied by fever and appetite loss. From the perspective of TCM, excessive broiling and grease can wear down the digestive system. With the abundance of nutrition in modern diet, there is no need for binge eating during holidays. Those greasy festive platters are burdens to the stomach and can easily lead to discomfort and diarrhea.

Overeating or indigestion from excessive glutinous food products can aggravate acid reflux, while binge eating can lead to bloating and abdominal pain from reduced peristalsis. These symptoms are particularly prevalent in elderlies and patients with frail constitutions. To avoid overburdening the digestive system, moderate diet is the way to go. As for acid reflux and bloating, consult certified TCM physicians and take pinellia decoction to drain the epigastrium (Ban Xia Xie Xin Tang), preserve harmony pill (bao he wan), and calm the stomach powder (ping wei san) to ease the discomfort; massaging neiguan and zusanli pressure points can also relieve stomach discomfort.

Ingesting ingredients that are not fresh or too greasy can easily lead to stomach discomfort, accompany by

fever and diarrhea, and appetite loss when mild cases and dehydration when severe. While enjoy a sumptuous feast, it is recommended to drink tea brewed from dried tangerine peels and hawthorns to remove excess grease. In the case of fever, diarrhea, nausea, vomit, and cramps, be extra cautious, as these may be the symptoms of acute gastroenteritis caused by stale ingredients. Through the TCM syndrome differentiation and treatment, prescribe agastache powder to rectify the qi (huo xiang zheng qi san) and kudzu, scutellaria and coptis decoction (Ge Gen Qin Lian Tang) for the immediate relief of any stomach discomfort by righting the evil and regulating gastrointestinal conditions; or apply acupuncture or acupressure to the pressure points Zusanli and Fenglong to relieve gastrointestinal discomfort.

According to TCM philosophy, “a





Certified Traditional Chinese Medicine doctors would write suitable descriptions for patients in the form of concentrated scientific Chinese medicine powders.

good practitioner prevent diseases from arising,” the path to a healthy lifestyle lies in the implementation of preventative health care in daily life. The prevention of gastroesophageal reflux is based on the adaptation of moderate diet habit and routine lifestyle, such as avoiding lying down or exercising immediately after a meal and refraining from excessive diet. Furthermore, avoid eating two to three hours prior to sleep, and elevate head position when sleeping. Patients with gastroesophageal reflux or any discomfort are recommended

to avoid excessive stimulation (like spicy and fried food), eat less food with baking powder (bread, cake, and steamed bread), and reduce oil, salt, and sugar intake. People with bloating issues should avoid gaseous food (sweet potatoes and beans). When symptoms of acute gastroenteritis, such as diarrhea, stomach pain, nausea, and vomit, are present, eat something light (rice porridge), avoid greasy and spicy food, replenish water and electrolytes to prevent dehydration.



Hawthorn & Dark Plum Tea

Ingredients : Moderate amount of hawthorns and dark plums, 5 g tea leaf

Method : Brew with 500 cc of hot water and is ready to drink, rebrewable.





Fat-Reducing Tea

Ingredients : Lotus leaf (he ye), stir-fried cassia seeds (jue ming zi), roselles (luo shen hua), hawthorns (shan zha), eucommia leaf (Du zhong ye), Rhizoma Polygonati Odorati (Yu Zhu) 5 g each.

Method : Bring 1,500 cc of water to a boil, add ingredients, continue boiling on low heat for 5 min, turn off heat, keep the lid on for 30 min before drinking. Add crystal sugar to taste.





Dried Citrus Peel Chrysanthemum Tea

Ingredients : 5 g dried citrus peel, moderate chrysanthemum and herba lophatheri, 5 g tea leaf

Method : Brew with 500 cc of hot water and is ready to drink, rebrew until flavorless.





The Falsehood of Stomach Ulcers?

**Dr. Ko Chien-Hsin, Director, Traditional Chinese Medicine Dept.,
Hualien Tzu Chi Hospital**



Ms. Chen walked into my examination room and spoke in her exaggerated voice, “Dr. Ko, this is so ridiculous! I always thought that my stomach problems were caused by stomach ulcer. I went for a gastroscopy recently, and the doctor told me that there was nothing wrong with my stomach, no ulcers, no inflammations. So all the stomach medicines I took are wasted?”

The look on her face almost made me laugh. “So you never had gastroscopy before,” I asked. “Of Course not, I was afraid! With all those years of discomfort, I thought my stomach

is already filled with holes! What if it is cancer? I raised the courage to go for a gastroscopy, and to my surprise, the doctor said my stomach is beautiful!” she replied. “Well, aren’t you glad!” “Well, I am glad, but if my stomach is healthy, why the discomfort? Why the stomach medicines?”

Understanding Organic and Functional Diseases

Stomach discomfort, including nausea, bloating, pain, and acid reflux, may exhibit different symptoms that correspond to their causes. Indeed, examinations by Western medicine may reveal no signs of illnesses, but in TCM, we would make the distinction on whether the issue is an organic one (damage to the organs) or a functional one. Even if the test results indicate everything is normal, the reaction of your body is honest.

Many people have experienced persisting discomforts even though health examinations show otherwise. Generally speaking, when Western medicine



physicians conduct examinations, they are looking for signs of organic diseases, or in other words, diseases that generate from organs. When there are no signs of pathological changes in the organs, they will declare you healthy. In TCM, we refer to diseases that are not organic in nature as functional disease. These underlying issues can be diagnosed by TCM physicians, who operate on a different mode of thinking, through observation, auscultation and olfaction, interrogation, and pulse feeling and palpation (wang wen wen qie)".

"Why would you believe that you have stomach ulcer without having a proper examination?" I asked, to which she replied innocently, "It says it on the book, and on the magazines too, that certain symptoms point to stomach ulcer. Since I have all those symptoms, I feel like I have it." Another case of self-diagnosis by books, fallen prey to preconceived notions that are built on falsehood that can very well misguide treatment directions. The patient in this case has mistaken a functional issue as an organic one.

Three-pronged Strategy to Root Out Stomach Disease

There are several major causes of functional issues. The first is the dietary. Our stomach is composed of frail mucous, any intense stimulations from food that are spicy, fried, grilled, sour,

or too hot and too cold, could potential damage the organ. Even if the integrity of the mucous remains, could your stomach truly endure all the stimulations? Have that thought ever crossed your mind as you indulge in the pleasure of feasting?

I have done experiments on thermal expansion and contraction. Muscles contract when come in contact with icy water, a simple mechanism. What is considered icy? Ice cubes, cold drinks with ice removed, food right out of freezer, these are considered icy in TCM, while salads and most fruits are considered cold food. Eating icy or cold food with an empty stomach would cause the smooth muscle in the stomach to spasm and contract, interfering with peristalsis, and causing discomfort. Unrestrained diet may not have any adverse consequence over a short period of time, when problems finally arise, however, they come fierce and hard.

Second is the emotional issue. Autonomous nervous disorder, anxiety, nervousness, depression, and etc., falls into this category. These emotions are even more likely to cause gastrointestinal motility disorder. Overthinking in a troubled time would definitely lead to indigestion; dwelling in anxiety, anger, stress, restlessness, it is only natural that stomach suffers. Most of my current patients fall into this category, who cannot relax when they should. Not only does it lead to motility disorder, it can go



as far as constipation and diarrhea.

Thirdly, irregular lifestyle. Taking three back-to-back shifts, pulling all-nighters, or binging; these overeating, starving, going against the biological clock of the digestive system, is it truly fair to your body? Bullying it today and it will bully you back tomorrow.

Doctors often do this over and over again: reboot. Every treatment aims to reboot human anatomy, so the stomach can return to normal. However, the only reliable solution to these three major issues - diet, emotion, lifestyle - is the preservation of relative stability and normality. I always love to joke my

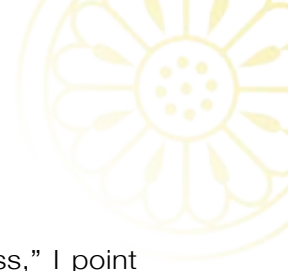
patient, “(stomach medicine) are to fool your body.” You are only suppressing the symptoms momentarily by taking those medications, other pathological changes like gastric ulcer, duodenal ulcer, or stomach perforation will eventually surface. Any form of discomfort is but a prelude. We should always be aware of reactions from our body, find solutions to the problem rather than relying on medications.

“So a stomach disease is not necessarily referring to ulcer or perforation,” she finally understood.

Indeed, functional problems are a form of stomach disease as well.



For many years, Dr. Ko Chien-Hsin has advised others to regulate their lifestyles and to focus on balanced diet. The photo shows a variety of tonifying zongzi designed by the Hualien Tzu Chi Hospital for visitors to enjoy a healthy Dragon Boat Festival.



We can prescribe medication and implement treatments, yet without proper understanding and compliance and from our patients, a true cure is unattainable. Disease is as resistant as wild fires, fail to root its cause and it will relapse again and again.

Qi Stagnation and Poor Circulation

“So if I do not have stomach ulcer and still feel uncomfortable, aside from the three major issues you have just stated, is there any other causes?” she asked.

After interrogation, and pulse feeling and palpation, her symptoms can be categorized as follow: fear of cold, dark tongue color, poor circulation, and signs of “bruising”. TCM believes that bruising is the result of qi stagnation. Qi is the energy that leads blood circulation, and the stagnation of qi would lead to poor circulation, hence bruising. The solution would be the promotion of qi and activation of blood. The patient complains about cold hands and feet. According to my observation, this fear of coldness is but a falsehood.

“How can it be? I am truly afraid of cold, especially of air conditioners!” she explained hastily.

“There are three possibilities to cold hands and feet, the first is weakness of the heart, second is anemia, third is stress. You belong to the second and third category, a little bit of blood

deficiency coupled with stress,” I point to my heart. “Everything is stuck here, qi stagnation leads to poor blood circulation is the cause of your cold hands and feet. You are not really afraid of cold.”

Many people share the same constitution. They took their symptoms literally and tonify with all-Inclusive great tonifying decoction (shi quan da bu tang), which leads to excessive internal heat. Their body does, in fact, have internal heat available, or rather, embers that easily reignite once fire is lit. When faced with stress, a person’s heat aggregates in the center. The solution, in addition to acupuncture and prescription, is to learn to relax. I often encourage my patients to take strolls, listen to music, meditate, practice yoga and so on. All of these activities help. The emphasis is to relax the body, allow the aggregated heat to disperse and distribute equally to the limbs. This is an issue that cannot be solved by medicating.

“So this is how it is!” Ms. Chen exclaims. She is committed to regulate her lifestyle. When facing people who are really busy, I have only one thing to say, “steal time to eat and sleep.” Eat, meditate, and rest whenever time permit. Never ignore the quality of life because of hectic routine. Stomach ulcer and discomfort may come in different severity, but the solution remains the same: regulate lifestyle, which is the cause of the disease, is the only path to healthiness.



Preserving Stomach during Farming Seasons

**Dr. Chen Yi-Wen, Physician, Traditional Chinese Medicine Dept.,
Kuanshan Tzu Chi Hospital**

Kuanshan, Taitung, a desolate town with picturesque scenery, is economically dependent on agriculture. Patients in Kuanshan Tzu Chi Hospital are therefore predominantly farmers. The labor-intense farm work coupled with erratic schedule, these farm workers tend to eat fast, prefer food that are marinated or curled, and naturally the leading cause of their visit to the hospital is stomach issues.

“Dr. Chen, why do I always feel

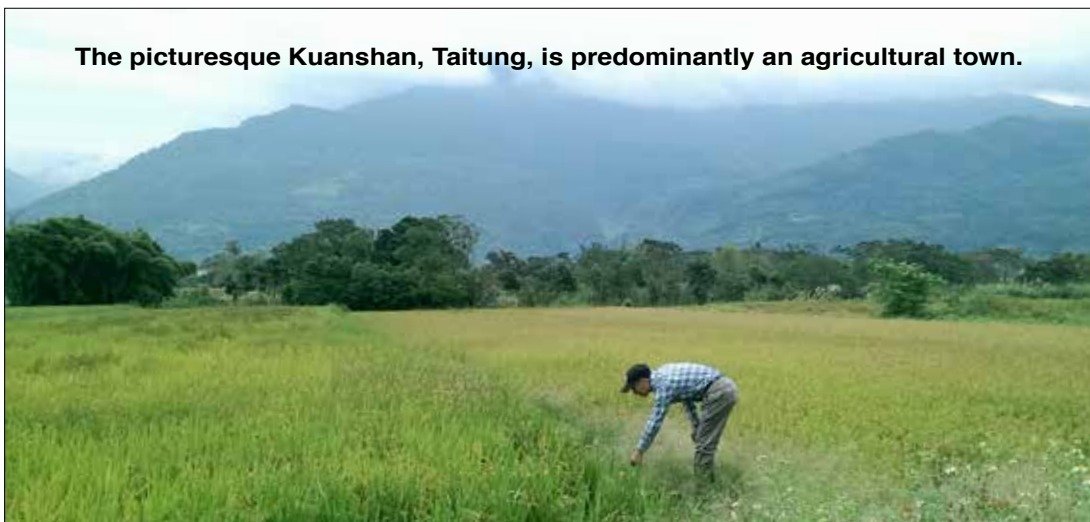
like my stomach is bloated, and hurts sometimes?”

“I am always troubled by indigestion. Doctor, is there any effective cure to make my stomach better?”

“Every time I finish a meal, it hurts just below my heart. Do I have a heart problem?”

“I can’t stop burping after a meal, sometimes with acid too. Is my stomach inflamed?”

The picturesque Kuanshan, Taitung, is predominantly an agricultural town.





Whenever a patient complains like that, it is almost a guarantee that they have erratic eating schedule, particularly during farming seasons where they tend to eat faster and simpler, imbalanced diet, hard labor right after a meal, and the frequent bending that causes compression to the stomach. TCM believes that liver governs tendon, the stiffness in tendons from intense labor can bring harm to the liver meridian. The liver meridian route “arrives within the lesser abdomen, passes along the sides of the stomach, joins with the livers, nets with the gallbladder, ascends through the diaphragm, and spreads along the (inside) of the rib sides”, hence any damage to liver would impede the digestive function of stomach.

Diagnose Stomach Functions by Direct Observation

Spleen and stomach are the foundation of acquired constitution, corresponds to earth in the five elements of TCM. I often tell my patients that good crops require good soil, a simple logic that all farmers comprehend. By the same principle, stomach corresponds to earth, possesses the same life-nurturing essence as the earth we know. Humans walk on this earth for survival,

and similarly, all of our diet, including liquid, food, and medicine, have to travel through stomach for digestion and absorption. A healthy body, therefore, requires a solid cultivation of stomach soil.

“Doctor, how do I know if my stomach is fine?” Some patients would ask.

By observing the exterior of our body, we can conduct a preliminary diagnosis on the conditions of our digestive system. Some of the common symptoms include cracked or swollen lips, purple lips with no luster, swollen nose with sharpened tip, cheek depression, upper abdomen bulging, left flanking area protrusion, disproportionate waist length, flaccid hand and feet muscle, and thigh swelling. These are manifestations of abnormalities in the digestive system, frail or stagnated spleen and stomach.

Once these symptoms begin to manifest, leaving them untreated can have consequences. In meridian circulation, the stomach meridian begins at nose and eyes, follows hairline and ascends to forehead, passing through neck all the way down to heart, and extends to toes. In other words, once stomach is ill, the entire stomach meridians would be affected. Headache, facial nerve paralysis, dry eyes, nose allergies, neck stiffness,



lower back pain, chest pain, poor reproductive system, cold limbs, toe cramps and etc, are the complications of stomach disease, all the way from head to toe.

Chew Properly and Eat Moderately

“Doctor, why is my stomach so bad? I always eat normally!” a grandma said innocently.

Majority of gastrointestinal issues, excluding hereditary, stress, and poor posture, are caused by diet. Eating regularly is not the only issue we should be concerned of, mood swings, eating order, food types, speed and post-meal rest can all have an impact.

Those with bloating issues should reduce the intake of beans, green pepper, sweet potato, potato and food that is rich in fiber, and avoid tea, coffee, milk, and eggs. Yams, lilies, burdock, brown rice, and camellia oil would certain help. One should avoid pressurizing one’s stomach after a meal by bending down, propping feet up, sleeping face down, or sit in semi recumbent position to prevent indigestion.

“So eating fast is bad for my stomach? How slow is normal then?” a grandpa asked.

Chewing is vita in the digestive process, as it initiates a preliminary

digestion by mixing food with saliva, which reduces the burden of stomach. A meal lasts approximately 20 min, eating slowly, chew ten times per bite is ideal, or more when eating food that are harder to digest. Be cautious, avoid drinking too much soup or water during a meal. For soup noodle, drink soup first, follow by garnishes, and end of noodles to enhance satisfaction. For those with frail stomach functions, reverse the process by eating noodles first and ending with soup.

Some people prefer frequent meals



Aside from dietary recuperation, Dr. Chen I-Wen recommends everyone to cultivate their stomach through stomach meridian acupressure.



in smaller portions, enjoy desserts outside regular meals. In reality, unless it is a doctor's recommendation, frequent eating can overburden stomach and affect dental hygiene. Some people like a piece of soda cracker there is not enough time to eat. The main ingredient of soda crackers is flour, which can elevate blood sugar and inhibit hunger, reducing damages of acid to stomach wall. However, regular dietary routine is the only way to preserve stomach health.

Now that we have established the fact that diet causes majority of stomach issues, how do we protect our stomach from harm?

First, eat to three-quarter full only to reduce burdens on stomach, a step that is vital in the cultivation of stomach. Second, eat with close friends in a comfy environment. TCM believes that mood is associated with heart and liver, any stress and tension can adversely affect stomach digestion. Keeping a good mood is the way to a healthy gastrointestinal mechanism. Eating warm and delicious food can better one's mood, while hunger does the complete opposite.

Abdominal Breath and Acupressure

Aside from dietary recuperation to enhance constitution, abdominal

breathing and “stomach meridian acumassage” daily can contribute to the regulation of stomach.

Abdominal breathing: breath out through the nose (~3 sec), breath in through the nose (~3 sec), and breath out again through the nose (~6 sec). Remember to contract the abdomen while breathing. By breathing in and out, the abdomen rise and fall, facilitates digestion, improve circulation, and relief lower back pain. Furthermore, knock (or beat) along the pressure points of the stomach meridian can help with releasing toxins and relaxation.

According to the statistics on national cancer incidence rate published by the Health Promotion Administration (HPA), in 2011, colorectal cancer clinched the top of the list. However, in regards to the national incidence rate of gastric cancer, Taitung County was ranked 4th among other 19 cities and counties. The high incidence rate is of course associated with the local dietary culture. Majority of the residents in eastern Taiwan are farmers who eat extremely fast to save time for farm work, which, over a longer period of time, can give rise to gastrointestinal disease.



Recipes of Stomach Cultivation

Melon and Watermelon Peel Tea

Ingredients : Melon 300 g, watermelon peel 150 g (remove red pulp from peel, then remove green outer layer), muscovado sugar or light brown sugar 450 g, few pieces of indigenous cinnamon.

Cookware : Instant pot, smoldering pot, blender

Method :

1. Wash melon, watermelon peel, and indigenous cinnamon.
2. Slice the melon with the skin into thin slices, add muscovado sugar, stir fully for 10 minutes.
3. Place 2) into instant pot, add the watermelon peel, bring it to a boil and turn off the heat. Wait overnight.
4. Remove the melon & watermelon peel extract, put it into blender and blend. Package separately.
5. Take a small portion, add water to dilute. Add few pieces of indigenous cinnamon and is ready for drinking.

Lotus Leaf Rice Porridge

Ingredients : Fresh lotus leaf 50 g, wolfberry leaf 50 g, ginger 3~5 slices, rice 100 g, water 1,200 g.

Method :

1. Wash and dice lotus leaves, wolfberry leaves, ginger. Wash rice for later.
2. Place water and rice into pot, bring it to a boil.
3. Add wolfberry leaves and ginger when boiled, turn heat to low and cook for 40 minutes.
4. Add lotus leaves and stir, simmer for 5 minutes, add salt to taste.



Prevent Gastroesophageal Reflux by Eating Properly

**Dr. Wu Pei-Ying, Physician, Traditional Chinese Medicine Dept.,
Yuli Tzu Chi Hospital**

Mr. Chen, 35 years old, came to the TCM outpatient clinic due to long term bloating and acid reflux. His career was in interior decoration, which comes with hectic daily schedule, short lunch break. He acquired the habit of eating fast, wrapping a meal in less than 10 min. Also, the job itself is labor intensive, requiring frequent heavy lifting throughout the day. To rehydrate, he was accustomed to drinking icy drinks in summer and cold drinks in winter. Influenced by the construction site culture, he developed the habit of drinking energy enhancers on daily basis. He was troubled by stomach bloating for a while now, and the symptom was particularly apparent after a meal; after eating desserts and bread, eating too much, or when nervous, acid reflux would occur. Due to the occupied



work schedule during weekdays, he preferred to sit at home and be a couch potato watching T.V., sleeping late and wake up late.

Mr. Chen was slightly obese, a little pale in the face, with dark red tongue



color, fat tongue body and white coating, pulse moisten and hollow; had daily defecation habit, stool lacked shape, sticky in texture, with strong odor. For treatment, Mr. Chen visited the TCM clinic once a week for the recuperation of spleen and stomach qi through prescription, accompanied by acupuncture, and adjustments were made regarding his lifestyle and dietary habit. Few months later, the issues of bloating and acid reflux were relieved.

Mr. Chen was accustomed to eating fast, which leads to indigestion, and overburdened his stomach. On top of that, a long habit of drinking icy and stimulating drinks had affected the functionality of his stomach and led to inflammation. The process of digestion requires the secretion of gastrointestinal enzymes and regular smooth muscle peristalsis. Cold drinks lower the temperature in the gastrointestinal tract, causing blood vessels to contract, cutting blood supply to the region and affected digestion.

From the perspective of TCM, cold and raw food can damage yang qi in spleen and stomach, impeding digestive function, resulting in dampness stagnancy, and phlegm generation in the gastric cavity. As the old saying goes, “thirty-percent treatment, seventy-percent cultivation”. The term cultivation include lifestyle and emotional

regulation. Eat three-quarter full and leave the rest to help others, Master Cheng Yen said. Old Tibetan medicine also proposed the dietary philosophy of three-quarter full, leaving room for digestion.

Acupressure, the massage of pressure points, is an easy method of self-care. People who experience acid reflux and apply pressure on Zusanli (the stomach meridian) on the calf, Zhiyang (the Du meridian) on the back, or Geshu (the bladder meridian). For those who have bloated stomach, apply pressure on Gongsun (the spleen meridian), Neiguan (the pericardium meridian), Fenglong (the stomach meridian), and Xingjian (the liver meridian).

As for dietary therapy, cook white radish with mushrooms and vegetables in season. Stew the white radish through and through for an hour and half until transparent to remove its coldness, which by then can replenish the yin energy. In summer, refrain from cold and raw food. Try stirfry loofah with ginger, ginger melon soup, warm mesona tea, and mung bean soup for remove excess heat.

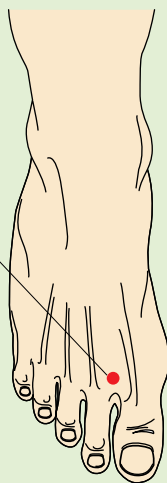
Utilize vacation time and travel outdoors. A popular misconception is that labor at work can replace exercise. The purpose of exercise is to relax muscles and stretch tendons,

something that physical labor cannot achieve. When exercising, it is better to walk or jog, or to climb mountains, in order to facilitate circulation. Intense walking could cause muscle tension in back and calf muscles, hence inappropriate as a cultivation exercise. Our national education does not place adequate emphasis on exercise, and as result, people are not keen on exercising, which leads to the rise of chronic diseases.

The only way to treat gastrointestinal disease is to choose natural diet, avoid processed food, select seasonal vegetables, eat regularly and at a set proportion, sustain healthy exercise habit.

Xing Jian

On the dorsum of the foot between the 1st and 2nd toes, proximal to the margin of the web at the junction of the red and white skin.



Gong Sun

In a depression distal and inferior to the base of the 1st metatarsal bone at the junction of the red and white skin.

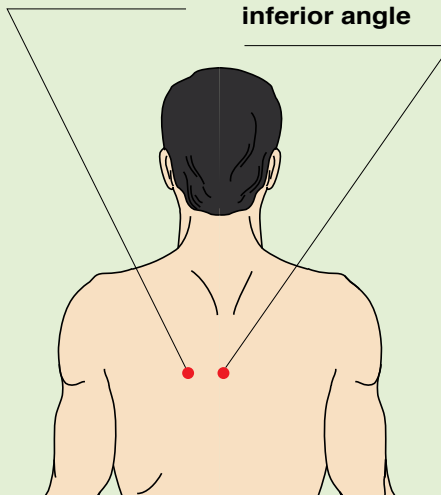


Ge Shu

1.5 cun lateral to Zhi Yang, level with T7 and scapula inferior angle.

Zhi Yang

In a depression below the 7th thoracic spinous process, level with scapula inferior angle





A Holistic Analysis of Indigestion

**Dr. Yu Chih-Chin, Traditional Chinese Medicine Dept.,
Taipei Tzu Chi Hospital**

A 60 year old Mrs. Chen came to the TCM clinic and spoke with concerns, “Doctor, I think I am too skinny. Although I eat a lot every day, every time I finish a meal, I had to visit the bathroom. It happens about four to five times a day.” She was about 150 cm tall, weighing less than 40 kg, and had a healthy appetite. Ever since childhood she would feel the need of defecation arising as soon as she ingest something; the frequency and quantity of her defecation remained high, and the qualities were soft and shapeless. The condition persisted for several decades and it had troubled her.

The diagnosis indicated that the cause of the long-term indigestion were congenital, or in the terms of TCM, the foundation of innate constitution. High frequency of defecation with shapeless stool showed that the nutrition in food were not absorbed, hence the loss of weight. I prescribed pinellia decoction to drain the epigastrium (Ban Xia Xie Xin



Tang), sweet dew drink (gan lu yin), poria (fu ling), and nutmeg (rou dou kou), and recommended her to change dietary habit: First, eat frequently at smaller portions, so the ingested food has time to be fully digested and absorbed; second, eat food with high quality protein and fat to prepare her stomach for digestion by facilitating the secretion of digestive juice. After a while, Mrs. Chen's defecation issue reduced in frequency



Acupressure



Nei Guan :

2 cun (3 fingers wide) above the wrist crease between the tendons of palmaris longus and flexor carpi radialis. Useful for eliminating bloating, relieve palpitation and insomnia.



He Gu :

In the middle of the 2nd metacarpal bone on the radial side. Relieve nausea and facilitate digestion.



Zu San Li :

3 cun below Xi Yen, one finger width lateral from the anterior border of the tibia. A vital pressure point in the preservation of stomach, can eliminate bloating and facilitate digestion.



and quantity, and gained weight as well.

Generally speaking, the cause of indigestion can be categorized as functional and structural (or organic). Approximately 80% of the patients fall into the category of functional indigestion, which is often associated with lifestyle and dietary habit, as well as nervousness, binge eating, irregular dietary pattern, lack in exercise, smoking and drinking alcoholic beverages. Organic indigestion is associated with digestive diseases like gastric ulcer, duodenal ulcer, and gastric cancer.

Aside from elderlies with declined digestive function, children under 6 years of age who are not fully developed and high-stress office workers are also at high risk of digestion. Among these high risk groups, the number of female patients exceeds male patients. A possible explanation to that is the high sensitivity of female to stress. People with long-term indigestion are usually slim and have difficulty gaining weight, since their body has been denied nutrition. Do not mistaken indigestion as a minor issue. As more and more food become congested in the gastrointestinal tract, more energy is required to digest, all the while toxins and wastes are building up and inflicting harm on the body. Those with mild symptoms may experience shortness of breath, bloating, and acid reflux, while the severe symptoms may include

gastric pain, gastritis, gastric ulcer, or even gastric cancer.

TCM often prescribe preserve harmony pill to treat stomach bloating, as it improves gastrointestinal peristalsis and digestion; for gastric ulcer, calm the middle power (an zhong san), pinellia decoction to drain the epigastrium (Ban Xia Xie Xin Tang) with bletilla striata (Ban Ji), radix notoginseng (san qi), and rhizoma corydalis (yan hu suo) to treat ulcerative pain; dandelion for helicobacter pylori infection; wu be san (cuttle bone and zhejiang shellfish powder), flos inulae (xuan fu hua), and haematitum (dai zhe shi) for hyperacidity, gastrointestinal reflux, and heart burns; hawthorn (shan zha), dried citrus peel (chen pi), massa medicata fermentata (shen qu), malt (mai ya), gizzard (nei jin) for indigestion; moderate amount of dispersing stagnated liver qi-activating drug for depression and stress; decoction of cyperus and amomum with six noble ingredients for frail spleen and stomach.

Whatever the symptoms may be or whatever medication is needed, consult a TCM physician for a prescription that tailored to your constitution. Do not purchase the medications in TCM pharmacy on your own to avoid incompatibility that causes more harm than good.

Aside from the recuperation



from TCM prescriptions, a change in dietary habit is crucial. If you want to lose weight by monitoring your diet, try starting a meal with soup and vegetables. For patients with indigestion, though, start a meal with food with high quality protein and fat to prepare stomach for digestion by facilitating the secretion of digestive juice. Avoid stimulating food like fried or spicy ones, establish regular dietary

pattern and in set portions, and perform moderate exercise. Once muscle and nerve coordination improves, autonomous nerves stabilize, digestive function would naturally enhance.

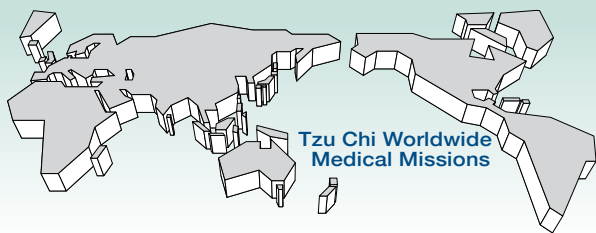
Acupressure and tea drinks are also effective methods of self-care. Massage pressure points 5 min each time, one hour before meal warrant the best result, but other time slots are applicable as well.



Rose fat-removal tea :

Ingredient : Rose petals 11.25 g (3 qian), hawthorn 7.5 g (2 qian), dried citrus peel 7.5 g (2 qian)

Method : Add 8 bowls of water (app. 1,600 cc) to the ingredients, bring it to a boil, turn to low heat and simmer for 15 min, turn off heat and leave cover on for 15 min. Remove the dregs and is ready for drinking.



International College of Traditional Chinese Medicine of Vancouver

International College of Traditional Chinese Medicine of Vancouver, Inc. (ICTCMV) was originally established in Victoria, B.C., in September 1986 to promote the practice of traditional Chinese medicine in British Columbia and Canada.



Press Conference of the Donation of International College of Traditional Chinese Medicine of Vancouver to Tzu Chi Canada.



In May, 2016, Traditional Chinese Medicine students of ICTCMV voluntarily go on streets for fund raising to assist the McMurray Fire victims.

On December 31, 2015, the College was officially donated to Buddhist Compassion Relief Tzu Chi Foundation Canada, or Tzu Chi Canada, a leading charity organization dedicated for charity, medicine, education, culture, international relief, and environmental care.

Since its establishment in 1986, International College of Traditional Chinese Medicine of Vancouver has been providing students with academic excellence in traditional Chinese medicine and will continue to offer the best instruction and training in the TCM program to those with a sincere interest in the wisdom and benefits of the Chinese medical tradition.

Start a rewarding career in Traditional Chinese Medicine! Celebrating over 30 years of excellence in TCM education, ICTCMV welcomes all prospective students with a heart in TCM.

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Tzu Chi *Shines* in Paris Climate Conference

By Hsieh Ming-Fang



Dr. Lin Ming-Nan, Vice Superintendent of Dalin Tzu Chi Hospital resonated with the quote by Dr. Maria Neira at the Paris Climate Conference “The biggest problems facing 21st century are the climate change and the environment. We must take preventative action now before it is too late.”

Let the Whole World Know - Tzu Chi's Effort on the Environment

From November 30 to December 11 of 2015, leaders from 150 countries as well as scholars and politicians from 195 countries gathered in Paris, France for the 2015 Paris Climate Conference,

better called the United Nations Climate Change Treaty (UNFCCC-COP21). About forty thousand people attended the conference with about six hundred meetings all together.

The goal of UNFCCC, the United Nations Framework Convention on Climate Change, is to stabilize the greenhouse effect in the atmosphere to prevent catastrophe to human beings and the eco system. The Conference of the Parties (COP) has held meetings at different countries since 1995. The goal of 21st COP conference was to form a global climate treaty. It will be effective in 2020, so every country in the world will join the effort to fight global warming.



Taiwan Tzu Chi Foundation has been invited to United Nations Climate Conference for three consecutive years. During the December 1, 2015 press conference, Tzu Chi USA Vice CEO Tseng Tzu Huei (2nd to the right), Da Ai Television Weatherman Peng Chi-Ming (1st to the right), and Tzu Chi India representative Dr. Ding (2nd to the left), explained to the press about the Tzu Chi's ideas and actions on protecting the earth.



Since Taiwan does not belong to the treaty made up of the 195 countries and European Union, it has to use the name of a non-profit organization in order to participate at the Healthcare Climate Leadership Roundtable. Besides India, China, only two other medical teams, a hospital from Korea and the Taiwan Tzu Chi Medical Foundation, were invited to the Healthcare Climate Leadership Roundtable.

Vice Supt. Lin Ming-Nan and staff Ms. Gan Cai-Ru, of Dalin Tzu Chi Hospital, represented Tzu Chi Medical Foundation in sharing Tzu Chi effort to climate change. Dr. Lin said jokingly, “We are lucky to participate in the conference despite terrorists’ attack. We need to let the world know what Tzu Chi has done

to climate change.”

“We are grateful to our Dharma Master Cheng Yen! More than twenty years ago, she encouraged people to protect the environment with our own hands. In medicine, we have reduced energy consumption and carbon emission, and have made progress in environment protection. Therefore, we are able to participate in this conference.” said Dr. Lin confidently.

Climate Change Affects Health and So Medicine Must Reduce Carbon Footprint

During the 15th climate conference (COP15) in Copenhagen, some people were puzzled with the lack of participation from the medical field. Besides the declining polar bears population and the melting of the glaciers, people should focus more on the impact of chemical products to people’s health and the eco system.

The death toll due to climate change has escalated to the top five leading causes in many countries. The death toll due to air pollution is more than AIDS, tuberculosis and malaria combined. This year’s conference is the first focusing on climate change and health issues. Hosted by the HCWH (Health Care Without Harm), Dr. Lin and his colleague Gan Cai-Ru participated in



Dr. Lin Ming-Nan from Dalin Tzu Chi and representatives from 30 countries round table discussion on health promotion.



three-day round-table conference along with other world leaders.

During the conference, neck scarfs made from recycled plastic bottles, a product developed by the Da Ai Technology Company, were gifted to each participant. Their reaction was overwhelmingly positive and surprised. It warmed the hearts of participants in this cold weather in Paris.

A Magic to Purify the Air - Serving Vegetarian Meals in Hospitals

“When Dr. Lin Chin-Lon (now CEO of Tzu Chi Medical Foundation) was the supt. of Dalin Tzu Chi Hospital, not only did he give colleagues the environmental-friendly tableware, but also to all candidates who were being

interviewed for positions. Someone asked if it was worthwhile when new hires do not stay long enough? Dr. Lin Ming-Nan replied that it was worthwhile, because one can always use the environmental friendly tableware everywhere.” Thus, colleagues follow Dr. Lin’s lead to protect the environment.

CEO Dr. Lin Chin-Lon, a senior cardiologist, is a vegetarian himself so he encourages colleagues to become vegetarian. “The relationship between vegetarian and the environment” is the main theme for Dr. Lin Ming-Nan’s speech. Based on research studies, green-house gases produced with one kilogram of beef or meat is sixty or seventy times more as compared to vegetables such as carrots. In addition, the production of meat consumes large



amount of water, pesticides, fertilizers and energy, etc.

Vice Supt. Dr. Lin, specialized in Family Medicine and Health Promotion, said trees can absorb carbon dioxide. If we cut down trees in the rainforests for soy beans or corns, then carbon dioxide will increase. When we feed the pigs or cattle with beans or corns, these animals discharge more methane and therefore more green-house gases. Since the flocks of sheep or cattle are always in the thousands, the amount of green-house gases is tremendous. Moreover, meat production requires refrigeration and transportation which add to the carbon footprint and result in large amount of green-house gases.

Recently, research also indicates that eating red meat is one of the many factors in cancer.

The total number of vegetarian meals served at the six Tzu Chi hospitals in 2011 was 2,543,669, which resulted in the reduction of 2,439,396 kilograms of carbon dioxide. "As a matter of fact, our life style and eating habits affect the climate. To change the world, we need to begin with our eating habits," said Dr. Lin. His report resonated with many leaders in the medical and health industries. Among those included Brenna Davis, department chair of sustainability from Virginia Mason Medical Center, and Mehesh Nakarmi, founder of the Nepal







Care Foundation. They were not aware that vegetarian diet could save energy and reduce carbon dioxide; both asked for additional information from Dr. Lin.

2020 Green Promise – Tzu Chi Won Golden & Silver Award

Tzu Chi Medical team and Health Care Without Harm (HCWH) have been long-term partners since 2010. Gary Cohen, founder of HCWH, has had many opportunities to work together on the environmental issues with Dr. Lin Chin-Lon, who is the chairman of Health improved hospital and environmental improvement committee network.

HCWH hopes to connect hospitals from all over the world to participate in the 2020 Health Care Climate Challenge initiated by Global Green and Healthy Hospitals (GGHH). Each hospital will focus on three directives: Mitigation, Resiliency and Leadership to find ways to improve climate change and to follow-up on members' pledges.

"Mitigation" is to find ways to reduce the carbon, whereas "Resiliency - disaster recovery" means hospitals will operate under normal operations in the event of extreme weather conditions such as drought, flooding, earthquakes and hurricanes; and "Leadership" means hospitals will be responsible to provide guidance on environmental

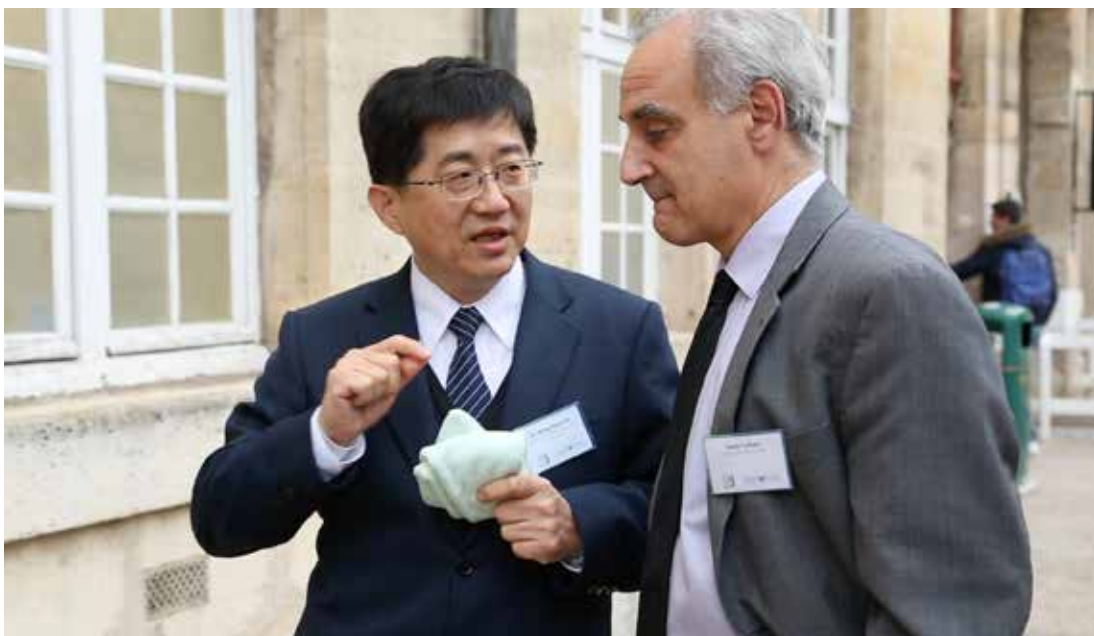
issues, including environmental friendly medical equipment, instruments, and medicine in their respective industries.

Prior to the climate summit, the network for hospital health improvement has had a series of conventions. CEO Dr. Lin reached an agreement with the medical teams from other countries to advocate vegetarianism. All six of the Tzu Chi hospitals committed to promote vegetarian diet for carbon reduction and nutrition. As a result, vegetarianism will contribute to improve the impact on climate change.

During the convention, a ceremony was held for the Health Care Climate Championship Award. Dalin Tzu Chi Hospital received gold and silver medals for leadership and Resiliency, respectively. Taichung Tzu Chi Hospital received a gold medal for Climate Resiliency, and a silver medal for the Guanshan Tzu Chi Hospital.

Hospitals Choose Local Produce to Reduce Carbon and Pollution

Climate change affects the whole world, and developing countries are worse than before with poorer and sicker people. Coastal countries and islands are threatened. The Summit is focusing on "Intended Nationally Determined Contribution" (INDC) in equanimity and fairness. Participating



Dr. Lin, holding the scarf made from recycled plastic bottles, discuss with Gary Cohen, Chief of HCWH.

countries agreed on the goals to truly reduce the energy and carbon, thus greenhouse gases in the coming years.

Sweden, promising to end fossil fuel by 2030 with 100% renewable sources, has already reached 72% of its goal. On the other hand, some wealthier countries will provide funding to the developing countries, and support the development of renewable energy. Dignity Health, the 5th largest medical system in the US with sixty thousand employees, has promised to end its investment in coal and fossil fuel related industries.

Perhaps some people think energy savings and the end to fossil fuel are the responsibilities of

governments; hospitals alone cannot solve environmental protection issues. However, Yen Tsai-Lu learned many actions taken by hospital are beneficial to the environment. For example, Dr. Davis from Virginia Mason Medical Center in Seattle, Washington, shared many stories that not only cut energy, water and electricity consumption, but also reduced medical waste. They organized farmers' market and promoted organic food. Her report showed through teamwork hospitals can lead to make a difference on climate change. Mason Medical Center appealed to big businesses to sign-up for the Washington Business Climate Declaration. Businesses



pledge to support energy efficiency, invest in renewable energy, and reduce greenhouse gas emission, thus helping to solve the negative impact on climate change.

Individuals' Environmental Protection Reduce Energy Consumption from a Move

"The action is small, but the benefit is big. As long as everyone has the

concept to protect environment, we can all make the right choice for our daily lives. For example, I choose vegetarian diet, bring my own tableware, and walk as much as I can, etc." Tzu Chi fulfilled this pledge. Ms. Gan wishes the Tzu Chi Medical Foundation will discontinue the disposal of medical waste by incineration. Other than reducing energy usage from the source, we can also find better ways to manage the process. We will make more improvement in Taiwan.



Dr. Lin thanks Tzu Chi's volunteers from Paris for their support and assistance during the Paris conference.

Seeking Vegetarian Diet, One Step to Stop Climate Change

“To be frank, I was lazy at first, so I ate at the hospital’s cafeteria which led me to be vegetarian,” said Dr. Lin Ming-Nan. Lin was not a vegetarian when he first started at Dalin Tzu Chi Hospital, occasionally, he would eat meat in his in-laws’ house.

Since the formation of Taiwan Nutrition Association for Vegetarian on March 14, 2009, Dr. Lin became a vegan. He had opportunities to read some of the literatures and also did some researches on vegetarian diet. He found the benefits to the health and environment which strengthened his belief on vegetarianism. Now his whole family is on vegetarian diet.

In 2010, Lin assisted the establishment of Health Improvement Hospital International Network committee. Since then, he continuously championed for vegetarian diet, participated at the medical and health environment plans and meetings. He shared the aspects and benefits for vegetarian diet. Vegetarian diet is one of the features for Tzu Chi, and is also beneficial to the health. Lin’s effort was recognized by the medical field. However, everyone agreed the difficulty to promote vegetarian diet in the hospital. But Lin

encouraged his colleagues’ to take one step at a time; once a month, and then once a week on vegetarian diet. One day the goal of reducing the carbon by becoming a vegetarian will be fulfilled.

“There are 7 billion people on earth, if everyone is on vegetarian diet once a week, which translates to 1 billion people on vegetarian diet. Then carbon will be reduced by 14%.” Moreover, the use of environmental friendly tableware will reduce the consumption of water and electricity. Lin emphasized individuals simple living can improve the climate.

“Dharma Master Cheng Yen said environmental conservation begins at the origin, everyone is a source and don’t underestimate individuals’ power. If everyone can reduce carbon and lower personal desires, then it is a source approach.”

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2017 TIMA Conference, Malaysia – The Name Says It All



The 2017 TIMA Conference marked a significant milestone with notable beginning from March 17 to 19, 2017, at KL Tzu-Chi Jing Si Hall. Themed "Healthcare beyond Medicine", the Conference received encouraging participation from 918 healthcare professionals from across Malaysia and 11 other countries, namely Singapore, Cambodia, Hong Kong, Myanmar, Nepal, Taiwan, Indonesia, the Netherlands, US, UK and Philippines.





Representatives from the 12 countries waved their respective national flags to greet the audience.

Tzu Chi International Medical Association (TIMA) was officially established in 1998. It is an organized global medical service network, with the vision of “treating illnesses, curing people and healing minds” and making medical care more accessible to the sick and needy. In addition to the TIMA Convention, which is held annually in Taiwan, a TIMA Conference with English as the medium was initiated in 2015. The purpose of organizing the annual TIMA Conference, which is hosted by TIMA members worldwide in their respective country of residence on a rotational basis, is to introduce Tzu Chi’s humanistic medicine approach to the local healthcare professionals.

This year, the TIMA Conference was finally held here in Malaysia, from March 17 to 19. At the Opening Ceremony, the CEO of Tzu Chi Medical Mission, Dr Lin Chin-Lon, and the medical team from Taiwan – Dr Chien Sou-Hsin, Dr Lin Ming Nan, Dr Lee Yi and Dr Lee Yi-Pang, were treated to a traditional Malaysian form of welcome in the enlivening sound of kompang. It was followed by the entrance of the Secretary-General and official representatives from the Ministry of Health Malaysia (MOH), and distinguished guests from various medical associations, such as, Malaysian Medical Association (MMA), Malaysian Chinese Medical Association (MCMA), and Malaysian Pharmaceutical Society

(MPS). Lastly, the kompang troupe ushered in the CEO of Tzu Chi KL & Selangor, Echo Chien, along with CEOs and Heads of Tzu Chi Chapters from Malaysia and abroad.

The sounding of the bell by Dr Lin Chin-Lon marked the official opening of the Conference. The participants then immersed themselves in a graceful sign language interpretation of the song, “Ode to the Doctors”, with these inspiring and beautiful lyrics: “Great Love knows no borders. Doctors come from everywhere to build a world of love, where the sun will never set. Great Love flows forever

selflessly and without regrets. Every doctor is a light, shining hope and love on those in need...”

Dato’ Seri Dr Chen Chaw Min, MOH Secretary-General, delivered an uplifting speech. He said, “This conference is unique, in that it is dedicated to the practice and delivery of humanistic healthcare towards a harmonious society. And we are talking about a global society, which is evident from the number of participants hailing from so many countries. Being able to host this event is no mean feat, and it shows the significance of what TIMA is doing in the



TIMA members presented a drum performance with a zest of energy. [Photograph by Lim Chin Shein]



Close to a hundred Muslim participants attended the TIMA Conference. Picture shows the participants having exchanges during tea-break. [Photograph by Lim Su Nguan]

area of humanistic medicine.”

He acknowledged Tzu Chi for its speedy mobilization of volunteers to extend humanitarian aid in time of disasters. He had witnessed for himself Tzu Chi’s relief work during the East Coast floods, Ranau earthquake, and the Sultanah Aminah Hospital fire tragedy in Johor last year, and was moved by the assistance provided by Tzu Chi to the MOH. Alongside this vision, he was touched by the way TIMA has moved forward to serve the less fortunate and to practise humanitarianism. He also called upon the participants to contribute their efforts in humanitarian work.

Dr Lin Chin-Lon was glad to see the large number of participants. He urged everyone to experience for themselves

the joy of giving, and hoped that they could adopt and implement what they would gain in the Conference in their respective countries.

Echo Chien expressed her joy for the opportunity to host the Conference in Malaysia, after Singapore and the Philippines Chapters. She also extended her gratitude to the local volunteers, who had put in a great effort in the past few months; the honourable speakers from various places, and Master Cheng Yen for her support. She spoke of her wish to the audience, “We hope that this conference will inspire more loving medical professionals to treat patients with genuine love, and to offer them the best care.”

A Humanistic Approach in Medicine

The Conference began with the first topic, “Working towards Sustainable Development Goals in Healthcare” by Dr Lin Chin-Lon. He mentioned that Tzu Chi’s Missions of Charity, Medicine, International Disaster Relief and Humanistic Cultures are in line with the United Nations’ Sustainable Development Goals.

He had made an informed decision on healthcare. His inspirational and invigorating talk provided the most relevant learning and a great insight into quality improvement and humanistic medicine. He highlighted that medical care is a process. A medical professional’s tender and loving care, as well as, manner and spirit, are as important as medical skills.

He also shared the pledge of medical professionals serving at Tzu Chi Hospitals: “Not only will all the people who come to Tzu Chi get comforted in their body, mind and spirit, just like coming home, but they will also learn and grow steadily with gratitude, thereby realizing happiness for the whole family and achieving eternal peace of mind.”

He said, “The most beautiful smile in the world is a patient’s smile,” and encouraged the audience to derive happiness through serving because there is more happiness in giving than receiving.



Dr Lin Chin-Lon, CEO of Tzu Chi Medical Mission, delivered the first talk in the Conference, on the topic, “Working towards Sustainable Development Goals in Healthcare”. [Photograph by Lim Chin Shein]

The Passion to Safeguard Lives

This was President of MMA, Dr John Chew Chee Ming’s first visit to the Jing Si Hall. He had some knowledge about the Foundation, and learnt from the footages and sharing on the humanitarian work carried out by Tzu Chi volunteers to meet the needs of the world. Faced with an aging population and increasing medical costs, many patients, especially those who suffer from chronic diseases and require long-term treatments, are struggling to cope with the financial

burden. Dr Chew hopes that Tzu Chi and other organizations could help to alleviate their burdens.

He felt that the messages conveyed at the Conference, such as, “Get involved in serving the community and the world”, “It is more blessed to give than to receive”, and “Show respect for lives”, are very good. He added, “Medicine is not just about the diagnosis and treatment. The caring part of it, and the compassion shown, will help in the patients’ recovery.”

He hopes that the medical professionals could go beyond what they should be doing to look after the patients with love and compassion, and that the young doctors could adopt a positive attitude in serving their patients.

Tzu Chi’s systematic and well-organized relief work left a deep impression on him. He was happy that some of his students were also there at the Conference, and hoped that they could appreciate the learning experience and emulate the humanistic approach promoted by Tzu Chi.

He found the theme of the Conference very relevant because as far as medical care is concerned, we do not only talk about the medications that are used to treat diseases, but also the humanistic aspect. He shared, “Today’s conference offers a lot of information on volunteerism, in healthcare especially, where many people are involved and



Prof Dato’ Dr Marzukhi Md Isa from Lincoln University College was full of praise for the Conference. [Photograph by Lim Chin Shein]

have provided good services, especially to the poor.” He added that disease prevention should be given more emphasis, more so to people living in rural areas, who often receive delayed treatment due to poor accessibility to medical resources and facilities. He believed that one will be rewarded with joy when one does good deeds to benefit the needy.

Brig Jen Dr Zulkifli bin Zainal Abidin, Head of Dental Department, Hospital Angkatan Tentera Tuanku Mizan, remarked that it was a worthwhile trip to the Jing Si Hall. He commended, “The coordination you have within your volunteers is very good. I think it is almost a military standard.”

Dr Zulkifli observed through the

speakers' sharing that there is something common between Tzu Chi's medical mission and the military ideals as both delve into humanitarian aspect. He mentioned that while both Tzu Chi and the military are quick to arrive at a disaster-hit site, to some extent, the NGOs have some advantage in terms of time efficiency because the military needs to abide by some protocols and seek approval before they could

act. He looked forward to attend more of Tzu Chi's activities and to have more exchanges between the two organizations.

It is hoped that the three-day Conference could ignite the passion to safeguard health and lives with love and respect, and inspire healthcare professionals to go beyond medicine to incorporate human touch in their profession.



Besides honourable guests and participants from various countries, government officials and representatives from local medical associations were also in attendance to show their support. [Photograph by Kevin Tan Kok Sieong]

Multimedia in Medicine, “All about Health”

Speaker: Dr Chien Sou-Hsin

Dr Chien Sou-Hsin, Superintendent of Taichung Tzu Chi Hospital, delivered a speech on the topic, “Multimedia in Medicine”. With his vast knowledge and humour, he explained to the audience how he translates medical knowledge into comprehensible contents using multimedia.



Nowadays, besides TV programs, we can also find health facts presented using interesting films on the websites of some well-known healthcare institutions. Likewise, Tzu Chi Hospitals have developed informed consent, or Shared Decision Making (SDM) films, to communicate to the patients the purposes of performing the surgery and what other options are available. This helps the patients to understand the situations clearly before making their choices.

Dr. Chien highlighted that, “Skills and professionalism are basic requirements. Other than that, humanistic care is also very important. These two, when put together, will make medical care a little different.”

Dr Chien has also been a media volunteer to pass on correct medical information through the program, “All about Health”, which he hosts on Da Ai TV. To ignite and hold the interest of the general audience, who are non-medical professionals, he uses art and stories to transfer his knowledge.

Dr Chien revealed, “I don’t have a very strong team. All the ideas, the paintings, and the supporting data like the X-rays, are from me. I have to prepare them myself, and I do this without taking a penny from Da Ai TV. I even have to spend a lot of my money to buy references, including the paintings, and so on. I have been hosting this TV program for 16 years and 7 months (4,417 episodes), all by myself.” The persistence and hard work was recognized with Dr. Chien being nominated for the “Best Host for Educational and Cultural

Program” in the Golden Bell Awards for five times, and finally, emerged the winner in 2014.

What motivated Dr. Chien to continue with the “All about Health” TV series for 16 years? He shared the story of a cancer patient to depict his perseverance.

In the video, the patient visited other patients during her stay in the hospital, she gave them hope, energy and spirit, and even organized a team to get the cancer patients to sing together and encourage one another. That cheered up the atmosphere at the oncology ward.

This lady was actually an advanced breast cancer patient with multiple lung metastases, and there was not much the doctors could do to treat her. Dr. Chien recounted, “She passed away at the age of 43,” “Why did we let this happen? We had the technique to do mastectomy perfectly, but why did we let this patient die of advanced breast cancer at that young age, leaving two kids without a mother? Who is responsible for that? I think we are, because we did not provide enough medical knowledge.

Dr. Chien ended his presentation with a painting. In the painting, a patient was lying on a bed. On her right side was a physician (interpreted as using modern techniques to diagnose and treat the patients), and on her left stood a priest (signified religious or spiritual aspect). It sent a strong message that medical care is only balanced if we focus on both skills and spiritual aspect, and that everyone knows how to take care of their own health.

Speakers' highlights



Dr Lee Yi

Medical Secretary & Director General of Quality Control Department,
Hualien Tzu Chi Hospital, Taiwan

The government and consortiums would not build a big hospital at such sparsely-populated area (Hualien, Taiwan) because it would certainly incur a big loss. But Master Cheng Yen, having seen many people falling into the vicious circle of poverty and ill health, decided to build a large hospital in this small city. In 2016, the Superior Council of Scientific Investigations reported Tzu Chi Hospital as the highest rated hospital in Asia and number 13 in the world, because it has brought forth "humanistic medicine with reverence for life", taken on some of the most complex cases on the continent, focused on removing pain from illness, and taken in poor patients without the need for pay and ran primarily through grants.

Vice Superintendent, Dalin Tzu Chi Hospital, Taiwan

Our hospital has been a health promoting hospital (HPH) for more than a decade. It is implemented for the patients and families, executed by the staff on the hospital premises and extended to the community. We have a HPH Committee chaired by the Superintendent and comprised of four groups, each in charge of environment, hospital staff, patients and families, and community respectively.



Dr Lin Ming Nan



Dr Shen Yi-Ying

Chief of Department of Chinese Medicine,
Kuanshan Tzu Chi Hospital, Taiwan

A frown and a smile are both possible. So, why don't you smile? Smile relaxes your body, and when you laugh, you are massaging your heart meridian. This is because based on the theories of traditional Chinese medicine, your face is connected to your heart. When you smile or laugh, your heart will feel it. So, joy and happiness are essential to a healthy heart.

**Dr Kenneth Liao**

Deputy CEO of Tzu Chi New York, USA

I spent my last Christmas in Jordan. It was very cold and the refugees were living in a very poor condition. In one of the camp sites, there was only one toilet shared among the 100 families... I have been doing international relief for the past 20 years, but never had I been so emotionally touched, because we were treating people whose parents and countries had been displaced. It was a completely tragic and devastating situation unfolding before a major human race catastrophe due to greed and power struggles, where the most innocent people bear these grievous consequences. Human dignity was lost, and basic rights and needs surfaced with bare-minimum calls for greater love, understanding, tolerance and forgiveness. This is what our Master has been teaching us all along and is very much needed to restore humanity.

Dean, Yayasan Al Ashriyyah Nurul Iman Islamic Boarding School, Indonesia

You know why Tzu Chi is very important to me? My husband passed away six years ago, leaving me with 23,000 orphans (now 15,000) in Nurul Iman. "Always remember these children, they must always be well-fed. Those were his last words." I have had to provide food, lodging, education and health benefits to these children. An extreme religious group contacted me and offered to settle my debts in exchange for these children. But I could not accept that, as these children will end up as suicide bombers or terrorists. I tried to survive without help from anyone, except Tzu Chi. I got help, assistance and love from Tzu Chi. We may be different in colours, religions, races and countries, but our mission is the same – for humanity.

**Mdm Umi
Waheeda binti
Abdul
Rahman****Dr Ng Poh Yin**

Head Unit & Consultant Urogynaecologist, Hospital Kuala Lumpur, Malaysia

When I first started to collect recyclables in the hospital, people called me "the garbage woman" and thought that I was a bit crazy. I did hear a lot of comments but I just did not care because it is not enough to just serve the sick, we have to save the world. I knew I am doing a good cause and it is what I want to do. Even though it is 0.000001 percent, it is still more than zero percent and still makes a small difference. In doing recycling, you save the Earth and yourself. The moment your hands touch the ground, your ego goes down.

Participants' feedbacks



Prof Dato' Dr Abdul Rahim bin Mohamad

Prof Dato' Dr Abdul Rahim bin Mohamad joined Cyberjaya University College of Medical Sciences (CUCMS) as the Dean of Faculty of Medicine, upon his retirement from his 30-plus years of service with the MOH. He was also the former President of the Islamic Medical Association Malaysia (IMAM).

He was deeply moved to see the humanitarian work carried out by Tzu Chi volunteers worldwide, including reaching out to the Muslims. He hopes to impart the values of caring and impartial love in his students. "Religion never disturbs (social harmony), it is always for peace and togetherness," he said.



Prof Dr Arun Kumar

Prof Dr Arun Kumar from Lincoln University College (LUC) was impressed with Hualien Tzu Chi Hospital's successful treatment on Chen Tuan Zhi, a patient with severe congenital genu recurvatum. He remarked, "Tzu Chi's medical team has been serving the poor, relieving them of their pain, and showing them compassion and affection. I am inspired and I hope to become a Tzu Chi member."



Yuslina Yusof

Yuslina Yusof, Chief Nurse from Universiti Malaya Medical Centre, remarked that being a Kelantanese, she did not notice any images of the "angels in blue-and-white uniform" (Tzu Chi volunteers) in the media in the aftermath of the 2014 East Coast flood. However, through the Conference, she came to realize that the volunteers were actually there, acting as the back bone of the relief work.

She has also learnt that Tzu Chi is not merely a charitable organization, but is also involved in other missions, such as, medicine and education. She held admiration for the elderly volunteers, who are as energetic and strong as the young despite their age. "They are role models for the young generations," she said.

Besides, she found the vegetarian food served at the Conference very tasty and expressed her intention to continue taking vegetarian food after the Conference.

Adieu to 24 Years of Crawling

By Tan Kim Hion Translated by Wong Mun Heng

A thank-you card plus a “Thank you, Dr Chua” summed up the profound gratitude that lay deep in the heart of Ang Chee Mun. With his harmonica, Dr Chua played the song, “Give Love”, and won thunderous applause from the audience. About a thousand people witnessed how Chee Mun moved from his wheelchair and stood on his own feet, and many were moved to tears when the two hugged each other.



[Photograph by Yong Mun Fei]

On March 17, 2017, Ang Chee Mun was wheeled to KL Tzu-Chi Jing Si Hall to meet the participants of the 2017 TIMA Conference. At that moment, he only had one wish, and that is, to be able to stand up and walk like a normal person one day.

To most people, standing up and walking is a natural thing; and just like drinking and eating, it is effortless. However, to 24-year-old Chee Mun, standing and walking were impossible due to his deformities. He thought he would not be able to stand and walk in his life.

Born with deformities in his lower limbs, Chee Mun had never experienced walking and he could only move around by crawling.

Going to school or outing, Chee Mun would rely on a wheelchair; and at home,

he had to crawl on all fours to move around. Crawling around had become a norm and he is not embarrassed or considered it difficult. But then, he still had a wish: To be able to stand up and walk like a normal person. That must be great!

One day, volunteer Kua Lian Huat brought him some good news. Dr Eddie Chan of TIMA saw the “Diary of My Crawling Days”, a documentary video on Chee Mun’s life struggle, and it occurred to him that Chee Mun’s deformities could be corrected. On September 25, 2016, Dr Chan invited a physiotherapist to assess Chee Mun’s muscle tones and the outcome was that Chee Mun’s muscles were strong and normal.

“The first thing that strikes me after viewing your video is to help you to stand

up and walk, Chee Mun.” Dr Chan’s affirmative statement gave Chee Mun a ray of hope.

Dr Chan then spoke to Dr Chua Yeok Pin, a Foot & Ankle Orthopaedic in Sunway Medical Centre, who is also a TIMA member, about Chee Mun’s case. On October 6, 2016, volunteers brought Chee Mun to see Dr Chua and after detailed examination, the latter recommended that with corrective surgery and post-operative physiotherapy, Chee Mun could stand up and walk again.

Although Dr Chua mentioned that the treatment may come with a lot of pain, Chee Mun would not want to miss this golden opportunity. He was determined to endure and face the challenges ahead, saying, “So long as I can stand up and walk, no matter how painful it is, I will bear with it.”

December 2, 2016, is the day Chee Mun would never forget in his life. This is the day of his corrective surgery.

As shown in the video clip (at the Conference), after the surgery, both Chee Mun’s legs were supported by the external fixation frames. The audience was shocked by the sight of numerous screws attached on Chee Mun. Every night, Chee Mun’s aunt would adjust the screws to return the angle of the ankle to the desired positions. The tremendous pain Chee Mun experienced was clearly written on his face and only he would know how painful it was.

Being a cheerful and positive person, Chee Mun would not cry when faced

with any challenges. But the corrective treatment had him crying, each time his wounds had to be cleaned and when the screws on the fixation frames had to be adjusted by his aunt.

Dr Chua had also cautioned Chee Mun that in order to prevent infection, he must take good care of the wound. “The treatment would fail if infection sets in; and worse still if it requires amputation.” This is what Chee Mun was most concerned about.

Due to the pain, Chee Mun had sleepless nights. However, he was very appreciative of Dr Chua’s efforts in viewing with care the wound dressing process recorded on the phone by his aunt on a daily basis. This is to detect any possible wound infection and for Dr Chua’s advice regarding the adjustment of screws on the external frames.

At the follow-up visits, Dr Chua noticed that Chee Mun had struggled to bear the pain and advised him, “Well, no one could help you but yourself.”

Chee Mun knew that giving up was never an option. In January 2017, the fixation frames were removed and replaced with a cast to stabilize the corrected position of his ankles. The worst was finally over. Chee Mun could see that his feet had straightened and could touch the floor. This joy gave him the confidence that the day of him standing up and walking was getting closer. He vowed that the moment he could walk out, he would go to a Tzu Chi recycling centre and use both his hands and legs in contributing

towards environmental protection. At the same time, he could repay the love and support others have given him.

Pillar of Strength from Family and Team

Dr Chua, who has done 20 similar cases with success said, “I could not bear to see a young man crawling on the floor. I must help him. As a doctor, I wish to contribute whatever little I could to help him to stand up, to walk and get a job to support himself; and hopefully, he can help others in the future too. ”

He was confident of Chee Mun’s case, as his muscle tones were good, and this is a crucial factor in determining whether he could walk or not, coupled with the post-operative physiotherapy programme.

At that time, Dr Chua estimated the total cost for the whole medical treatment would be around RM50,000. When he knew that Chee Mun would not be able to cope with it financially, he decided to seek gratis treatment for him.

“With great humility, I asked the hospital to exempt him from hospitalization charges, including my own surgical fees. Thankfully, the hospital approved without a fuss. Likewise, the anaesthetist, when told of Chee Mun’s background, also readily agreed to waive his fee.”

Despite his hectic schedules, Dr Chua still found time to share Chee Mun’s case with others, in an attempt to get him the gratis treatment. Some of his friends

disagreed with his actions. But Dr Chua firmly believes that compassion does exist in everyone’s heart. It is just a matter of whether opportunity is given or not to do kind deeds.

With regard to Chee Mun’s treatment, Dr Chua humbly said that his contribution was rather minor. He felt that Chee Mun’s family members have been his driving and motivating force. He knew Chee Mun needs to endure extreme pain. Without the mindful care and support from his family, he would not be able to get through the treatment successfully.

Another driving force for Chee Mun is the volunteers who had accompanied him in and out of hospital for follow-up visits and also visiting him at home. TIMA members’ visits and sharing of tips on some simple exercises, as well as, words of encouragement from volunteers, such as, “Chee Mun, you must persevere and never give up,” have boosted Chee Mun’s courage.

Dr Chua was grateful for the great efforts of Chee Mun’s family members, TIMA members and Tzu Chi volunteers in making the impossible possible. Whenever he saw Chee Mun’s previously deformed legs stepping flat onto the ground, he felt a great sense of relief and joy. When dealing with Chee Mun, he likes to crack some jokes to cheer him up. For instance, when inviting him to share at the TIMA Conference, he said to Chee Mun, “If you are sharing, then I will share. If you don’t, then I won’t!”

In fact, to give a pleasant surprise

to Chee Mun, he promised to play a harmonica musical piece for Chee Mun during the latter's sharing at the Conference. Dr Chua's unconditional love for Chee Mun touched him dearly. His sincere care has helped Chee Mun to cope with the pain and suffering.

Road to Recovery Is Long

Lian Huat, who has been accompanying Chee Mun, was overwhelmed when he saw the latter trying his best to stand up and give Dr Chua a hug when presenting a thank-you card to the doctor.

It has been a long nine years since Lian Huat first started giving Chee Mun

care and support. They have treated each other like father and son. Lian Huat said, "Chee Mun is a brave and strong boy, and he is willing to learn. No matter how tough life has been, he would never complain and instead, he would work harder to learn more. Over the years, I have always seen him smiling radiantly. I know his wish is to be able to walk and get a job, so that he can be independent and take care of his grandmother, who is getting old."

Over the years, a total of 30 volunteers have been taking turns to send Chee Mun to see a doctor, for outings or to visit him at home. This is especially so during the treatment period, where they would carry Chee Mun up and down the car, send him for follow-up consultations



With the external fixation frames removed and replaced with a cast to stabilize the corrected position of his ankles, Ang Chee Mun is a step closer to his dream of standing up. [Photograph by Yong Mun Fei]

Ang Chee Mun tried his best to stand up to offer Dr Chua Yeok Pin a thank-you card and a hug. [Photograph by Chan Tuck Meng]



and arrange custom-made shoes for him. So long as the need is there, everyone would take turns to keep him company. Chee Mun has never been left alone.

“Doctor said the road to full recovery for Chee Mun is still a long way. After this corrective surgery and the removal of external fixation frames, we need to bring him to have special shoes custom-made for him. Currently, he has to undergo physiotherapy regularly.”

Lian Huat is aware that the next one year would be a big challenge for Chee Mun. For one who has never walked in his life, he is like a child learning to stand, make his first stride and then walk. Fortunately, Chee Mun is mentally prepared to turn his dreams into reality. Every day, he follows the physiotherapist’s instructions to learn to stand up and he is diligent in doing physiotherapy exercises too. The earnest wish of Lian

Huat and other volunteers who have been accompanying Chee Mun on this road to recovery is to see him walking properly one day.

As Dr Chua played the song, “Give Love” with his harmonica on stage, he was looking towards Chee Mun’s direction as if dedicating his best wishes and blessing to the latter, while at the same time, making his call to all medical personnel present: “Hopefully everyone, while treating the patients, do not forget to spread love to the corners of the world and because of your love, the lives of many more people are changed for the better.”

This love beyond medical treatment has opened up a new horizon where healthcare professionals could feel the pain and suffering of a patient with empathy. That is the true essence of “curing people, treating illnesses and healing minds”!

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