



HANS

Free Tickets to the Vancouver Wellness Show

HANS has a handful of complimentary tickets left (\$14.95 value) to the Vancouver Wellness Show - February 14, 15, & 16, 2014. Please call 604-435-0512 to reserve yours.

FEBRUARY 2014

NETWORK NEWS

Our First Networking Night: A Review

By Michael Volker

On Wednesday, January 29th was our first Professional Members Networking Night. More than 30 of our members and a few guests made the trek to the Speakeasy Bar & Grill on West Broadway. Thank you to all those who came out and participated in making this a successful first effort.

In today's hypercompetitive business environment, it's crucial for enterprising professionals to engage with other professionals. Networking can be an extremely important activity for educating yourself to the challenges of the marketplace. Networking events can also be good for your own professional knowledge. One takeaway I had from last Wednesday's event is that HANS has in our membership an articulate authority on the thyroid gland. Jeda Boughton's 20-minute talk—although only 20 minutes—was important for a couple of reasons. Besides the obvious benefits of learning about the thyroid gland, it was great to see how engaged attendees were by what she was saying. This type of casual, almost town hall-style discussion is a great way to learn without being in a formal educational environment. For future networking nights, HANS will be putting more effort into promoting the knowledge-building part of the evening.

From my perspective, it was a good turnout and after talking with a number of attendees, it seems there is a strong desire to hold future networking events. I would be remiss not to mention that the evening was not without a few hiccups. We were limited in menu choices and the management seemed to be unable to control the heating. The restaurant was also a bit noisier than anticipated. Although it was a convenient location for many, we will seek a more intimate space next time.

As for future events, we're already considering a networking night in the Tri-cities area in March. Our thoughts and goals going forward is that these events will become bimonthly and move around the Lower Mainland, so please send me your ideas.

Michael Volker is the director of operations of HANS. 604-435-0512 michael@hans.org.



April 5th, Natural Wellness Career Fair Vancouver Public Library

We're hosting a Natural Wellness Career Fair! This one-day event will be on Saturday, April 5th, 2014, on the main (atrium) level of the Vancouver Public Library. Please contact Lorill for exhibitor and sponsorship details at 604-435-0512 or events@hans.org.

The Real Meaning of Chinese Medicine

By Dr. Chun-Kai Wang

Despite the popularity of Chinese medicine these days, let's set some things straight so this ancient healing system doesn't end up well-known for the wrong reasons.

What is Chinese medicine?

Chinese medicine is as the name suggests: medicine from China. By medicine, we mean natural medicinal plants cultivated more or less in China.

(Continued on next page.)



The Real Meaning of Chinese Medicine (continued)

Chinese medicine is all about balance, yin-yang and the five elements, right?

While true to certain degrees, I avoid such terms because they speak nothing of what Chinese medicine really is. I'd like to rather put it short and blunt: Chinese medicine treats disease, period. By disease, I mean real diseases and conditions, ones that patients will have to be given drugs and even surgery for, without sufficient guarantees of any degree of alleviation. It also includes maladies that you may be told are "all in your head," when you know very well they aren't.

Chinese medicine uses many endangered species and exotic ingredients.

Bear gallbladder, deer antler, scorpions, geckos and tiger bones are what come to mind when some people think of Chinese medicine. I'll straighten things out here: Chinese medicine is 99 percent herbal; only about one percent is comprised of common animal-derived and earth-mineral ingredients such as ground oyster shells and ground gypsum. Such items are only employed in special circumstances.

Chinese medicine is a bunch of unscientific folk remedies.

My Oxford dictionary defines science as a "branch of knowledge involving systematized observation and experiment." Chinese medicine, like any discipline, is a branch of knowledge. People were using Chinese medicine to treat infectious diseases in a systematized fashion at least 2,000 years ago. Chinese medicine has been experimented on the people of East Asia for at least just as long. Not science, you say?

Chinese medicine is not safe because it hasn't gone through controlled double-blind studies.

Chinese medicine is only unsafe if the practitioner doesn't have a license and isn't educated well enough to be practising with sound knowledge of Chinese medicine and its diagnostic protocols. As for double-blind studies, we are really comparing more than 2,000 years of clinical herbal experience from human experimentation versus comparatively small pharmaceutical studies on lab rats. Modern medical science is only a branch of knowledge just like everything else. Using it to criticize and evaluate the science of Chinese medicine is like an electrician telling a plumber how to do his job.

What about acupuncture?

Acupuncture and Chinese medicine are both Oriental medical modalities, but acupuncture uses needles and Chinese medicine uses herbs. Furthermore, both modalities treat different things. For example, acupuncture is great for musculoskeletal and joint injuries and conditions, while internal systemic diseases or "internal medicine" is practically and exclusively the forte of Chinese medicine. Historically, both disciplines belong to different schools of thought and developed independently from one another. It's important to know that while both therapies can be used in conjunction, Chinese medicine is still Chinese medicine, and acupuncture is still acupuncture.

*Dr. Chun-Kai Wang is a licensed doctor of traditional Chinese medicine. He is also a lecturer at PCU College of Holistic Medicine.
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Welcome New Professional Members!

Touch for Health classes, SIPS classes, Bach Flower workshops, K for Kids workshops, GEMS classes, TFH Metaphors classes, BodyTalk, Specialized Kinesiology, Psych-K, Stress Indicator Point Systems (SIPS), Neural Organizational Technique (N.O.T.), Stress Relief, Pain Management, Massage, Facials, Reflexology, Herbology, Nutrition, Bach Flower Essences, Crystal Healing, Infrared Sauna, Aromatherapy, & Natural Health Products

Sudha Madhuri Devi is a highly sought after energy healer with over 20 years experience of practicing and teaching. Recently immigrated to Canada from the UAE, she is renowned for integrating ancient esoteric secrets taught to her by her spiritual masters with powerful healing modalities from around the world. Sudha specializes in Marma Therapy from the SRI SRI Ayurveda Institute, Integrated Nondual Kabbalistic Healing, Jin Shin Jyutsu, Brennan Healing Science, Therapeutic Breath Work® and Kundalini Yoga.

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