



Broome to Beijing by Susie Quicke

I'm almost half way through a two week tour of Beijing, China as part of a massage study and training group organised through Massage Australia with nine other students from all parts of Australia and New Zealand. We are here on invitation from the Guang'anmen Hospital which is a specialist hospital of Traditional Chinese Medicine (TCM).

I arrived in Beijing late at night, greeted by our Chinese host Nancy and had my first experience of Beijing traffic and heavy pollution. Miraculously by the next day the wind had blown away the haze and the skies were clear and blue as we met as a group for the first time at The Temple of Heaven. The next day was equally as spectacular as we walked The Great Wall of China and marvelled as much at the beautiful day as the ancient bricks and stones that have been standing since 500BC

Aside from the sightseeing and shopping we are here to learn about Tuina which is the TCM technique of massage. Monday morning we started our training at the Guang'anmen Hospital. Massage is an essential part of the treatment in Traditional Chinese Medicine and we are privileged to observe the doctors in the massage and orthopedic treatment areas administering massage, acupuncture, cupping, herbal poultices and other TCM methods to their patients in a very busy clinic. In the afternoons we have lectures with the doctors and learn the common techniques of TCM and treatment of specific conditions. We then have the opportunity to practise with their supervision and guidance.

This is a certified course and the Guang'anmen Hospital are inviting students from all over the world to be a part of this special training, as well as sending their doctors to the USA and other countries to study Western medicine. The blend of traditional with modern medicine is revolutionary.

Its a busy time and there is so much to do in Beijing!!! Peking Opera, more shopping and this weekend we are off to Xi'en to visit the Terracotta Warriors.

Susie is a massage therapist in Broome - Living Hands Therapeutic Massage - make an appointment 08 9192 3263