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[Key Elements to Anti-Aging & Longevity](#)

by Alex Yuan-Da Chen

Location & Time:

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by Ray Rubio

Location & Time:

Anaheim, CA

2/8/09 9 am to 6 pm

The Fundamentals of Anti-Aging and Longevity – Introduction to Imperial Doctors and Health Preservation Principles

by Alex Yuan-Da Chen, L.Ac., O.M.D., Ph.D.

In ancient China, imperial doctors were considered to have the highest social status and honor in all the medical fields. Becoming an imperial doctor was not easy. They had to first pass the national examination to enter the imperial palace. Once in the palace, they were then given opportunities to serve the important government officials. If their medical skills were superior compared to others, they were selected by nobles to become a part of the top-tiered imperial doctors who would have the honor to serve the royal family directly. In addition, imperial doctors were given access to invaluable resources – important ancient texts related to the Chinese materia medica throughout history that could only be found in the imperial palace.

Development of Health Preservation

Although great honor and high social status were bestowed on those who become one, imperial doctors usually lived very stressful and perilous lives. They were often put in situations that could result in punishment, exile, or even decapitation. As they were the selected few to treat and care for the royal family, a task they fulfilled assiduously and carefully, they were ultimately responsible for the health of the royal family. If any severe illness befalls a member of the royal family or a treatment does not work fast enough to the emperor's liking, not only would the imperial doctors themselves, but their whole family could be sentence to death. As a result, in order to safeguard their own life and the life of their family, imperial doctors had to develop methods to preserve royal family's health and prevent diseases, before they got sick.

In 17th century, the Patron Saint of Chinese Imperial Physicians, Liu Chun, acted on emperor's order and investigated the means to preserve one's good health. Within a period of 66 years of experimentation, Liu Chun clinically tested on thousands and thousands of prisoners and inmates, and successfully formulated treatments for cardiovascular diseases and diabetes. These clinical experiments on human, which may not be ethically accepted nowadays, yielded a significant result – the guidelines for anti-aging and longevity.

These guidelines, founded and described by Liu Chun as “seven parts nurturing, three parts medication”, became the basis of anti-aging and longevity. The key elements to anti-aging and longevity therefore relied heavily on the maintenance of health and healthy living, not on the treatment of diseases itself. In particular, the guidelines of health preservation emphasized on the

tonification of Spleen qi, exercise, resting, meditating and eating right (high protein, high vitamin, high fiber and low calories). These health preservation principles were heavily utilized by imperial doctors who focused on preventing illnesses, rather than treating diseases. Their ability of preserving good health was one of the main reason imperial doctors were given the highest and most respected social status in ancient China.

Throughout the medical history around the world, Chinese Medicine is the only medicine that encompasses a complete and long-lasting system of health preservation and disease prevention. The fundamentals of “seven parts nurturing, three parts medication” put tremendous emphasis on natural healthy living and simplicity of food intake structure, which are the key factors leading to quality of living and longevity. Accordingly, the emphasis on health preservation is certainly a major distinction between Chinese Medicine and Western Medicine.

ABOUT THE AUTHOR

Alex Yuan-Da Chen, L.Ac., O.M.D., Ph.D.

Dr. Alex Chen is a master of herbs, qi gong and tui-na. He has taught at South Baylo University, Yuin University and Royal University of America as well as teaching numerous professional and continuing education seminars in the U.S. and abroad. His love for Oriental Medicine is evident through his life-long devotion to the profession, and reflected by the passion and dedication he embodies, and the inspiration he provides to his children to pursue the same career path.

To learn more about health preservation and disease prevention, Dr. Alex Chen is speaking on the following topics for Lotus Institute. All classes are approved for 8 CEUs/PDAs by the California Acupuncture Board, Illinois Acupuncture Board and NCCAOM.

CLASSES BY THE AUTHOR

Key Elements to Anti-Aging & Longevity (2/7/09 Anaheim, CA; 8/22/09 Oakland, CA)

Practical Qi Gong for Optimal Health (3/1/09 Albuquerque, NM)



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