

## Deploy the Ultimate Healing Superpower Within Us - *Qi* (Life Force)<sup>1</sup> to Deal With the Superbugs

The word 'superbug' is a colloquial English term that refers to microorganisms (bacteria) that has become resistant to antibiotics and thus has become 'exceptionally' stronger for our immune system to deal with effectively.

The emergence of superbugs signifies that the old way of dealing with 'bugs' with antibiotics is not working. To deal with these new biological entities, we need a new way of thinking i.e. a new paradigm, a new science that juxtaposes the interests of the patient, the health practitioner and the mind-body humoral remedies or *yao* that are being currently being deployed in Australia to deal with seasonal bugs<sup>2</sup> and superbugs or antibiotic resistant microorganisms. *Yao* are routine therapeutic practices that move the patients *qi* which I believe is the 'natural healing power of the body' (*vis medicatrix naturae*)<sup>3</sup>. These mind-body humoral therapies or *yao* include chronoacupuncture, traditional Chinese massage, food therapy, prescribing materia medica, *Qi* (Life Force) Meditational exercises, *Taijiquan* etc.<sup>4</sup>

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<sup>1</sup> Rey Tiquia, *The Qi That Got Lost in Translation*, Traditional Chinese Medicine, Humour and Healing, in Jocelyn Chey & Jessica Milner Davis (eds) *Humour in Chinese Life and Letters Classical and Traditional Approaches*, Hong Kong: Hong Kong University Press, 2011.

<sup>2</sup> Rey Tiquia, 2010, A Cultural and Linguistic Translation of Warm Factors Epidemics *Wenbing* As Viral Influenza Epidemics in Australia", *ea Journal of Medical Journal of Medical Humanities & Social Studies of Science and Technology*, 2 (2): December <<http://www.ea-journal.com/art2.1/A-Cultural-and-Linguistic-Translation.pdf>>

<sup>3</sup> Joseph Needham, "The History and Rationale of Acupuncture and Moxibustion", in *Science in Traditional China*, Cambridge: Harvard University Press, p. 95.

<sup>4</sup> Rey Tiquia, 2011, *Traditional Chinese Medicine as an Australian Tradition of Health Care*, Melbourne: Custom Book Centre, University of Melbourne (Thesis Series).