



Needles that help instead of hurt

MANY PEOPLE PARTICIPATING IN THE COMPETITIONS ARE TRYING TRADITIONAL CHINESE CURES

By SHI YINGYING
CHINA DAILY

SHENZHEN — There's more to medicine than a stethoscope and an X-ray.

Sitting quietly on the second floor of Universiade Village's Polyclinic, 10 Traditional Chinese Medicine (TCM) physiotherapists wait to relieve athletes' pains through acupuncture and Chinese medical massage.

"They're professionals from three of the city's TCM hospitals," said Wei Linlin, a doctor from Futian Traditional Chinese Medicine Hospital. "Unlike Western medicine in terms of diagnoses, TCM starts with what we refer to as 'look, smell, ask and (wrist) pulse-taking.' So instead of scanning you with a machine, we observe you to have a general idea of what's going wrong with you."

Wei said that according to TCM's theory, pain is caused as one's *qi* (energy) stops flowing.

"The pain is in wherever *qi* is blocked," he said. He explained that apart from *qi* within one's body, certain channels of *qi* act as antennae between the human body and Earth.

Because it is especially good at treating recurring muscle strains, acupuncture is the quickest way to help athletes get rid of their pain, Wei said.

"It actually surprised me that most of foreign athletes accept TCM as the assistant treatment for muscle strain," he said.

Tanzania's Magdalena Ruth Moshi first tried TCM on her injured leg during the Good Luck Beijing Games in 2008. The



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A foreign athlete tries acupuncture. "You do whatever to take the pain away," said another athlete.

20-year-old was so impressed by the results of five minutes' massage that she became a fan of TCM.

"I've been to Australia and South Africa and no one could fix it. Five minutes' massage in China and it was gone," Moshi said. "(TCM) has been used for thousands of years, so there has to be something for it. I swear I never had a problem with that leg again."

When asked whether she was afraid of the sharp needle for acupuncture, Moshi said with a big smile, "If you are in that much

pain, you don't care.

"You do whatever to take the pain away, and if sticking a needle into your leg is going to work, I'd like to try," she said.

Wei said that on Monday morning, a massage therapist from Algeria's team came to study Chinese massage.

"We demonstrated our ways of massaging separately and exchanged ideas about it," Wei said. "They're curious about Chinese medical massage and looking forward to learning, which is

something I am really glad to see."

According to Zhang Jun, a doctor who graduated from Beijing University of Traditional Chinese Medicine, there are two main kinds of massages in TCM.

"The first one is useful in terms of relaxing your muscles," Zhang said. "For example, a swimmer came to me a few days ago. He had sore muscles and felt pain. Many sportsmen get too excited during the game, and, therefore, they can't feel the pain, but afterwards, it will become stronger."

Massage is helpful because it relaxes your shoulders, legs and back, and keeps your *qi* flowing, he said.

"The second one is used for dislocations," he said. "The way Chinese treat luxation is actually TCM."

As for dealing with the heat in Shenzhen, Zhang suggested cold tea, also known as "mixed-herb tea."

"It really works here in Guangdong," he said. "But don't go to those street corner shops for cold tea. Try the ones offered in a TCM hospital."

Province to adopt groundbreaking innovation regulations

By MICHELLE FEI
CHINA DAILY

SHENZHEN — Guangdong, the host province of the 26th Universiade, is set to embrace the country's first innovation regulation this year, to strengthen its leading position in technology innovation and boost its high-technology industry, a senior official revealed yesterday.

"China once again has the world's attention as the 26th Universiade is going on here in Shenzhen, Guangdong province," said Ye

Jingtū, deputy director-general of the province's science and technology department.

Ye said the Universiade provides the province with a good platform to share its achievements in technological innovation with the public.

"We've just had a breakthrough in the lawmaking progress in technology innovation," he said. "The provincial innovation regulation is likely to be adopted by the Standing Committee of the People's Congress of Guangdong this year."

"The regulation itself is quite

innovative. No other place in China has adopted such a law before. We overcame many difficulties, such as defining 'innovation' and its 'mechanism'.

"We should be proud of what we have achieved in this process."

Ye also unveiled the provincial plan for developing the technological innovation industry during the 12th Five-Year Plan (2011-2015).

Over the next five years, the province will focus on developing emerging industries of strategic importance and seeking technical

breakthroughs in IT, electric automobiles and LED lighting.

The Guangdong government plans to subsidize young entrepreneurs at the University Inno-tech Park, which fosters innovative ideas among university graduates and offers a platform for them to start their own businesses.

By the end of 2010, there will be eight University Inno-tech Parks in the province. They will produce some 650 new enterprises and more than 300 patents, while offering more than 7,000 jobs to local

graduates and attracting 200 graduates to return from overseas.

According to a report released this year on regional innovation capability, Guangdong had the second highest capability in innovation and was rated No 1 for its environment and economic performances in innovation.

Over the next five years, the province will continue to develop its technology industry and promote residents' livelihoods with technical progress in such areas as advancing agricultural and medical equipment.