

## Newsletter from the 1st Scandinavian TCM Congress 6<sup>th</sup>– 9<sup>th</sup> September 2007



In some areas of the world people are suffering from an almost intolerable heat. In our northern part of the world the rain is pouring down. But nevertheless, the Danish countryside is as beautiful as ever with every shade of green and every colour of the range showing in our flower beds. We are confident that Slettestrand will welcome us all in September and show us all of nature's beauty and wonders.

Please find below an introduction to another three lecturers who will be present at the congress in September. This congress offers a unique opportunity to get personally acquainted with both the internationally recognized lecturers as well as other professional TCM practitioners from all over the world. Networking is the key to our field as well as many other areas of expertise, and besides gaining more knowledge, networking is the heart of the TCM congress at Slettestrand. Here you can enjoy meeting old and new friends when we transform Rønne's Hotel into the heart of TCM in Europe and Scandinavia. We are all aware of the importance of continuous development both professionally and personally, and we also know that the mutual exchange of knowledge and experience is rewarding from both these viewpoints, whether it be at the congress party Saturday evening or at the workshops Thursday.

### **Lillian Garnier Bridges**

Lillian Garnier Bridges is an internationally recognized and acclaimed speaker, teacher and author. Lillian's warmth, humour and insight captivate her audiences and have made her one of the top lecturers at symposiums and conferences around the world. A Professor of Oriental Medicine, she is known for bringing back the study of facial diagnosis to the field. Founder of the Lotus Institute, she trains students and consults with major corporations. Originally learning facial diagnosis, feng shui, and five element theory apprenticing with her Chinese mother's family, Lillian has spent over 20 years researching information from ancient texts and correlating them to Western studies in psychology and medicine, ergonomics and design. She has been featured on numerous television and radio shows and in magazines. Her book, Face Reading in Chinese Medicine has just been published by Churchill Livingstone. Face Reading and Facial Diagnosis teach how to assess personality and health from the biological blueprint of the face - an invaluable tool for seeing into the body and mind. At the congress Lillian Garnier Bridges will be lecturing on "Primal Sexuality and Creativity from the Source – Jing and Desire" and "Signs of Sexuality on the Face".

### **Ilkay Zihni Chirali**

Ilkay Zihni Chirali was born in 1946 in the village Lemba (Chirali) Gazi Baf, Cyprus. He left Cyprus to pursue his higher education, first in Turkey and then in Sweden and England. In 1982 he emigrated to study Chinese Medicine in Australia with his wife and two children. He qualified as an acupuncturist in Melbourne, Australia, where he opened his first Acupuncture and Stress Therapy Clinic. He returned to England in 1987 and now has two clinics, one in Eltham, south-east London and one in Tottenham, North London, where he treats children and adults. His wide-ranging studies have brought him expertise in Acupuncture, Chinese Herbal Medicine, Clinical Hypnotherapy, The Lusher Personality Test, Paediatric Acupuncture and Western Medicine Pathology. He has studied further in Nanjing, China, at the College of Traditional Chinese Medicine and First Affiliated Hospital in the Internal Medicine, Dermatology and Gynaecology departments. He has been organising structured seminars and workshops around the world since 1988. To date he has given over 25 public lectures and a BBC World Service Radio talk on the subject of Traditional Chinese Medicine and Cupping Therapy. He is the author of "Cupping Therapy" first published by Churchill Livingstone in 1999. At the congress Ilkay Zihni Chirali will be giving a workshop on "Hands-on Cupping Therapy".

### **Hamid Montakab**

Dr. Hamid Montakab finished his medicine- and acupuncture studies in 1975 in Paris and spent his time as medical registrar in the surgery and gynaecology departments of Poitiers. During his three-year study of acupuncture he spent four months at the Men Wa and ISA schools in Hong Kong,

and after this he spent further time studying in the Philippines and in India. In India he stayed three years working and combining TCM with Allopathy and Ayurveda. Between 1980 and 1985 he worked in the USA and received diplomas from the "Oregon Acupuncture Board" and the "National Acupuncture Board (NCCA)". In the following years he further expanded his knowledge of herbs, Osteopathy and the visceral Osteopathy in Europe. Dr. Montakab has carried out research in "Acupuncture and Sleep disturbances" as well as studies of the diseases of the skin at the University of Geneva. Dr. Montakab was commissioned by the Swiss National Fond to conduct a scientific research study on Acupuncture and Insomnia. He has also done a smaller study on Acupuncture in Atrophic Dermatitis at the Geneva University Hospital. Since 1985 he has been working and teaching in Switzerland, France and Germany. Between 1995 and 2000 he was the co-founder and president of the Swiss Professional Organisation for TCM (SBO-TCM). In 1986 he founded the Academy for Chinese Healing Arts in Switzerland together with his wife Solange. Hamid Montakab combines immense knowledge of eastern and western medicine with his years of practice in Europe, India, China and the USA. Students from all over the world have harvested the fruits of this extensive knowledge for several years. At the congress Dr. Montakab will be lecturing on "Energetics of Pregnancy and Birth in Classical Chinese medicine".

## **The Thieme Almanac**

At the last day of the congress you will have the opportunity to meet Mrs. Angelika-M. Findgott, who is the editor of the Thieme Almanac. She will introduce you to the almanac, but already now we would like to send you this greeting from Mrs. Findgott:

*"As per different dictionaries, an "Almanac" is "A publication, usually an annual, containing useful fact, tabular, statistical and general information in a particular field or fields arranged according to the calendar of a given year." Prepared by editors who are renowned international experts in the field, **the Thieme Almanac: Acupuncture and Chinese Medicine** provides an annual review of the state of the study, practice, teaching, and development of acupuncture and Chinese medicine around the world. Wide and practical in scope, each issue includes an international survey of educational programs, reports on clinical and research findings, listings of societies and organizations, current information on laws and regulations, a congress calendar covering all major events taking place in that year, and much else. The aim of this international forum is to offer the field of acupuncture and Chinese medicine a voice and to develop greater cooperation among the diverse parties involved in the field."*

**"A book holds a house of gold". (Chinese Proverb)**

Angelika-M. Findgott  
Editor, Thieme Publishers

## **Transport**

There are different ways of reaching the congress center at Rønne's Hotel, Slettestrand. If you come from Denmark, you will probably prefer to travel by car, bus or train. From Norway and Sweden ferry lines are available, and if you choose to arrive by airplane, there are direct flights from Copenhagen, Oslo and London to Aalborg airport, which is the closest airport to Slettestrand. From other countries than the above mentioned you may have to go via Copenhagen to catch a domestic flight to Aalborg. At Aalborg airport you can get instructions on how to reach Rønne's Hotel in Slettestrand as well as the other accommodation places.

**Important notice:** Please do not hesitate to send us an e-mail with the details of your arrival at Aalborg airport, and we will prepare an overview of the possibilities and help with your further transport.

For those who have not yet registered, we look forward to receiving your registration. Meanwhile, we can hardly wait till September when we will be seeing all you good colleagues in Denmark.

Best regards,

**TCM Lectures**



Marian Nielsen Joos  
Director

P.S. Please note that the next Scandinavian TCM Congress with the theme: "Classic Chinese Medicine: Emotions, Spirituality and Alchemism" will take place at the same location in Jammerbugten in the days from 3rd to 6th September 2009. Look out for the announcements and be sure not to miss the 2nd Scandinavian TCM Congress in Denmark.

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