



健康在自己手中

当他由于癌细胞扩散而导致二次患癌时，Ken Rosen决定要把健康把握在自己手里。

现在他做到了，而且还为更多的人带来了健康

Ken Rosen M.S.L.Ac持有美国纽约大学电影学位。如果不是因为他的淋巴瘤(霍奇金病)细胞扩散而导致了甲状腺癌，他可能在电影业也能如鱼得水。癌症使他改变了原有的人生轨迹，从而决定把健康把握在自己手里。于是他开始不断探索，从替代疗法、营养学、瑜伽、中医、到泰式按摩等与健康相关的领域，他都一一涉足。

Ken第一次接触中医是通过一本叫《四季保健法》的书(Elson Haas著)。书中讲述了人体五行元素以及如何根据季节变换调养身心。此后，一本接一本，他开始广泛涉猎中医养生知识。再后来，他干脆放弃了自己在电影领域的工作，到美国太平洋中医学院修习中医，四年后如愿地获得中医学硕士学位。

作为一个外国人，Ken学习中医的道路并非一帆风顺。他回忆说：“刚开始，我不明白为什么脚底的一个穴位和头部以及身体的各个部位都有关联。一切都是那么的不可思议。很多人都试图劝说我放弃，他们认为中医一无是处”。但是Ken学习中医的热情和信念并没有因此而动摇。经过多年的学习和

实践，现在的他不仅是一名中医，更是一名执业针灸师和执业草药学家。因为不懈的坚持，作为外国人的他目前的水平堪比中国的优秀中医。

除了中医，Ken在营养学和泰式按摩领域也成就显著。他是一名泰式医疗按摩专家，也是一名综合营养学家。他曾在纽约教授营养学、诊疗和泰式医疗按摩，和美国知名作家、医生、营养师Andrew Weil先生合作密切。此外，在各种国际刊物上，人们也常常读到Ken发表的关于营养学、中医和癌症治疗的文章。就是这样，Ken不仅牢牢把握住了自己的健康，还不断惠及他人。

2006年，Ken加入泰国奇瓦颂度假村，担任驻店理疗专家。2010年加入泰国清迈文华东方酒店任塔拉戴维疗养中心健康顾问和中医专家。这两份工作让他得以把自己的中医知识和技能，营养学知识以及泰式按摩密切和水疗相结合。虽然目前针灸因为包括经营许可在内的种种原因，很难在世界各地的水疗中心普及，在感到遗憾之余的Ken，仍然对中医的未来发展充满希望。他告诉我们：“对我来说，有些疗法其实跟中医针灸

有着类似的原理，例如耳烛疗法就是水疗中心的好选择。这种耳部针灸式的理疗项目很有趣，而且疗效显著。”

2010年9月，Ken应邀出席了由SpaChina杂志主办的2010年中国水疗人士研讨会，作为特邀嘉宾，他配合着“挥汗”歌曲跳了个舞蹈，并演讲：“挥汗如雨的中式健康概念”。用中医原理诠释人体排汗之益处。活动的第二天，Ken还演示了他拿手的泰式按摩技巧，受到了与会客人们的广泛好评。

Ken不断地深究，不断地拓展，在水疗行业也已越走越精彩。SpaChina就养生专题访问了他。

您怎么看待针灸和草药？

针灸不仅可以治疗身体疼痛，日常生活中有计划、有规律地接受针灸还可以预防疾病，我自己就会定期做针灸。针灸是一种临床医学疗法，行外人会觉得它有一点神秘。病人(客人)在一个安静放松的环境里静静地躺着或坐着，针灸师将细细的针头插入病人身体的相应部位，帮助身体释放

凝滞的能量，使身心灵得以全面放松。一项在德国的调查显示，针灸在缓解颈部疼痛方面比按摩更有效。

草药则可以提升身体御寒能力，促进睡眠，恢复身体能量。我更愿意把它们当作食物来看待，而不是药材。传统的也是最好的用法是将草药加水熬制成草药茶后饮用。中国的食疗则是把草药和食物归于同等，药食同源，或者把草药和食物一起烹调以获得滋补和治疗的效用。

请简单介绍传统泰式按摩

泰式按摩属于传统泰式医疗法的一个支流。泰式医疗法还包括草药疗法、营养疗法、精神疗法和其它按摩疗法。这些疗法是作为宗教教义，从古至今口口相传延续下来的。泰国人生病时，无论是身体还是心灵的毛病，他们通常都会先去寺院祷告。

传统泰式医疗法认为，世界万物都是由：土、水、风、火四大元素组成的。泰式按摩，节奏舒缓，通过理疗师手部按压和四肢的力量，帮助调整客人体内风(气)的流动，释放淤积凝滞的风(气)，于是创造了传统泰式按摩。它确实可以有效解决现代生活中的多种压力问题和身体不适。人们甚至称它为合作瑜伽。值得庆幸的是，这种古老的疗法正在全球范围内复兴和流传。

中式按摩和泰式按摩有何异同？

中医推拿和泰式按摩有一些相似点。他们都是通过作用于人体经络，使气血畅通，从而恢复身心灵平衡。

中式按摩手法渗透力强，利用手指、手掌、肘部按、摩、揉、擦、捻、掐、点、击身体相关部位。泰式按摩不仅涉及按手法，理疗师还需要通过自己身体的重力和四肢的杠杆作用，施力于客人身体，帮助他们放松身心。另外，中式按摩通常在理疗床上进行，而做传统泰式按摩需要一张放在地上垫子上进行，并要求客人穿着宽松的衣服。

您服用营养补充剂吗？

我常给自己补充一些矿物质，如锌和镁，也常服用一些中草药。矿物质属阴性，它们可以舒缓神经，促进睡眠，适量补充矿物质对身体有益。但是，从本质上来讲，营养补充剂属于快餐食品。我个人觉得，多和一些朋友一起开心地吃家常菜比吃营养补充剂更有益于健康。

能否为癌症患者提供一些治疗建议？

我常常告诉我的癌症病人要记住他们健康时候的样子和生活，把自己当一个正常，健康的人，保持乐观的心态，绝不能消极，被动地生活。

每一位癌症患者的病况都不太一样，治疗方法也各不相同。所有癌症病人都应注意的是：身体瘦弱的人应注意补充营养，使自己变得强壮；过于肥胖的人，要学会合理饮食，加强身体锻炼，减轻身体负担。针灸是一种很好的抗癌疗法，它可以改善人的免疫系统，镇定中枢神经。令身体和心灵得到充分休息，并提升人体的自动修复功能。

您的客人/病人们通常常为哪些健康问题困扰？

到目前为止，客人来我这里咨询，多是为了缓解压力。现代生活使人的体力和脑力透支，让他们感到不堪重负。这是一种阴气不足的表象。我常常建议他们做一次水疗，或者尝试中医和针灸疗法，以恢复正常的生物钟。有时我也建议他们改善饮食，服用一些草药，做某种身体锻炼，深呼吸，或是看一场有趣的电影。

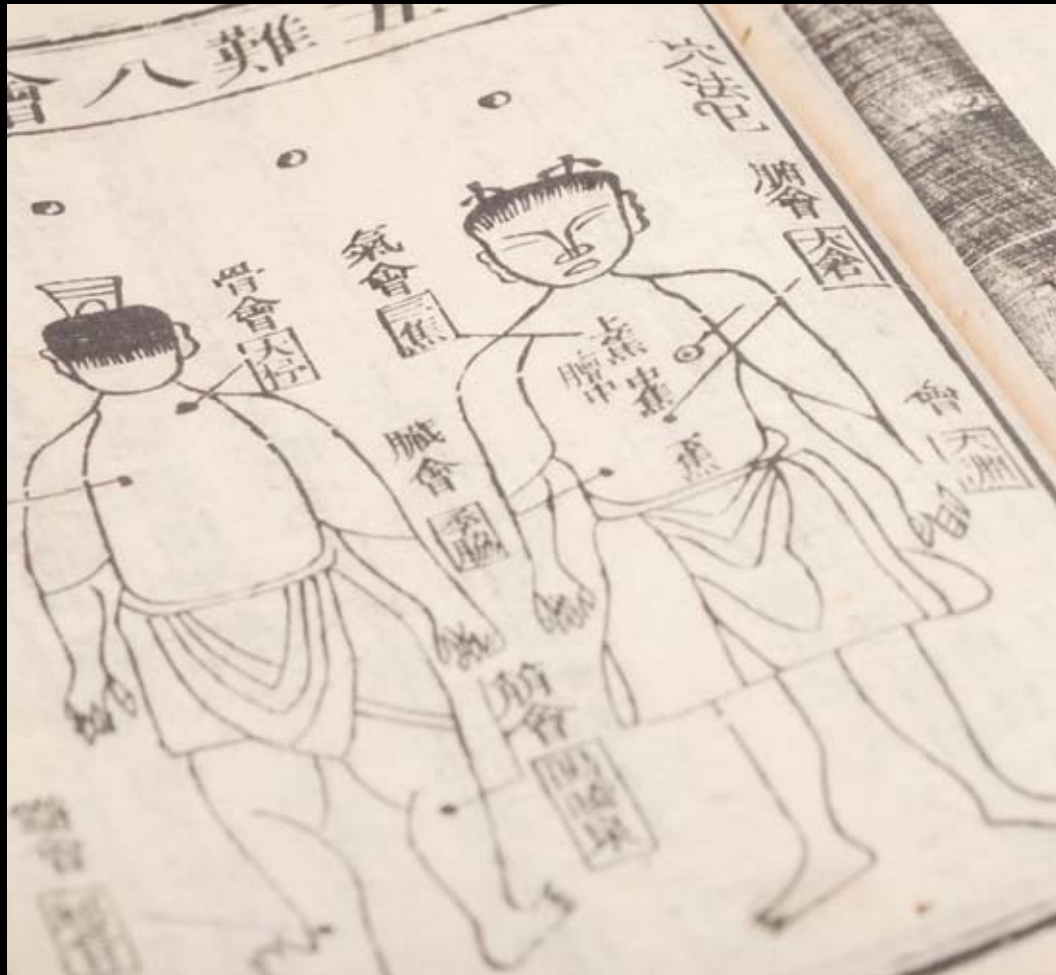
闲暇你喜欢做什么？

我喜欢自己做饭，这样既能放松，又能做一些医学或者营养学实验。我也喜欢滑雪和溜旱冰。到目前为止，我滑过纽约、伦敦、曼谷、洛杉矶、波士顿等城市的很多街道。下一次来中国也会带上滑板。我的愿望是滑遍世界各地！



Ken Rosen M.S. L.Ac.

精通泰式医疗按摩和综合营养学，持有纽约大学电影学位及太平洋医学院中医学硕士学位，曾在纽约从事营养学、健康诊断及泰式医学按摩教学。在国际水疗刊物上发表过多篇关于中医、癌症治疗和营养学的文章，多次参加美国及亚洲的高端中医会议。2006年加入泰国奇瓦颂健康度假村，任驻店理疗师。2010加入泰国清迈的文华东方酒店集团，任职塔拉黛维疗养中心健康顾问和中医专家。 www.spatcm.com



Take Your Health into Your Own Hands

When he was diagnosed with another cancer as a result of radiation therapy for the first cancer, Ken Rosen decided to take his health into his own hands. Now, he not only empowers himself but also many others



Ken Rosen M.S.L.Ac holds a film degree from New York University. Had he not got cancer of the thyroid as a result of treatment received for Hodgkin's disease, a type of lymphatic cancer, Ken Rosen may have gone well with his career in the film industry. But the cancer made him decide to take his health into his own hands and he started reading many books on alternative health care, nutrition and Yoga to learn about well-being.

He first learned about TCM from reading a book called *Staying Healthy with the Seasons* by Dr. Elson Haas which was a book about the five elements and how to tune the body, mind

and spirit into the seasonal flow. Many more books and proper schooling followed and the native New Yorker left his job in the film business and went to study in the Pacific College of Oriental Medicine. Four years later, Ken graduated with a master's degree in the Science of Traditional Oriental Medicine.

As a foreigner, Ken has encountered many difficulties while studying TCM. "It was hard for me to see how an acu-point in the foot could help a headache, that everything is connected. True wholism. It was also hard because many people tried to convince me not to study TCM because they said there was no truth to it," he recalls. Yet, after years of learning and

puncturist and a certified herbologist. Thanks to his perseverance, his achievement in the TCM area is now equal to some excellent Chinese TCM doctors. Now, Ken views TCM as one of one of China's big gift to the world right up with the noodle.

Apart from TCM, Ken's achievements in the Thai medical massage and nutrition area are also quite outstanding. He is specialist in Thai medical massage and integrative nutrition. He once taught classes in nutrition, diagnosis and Thai medical massage in New York and worked closely with renowned American author, doctor and nutritionist Andrew Weil. Ken has also been published internationally, with numerous articles on Chinese medicine, cancer treatment and nutrition. In this way, Ken has empowered many others since taking his own health into his hands.

In 2006, Ken moved to Thailand to join Chiva-Som as a resident therapist. In 2010, he joined the Mandarin Oriental Hotel Group in Chiang Mai Thailand as a holistic health consultant and TCM specialist at the Dhara Devi Wellness center. These two new positions brought him, along with his TCM and Thai massage knowledge and skills, to the spa industry. Although Ken thought it unfortunate that acupuncture had not been integrated into



many spas, he saw a bright future for TCM in the spa industry, especially ear acupuncture.

In September 2010, Ken was invited to attend the SpaChina Summit 2010 hosted by SpaChina magazine and gave a speech named "Sweat! The Salty Steam of Life". The speech started with a "sweating dance" and focused on the benefits of the basic bodily function of sweat. On the second day of the summit, Ken's real model Thai massage overview got unanimously favorable comments from the audience. SpaChina talked with him about healthcare methods.

What are your views on acupuncture and herbs?

Acupuncture is a worthy treatment for pain and a way to prevent potential diseases. It is both clinical and mysterious. I myself get some regular acupuncture. You sit alone and still with needles in your body in a quiet and relaxing environment. The body lets out all the static energy and it relaxes you in body, mind and spirit. A German study found out that acupuncture is more effective in relieving neck pain than massage.

I think of herbal medicine as food that can help people get over colds or sleep better or restore their energy. The classic way is to boil up the raw herbs and drink the tea, which is perhaps the best way, but is time-consuming and often with disagreeable taste. There are herbal delivery systems such as patent medi-

cines and granular herbs which can work better with a busy modern lifestyle.

Please introduce traditional Thai massage to our readers.

Thai massage is a branch of traditional Thai medicine. Other branches include herbal medicine, nutritional medicine, spiritual practices and other forms of massage therapy. Traditional Thai medicine was passed along verbally from one generation to the next as religious texts. The "Wats" or monasteries have always been a place where Thai people go for treatment of their suffering, whether physical, emotional, or spiritual.

According to traditional Thai medical philosophy, everything in the world is made up of four elements, earth, water, wind and fire, and Thai massage was created accordingly. With its unhurried pace, deep pressure, stretches, and rhythmic movements, Thai massage seeks to facilitate the correct movement and placement of wind (Qi) in the body and to release stagnant Qi. Sometimes, it is even called partner Yoga. This ancient form of healing is finding a global rebirth as a treatment for many stress-related problems as well as physical discomfort.

How do you compare Thai massage with traditional Chinese massage?

Chinese Tuina and Thai massage both work

on energy lines in the body and try to relieve blockages to return a person to balance.

Traditional Chinese Massage emphasizes a variety of techniques of the fingers, palms and elbows, such as press, rub, knead, scrape, twist, clutch and the like. But Thai massage practitioners often use body-weight and leverage to help unwind the guests' body and mind. Also, unlike traditional Chinese massage, which treats guests on a massage table, traditional Thai massage is practiced simply on a mat on the floor in comfortable clothes.

Do you eat supplements?

I only supplement some minerals like zinc and magnesium and some TCM herbal formulations. Minerals are yin in nature. They help ground, anchor the spirit, and provide deep sleep. But supplementation is still fast food or false yin. Supplements are not nearly as important as having good friends or a home-cooked meal.

What treatment suggestions would you offer for people with cancer?

I always tell people to remember what they were like before the cancer diagnosis. Treatment and advice varies on a case by case basis. The common advice I would offer is: if you are thin and weak, then work on strengthening yourself; if you are overweight, then work on cleansing your system. Acupuncture is good for cancerous persons. It can strengthen the immune system and calm the central nervous system. And also centering and resting both the body and the mind is critical to a cancer patient.

What kind of health problems do your guests or patients often suffer from?

I think by far the biggest reason someone comes in for a consultation and treatment is stress. Modern life sort-of forces people to run their batteries low, leaving them feeling both tired and wired. In short, it is Yin deficiency. So, a visit to a spa and certainly to have a TCM consultation and acupuncture treatment helps catapult people back into the right bio-cosmological rhythm. I also try to organize some notes for people about diet, herbal recommendations, and exercise.

What do you do in your spare time?

I have always cooked as a way of relaxing and also experimenting. I also like to rollerblade and have skated in great cities like New York, London, Bangkok, Los Angeles, and Boston.



Ken Rosen M.S. L.Ac.