



Practitioner's Corner:

My Curious Adventure into Chinese Medicine by Sachi

It all began almost 30 years ago. At that time I was a fashion model living in Paris. As an American who was living and traveling in Europe, I felt that my life was pretty perfect. I had no idea what fantastic thing was about to unfold that would change the direction of my life forever.

My dear friend Jacques is the world's best travel companion. He is multi-lingual, exudes enthusiasm, gets along with absolutely everyone and appreciates even life's smallest treasure. So when he invited my daughter Mica and me to accompany him on a road trip to visit our mutual friend Muriel, we excitedly agreed.

Muriel is a talented actress whose animated ways and loving nature made her a joy to be with. She had just moved from Paris to a small village in the center of France to be with her new boyfriend, Laurent. We were missing Muriel and curious about the new man in her life and this little village she had moved to, so we were happy to be going.

It had been Mica's and my experience that any trip through France was a magical adventure. The trip to the village, Troo was indeed amazing. At one point we came upon fields of six foot sunflowers that lazily nodded to us for miles. We discovered an extraordinary 12th century church still in use.

Yes, the trip was living up to our expectations, full of wonder and enchantment. However, the true magic began after our arrival at Muriel's home - or rather, her cave!

Troo is one of three villages where most of the townspeople live in caves. These cave homes

are dug into the mountainside. Each cave is totally different and unique. I can't begin to explain what it is like to live in a cave except that it is a wondrous feeling to live and sleep in the very womb of Mother Earth. And, what could be a more perfect setting



for practicing natural medicine! As it turned out, both Laurent, and his brother Sylvain, where medical doctors.

Laurent used acupuncture in 90% of his practice, while Sylvain specialized in homeopathics. Sylvain had a special gift using homeopathics with children. Their pure bodies interacted so well with these natural remedies. Sylvain had four remarkably angelic children. And with each new addition, his wife and he would simply dig another bedroom into their cave!

Shortly after our arrival in Troo, Laurent mentioned that Jacques had obvious sinus congestion and suggested giving him a treatment. Then a bizarre thing happened. Laurent asked if I would like to observe. Now this is bizarre because doctors do not invite people, let alone a stranger, to observe a medical treatment. And, as if that wasn't strange enough, I heard myself state a very definite YES! That was quite odd because I had always been a squeamish person. For me to accept an offer to enter into a treatment room with a doctor I'd never met



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before, to see a dear friend stuck with needles, really shocked me.

Laurent asked questions of Jacques, examined him, and then began to treat. As he began placing the needles in Jacques I had the most amazing experience! Every pore of my body seemed to scream YES! It was as though nothing I had ever seen before made such perfect sense. In those few precious moments I knew that I would become an acupuncturist.

It was a long road, punctuated with many difficulties, but never did I doubt, even for a second, the decision I made that fateful day in Troo. I studied and interned with Laurent, as well as other doctors. I assisted in hospitals in Paris and Neuilly, and two years later when Mica and I returned to New York, I enrolled in the Tri-State School of Traditional Chinese Acupuncture.

I was graduated from Tri-State in 1988 and also became a National Board Certified Diplomat in Acupuncture. Over the years I have had the blessing to work, study and intern with many gifted practitioners.

Chinese medical theory is based on the flow of energy. It teaches that everything is in movement, that only when we are out of balance is there stagnation. As practitioners, this knowledge keeps us open to change. So even though our roots are 5,000 years old, we are always looking, searching, studying, and growing our skills.

In 1998 I took a year sabbatical and traveled through Asia. I studied, trained and worked with indigenous healers. I was in Taman Negara, a 130 million year old forest in Malaysia.

I was with traditional Bomoh (healers) in the Malaysian backwaters. I was graduated from Thai Medical Massage School in Chiang Mai, Thailand. I visited the doctors giving acupuncture treatments in the hospital in Lhasa, Tibet. For me, the wisdom of the ancient medicine I practice is always brand new, always exciting!

My office is located on Lincoln Road in Miami Beach. The "road" is comprised of several blocks lined with outdoor restaurants and great shops. However it's just minutes away from the ocean and the beach, Everglades and other beautiful natural areas. I love the Yin and Yang of this location.

Who could have known that 28 years ago I would discover my true passion? That my life would take such a twist from model to acupuncturist through a "chance" visit to a friend?

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