

Sixty Years Old, Embarking on Medical Studies

(Author: Shuokun Hu , Class of 2023)

For me, studying Traditional Chinese Medicine (TCM) has been like composing the sequel to my career. While in China, I was the director of a hospital. After retirement, I moved to the UK to reunite with my son and his family. During the pandemic, I spent over a year conducting both online and offline research, visiting over a dozen TCM clinics in Manchester, and having several in-depth conversations with Principal Tang Shulan. In 2023, I decisively chose to study at Shulan College of Chinese Acupuncture and Herbal Medicine (hereafter referred to as Shulan College), starting my journey of TCM studies.

Deep TCM Connection, Passing the Torch

Belief in TCM is the most important prerequisite for studying and practicing it. My grandfather was a folk TCM practitioner, and as a child, I often saw him climbing mountains to gather herbs and carrying his medicine chest to treat patients. Despite having many siblings, we rarely visited hospitals or took any medication or injections. If we felt unwell, my grandfather would press on our meridians or acupuncture points, and the symptoms would immediately improve. For common ailments like colds and fevers, he would massage our arms or backs, and we would quickly recover. If the illness was more severe, he would brew herbal medicine for us, and it would cure the ailment right away. This family heritage and my childhood experiences gave me a deep, personal connection to TCM. After retiring and moving to the UK, when I had the chance to pursue a new career, I did not hesitate to begin studying TCM in my sixties, hoping to inherit my grandfather's skills and continue the legacy of TCM.

Staying True: Learning and Passing on Skills

In the first phase of my studies at Shulan College, I focused on TCM massage and cupping techniques. Dr. Zhou combined theory and practice, first helping students build a solid theoretical foundation, then demonstrating techniques himself, and finally guiding us through practical exercises in class. This method allowed us to practice repeatedly until we fully mastered the skills and could apply them effectively. In the future, if time permits, I hope to continue my studies in acupuncture and herbal medicine.

During my studies, I was deeply impressed by the teachers' integrity and dedication. One time, during class, a patient came for acupuncture and cupping treatment. I took the opportunity to observe the entire treatment process. After finishing, it was already past 2 p.m., but the teacher, without taking a break for lunch, immediately resumed the lecture. I was both moved and greatly inspired by this. From that point on, I rode my bicycle from Timperley to Shulan College every day, rain or shine, never missing or being late for class until I successfully graduated.

In today's profit-driven world, I believe Shulan College stands out among many TCM schools. It avoids flashy gimmicks or exaggerated marketing and is genuinely committed to promoting and passing on TCM culture, wholeheartedly focused on education.

Starting a Business, Benefiting All

After learning TCM massage techniques at Shulan College, I gained the skills and qualifications needed to start my own business. I opened a small TCM massage therapy shop in Timperley, which not only enriches my retirement life but also provides treatment services to those in need, particularly patients with chronic conditions.

Currently, most of my clients come through word-of-mouth recommendations from friends, as well as some local takeaway shop owners and British residents. My original intention in opening the shop was to benefit both myself and others, and now the business is on track, allowing me to live a healthy life while earning a modest income.

To those still looking for an authentic, traditional TCM school, I would say that in the UK, Shulan College is your Dream School!