

# ***Reflections on the Relationship of Traditional Wisdom, Precision, and Clinical Efficacy in the Herbal Science of Chinese Medicine***

*Part One*

*Two Parts, In English and Chinese*

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***How to Change the World:  
The Urgent Need for  
a Natural Way of Living  
and Healing***

We live at a time when people all around the world enjoy more material comfort and live longer than ever before. This development, however, comes at an enormous price. Never before in the history of the planet have we faced the destruction of our living space due to the effects of global warming and other side-effects of the pressing momentum of the modern industrial lifestyle.

It is one of humanity's most outstanding characteristics that we have an addiction to patterns: while most of us are well-intentioned when it comes to the future of the planet and succeeding generations, there simply is only little awareness of how our collective actions are impacting our world at large (the macrocosm) and our bodies and our health in particular (the microcosm). Our modern lifestyle thus brings with it an inherent process of "estrangement"—a change of consciousness wherein we become further and further detached from the phenomena and cycles of nature, and where we do not understand the ways of our ancestors anymore, which made living in harmony with nature their utmost priority.

This attitude of estrangement, when artificial things become normal in our eyes and natural phenomena seem threatening and abnormal, is paralleled by a process of estrangement toward the microcosm, specifically our bodies and our health. Most of us moderns would probably trust the process of drinking milk from a sealed plastic bottle more than spraying it straight into our mouth from the udder of a cow. I am not advocating a romantic return to a lifestyle of pastoralism. But the modern mandate of "making the world a better place" has become more urgent than