

As a young child I was fascinated with herbs and living abroad. Regrettably I never looked into studying herbs due to my family pushing computer studies. Initially, I studied computer science and found that while I like computers, something was missing. Slowly I found my interests and completed my BA in International Studies and have started my MA in Spanish.

My interest in alternative medicine has always existed, but became more profound when I decided to stop using inhalers for my asthma and at that point I was determined to find a way to improve my lungs naturally. Through running long yet slow distances I was able to strengthen my lungs and eventually run 3 full marathons. After completing my first marathon I realized that I was beginning to embrace alternative medicine in various aspects of my life. I had already started to alter my diet to incorporate more herbs and a larger variety of foods. Throughout the following year I began to eat organic foods, cut out sugars and wheat flours, and to exercise more through dance.

After reading several books about alternative medicine in Spanish, I started searching for schools or colleges that offer courses in alternative medicine, and thus stumbled upon CSTCM. This year I had the pleasure of experiencing my first acupuncture treatment and have since been suggesting to many friends and family members that they too should try it out as well. So far what I have learned from Ted Kaptchuk, Harriet Beinfeld, and Efram Korngold has been amazing and something that makes the most sense medically. My aunt is a doctor for cancer patients and she is just now starting to look at nutrition as part of her treatments. Acupuncture and Chinese medicine appears to be a more complete system as it involves emotions, nutrition, physical health, and even the surrounding circumstances and weather.

At three years old I knew that I would work internationally in the medical and teaching fields; however, until recently I had no interest in the medical field, at least, as I had known it. Since I've discovered more holistic methods of maintaining health, I've realized that my dream of working abroad in medical and teaching fields is very much alive and realistic. At this point, I am capable of teaching English and first year Spanish and thus have completed part of what I wish to do. My goal is to live in Mexico, teach English and Spanish and to help improve the health of the community.

While I was in Mexico this summer, I had the privilege of teaching English and was also able to incorporate diet and nutrition, along with my beliefs in alternative medicine. My classmates in Mexico and many students mentioned alternative medicine that they were aware of or used. This included "la aplicación de ventosas", known as "cupping", and "hueseros", a native form of chiropractors in Mexico. Additionally, my roommate's mother was a massage therapist in a local bath house where she also practiced reflexology. I visited her mother for the massage which included a full body exfoliation, massage, and "apretadas" (where cloth was wrapped tightly around the body, held in position, and then moved to the next section of the body). This experience further enlightened me and I continue to look forward to studying acupuncture and helping others to better their overall health through alternative means.

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