

## **Deploy the Ultimate Superpower – -Qi<sup>1</sup> (life Energy) Within Us to Deal With the Superbugs**

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The word ‘superbug’ is a colloquial English term that refers to microorganisms (bacteria) that has become resistant to antibiotics and thus has become ‘exceptionally’ stronger for our immune system to deal with effectively.

The emergence of superbugs signifies that the old way of dealing with ‘bugs’ i.e. with antibiotics is not working. To deal with this new biological entities, we need a new way of thinking i.e. a new paradigm, a new science that juxtaposes the interests of the patient, the health practitioner and the mind-body humoral remedies or yao that are being used to deal with seasonal bugs <sup>2</sup>and superbugs or antibiotic resistant microorganisms. Yao 藥 are routine therapeutic practices that move the patient’s *qi* including chronoacupuncture,

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<sup>1</sup> Rey Tiquia, *The Qi That Got Lost in Translation*, Traditional Chinese Medicine, Humour and Healing, in Jocelyn Chey & Jessica Milner Davis (eds) *Humour in Chinese Life and Letters Classical and Traditional Approaches*, Hong Kong: Hong Kong University Press, 2011.

<sup>2</sup> Rey Tiquia, 2010, A Cultural and Linguistic Translation of Warm Factors Epidemics *Wenbing* As Viral Influenza Epidemics in Australia”, *ea Journal of Medical Journal of Medical Humanities & Social Studies of Science and Technology*, 2 (2): December <<http://www.ea-journal.com/art2.1/A-Cultural-and-Linguistic-Translation.pdf>>

traditional Chinese massage, food therapy, prescribing material medica , *qi* exercises, *taijiquan* etc.<sup>3</sup>

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<sup>3</sup> Rey Tiquia, 2011, *Traditional Chinese Medicine as an Australian Tradition of Health Care*, Melbourne: Custom Book Centre, University of Melbourne (Thesis Series).