



I aim for balance in my life, although I find it hard because I work too much!

I wish more people knew...

- **IF YOU GET 30 TO 45 MINUTES OF EXERCISE EVERY DAY**, you will regulate your chi and blood flow. This prevents the stagnation and blockage in the circulatory system that leads to illness.
- **NATURE IS FREE MEDICINE FOR STRESS.** The sun, moon, wind, earth and water all give you energy, which transforms your body's energy and clears your stress.
- **ADOPTING A POSITIVE OUTLOOK CAN CHANGE YOUR LIFE.** Make a decision that from today you will see the beauty in life and look for the positive in every situation.
- **EATING MORE FRESH PRODUCE WILL GIVE YOU A HEALTHIER MIND, BODY AND SPIRIT.** But don't stress too much about preparing food from scratch – use that time to meditate and relax.



LILY LIU

Lily is a traditional Chinese medicine (TCM) practitioner in Sydney, renowned for her success in treating fertility and gynaecological disorders.

WHAT I DO

I treat health issues with herbs, acupuncture and diet. The most important thing is that I listen carefully to my patients.

HOW I GOT INTO IT

I was born into a medical family in Beijing. My mother was a pathologist in a gynaecological and obstetrics hospital and my father was a medical research doctor. They are also acupuncturists. When I was 10, my mother was struck down with severe autoimmune diseases. I decided to study traditional Chinese medicine and western medicine so I could help her. With my treatments, she made a complete recovery and that cemented my wish to spread TCM to a wider society.

WHY I DO IT

It's challenging and emotionally rewarding. I strive to help people become healthy or conceive healthy babies. I'm grateful that I've been given a special healing ability and feel rewarded when I see the healthy babies I've helped couples conceive.

WHO SHOULD SEE ME?

People with infertility that's caused by endometriosis, polycystic ovarian syndrome, hormonal imbalance, male sperm issues and recurrent miscarriage. I work in conjunction with IVF treatment programs to increase the success rate. I treat many other conditions including autoimmune diseases, skin disorders and low immunity.

HOW I WALK MY OWN TALK → My family and I stay as close to nature as possible, in what we eat and what we do. → I try to give equal attention to the three principles of good health: *jing*, the body's deep essence; *chi*, the body's vital energy; and *shen*, the body's emotional energy. → I aim for balance in my life, although I find it hard because I work too much. ◉