Press Release

AIRS - Institute for the Advancement of International Rehabilitation Standards

Basel / Yenqing (Beijing), 4th July, 2017

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A Modern Institute Concept
Dr. Uwe Klein, Executive Director of the AIRS Institute

The AIRS Institute at Orenda in China supports the Museum for Psychosomatic Medicine to become a magnetic location for the developers of a future oriented holistic medicine.

The AIRS Institute for the Advancement of International Rehabilitation Standards opened with a team of specialists on 1 May 2017 a new office in China at the Museum for Psychosomatic Medicine in Orenda Village, Yenqing, China.

The Institute was founded in 2016 in Basel/Switzerland and is set to become an important facilitator for the advancement of international standards in rehabilitation.
AIRS is a non-for-profit organization and backed up by Sorehsa Group a professional rehabilitation, training and healthy living services provider being a market leader in China.

The AIRS Institute does its work in close cooperation with an international expert committee. AIRS is setting up study projects, performs research and consults government bodies and rehabilitation services providers.

The AIRS knowledge base is growing continuously thanks to the contributions of its members and as a result of conferences and workshops relating to the core matter of developing new standards in rehabilitation and beyond – prevention, healthy-living urbanization and optimization of individual health goals.

AIRS is calling on the advanced expert community, both the young generation and the old, to develop and refine our current state of knowledge in medicine and health creation and formulate new standards for psychosomatic medicine. With the support of its international scientific committee AIRS has started research projects in China and organizes workshops, conferences, summits, think-tank retreats and summer schools.
A word from the founder
Dr. Thomas A. Pilsheur, Basel/Switzerland

The Institute for the Advancement of International Rehabilitation Standards was founded on the observation that active rehabilitation and medical training therapy do not get the recognition they deserve from health professionals and the general public.

Due to this lack of recognition, they are not applied properly, which hampers their smooth development as acknowledged disciplines.

This situation leaves patients to their own devices even when afflicted with ailments that, if properly addressed and treated, could be vastly reduced or even eliminated altogether. Unfortunately, a vast industry appreciates the status quo. One of the Institute’s missions is to change the medical profession’s understanding of active rehabilitation and preventive medicine.

Only if this can be achieved will our discipline receive the attention and funding necessary to position it where it belongs: within reach of all patients as the healthiest and most effective medical option available. In order to succeed, we have to advance innovative standards and guidelines for the proven methods that have already been developed to date and will be further developed in the future.
2nd Orenda International Psychosomatic Summit

The East-West Conference on Holistic Medicine

West and East have developed each by itself healthcare systems and medical methodologies in the past which followed different philosophies. But the target of both remains all the same: to bring health to the one and only human being – man. So it sounds logical and reasonable to explore the advantages and combine the benefits of synergies between the two approaches for healing.

In our days when the challenge is not only to save lives by medicine and to fight against cancer, we are looking to the art of recovery optimization, rehabilitation, prevention and overall health management until up to happiness. The integration of all fields brings us to the intention to combine the benefits of classic rehabilitation, physical medicine, holistic, integrated, and psychosomatic medicine, alternative medicine and other healing approaches. In order to be successful we need not only to look with an open mind across the borders and limitations of these disciplines and methodologies, but also want to cross the East-West hemispherical separation in the way we think about health itself.

It is the intention of the 2nd Orenda International Psychosomatic Summit to build a science based therapeutic professional platform for Eastern and Western experts in TCM, holistic and integrated medicine. The experts exchange and support for advanced solutions is on the agenda today of the healing sciences with the goal to achieve health instead of only fixing diseases and temporary problems. The goal is to become altogether health enabled life companions.

Under the guidance and presidency of Prof. Dr. Lidian Chen, Dean, Fuzhou TCM University and under the patronage Orenda we invite thinkers and doers for new approaches in health provision to become a participant of our think tank retreat with a limited number of 220 participants.

You may want to save the date: 27th to 29th October, 2017.

Venue: Teton Hotel and Orenda Psychosomatic Museum in Yenqing/Beijing, China.
www.orenda.com.cn

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Interview with President Liu Xiangyang

Dr. Klein

President Liu, it is a while ago when you conceptualized and built the Orenda village as a place designed in particular for healthy living. Now Orenda is at its peak of development. When I look to the West, then I realize that your idea was quite advanced. I think the West is behind in regards to building healthy living urbanizations with such a comprehensive concept. What made you think so visionary a longer time ago, what was your motivation?

President Liu

Having a background in psychology I always have been interested in figuring the root cause for a happy live. I realized that the Chinese nouveau riche do not lack money, but have lost their happiness which in turn renders money useless. The reason for this is above all stress and the loss of culture.

So, to be able to reduce the stress people in today’s hectic cities need a refuge. Plus, a refuge only can become a happy one if it is embedded in culture. Our villages provide both of these...
Dr. Klein

Since I am living here I walked quite often through the village and see only friendly people with smiling faces. Smiling and laughing contributes to health. In the village there are so many smile factors to experience. Would you like to highlight a few?

President Liu

A refuge in a cultivated environment still won't produce smiling faces if the people are not healthy. The main cause for our health is above all a balanced life. That means we have to provide the opportunity for our residents to develop a balanced lifestyle: engage in classic Chinese cultural activities, like the tea ceremony, Taiqi, Calligraphy and combining these with Western culture like opera and painting. On the other hand, there is the Canadien Haven Institute to help people finding the loved "I" again, which helps to achieve a psychological harmony with one's self as well as with the society around. Thirdly, above all physical activity, be it outdoor excursions or the systematic MTT Medical Training Therapy, which is innovative in China and can heal and prevent most chronic diseases.

Dr. Klein

From Prof. Chen, the most famous TCM Specialist in China I have learnt that Tai Chi was proven by studies to enhance the growth of nerves in the brain and trains their functionality. You yourself are a Tai Chi Master and show this in live in the village motivating the inhabitants and visitors. According to your experience: which other influence can you attribute to Tai Chi?

President Liu

Taiqi is the bridge between meditation and movement. Meditation is still and movement flows. By combining the two, perfect harmony of life is achieved.
Dr. Klein

It has been your magnificent idea to bring to Orenda the first Museum of the world for Psychosomatic Medicine. For me this is an impressive concept which links theory and praxis, mind and body. It reminds us in the West again of the ancient Latin saying: mens sana in corpore sano. This means: only in a healthy body there is a healthy mind, and only by a healthy mind we can have a healthy body. Should not much more people in this world enjoy the opportunity to live – and work – in a Healthy Living Urbanization?

President Liu

The Orenda Concept for a healthy, balanced and thus happy life, which is showcased in the Orenda Health Museum, is a global concept drawing on the best medical insights and life styles form both, East and West. By organizing international conferences as well as academic congresses featuring the latest findings in the fields of prevention, rehabilitation and related psychosomatic issues we endeavor to become an international trend and standard setter with this holistic approach.

Dr. Klein

The medicine in our days is in a changeover which requires more thinkers and doers in one person as you are. Only by a strong will nobody can help medicine to become the art of healing. Yet you motivate and stimulate us with your way to push things forward. Is there any secret from which we can learn how you are able to do this? Is this only Tai Chi?

President Liu

The human being, more than any other, is a compassionate one. Once you found to be on the right way you develop the passion to open this way for others. Just listen to the heart and do what it tells.
Dr. Klein

With your generous support we are allowed to bring several conferences and summits to Orenda which all have the goal to think and act beyond the current limits of medicine. We want to work on better integrated solutions, especially between East and West. What is the most important issue for you in this?

President Liu

No issue is more important than healing. We live in an aching world. Especially we here in China have lost a lot, we have, to an extent, ruined our society. But where danger is there is urge for help. If we could contribute a little to make China a better place again and to live up to its name we will be of help to solve the most important issue of our time.

Dr. Klein

President Liu, thank you so much for this interview and hope for a next time meeting you.

Held at the Museum for Psychosomatic Medicine in Yenqing/Beijing, June 22nd 2017
The Museum for Psychosomatic Medicine at Orenda Village in Yenqing

The Orenda Tribal Psychosomatic Health (Medical) Museum provides first-rate services to maintain its customers’ physical, mental and social (community) health in order to build a continuous life-service system.

The Museum integrates and showcases various healthy lifestyles and psychosomatic therapies, including traditional Chinese medicine, vitality dieting, sports and rehabilitation. Solid teamwork by general practitioners and psychosomatic experts has allowed the Museum to establish a set of unique psychosomatic theories and service systems. Combining large-scale medical departments with small-scale integration, it has become an international service agency that incorporates high-profile domestic and foreign medical experts as well as 30 specialized clinics. In particular, the Haituo International Medical Center, one of the Museum’s branches, has undergone rapid development and created a blueprint for health and well-being for elites. The Museum is full of life. Customers are encouraged to experience the unity of mind, ultimate health and harmony of life. Moreover, the health and happiness of entire families can be passed down from generation to generation.

Medically proven therapies for adjusting the body structure
Medical Training Theory (MTT), championed by Western rehabilitation medicine and spearheaded by Germany, is a comprehensive treatment technique based on a variety of disciplines including biomechanics, physiological anatomy, exercise training, motor-nerve conduction and organic chemistry, and it constitutes a scientific training methodology in the service of medical rehabilitation. Its main features are active treatment and the proper combination of active and passive treatments to provide patients with comprehensive physical function tests. Orenda employs a comprehensive range of detection equipment to develop and analyze a quantifiable medical training system. Using the members’ evaluation results, the Museum can draw up specific medical-exercise and rehabilitation programs and offer members exercise-therapy regimes based on solid data.

Observing physical and mental patterns in the garden of life
Orenda has adopted several of the courses developed by the Haven Institute, Canada. These courses offer the very best in Western psychology. Taoist philosophy and traditional Chinese medicine are included in the theoretical systems and psychological education models it uses, resulting in a psychosomatic healing system in line with both Western and Oriental cultures. The key points include the following: 1) During self-awareness and self-exploration, members can
make decisions more intuitive to their human nature, releasing the psychological and pathological energy within them. Energy can finally ebb, flow, transform and improve overall health. 2) Encouraging individuals to seek their souls and individualities away from alienation and materialization so their mental and physical patterns can be observed.

**Lifestyle adjustment to achieve vigor and self-healing**
Orenda’s dieting program respects people’s innate self-healing ability. The Museum promotes scientific dieting, health maintenance and balanced nutrition in accordance with three key principles: prevention instead of treatment, healthy diet instead of medicine, health maintenance instead of doctors. More specifically, our nutritionist gives diet lectures and develops symptomatic diets that target specific conditions and provide a variety of healthy meals to cure illnesses and control diseases through detoxification and nutrition enhancement. This allows members to abandon unhealthy lifestyles and restore their natural health.

**Ultimate tai chi wisdom for nurturing the harmony of body and mind**
Sinology, traditional Chinese medicine and Chinese martial arts constitute the core of Chinese nationality and culture. Sinology is based on pre-Qin classical philosophy and several other philosophical theories and covers traditional ideological, cultural and academic systems of Chinese thought such as Confucianism, Taoism and Buddhism. To maintain the balance between body and mind, traditional Chinese medicine solves life-related issues by means of both physical treatments (such as medicine and stone needles for acupuncture) and mental treatments (with doctors treating diseases by prayer, for example). In addition, Chinese martial arts absorb life wisdom from various activities such as Chinese harp playing, painting, poetry, flowers, tea, swordsmanship, boxing, incense, music and dance. It also advocates a wisdom-led, elegant and poetic way of life. The Tai Chi National College of the Orenda Tribal Psychosomatic Health (Medical) Museum incorporates the very best of these disciplines and provides a unique psychosomatic healing system for maintaining the harmony of body and mind.