

# Meet the Ambassador of a 5,000 year Medicine

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Chinese doctor invests  
in early prevention as a better  
way to promote healthy aging

Generally speaking, the longer a concept exists on Earth, the better it is understood by a higher number of people. With the benefits of Chinese Medicine, there is still much more to learn from, according to doctor Yi Song.

Coming from a traditional family of physicians – her great-grandfather was an Emperor’s doctor – Song embraces a huge task: promoting the concept of 5,000-year Medicine. For her, everything started during childhood in Beijing. “I’ve always wanted to offer relief for those suffering with disease”, she says. Then, the natural pathway was to come complete her Ph.D. studies about the mechanisms of disease at Brown University.

Upon arrival, at age 21, she tried not to speak Chinese, and always blended in with Americans, to absorb the culture and to learn the English language faster. Later on, the young researcher became disenchanted with the field, learning that the market was more concerned with the grants than with the topics studied. And the childhood dream was slipping through her hands.

Before she decided to hear the interior and entrepreneur voice asking to embark in her own business, she decided to treat a weakness in her digestive system. By becoming her own first patient, Song reconnected to her Chinese roots and realized that Chinese Medicine is more complete than the Western one.

“The problem with Western Medicine is that it only considers one pathway. For example, only recently it started look for emotional explanations for some common diseases”, says her, who is the owner of HolliBalance, a clinic in Boston.

Today, she divides her time between treating diabetes and high cholesterol patients, among others, and planning on how to promote an early prevention type of Medicine. For those who thought having stayed in China would be easier for her practice, Song responds: “I needed to have experience at both Medicines to compare the best aspects of them”.

The doctor is already working hard at her mission, and HolliBalance has begun to treat the first Brazilian patients. Like REGINA who suffered of back pains and approved the treatment—“The first tea I drunk, 80% of the pain disappeared”, said Regina Guides, 50, who’s been treated of rheumatism . “Next to be treated by doctor Yi Song will be my sister, daughter and even grandson.”

One of many lessons about Chinese medicine she intends to pass along is right at the first page of “Yellow Book of Emperors”. The ‘bible of Chinese Medicine’ says: “life expectancy of any human being should be 120 years old”.

“That right grasps the concept of early prevention. Because today, people are not concerned with prevention when they’re 30, 40 years old”, she said.

Nevertheless, she admits that promote a 5,000 year old concept throughout the world is no easy mission. That’s why she is investing in ‘longevity herbs’ as promoters of its benefits and concepts. Yi Song has developed Medicinal formulas, cooked as Chinese Medicine specifically demands.

However, her most precious project has yet to come. Last month Yi Song traveled back to China to network with fellow doctors. She reconnected with the Medicine counterparts in search to create a tour through the medicinal benefits of her ancient country.

Basing her ambitious – but realistic – projects in knowledge and the promotion of early prevention, is not hard to foresee that in no time Doctor Yi Song will become the Ambassador of Chinese Medicine in the world.

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If you want to know more about Chinese Medicine, or wish to set an appointment with doctor Yi Song, please call: 617 344 1441, or access [www.yourhealthandlongevity.com](http://www.yourhealthandlongevity.com). Yi Song attends at nights and weekend.