

Imagine a world with better general healthcare knowledge. People were attentive to their own well-being, diet and exercise. They took less medications and achieve a better health with the help of fresh food and a balanced diet. Medical systems put their focus on preventive measures so effective that the need of medical treatment dropped drastically. As a virtuous return, more resources were reallocated to the prevention of diseases and public education. I hope I could help bring this fantasy closer to reality someday.

I have started my journey as a Chinese Medicine(CM) practitioner for three years. As a lead practitioner I have thoroughly enjoyed the intellectual and clinical challenges and I have honed my clinical and diagnostic skills. But as I interacted with patients who could not afford sufficient care, or delayed seeking treatment because of stigma and misunderstandings, I became aware of my own limitations when external factors such as policy and social norms have a significant impact on healthcare. To bring the world closer to an ideal world where most preventable diseases were treated before they became a medical condition, it would require more resources from a multipronged approach, namely medical policy, public education and research. My three transformative years of working experience have now led me to pursue a more macroscopic skill set as I hope to bridge the knowledge and accessibility gap between healthcare professionals and the public.

Five years of studying CM have fostered in me a novel way of thinking that complements the scientific method that I am used to. Rather than focusing on establishing causal relationships, CM conceptualizes health, diseases and even the world with analogies under the theory of Five Elements and Yin-yang dualism. The long-standing history of CM emphasizes on the internal balance of a person. Such perspective complements the scientific methods, giving life to the formality of the sciences. It helped me better understand the nuance and richness of health. With my interest in longevity and regimen under CM, sports and injury, sleep, and public health, I intend to equip myself with research skills to validate and apply the intuitive CM theories to the scientific and lay population.

I am an incoming student in MSc Epidemiology at LMU. I strongly believe that the programme would bring me up to speed in the world of scientific research. The courses in LMU have the academic rigour to help me build off of the basic research skills I have developed during my undergraduate studies. I also hope to learn from German scholars who are renowned for their logical mindset and meticulous expertise. The course also provides internship opportunities with numerous research institutes and biomedical centres. It will be rewarding to learn from experts in different fields. Through the course I will be better equipped with research skills and knowledge that will hopefully lead me a step closer to my fantasy of a healthy world.

This scholarship will support me by giving me resources to achieve my goals. As I move and adjust to Germany, financial assistance will help with a smooth transition. I am confident that the grant will be put into good use for me to thrive.