

URBANATOMY®

URBAN FAMILY

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The multitasking myth **p6**

Cutting cholesterol **p20**

Emergency measures **p24**

'New Me' Detox in Shanghai

By Raphaëlle Choël

You don't have to be a new life guru or an extremist who practices yoga five times a day and only eats macrobiotic food to seek a healthy life that balances work, family obligations, and social activity. The good news is that one essential part of such a life consists of careful pampering. Here are a few of the things Shanghai has to offer in this regard:

Professor Shao Lei, acupuncturist (Huashan Hospital)

This doctor is specialized in TCM (Traditional Chinese Medicine) and uses acupuncture and herbal treatment to help balance your Yin and Yang. In fluent English, he will check your pulse and evaluate your tongue to see whether you are suffering from any imbalances. After 6 or 8 sessions (commencing with one session per week and then shifting to a bi-weekly and monthly schedule) most people begin to feel better. Professor Shao deals with infertility, hormonal unbalance, low sex-drive and many other issues. Each session lasts around 30 minutes.

Kazu and her team (Darshana Yoga Studio)

This simple and compact facility offers authentic yoga, with highly specialized teachers leading meditation and chanting classes. The studio is open from 6:30am to 9pm every day, and is competitively priced, especially for package deals.

The venue also hosts a café owned by Japanese macrobiotics expert named Kazu. Macrobiotics is a longevity diet based on Yin and Yang energy (Yin is the 'contracting' energy, Yang the 'expanding' one). All her cooking is 100% vegetarian and, therefore, "200% healthy" and "co-existing with earth" as Kazu likes to say. She loves preparing soymilk gratin – rich in proteins - and uses a lot of red radish, taro potato, and Chinese cabbage in her recipes, all of which aims at enhancing blood circulation and warming up the body. Her favorite winter dessert is a 'Vegan dessert plate', a healthy and nutritious mix to fortify the body combining seasonal fruits, Chinese herbs, ginseng, dates and selected nuts. Her little yellow temple also houses a shop selling a range of healing and organic products.

