

## Straight to the Point

By Erica Watson

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An interest in meditation sparked a fulfilling career as an acupuncturist for 28-year-old Naomi Abeshouse. "I started doing meditation and learned about how energy moves through the body," she says. "It was a natural progression to want to explore that in more detail.

"Chinese medicine is a few thousand years old and it looks into how energy runs through the body in a very comprehensive way."

Her interest led her away from the arts/law degree she had been doing at the University of NSW.

Abeshouse began her new studies at the Melbourne College of Natural Medicine before returning to Sydney to complete a health science degree majoring in Chinese medicine at University of Technology.

Two months at China's Guangxi University and Hospital followed and Abeshouse knew she had made the right decision.

"That was very intensive; it was seven days a week, 8am to 6pm in the hospitals and sometimes in the outpatient herbal clinics," she says.

"It gives you a good background as to where it all comes from and it is practised very differently in China to how it is taught here."

Abeshouse treats adults and children and has a special interest in pediatrics and obstetrics.

"Acupuncture on kids, using no drugs or invasive procedures, can produce incredible results," she says. "It can be really upsetting to see so many children going through a lot of unnecessary medical procedures when there is such an easy alternative. It is amazing work. You are sharing incredible life processes with people and being a part of little miracles every day.

"Also, working for yourself means you can choose the lifestyle you want. You can either be very busy or take a day off here and there."

As well as practising, Abeshouse teaches third and fourth-year students a subject called Disease States one day a week at UTS.

"You look through different Western medical conditions and learn how to differentiate your diagnosis in Chinese medicine and how to treat it with acupuncture and herbs," she says.

Her advice for those interested in pursuing a career in natural medicine is to be passionate and have a willingness to learn.

How to be...

### An acupuncturist

You usually have to complete a course in acupuncture or traditional Chinese medicine.

More information, contact the [Australian Acupuncture and Chinese Medicine Association](http://www.australianacupuncture.org.au), 1300 725 334 or [www.acupuncture.org.au](http://www.acupuncture.org.au)