

TASKFORCESUBMISSION: submission

NAME: Samantha McKay

POSITION: Concerned member of the public

ORGANISATION: none

SUBMISSION1: Harm minimisation is necessary for current crop of addicts. But cost increases, unpopularity and non availability though restrictive does not cure or prevent. The root problem is in the person and that's from were it must be addressed.

To date I have 32 years of sobriety and 10 years freedom from nicotine addiction. All thanks to Chinese medicine and, in particular, the twice daily practice of Fragrant Qigong which cured me totally of nicotine addiction - no patches, no prescribed drugs, no will power.

Qigong is a major DIY therapy of Chinese medicine which itself is based on and concerned with the body's vital energy. The Chinese have carried out scientific studies on school children practising this qigong. The study showed improvement in brain function, learning abilities, behaviour and health. The practice is called 'fragrant' because a fragrance can emerge from nowhere. I have experienced this phenomenon personally. Passer-bys can smell the fragrance. It is just an anomaly of this qigong and commonplace in China.

Before I practised qigong attempts to give up smoking failed. Withdrawals were always horrific, depression, constipation, irritability. I stopped smoking on two occasions once for an entire year, got over withdrawals but never my desire to smoke - until I did qigong. The desire has never returned. Theory is qigong rebalances the body's energies and every system works better as a result. Cravings are symptoms of energy imbalances.

My suggestion to the Taskforce is that a scientific study be done with grade 1 children with a view to making the practice an integral part of a school's curriculum. The practice is simple to do, doesn't require concentration, special breathing, equipment or clothing - only 15 minutes practice, twice daily. If it can cure nicotine addiction maybe it can also PREVENT addictions and anti social behaviour developing. This qigong not only cured my addiction it gradually reduced my predisposition to anger and extreme irritability. After 10 years of steady daily practice I now experience a permanent, drug-free, sense of well-being and peacefulness. I believe this qigong would have an even more immediate and long term effect on developing children. According to Chinese medicine the emotions most indicative of liver energy imbalances are irritability and anger - the legacy of alcoholism.

In China Fragrant qigong has proved itself so beneficial to the health and behaviour of employees (and production generally) its practice has become compulsory in some factories and is customary in some schools and universities.

The major requirement of any qigong is self discipline and self responsibility which is not encouraged by authoritarian schooling or upbringing. I learned the value of self discipline through experiencing the benefits of qigong practice and through the principles of Chinese medicine I learned to be self responsible for my health. There is a limit to what anyone can do for another. Prevention has to start with young children - it is the only cost effective way. Zero tolerance, punishment, shaming etc only deepen the problem.

PRIVACY: yes

SUBMIT: Submit