



Anna Maimer - New SIHA Chair

Dear Brothers and Sisters,

As the incoming Chair of SIHA I would like to take this opportunity to introduce myself. My name is Anna Maimer and I am from Frankfurt in Germany. I am a medical doctor, specialising in General Practice. Some of you may know me from the World Congress in Freiburg where I was involved in the 'Second Aid' service.

As well as qualifying in Western medicine, I have studied and practiced Traditional Chinese Medicine (TCM) - herbs, manual therapy, acupuncture and qigong since my first year at medical school. I have also lectured in TCM at the University of Porto (Portugal) and at the German Association for TCM in Heidelberg, Germany. Two years ago I opened my own practice in Frankfurt where I apply both Western medicine and TCM methods. In addition to pain therapy, my other special interests include chronic fatigue syndrome, post-COVID/post-Vac-syndrome, irritable bowel disease and the mechanisms of ageing.

I am happily married to my husband Konrad, who is also in SUBUD. We were both opened in 2012. The role of SIHA chair international is my first 'SUBUD job' and I am blessed to have an experienced and committed team on my side. I am looking forward to a steep learning curve!

### **My vision for SIHA**

During the process of pre-testing for the role of SIHA chair I received the following understanding about SIHA: it's about exchange of knowledge and experience as well as exploring through the latihan how we can best treat ourselves (each SUBUD member), how we treat each other within the SUBUD community as well as people in general. I felt strongly that SIHA should not be limited to an exclusive selection of health practitioners giving treatments or talks during gatherings. My wish is that those who have a special skill or knowledge in a certain treatment system or health field would be willing to share a part of their 'treasure' within the SUBUD community - i.e. in form of zoom presentations, recorded talks or in written form. These could then be linked to our SIHA website. I would like to invite everybody in the SUBUD community who is either interested in health topics or working in a health-related profession to sign up on our homepage to grow our SIHA database. This will make it easier to stay connected beyond congresses. I would love it if we could exchange and spread knowledge, inspire, learn from each other and explore our guidance through the latihan concerning all aspects of our health.

On the 20th October I will be giving a presentation in the monthly SIHA-Zoom meeting about "Ageing - from the perspective of Traditional Chinese Medicine and modern science". A recorded version will be linked to SIHA-homepage afterwards.

Looking forward to working and sharing with you!

Love Anna“

# **SIHA TALKS AND PRESENTATIONS**

**AGEING - FROM THE  
PERSPECTIVE OF TRADITIONAL  
CHINESE MEDICINE AND  
MODERN SCIENCE**

**20TH OCTOBER  
18.45 BST.**

*This is part of the monthly series of SIHA talks & presentations*