

Connecting West and East

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Propositions

Belonging to the PhD thesis entitled

Connecting West and East

Ming Zhang

Maastricht, July 1st 2019

1. In Western and Eastern medicine, opposing forces provide the energy that flows through networks in an organism, which fuels life (this thesis).
2. Antioxidants make hard energy soft (this thesis).
3. The broadness of the pallet of the bioactives as well as their intricate interplay in TCM, explains that TCM can cure diseases with minimal side effects (this thesis).
4. Medicine will improve when East and West become more connected, and we get the best of both worlds (this thesis).
5. Western medicine can benefit from the dynamic interactions between bioactives, and the other fundamentals of Eastern medicine
6. You can only find, discover, create what is already there, and hopefully also enjoy this.
7. Scientists behave like antioxidants, they do not work in isolation, but together, they form an enigmatic and intricate network.
8. Do not despair when you think your research seems too simple, in the end it will turn out to be far too complicated anyhow. The most simple questions are the most difficult ones to answer.
9. Humor is the spark that ignites when two opposing thoughts become one. When you laugh, you have learned.
10. The only certainty you have is that nothing is certain, but I am not totally sure about this and that makes me even more uncertain. So, I just follow my heart.
11. The key of life is sharing; when you share joy it becomes more, when you share grief it becomes less.