What is TCM?
Principles used in TCM:
YIN-YANG:
Yang （阳气）is a life energy source that shines like the sun. It warms, powers and moves the qi and blood in our body. When the body's Yang energy is low, we will have 'cold' like symptoms such as chills, water retention, runny nose and body aches.

Yin （阴气）include the body fluids and blood, nourishing and cooling the body. When the body's Yin energy is depleted, there is an excess of Yang so you will have 'heaty' like symptoms such as ulcers, fever, swelling and drastic thirst.

Maintaining health and vitality the TCM way
Like the ever flowing yin and yang, the human body is constantly self-regulating and adjusting to the ever changing internal and external environment. The disruption of this self-regulating mechanism is what causes illness and diseases (disharmony). Symptoms would arise based on the different types of disharmony. Because of the different environmental exposure, diet, lifestyle and the way we were nurtured, human individuals and different ethnicities differ greatly from one another in terms of psychology, physiology as well as susceptibility, each individual would have different types of body constitution. Thus it is important to know of, to prevent and to treat the problem (symptoms) as soon as they arise and take preventive measurements to avoid further complications (snowballing effects of diseases) in the future.

In this session, you will be assessed based on your symptoms and your body constitution will be determined by our physicians. Together, tongue diagnosis and pulse diagnosis will be carried by our physicians. Next, a thorough TCM life cultivation tips will be provided for you as a reference to practise in your daily life.

What is body constitution?
Constitution refers to the relatively stable characteristics in morphology, psychology and physiological functions formed during the growth, development and ageing due to the congenital inheritance and the influences of various postnatal factors. These characteristics usually determine the susceptibility of the organism to certain pathogenic factors and the tendency of pathological changes.

There are many ways to divide the body constitution, of which the ordinary one divides the constitution into two types: normal constitution and poor constitution. Normal constitution refers to strong physical power, lustrous complexion, good appetite, sound sleep, smooth urination and defecation, normal pulse condition.On the contrary, poor constitution means marked tendency of yin deficiency, yang deficiency, qi deficiency, blood deficiency, phlegm and dampness, excess of yang, blood stasis, etc.

NOTE: There is no right or wrong body constitution. Sometimes, body constitutions may change and overlap. Thus, you may seek professional help and check on your body constitution regularly to identify the changes.

Allergic Constitution （特禀体质）

Characteristics:

- Suffer from asthma, hives, itchy throat, nasal congestion, sneezing, etc.
- Poor adaptability to allergies and tend to easily triggered by the allergies
- Sensitive skin

Regulating the mind

Cultivate an open-minded and optimistic attitude towards life, avoid overwork. Maintain a stable and peaceful mind.

Regulating with physical training

You may select the physical activities accordingly such as taking a walk and jogging. The exercise should be gradual with gentle movement. Avoid physical and mental overstrain.You may schedule a light 15 minutes cardio exercise session everyday. Avoid exercising in the environment with allergies.

Regulating the diet

Generally, it is advisable to have bland foods and foods that help with strengthening immunity such as honey, red dates, enoki mushrooms, carrots, etc. Avoid eating spicy, oily food, fish, shrimp, crab and other seafood. Try to find out the allergies that you are allergic to and avoid taking it.

Recommended recipes

Immunity-boosting soup (for 2-3 servings)



Ingredients: 1 tablespoon coconut oil, 3 chicken pieces, Astragalus (Huang Qi) 10g, Reishi mushroom (Ling Zhi) 10g, goji berries 10g, red dates 10g, 1 medium onion diced, 2 medium cut carrots, 2 medium sliced celery stalks, sliced ginger, garlic, salt, 8 cups of water

Methods:

1. Fry ginger, garlic and onions.
2. Add the chicken and a pinch of salt then saute for 5 minutes.
3. Add water and bring to a boil.
4. Put the herbs into a cloth bag. Add the cloth bag to the pot.
5. Once it boils, lower the heat and simmer, covered for 30 minute.
6. Add carrots and celery to the soup.
7. When the soup is done, remove the bag of the herbs.
8. Add a little salt to taste.

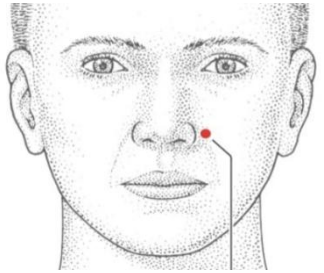
Immunity-boosting tea (1 serving)

Ingredients: Astragalus (Huang Qi) 5g, smoked plum (Wu Mei) 5g, Schisandra (Wu wei zi)l 3g, Mai Dong 3g

Instructions: Put all ingredients in a teabag and pour in 300ml of hot water. Let steep for 5-10 minutes. Ready to serve.

Regulating with acupoints

Ying Xiang (LI30) points are found on the face, on both sides of the base of your nose. Massage yingxiang acupoints regularly, 30 - 60 seconds each time to ease nasal congestion.



Regulating with aromatherapy
Aromatherapy is not suitable for people with Allergic Constitution.

Regulating with foot bath

Ingredients	Photo	Amount
Astragalus (Huang Qi)		15g
Cinnamon twig (Gui Zhi)		15g

Fang Feng		15g
Mugwort (Ai Ye)		10g

Instructions: Cook all the herbs in a pot of 3L water for 30 minutes. Pour the herbal mixture into a foot tub and let cool to desired temperature (around 40-60°C). You may soak your foot for 10 to 15 minutes.

Note: Foot bath may not be suitable for people with diabetes.

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