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.

Constitution with qi stagnation （气郁体质）

Characteristics:

- Depressed, worried and emotionally vulnerable
- More introverted and sensitive
- Easily nervous and anxious
- Chest tightness
- Tend to sigh frequently
- Poor adaptability to mental stimulation and rainy weather.

Regulating the mind

Cultivate optimistic and joyful emotions. Be open-minded and open minded. Try to overcome paranoia.

Regulating with physical training

You are advised to have more outdoor activities such as running, climbing, swimming, ball games, etc. Entertainment games like chess or cards playing, yoga, meditation are also recommended.

Regulating the diet

People with qi stagnation may often eat foods that help to relieve depression and soothe the mind such as:

- Vegetables: Leek, cumin, coriander, green onion, radish, perilla leaf, etc.
- Fruits: Fo Shou (Buddha's hands), orange
- Others: Tangerine peel, buckwheat, hawthorn, rose

Recommended recipes



Mind-soothing porridge (for 2-3 servings)

Ingredients: Wheat grain (Fu Xiao Mai) 15g, red dates 10g, licorice (Gan Cao)8g, rice 50g

Methods to cook:

1. Wash all the ingredients.
2. Bring all the ingredients to boil in a rice cooker for 30 minutes. Ready to serve.



Stir-fried Buddha's hands (chayote)

Ingredients: 1 chayote, dried shrimps 15g, garlic

Methods:

1. Peel the skin of chayote. Remove the inner seeds and cut into pieces.
2. Soak the dried shrimps for 30 minutes.
3. Pan fry the garlic and dried shrimps first, followed by the chayote until all cooked.

Rose Minty tea (1 serving)
Ingredients: Rose 5g, mint 5g, tangerine peel 3g, chamomile 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
LR3 Tai Chong
Location: Located on top of your foot, where the big toe meets the second toe (about 3 fingers back from the toe webbing)
Press and massage on the Tai Chong acupoint for 30 seconds for 10 times.



Regulating with aromatherapy
Lemon, lime, bergamot, peppermint, spearmint or rose ssential oils are recommended.

Regulating with foot bath

Ingredients	Photo	Amount
Rose		15g
Nut grass (Xiang Fu)		15g

Bitter Orange (Zhi Shi)		15g

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.

Prepared by the TCM Physicians of JIN TCM Clinic 精诚中医诊所

Our Locations:

- Ubi: Blk 306 Ubi Ave 1, #01-193, Singapore 400306
  WhatsApp: +65 8896 9398
- Aljunied: 96A Lorong 27 Geylang, Singapore 388198
  WhatsApp: +65 8896 3210
- Commonwealth: Blk 116 Commonwealth Crescent, #01-131, Singapore 140116
  WhatsApp: +65 8896 0678

Website: www.jintcm.com
Instagram: @jintcmclinic