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 Excessive Yang （阳盛体质）

Characteristics:

- Sturdy physique
- Flushed complexion
- Loud voice and breathing
- Preference to cool with aversion to hotness
- Preference to cold drinks
- Dark and feverish urine
- Hard stool
- Red tongue
- Intense pulse



Regulating the mind

The people with excessive yang are susceptible to irritability. Therefore, you may enhance self-cultivation of morality and temper your willpower in daily life. You should control yourself consciously and overcome the emotional impulse rationally when encountered with things exasperating.

Regulating with physical training

Fishing, chess, etc. are recommended. In addition, swimming and Taijiquan（太极拳）may be selected according to personal hobbies.

Regulating the diet

The people with excessive yang should abstain from pungent, hot-natured and dry-natured foods like hot pepper, ginger and green onion, eat less warm-natured and yang-natured foods like beef, eat more cool-natured fruits and vegetables such as banana, watermelon, persimmon, bitter gourd, tomato and lotus root. You may abstain from excessive alcohol drinking.

Recommended recipes

Yam bean soup (for 2-3 servings)

Ingredients: Yam bean 500g, rice bean 50g, hyacinth bean 50g, pork ribs 300g, candied jujube 4 pieces, ginger 5 slices, water, salt

Methods to cook:

1. Soak the rice bean and hyacinth bean overnight.
2. Peel the yam bean and cut into pieces.
3. Blanch the pork ribs in boiling water for 2-3 minutes, then refresh it in cold water and rinse clean.
4. Put all the ingredients in a pot of 3L water.
5. Bring soup to a boil before covering and simmering on low heat for:
   Pressure cooker: 20 minutes; stovetop pot: 1.5 hours; slow cooker: 2 hours





Green bean barley dessert (for 4 servings)

Ingredients: Green bean 100g, Chinese barley 100g, Euryale Ferox (Qian Shi) 50g, rock sugar

Methods to cook:

1. Soak all the ingredients in water overnight.
2. Drain and rinse.
3. Cook all the ingredients together in a pot of 2L water, until the beans are tender.
4. Add rock sugar and cook for another 5 minutes. Ready to serve.



Lotus leaf tea (1 serving)

Ingredients: Chrysanthemum 8g, Prunella spike (Xia Ku Cao) 5g, lotus leaf (He Ye) 5g



Prunella spike (Xia Ku Cao)



Lotus leaf (He Ye)

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

LU11 Qu Chi

Location: Located on the outside of your hand, lateral end of the elbow crease.

Press on the Qu Chi acupoint for 30 seconds for 10 times.



Regulating with aromatherapy

Thyme, tea tree or chamomile essential oils are recommended.

Regulating with foot bath

Ingredients	**Photo**	**Amount**
Gynostemma (Jiaogulan)		10g
Yin Chen		10g

Chinese Eupatorium (Pei Lan)		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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