**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 Yin Deficiency （阴虚体质）

**Characteristics:**

- Emaciation
- Facial flush in the afternoon
- Dry mouth with scanty saliva
- Occasional vexation
- Feverish palms and soles
- Poor sleep
- Constipation
- Dark urine
- Dislike of hot weather
- Preference to cold drink
- Thready and rapid pulse
- Red tongue with little coating



**Regulating the mind**

The people with yin deficiency are impetuous-natured, and often vexed and irascible. Accordingly, you are advised to enhance self-control, argue less with others to avoid being enraged; you may also participate less in the competitive recreational activities.

**Regulating with physical training**

The strenuous exercise is not advisable while Taijiquan（太极拳）, Baduanjin （八段锦）are more suitable. Low intensity and intermittent physical exercises are more suitable for you.

**Regulating the diet**

The principle is to nourish yin and suppress yang. It is advisable to eat bland, moistening and cooling foods such as:

- Vegetables: Black fungus, snow fungus, sesame, lotus root, seaweed, cucumber, tomato, etc.
- Fruits: Sugarcane, water chestnuts, pear, mulberry, watermelon, etc.
- Others: Honey, milk products, tofu, bird's nest, sea cucumber, mussels and fishes.

It is also recommended to have lightly sauteed, steamed or boiled food. Since water is essential for yin deficiency, soups and stews are also great choices.

You should also eat less pungent and hot-natured foods like green chinese onion, ginger, garlic, chives, chilli or hot pepper. Also, avoid taking too much oily food and alcohol.

**Recommended recipes**

Shanyao porridge (for 2-3 servings)

Ingredients: Shanyao (Chinese Yam) 100g, Shashen 20g, rice 1 cup, water

Methods to cook:

1. Peel the skin of the Shanyao and cut into cubes.
2. Rinse the Shashen.
3. Put all the ingredients together with rice into a rice cooking pot.
4. Let cook for 20 minutes. Ready to serve.

Tips for cooking: Remember to wear a glove while peeling the skin of Shanyao to avoid your hands having an itchy sensation. You may also enjoy the Shanyao by simply steaming it.



Shanyao (Chinese Yam)



Shashen



Baihe Lotus root soup (for 2-3 servings)

Ingredients: Baihe (Dried lily bulb) 30g, lotus root 300g, lotus seed 30g, 2 pears, pork/chicken 500g, salt, water

Methods to cook:

1. Peel the lotus root and pear; cut into pieces.
2. Wash all the ingredients.
3. Prepare a pot of 3L water. Put in lotus root and boil for 20 minutes.
4. Put the rest of the ingredients into the pot and bring to boil.
5. Reduce the heat and simmer, covered for about 2 hours. Add in some salt for taste.



Snow fungus dessert (for 2-3 servings)

Ingredients: Snow fungus 2 pieces, dried lotus seeds 20g, water chestnuts 100g, dried goji berries 20g, peach gum 10g, water, rock sugar

Methods to cook:

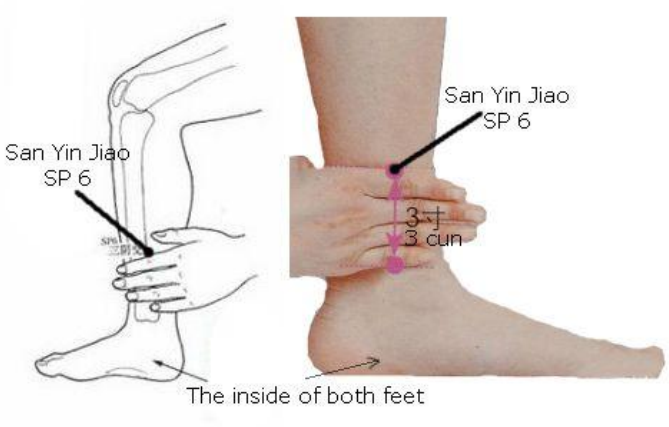
1. Soak the snow fungus in hot water for 10 minutes, then rinse thoroughly to remove any dirt. Let it drip dry in a colander.
2. Soak the lotus seeds and peach gum respectively in hot water for 30 minutes.
3. Peel the water chestnuts and cut them into pieces.
4. Use a scissors to cut the parts of the snow fungus around the hard dark orange center. Cut the pieces into smaller chunks to the size of your preferences.
5. Bring the 2L water to boil in a pot and put in the lotus seeds. Let it simmer for 2 minutes.
6. Add snow fungus, water chestnuts, peach gums and dried goji berries in and simmer for 5 minutes.
7. Add the rock sugar in and simmer for 10 minutes. Ready to serve.

**Regulating with acupoints**

SP6 San Yin Jiao

Location: Located on the inside of your leg above the ankle. Acupoint is located 3 cun (4 finger spaces) above the ankle in the depression under the shin bone (tibia).

Press on the San Yin Jiao acupoint for 30 seconds for 10 times a day.




**Regulating with TCM herbal tea**

Goji berries tea (1 serving)

Ingredients: Goji berries 8g, dried mulberries 8g, stevia leaves 2 pieces



dried mulberries

Chrysanthemum goji berries tea (1 serving)
Ingredients: Chrysanthemum 8g, goji berries 5g, cassia seeds 2g, stevia leaves 2 pieces


cassia seeds

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 aromatherapy**
Lavender, Mint, chamomile, jasmine or osmanthus essential oils are recommended.

**Regulating with foot bath**

| **Ingredients** | **Photo** | **Amount** |
|---|---|---|
| Adenophorae (Nan Shashen) |  | 15g |

| | | |
|---|---|---|
| Smoked plum (Wu Mei) |  | 10g |
| Schisandra (Wu wei zi) |  | 10g |
| Yu Zhu |  | 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.

***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***