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 Blood Stasis （血瘀体质）



Characteristics:

- Dim and sluggish complexion
- Dark lips and eye sockets
- Dry skin
- Purple tongue or with petechiae
- Thready and unsmooth pulse

Regulating the mind

People with blood stasis should develop optimism. In the case of a cheerful frame of mind, qi and blood flow harmoniously. Conversely, depression and melancholy may aggravate the tendency of blood stasis.

Regulating with physical training

Participating in physical training moderately is beneficial in promoting blood circulation.

Regulating the diet

People with blood stasis may often eat foods that activate blood circulation to remove blood stasis such as walnuts, arrowheads and black soybeans. They may often drink a small amount of wine or vinegar. The medicated diet includes hawthorn drink and peanut porridge.



Recommended recipes

Black Bean Chuan Xiong Porridge (for 1 serving)

Ingredients: Black bean 25g, Chuan Xiong (Ligusticum striatum) 10g, Glutinous Rice 50g

Methods to cook:

1. Put Chuan Xiong into a teabag.
2. Boil the teabag, black beans and glutinous rice together in around 200-300ml of water.
3. Add red sugar as desired.

Hawthorn Vinegar



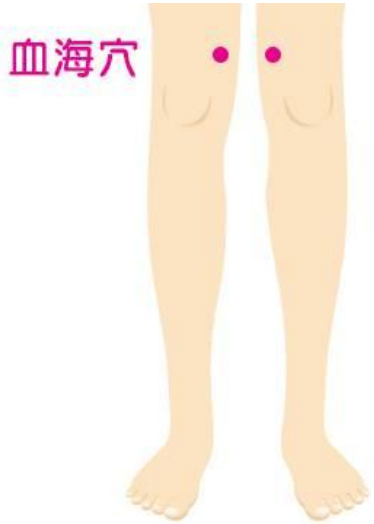
Ingreadients: Hawthorn 500g, Crystal sugar 500g, Rice Vinegar 1000g

Method:

1. Wash hawthorn and let dry.
2. Remove seeds of hawthorn.
3. Put all the ingredients together into an air-tight container.
4. Store in a cool dry place for 10 months.

Regulating with acupoints

Xuehai (SP10) is located above the kneecap, roughly two inches away from the center of the body at the bottom portion of the thigh muscle. Press on the XueHai acupoint for 30 seconds for 10 times a day or use a warm water bag to warm up the acupoint for 5 minutes.



Regulating with TCM herbal tea

Hawthorn Red Dates tea (1 serving)

Ingredients: Black tea 5g, Hawthorn berry 5 slices, Red dates 10 slices

Warming Ginger tea (1 serving)

Ingredients: Ginger juice 30ml, black tea 10g, Saffron 3-5 petals, brown sugar 1 teaspoon

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

Cedarwood, angelica root, lavender, sage, rosemary and frankincense essential oils are recommended.

Regulating with foot bath

Ingredients	**Photo**	**Amount**
Angelica Sinensis (Dang Gui)		10g

Saffron (Hong Hua)		0.3g
Common Jasmine Orange (Qi Li Xiang)		5g

Red Sage (Dan Sheng)		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.

Other TCM healthcare methods

Regular Tui Na (deep tissue massages) can help to promote meridian flow and reduce blood stagnation.

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