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 Phlegm and Dampness （痰湿体质）

Characteristics:

- Fat physique
- Flabby skin
- Addiction to fatty and sweet foods
- Tiredness with heavy sensation of the body
- Disinclination to move
- Lethargy
- Sticky and greasy sensation in the mouth
- Loose stool
- Soft and slippery pulse
- Enlarged tongue with slippery and greasy coating



Regulating the mind

With your gentle, prudence, compassion and tolerance personality, you may cultivate a wide range of hobbies.

Regulating with physical training

Long-term adherence to physical exercise, such as walking, jogging, playing badminton, swimming, etc. is recommended. You may schedule a light 15 minutes cardio exercise session everyday.

Regulating the diet

It is advisable to eat more foods that can strengthen the spleen, remove the dampness and resolve the phlegm:

- Vegetables: Chinese yam, barley, radish, seaweed, onion, gingko nuts, lentils, kidney beans, garlic, ginger
- Fruits: Fo Shou (Buddha’s hands), lemon, tangerine peel
- Snack: Fuling biscuit

Avoid overeating oily and raw, cold food.

Recommended recipes



Barley Gorgon Fruit porridge

Ingredients: Chinese Barley 30g, Gorgon fruit 30g, Red bean 30g, Rice 50g

Method:

1. Boil 300-500ml of water.
2. Pour in all the ingredients into the boiling water and continue boiling for 30 minutes.
3. Add red dates and goji berries as desired.

Regulating with acupoints



SP9 (yinlingquan)

Location: On the medial side of the shank, at the depression posterior and inferior to the medial condyle of the tibia. Massage on the yin ling quan acupoint for 30 seconds for 10 times regularly.

Regulating with aromatherapy

Grapefruit, orange, parsley, lemon thyme, sweet basil, eucalyptus, catnip and cypress essential oils are recommended.

Regulating with foot bath

Ingredients	Photo	Amount
茯苓 (Fu Ling)		30g
Kombu (Kun Bu)		30g

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.

Regulating with TCM herbal tea

Orange peel roasted barley tea (1 serving)

Ingredients: Black tea 5g, roasted barley 10g, Orange peel as desired.

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

Other TCM healthcare methods

Fire cupping and moxibustion can promote meridian flow and expel coldness and dampness.





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