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 Deficiency （气虚体质）



Characteristics:

- Emaciation or relatively fat physique
- Pale complexion
- Low and timid voice
- Frequent spontaneous sweating worsened by moving
- Tiredness
- Amnesia
- Pale tongue with whitish coating
- Feeble and weak pulse

Regulating the mind

Cultivate an open-minded and optimistic attitude towards life, do not overwork yourself. Avoid excessive tension and maintain a stable and peaceful state of mind.

Regulating with physical training

You may select the physical activities accordingly such as taking a walk, jogging, Taijiquan（太极拳）, Wuqinxi（五禽戏）and Baduanjin （八段锦）. The exercise should be gradual with gentle movement. Avoid physical and mental overstrain.You may schedule a light 15 minutes cardio exercise session everyday.

Regulating the diet

The people with qi deficiency may regularly eat:

- Vegetables: Chinese yams, potatoes, jujube, carrot, mushrooms, sweet potatoes, etc.
- Meats: Chicken, beef
- Others: Good wholegrains, wheat, millet, barley, oats.

It is advisable to eat easily digestible food to reduce stress on the stomach. Avoid highly processed food.
Try to eat or drink less radish, garlic, parsley, bitter gourd, cucumber, watermelon, pear and cold drinks.

Recommended recipes

<u>Qi-boosting chicken soup (for 4 servings)</u>

Ingredients: Astragalus (Huang Qi) 15g, Codonopsis (Dang Shen) 15g, Chinese Wild Yam (Huai Shan) 15g, goji berries 10g, dried longan 10g, red dates 10g, 1 chicken, salt, water
Methods to cook:

1. Rinse all the ingredients under running water.
2. Put all the ingredients into a pot with 6-8 cups of water. Carrots or celery are optional.
3. 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



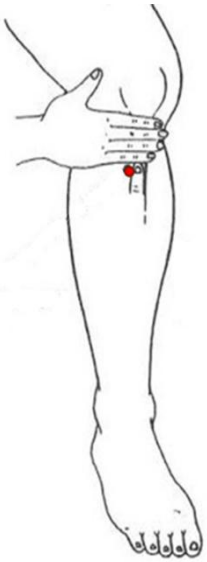
<u>Qi-boosting salad (for 2-3 servings)</u>

Ingredients: 1-2 bunches watercress, 2 plums, 8 shrimps
Dressing: 30ml rice wine vinegar, 30ml soy sauce, 4ml sesame oil, 20ml lime, ¼ shallot minced, 1 clove garlic minced, 2 teaspoons of ginger
Methods to cook:

1. Wash the watercress, slice the plums and lightly steam the shrimp until just done.
2. Combine all ingredients with the dressing.



Regulating with acupoints



ST36 Zu San Li

Location: Located on the outside of your leg. 3 cun (4 finger spaces) below the lower edge of the kneecap and one finger width to the outside of the shinbone.

Press on the Zu San Li 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

American ginseng tea (1 serving)

Ingredients: American ginseng 5g, Astragalus (Huang Qi) 10g, tangerine peel 2g



Astragalus (Huang Qi)

Qi-tonifying tea (1 serving)

Ingredients: Schisandra (Wu wei zi) 8-10 pieces, Radix Pseudostellariae (Tai Zi Shen) 3-5 pieces


Schisandra (Wu wei zi)


Radix Pseudostellariae (Tai Zi Shen)

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

Lemongrass, gingergrass, rosewood or thyme essential oils are recommended.

Regulating with foot bath

Ingredients	Photo	Amount
Codonopsis (Dangshen)		10g
Astragalus (Huang Qi)		10g

Cinnamon twig (Gui Zhi)		10g
Fang Feng		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