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 Yang Deficiency （阳虚体质）

Characteristics:

- White and fat physique
- Pale complexion
- Aversion to cold and preference to warmth
- Cold hands and feet
- Clear and profuse urine
- Occasional loose stool
- Pale lips
- Frequent spontaneous sweating
- Deep pulse with hypodynamia
- Enlarged tongue with pale colour



Regulating the mind

Some people with deficiency of yang will manifest bad emotions. For instance, the people with yang deficiency of the liver are susceptible to fear while the people with yang deficiency of the heart are susceptible to grief. Hence, you are advisable to properly regulate your emotions to eliminate or reduce the influences of bad emotions.

Regulating with physical training

It is advisable to persevere in physical training, once a day and best in the morning. People with yang deficiency can select the physical activities accordingly such as taking a walk, jogging, Taijiquan（太极拳）, Wuqinxi（五禽戏）, Baduanjin （八段锦）, ball games and various dance activities. You may take a sunbath as well. However, the intensity of the training or exercise should not be too strong.

Regulating the diet

More foods that strengthen yang should be eaten:

- Vegetables: leeks, chilli, pumpkin, garlic, onion, ginger, carrot, chestnut, cumin, cinnamon, turmeric, chardamon, etc.
- Fruits: lychee, longan, jujube, walnut, cherry, durian, etc.
- Meat: mutton, chicken and lamb.

Keep yourself warm and drink more warm water.

It is advisable to eat less raw and cold food. Also, try to avoid overeating too many cold foods such as watermelon, pear, bitter gourd, cucumber and cold drinks even during hot weather.

Recommended recipes

Longan red dates soup (for 2-3 servings)



Ingredients: Dried longan 30g, red dates 15g, goji berries 15g, ginger 10g, brown sugar

Methods to cook:

1. Rinse all ingredients. Cut the ginger into slices.
2. Put red dates, goji berries and ginger into a pot and add 1.5L of water.
3. Boil for 30 minutes.
4. Add in longan and brown sugar.
5. Keep warm for 15 minutes and ready to serve.

Lamb Angelica Soup (for 2-3 servings)



Ingredients: Dang gui (*Chinese Angelica*) 10g, fresh ginger 20g, lamb 500g, rice wine 50g, salt 5g, spring onion 10g

Methods to cook:

1. Trim the fat of the lamb, cut the lamb into bite-sized pieces and rinse them. Blanch the lamb in boiling water for 2-3 minutes, then refresh it in cold water and rinse clean.
2. Clean and cut other ingredients (ginger in slices, spring onion into short lengths).
3. Place lamb pieces into a pot or casserole, add ginger, spring onion, Dang gui and rice wine. Bring to boil, then reduce the heat and simmer, covered for about 2 hours.

4. Remove Dang gui, add salt and serve. You may eat the lamb and drink the soup.

Tips for cooking:

1. Dang gui can be put into a piece of cloth so that it can be easily removed before serving.
2. Some vegetables, such as carrots or corn, can be added according to personal preference.
3. May some goji berries for extra taste.

Pig stomach with white pepper soup (for 2-3 servings) [non-halal]



Ingredients: 1 pig stomach, pork ribs 300g, ginger 50g, toasted white pepper 2 tablespoon, sliced scallions 3, salt 1 tablespoon, corn starch 1 tablespoon, water 2L

Method to cook:

1. Turn the pig stomach inside out, and rub with plenty of salt and cornstarch to remove the goo and smell. Wash under cold running water, Repeat this process about 3 to 4 times until all the goo and smell is gone.
2. Bring a pot of water to boil, then blanch the pig stomach and pork ribs respectively for 3 to 5 minutes until it hardens. Remove from the pot, wash under cold water and set aside.
3. In a clean pot, place the blanched pig stomach, pork ribs, toasted white pepper, ginger, salt and water. Bring to a boil, then reduce heat and simmer for 2 to 3 hours until the stomach is soft. Remove the scum occasionally so the soup is clear.
4. Once the pig stomach is soft, it is cooked. Remove it from the soup, then cut into bite size pieces, and return them back into the pot. Add in salt as needed.
5. Turn off heat and serve hot with thinly sliced scallions.

Regulating with acupoints

CV4 Guan Yuan

Location: Located on the stomach, 3 cun (4 finger spaces) below the belly button, in the midline.

Press on the Guan Yuan acupoint for 30 seconds for 10 times or put a warm water bag on the acupoint for 5 minutes.



Regulating with TCM herbal tea

Red date longan black tea (1 serving)

Ingredients: Black tea 5g, red dates 8 slices, longan 5g

Cinnamon ginger red tea (1 serving)

Ingredients: Cinnamon powder 2 teaspoons, ginger 3 slices, red tea 10g, 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
Fennel, cumin, coriander, ginger lily or cardamom essential oils are recommended.

Regulating with foot bath

Ingredients	**Photo**	**Amount**
Mugwort (Ai Ye)		20g
Dried ginger		10g

Cinnamon twig (Gui Zhi)		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

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





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