

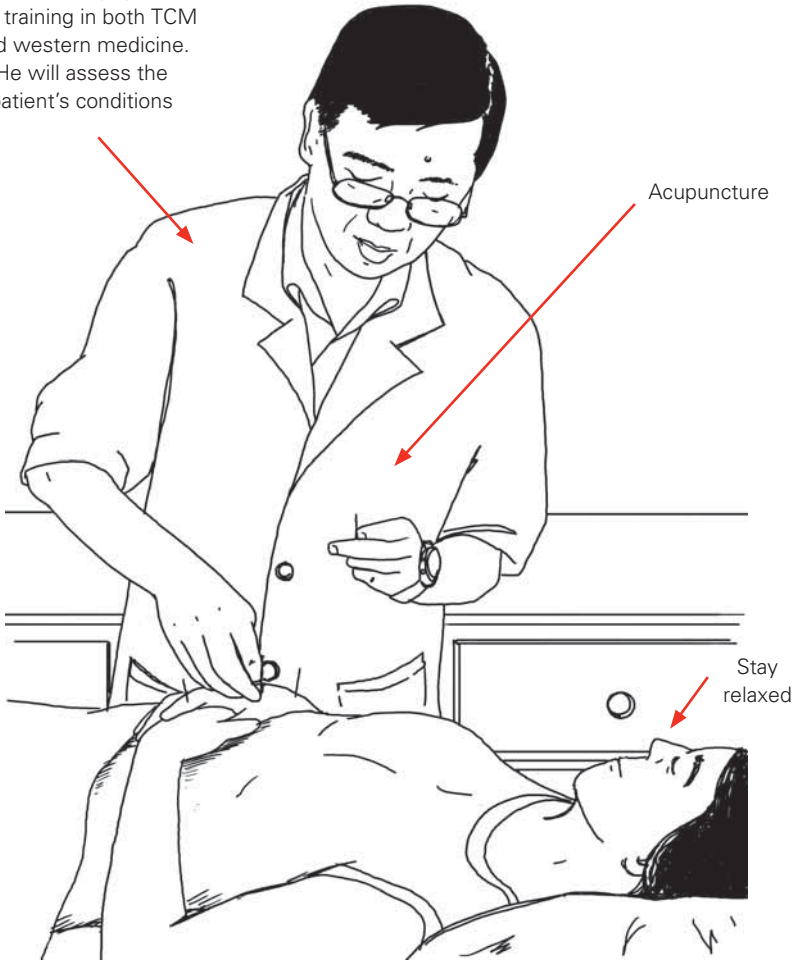
HOW TO EFFECTIVELY USE TRADITIONAL CHINESE MEDICINE

- Traditional Chinese Medicine (TCM) has been practised for thousands of years.
- Western research on TCM is still in relative infancy, but there is increasing evidence on TCM's efficacy, especially in treating chronic painful conditions.
- TCM uses herbs, acupuncture, moxibustion, *tui-na* (a form of massage) and therapeutic foods to treat illnesses as well as to rebalance and improve people's overall health and vitality – especially for older people.
- For older people with degenerative and chronic pain conditions – for whom surgery or chronic medications may not be the optimal options – TCM offers a complementary (not replacement) treatment modality to western medicine.
- As with any health treatment, it is best to seek advice from a Chinese physician before consuming any Chinese medicine. Doing so will also ensure effective diagnosis and prescription.
- Remember to check if the medication should be taken before or after meals; it is usually advisable to wait one hour between medication and meal times, or between taking western and Chinese medicine.

YOUR FIRST TCM SESSION

Our Chinese physician has training in both TCM and western medicine.

He will assess the patient's conditions



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The World Health Organization has established that acupuncture is effective in treating the following conditions:

- Osteoarthritis.
- Frozen shoulder.
- Cervical spondylosis.
- Tennis elbow.
- Multiple joint pain.
- Acute joint sprains.
- Chronic low back pain (due to slipped disc in younger age group, and spinal stenosis in older people).
- Stroke.
- Irritable bowel syndrome.
- Gastritis and hyperacidity of the stomach.
- Constipation.
- Sinusitis/Rhinitis.
- Insomnia.
- Facial palsy.
- Migraine headaches.
- Painful, irregular or lack of menstruations.

Typically, an effective course of acupuncture treatment would require ten sessions, each lasting 30 – 45 minutes, and often complemented by other TCM modalities, such as *tui-na*, herbs or moxibustion, to enhance the benefits of acupuncture.

NOURISHING SOUPS FOR ELDERLY

Rib Soup with White Fungus and Water Chestnut

Dry white fungus 20 gm, 15 fresh water chestnuts, spare ribs 500 gm.

Method

Soak white fungus until soft, remove stems and set aside. Peel water chestnuts and cut in half. Blanch ribs in boiling water. Boil half a pot of water, put in all the ingredients and simmer on low heat for 2 hours. Season with salt.

Effect

Nourishes the lungs and helps to clear phlegm.

Pig's Tail and Black Bean Soup

Black bean 60 gm, peanuts 60 gm, 10 red dates (seeded), one pig's tail.

Method

Soak black beans and peanuts separately for one hour. Cut pig's tail into chunks, blanch in boiling water, dish out and wash. Boil half pot of water, add in all ingredients and bring to a boil, then turn to low heat and simmer for 3 hours. (Slow cookers such as a crock pot can be used for convenience). Add salt to taste.

Effect

Nourishes the blood and kidneys.