

Eating and Drinking the TCM Way 吃对，就越吃越年轻

Duration: 1 hour

Engagement Fee: \$300



In Traditional Chinese Medicine, foods, besides managing our hunger and thirst, are viewed as a type of medicine that, with understanding, helps to nourish and harmonize the body, mind and spirit.

The objective of the course is to help the participants learn the role of medical diet in health management, through understanding of the properties of common foods among us. The participant will learn common Chinese herbs with tonic characteristics and methods of preparing medical diets for a healthier and beautiful you.

在忙碌的现代人在日常生活中，顺时摄养、饮食可为一个较容易的养生方法。中医药提出药食同源理论思想，我们日常所吃的、喝的食物，都有它们独有的功能、药性。

这课程的目的在于帮助学员掌握如何通饮食达到养生的目的。通过对常见食物特性，了解药膳饮食及如何准备它。同时介绍适合养颜保健的药膳。



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– Learning Outcome, you will

1. Learn the important of Herbal Preparation
2. now how to use the matching theory
3. Know to common herbs with tonic characteristic
4. Learn the Diet for healthier and beautiful you

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–学习目的，您将会

1. 了解中药炮制的重要性
2. 明白中医药膳配法
3. 认识常见的补益药
4. 认识适合养颜保健的药膳。



Facilitator/Trainer: Dr Clement Ng Shin Kiat

- Registered Traditional Chinese medicine (TCM) practitioner
- PhD in Medicine (TCM) from Nanjing University of Chinese Medicine
- MBA (Strategic Management), Nanyang Technological University
- Chairman for Technical Committee for Complementary Health Products, SPRING Singapore
- Former Vice Principal of Singapore College of TCM.
- Council Member for Singapore Chinese Physicians' Association,
- Council Member for Singapore Acupuncture Association
- ACTA Certified