



TCM For Men



Study of health issues face by Men has been intensive in the modern medicine; however, certain illnesses such as male anxiety, pathological dysfunctional symptoms, infertility and chronic prostate issues, there are no specific therapy and effective modalities.



The course TCM for Men was designed to share with the participants the alternative approaches from the TCM perspective in addressing these Men's Health issues. **Taking references from the rich knowledge and experience of TCM in managing the Emperor's health** and a general approaches to health maintenance, to help you to regain the vitality in mastering the life's challenges.

Module	Theme	Learning Outcome – you will...
1	A Unique you (2.5 hrs)	<ol style="list-style-type: none"> 1. Know the cycle of male aging process 2. Know causes of the health issues in Men 3. know the TCM approaches in managing the issues 4. Know your personal body types
2	A Stronger you (2.5 hrs)	<ol style="list-style-type: none"> 1. Know the herbs with tonic characteristic for Men 2. Learn the Diet approach for a stronger Men 3. Know the important acupoints for vitality 4. Learn the massaging techniques for vitality
3	A Calmer you (2.5 hrs)	<ol style="list-style-type: none"> 1. Know the herbs with calming characteristic 2. Learn the TCM Diet approach for a calmer Men 3. Learn a Qi Gong techniques for a calmer Men 4. Learn the massaging techniques to de-stress.
4	A Healthier you (2.5 hrs)	<ol style="list-style-type: none"> 1. Know common illnesses associated with Men, example <ul style="list-style-type: none"> • Pathological dysfunctional symptoms, • Hair Loss • Chronic Prostatitis 2. Learn the TCM approaches in addressing these illnesses

The course is designed for,

- Men of all ages
- Ladies, who care for their Men

Trainer: Dr Clement Ng Shin Kiat 黄欣杰博士

Registered Traditional Chinese medicine (TCM) practitioner
 PhD in Medicine (TCM) from Nanjing University of Chinese Medicine
 Former Vice Principal of Singapore College of TCM.
 Council Member for Singapore Chinese Physicians' Association,
 Council Member for Singapore Acupuncture Association
 Chairman – Technical Committee on Complementary Medicine and Health Product
 Executive Council Member – WFCMS –Committee for Mediated Diet & Dietotherapy
 Committee Member for ISO/TC 249 (TCM).
 ACTA Certified





TCM for Men

一家之主，修身养生（中医，让男人更强）

授课语言：中文

收费：S\$150

学时：10 小时

现代医学对男科病的研究较有深入细致，但对于某些疾病，如男性的焦虑，病理性功能性疾病，不育，以及慢性前列腺炎等尚无特殊疗法，且易产生副作用。市场上有很多针对中医妇科疾病课程，却较少关注于为男性方面问题的诊断和治疗。



本课程《一家之主，修身养生》将与学员分享中医是如何看待并解决男性健康保健问题。课程将通过参考历代君王中医养生保健的丰富知识和经验方式，和介绍维持健康的养生保健及解决健康问题的办法。进而帮助学员恢复活力面对生活的挑战。

单元	主题	学习目的，您将会
1	特别的您 (2.5 hrs)	<ol style="list-style-type: none"> 1. 了解男性成长周期 2. 了解导致的男人健康问题的原因 3. 了解中医的治疗管理方法 4. 知道您自己的体质
2	强壮的您 (2.5 hrs)	<ol style="list-style-type: none"> 1. 认识适合男人的补益药 2. 学会适合男人补益药膳方法 3. 认识增强活力的重要性穴位 4. 学会增强活力按摩技巧
3	冷静的您 (2.5 hrs)	<ol style="list-style-type: none"> 1. 认识帮助安神的中草药 2. 学会帮助男人安神药膳方法 3. 认识一套安神气功养生法 4. 学会通过按摩来解除压力。
4	健康的您 (2.5 hrs)	<ol style="list-style-type: none"> 1. 认识男人可能面对的疾病，如 <ol style="list-style-type: none"> a. 病理性功能性疾病， b. 男性脱发 c. 慢性前列腺炎学 2. 学习中医解决这些疾病的方法

适读人士

- 各年龄段的男人
- 关心她们男人的女人



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