



# TCM Herbal Diet

(SF16ALHW208)

Medium: **English**  
 Course Fee: **S\$150**  
 Duration: **10 hours**



In Traditional Chinese Medicine, foods, is viewed as a type of medicine and used to nourish and harmonize the body, mind and spirit. When it comes to the selecting of foods for herbal diets, there are many methods that serve to draw out the therapeutic qualities, as all foods have distinct energy and characteristic properties that either help to balance our bodies and make us healthy, or that create imbalances which ultimately results in sickness.



The course explores the concept of an herbal diet in TCM, together with the energetics of common foods. Some common Chinese herbs with tonic characteristics will be introduced and methods of preparing herbal diets will also be shared for a more vibrant and beautiful lifestyle.

Module	Theme	Learning Outcome – you will...
1	<b>Fundamental of medicine and herb</b> (2.5 hrs)	<ol style="list-style-type: none"> <li>1. Learn the important Preparation and Processing</li> <li>2. Understand The 7 Matching theory</li> <li>3. Know the common foods with TCM medicinal effect</li> <li>4. Process and increase the effect of the herbs</li> </ol>
2	<b>Health through daily medical diets</b> (2.5 hrs)	<ol style="list-style-type: none"> <li>1. Know the concept of health through diets</li> <li>2. Learn to achieve maintenance of health through diet</li> <li>3. Know the process of preparation of herbal recipe</li> <li>4. Prepare a nourishing soup</li> </ol>
3	<b>For a Beautiful you</b> (2.5 hrs)	<ol style="list-style-type: none"> <li>1. Learn the principle of beauty and weight management from the TCM perspective</li> <li>2. Know the preparation of Diet for Radiance skin</li> <li>3. Know the preparation of Diet for Weight Management</li> </ol>
4	<b>For a Healthier you</b> (2.5 hrs)	<ol style="list-style-type: none"> <li>1. Learn the principle of health and immunity strengthening from the TCM perspective</li> <li>2. Know the preparation of Diet for General Wellbeing</li> <li>3. Know the preparation of for Chronic Illnesses Management</li> </ol>

The course is designed for,

- All who like to know more about TCM medicated diet



**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 Herbal Diet

### 中医药膳短期课程

授课语言：中文

收费：S\$150

学时：10 小时



养生保健、健康美容已经成为现代人在日常生活中常探讨的一个很贴身的话题。在这方面的理论思想贯穿整个中医药的治未病思想。中医药提出药食同源，通过日常饮食达到养生保健的目的。

这课程将与学员分享什么是药膳饮食及为什么它们受欢迎以及如何准备它。通过有趣的方式介绍药用茶或草药的饮食原理，配伍用法，总结出药膳的疗效特色。介绍滋补药材及列出烹饪美容保健，如养生、减肥及安眠饮食药膳的几个方法



单元	主题	学习目的, 您将会
1	中药的基本认识 (2.5 hrs)	<ol style="list-style-type: none"> <li>1. 了解中药炮制的重要性</li> <li>2. 明白中药的 7 个配伍用法</li> <li>3. 熟悉常见食物的药性</li> <li>4. 亲手炮制提高药材疗效</li> </ol>
2	日常饮食养生 (2.5 hrs)	<ol style="list-style-type: none"> <li>1. 了解什么是营养药膳学</li> <li>2. 知道如何提高饮食调理方法养生</li> <li>3. 明白药膳的制作与应用方法</li> <li>4. 一起准备补益汤</li> </ol>
3	药膳吃出美丽的您 (2.5 hrs)	<ol style="list-style-type: none"> <li>1. 了解中医如何看待美颜塑身</li> <li>2. 知道怎么准备美颜药膳</li> <li>3. 知道怎么准备体重调节药膳</li> </ol>
4	药膳养出健康的您 (2.5 hrs)	<ol style="list-style-type: none"> <li>1. 了解中医看待保健及提高免疫力</li> <li>2. 知道怎么准备提高自身免疫力药膳</li> <li>3. 知道怎么准备通过药膳调理慢性病</li> </ol>

适读人士 对中药膳有兴趣者



#### 导师简介：黄欣杰博士

中医博士（南京中医药大学），  
新加坡注册中医师，  
前新加坡中医学院副院长  
新加坡中医师公会理事  
新加坡针灸学会理事  
新加坡辅助医学与保健产品技术委员会主席  
世中联药膳食疗研究专业委员会常务理事  
国际标准化组织中医药委员会（ISO/TC 249）委员  
培训与评估高级证书认证