



TCM Herbal Diet Intermediate

(SF17ALHW343)

Medium: **English**

Course Fee: **S\$175**

Duration: **10 hours**



The course TCM Herbal Diet Intermediate will allow the participants to learn the alternative techniques in addressing common illnesses, it serve as an intermediate programme to allow those who has acquired the fundamental knowledge and understanding from the TCM herbal diet theory and skills to enhance and apply what they have learnt. The use of Acupressure Massage Techniques suitable in addressing syndrome related will also be shared.

The objective of the course is to provide a continuous training pathway for the participants who have taken the series of SkillsFuture @PA TCM herbal diet offered by the trainers as well as other equivalent courses. This course will let the participants know the etiology and pathogenesis of Common illnesses, Understand the different approaches in herbal diet in disease management and application of Acupressure,, it allows participants to apply skills previously learnt and their application in illness prevention.



Module	Theme	Learning Outcome – you will...
1	Stroke related issues (2.5 hrs)	<ol style="list-style-type: none"> 1. Understand TCM Diagnostic approaches 2. Know the etiology and pathogenesis of Stroke 3. Understand the different approaches in herbal diet in disease management.
2	Palpitation and Cardiac Pain (2.5 hrs)	<ol style="list-style-type: none"> 1. Know the etiology and pathogenesis of Palpitation and Cardiac Pain 2. Understand the different approaches in herbal diet in disease management.
3	Gastric and Digestive illness (2.5 hrs)	<ol style="list-style-type: none"> 1. Know the etiology and pathogenesis of Gastric and Digestive illness 2. Understand the different approaches in herbal diet in disease management.
4	Rashes and Eczema (2.5 hrs)	<ol style="list-style-type: none"> 1. Know the etiology and pathogenesis of Rashes and Eczema 2. Understand the different approaches in herbal diet in disease management.



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



中医药膳 - 中级班

TCM Herbal Diet Intermediate

授课语言：中文

收费：S\$175

学时：10 小时



中医药膳课程中级班将让学员学习如何使用日常药膳解决常见的疾病问题，作为一个中级课程，课程将让那些已经对中医药膳饮食理论与技巧有基本的知识和了解的学员，对中医药膳有更深一层的认识，同时会在课堂上分享指压按摩对于疾病的控制，提高他们所学理论和和应用技能。



《中医药膳 - 中级班》课程的目的是为参与培训师所设计的基础中医药膳课程或其他相关课程的学员提供一个继续教育的培训途径。本课程将让学员了解常见疾病的病因和发病机理，了解中医药膳饮食，及指压按摩在疾病管理中可采用的不同方法，使学员有机会应用之前学习的技能及如何应用在其在疾病预防。

单元	主题	学习目的, 您将会
1	中风相关症状 (2.5 小时)	<ol style="list-style-type: none"> 1. 了解中医诊断基础 2. 了解中风的病因和发病机制 3. 了解中医药膳在疾病管理中的应用
2	心悸和胸口疼痛 (2.5 小时)	<ol style="list-style-type: none"> 1. 了解心悸和胸口疼痛的病因和发病机制 2. 了解中医药膳在疾病管理中的应用
3	胃肠消化疾病 (2.5 小时)	<ol style="list-style-type: none"> 1. 了解胃肠消化疾病的病因和发病机制 2. 了解中医药膳在疾病管理中的应用
4	皮疹和湿疹 (2.5 小时)	<ol style="list-style-type: none"> 1. 了解皮疹和湿疹的病因和发病机制 2. 了解中医药膳在疾病管理中的应用



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