

Knowledge and Skills x Health = 100%

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## TCM and You Health Betterment Series

### Online Short Course

#### 1. Vertigo, The TCM Perspective -

**Why is my world spinning? Let TCM helps You!**

- Online Course (Zoom)
- Language: English
- Date: **15 September 2021, Wednesday**
- Time: 8.00 pm - 9.30 pm
- Course Fee: ~~S\$20~~ **S\$15 (Special \$5 discount with code TNY-99)**  
<https://tcmadyou.com/home/product/ver-e-2/>



#### 2. Insomnia – Let TCM Help you!

**Why can't I fall asleep? Why do I keep waking up?**

- Online Course (Zoom)
- Language: English
- Date: **19 September 2021, Sunday**
- Time: 8.00 pm - 9.30 pm Singapore Times
- Course Fee: ~~S\$20~~ **S\$15 (Special \$5 discount with code TNY-99)**  
<https://tcmadyou.com/home/product/insomnia-e-4/>



#### 3. 流感、发烧、咳嗽后症状，让中医帮帮你！

**慢性疲劳，呼吸短促，四肢无力，中医治疗方法**

- 网上课程
- 授课语言：中文
- 日期：9月22日(星期三)
- 时间：晚上2时30分至4时
- 学费：~~S\$20~~ **S\$15 (Special \$5 discount with code TNY-99)**  
<https://tcmadyou.com/home/product/postflu-c/>



#### 4. Diabetes, The TCM Perspective

**Why our body not able to effectively metabolise sugar, lets TCM helps you.**

- Online Course (Zoom)
- Language: English
- Date: **22 September 2021, Wednesday**
- Time: 8.00 pm - 9.30 pm
- Course Fee: ~~S\$20~~ **S\$15 (Special \$5 discount with code TNY-99)**  
<https://tcmadyou.com/home/product/diabetes-e-1/>



#### 5. 失眠，让中医来帮帮你！

**为什么我睡不着？为什么我总是醒来？**

- 网上课程
- 授课语言：中文
- 日期：9月26日(星期日)
- 时间：晚上8时至9时30分
- 学费：~~S\$20~~ **S\$15 (Special \$5 discount with code TNY-99)**  
<https://tcmadyou.com/home/product/insomnia-c-2/>



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## TCM and You Health Betterment Series

### 6. Post – Flu, Fever, Cough Symptom, Let TCM Help you!

**Chronic Fatigue, Short of breathes weak limbs? The TCM Options.**

- Online Course (Zoom)
- Language: English
- Date: 28 September 2021, Wednesday
- Time: 8.00 pm - 9.30 pm
- Course Fee: ~~S\$20~~ **S\$15 (Special \$5 discount with code TNY-99)**  
<https://tcmadyou.com/home/product/post-flu/>



### 7. 颈椎及关节炎，让中医帮帮你！

为什么我颈部僵硬、关节疼痛，不舒服！让中医来告诉你。

- 网上课程
- 授课语言：中文
- 日期：10月5日(星期二)
- 时间：晚上2时30分时至4时
- 学费：~~S\$20~~ **S\$15 (Special \$5 discount with code TNY-99)**  
<https://tcmadyou.com/home/product/rheu-c/>



### 8. Stress, Anxiety & Depression – Emotional Management

Feeling S. A. D.? Let TCM helps You!

- Language: English
- Date: 06 October 2021, Wednesday
- Time: 8.00 pm - 9.30 pm
- Course Fee: ~~S\$20~~ **S\$15 (Special \$5 discount with code TNY-99)**  
<https://tcmadyou.com/home/product/sad-e4-1/>



### 9. Gout, Let TCM Help you!

**Swollen ankles, painful toe, know what happened within from TCM**

- Online Course
- Language: English
- Date: 10 October 2021, Sunday
- Time: 8.00 pm – 9.30 pm
- Course Fee: ~~S\$20~~ **S\$15 (Special \$5 discount with code TNY-99)**  
<https://tcmadyou.com/home/product/gout-e/>



### 10. GERD (Acid Reflux), The TCM Perspective

**Why is there a burning sensation in my chest? Let TCM helps You!**

- Online Course (Zoom)
- Language: English
- Date: 13 October 2021, Wednesday
- Time: 8.00 pm - 9.30 pm
- Course Fee: ~~S\$20~~ **S\$15 (Special \$5 discount with code TNY-99)**  
<https://tcmadyou.com/home/product/gerd-e/>



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## TCM and You Health Betterment Series

### 11. Rheumatism, The TCM Perspective

**Stiff neck! Joint aching! Heavy limbs! Let TCM helps You!**

- Online Course (Zoom)
- Language: English
- Date: 20 October 2021, Wednesday
- Time: 8.00 pm - 9.30 pm
- Course Fee: ~~S\$20~~ **S\$15 (Special \$5 discount with code TNY-99)**  
<https://tcmandyou.com/home/product/rheu-e/>



### 12. Why am I Fat when I don't eat much, the TCM Perspective

**Learn the different causes of Obesity and how TCM can help you!**

- Online Course (Zoom)
- Language: English
- Date: 24 October 2021, Sunday
- Time: 8.00 pm - 9.30 pm
- Course Fee: ~~S\$20~~ **S\$15 (Special \$5 discount with code TNY-99)**  
<https://tcmandyou.com/home/product/waif-e1/>



### 13. 痛风, 让中医帮帮你!

**脚踝肿了, 脚趾痛了, 让中医告诉你里面发生了什么。**

- 网上课程
- 授课语言: 中文
- 日期: 10月27日(星期三)
- 时间: 晚上8时至9时30分
- 学费: ~~S\$20~~ **S\$15 (Special \$5 discount with code TNY-99)**  
<https://tcmandyou.com/home/product/gout-c/>

