

**COMPLEMENTARY INTEGRATIVE
MEDICINE TALKS 中医讲座**

**SOOTHING YOUR COUGH
WITH TCM**

咳嗽的中医论治

Date: 8 June 2019 (Saturday)

Time (English Talk): 10.30am-12pm , (中文讲座): 1pm-2.30pm

Venue: TTSH Conference Room 1 (near Theatre)

Speaker (English): Ms. Alexia Chua, TTSH Acupuncturist

Speaker (中文): Ms. Felicia Ng, TTSH Senior Acupuncturist

Cough is a very common symptom that can significantly affect our quality of life. It can be a tell-tale sign of an underlying medical condition. In Traditional Chinese Medicine (TCM), cough is complex and has its various root causes i.e. wind, cold, heat, dampness, deficiency, etc. Through this interactive talk, attendees will learn about the various factors that result in cough, its different classifications, management and prevention (using food, herbs and acupressure) from the TCM perspective.

咳嗽是一个非常普遍的症状。虽然看似简单的毛病，它却会影响我们的生活质量，甚至可能是某些严重隐患的表现。中医认为咳嗽的病因错综复杂，可分为风、寒、热、湿、虚等多种类型，希望通过此次充满互动的讲座，让听众可以从中医的角度认识咳嗽的种种病因及其分类，并如何运用药膳、中药及穴位按摩来防治咳嗽。

ENQUIRY/REGISTRATION 咨询/报名

Call 9299 1520 (9am-5pm, Mon-Fri) to make enquiry

To register please SMS your details to HP 9299 1520:

<Full Name><Contact No.><Email Address>

OR Email yourhealth@ttsh.com.sg

Please indicate if you are attending the English Talk, 若参加中文讲座请表明

No registration fee is required, 入场免费