

简单的健康小贴士，帮助您踏出理想体重的第一步：

#### 早餐吃得好，午餐吃得饱，晚餐吃得少

有句话说“早餐吃得好，午餐吃得饱，晚餐吃得少”不是没有道理的。很多人因为赶时间而忽略了早餐。均衡营养的早餐对身体有诸多益处，要记得吃早餐，开始您美好的一天！晚餐吃了高脂肪食物，身体就会积累过多的脂肪，并影响体重直线上升。

#### 放慢速度咀嚼食物

食物进入人体约二十分钟后，大脑的饱感中枢就会发出停止进食的信号，人就会产生饱足感而食欲消退。若过快进食，当大脑发出这一类信号时，您可能已经吃太多食物了。因此，每次进餐时速度要放慢，咀嚼要延长。每口食物咀嚼30次，最好有20-30分钟的用餐时间，才能有效地减少食量的摄入。

#### 更换较小的碗碟

进餐时改用较小的碗碟，是减少进食的小诀窍！

#### 做较健康的选择

饼干、蛋糕、糖果等都是高糖分、高脂肪的零食。选择较营养、天然的健康零食如未经过加工的坚果类和低糖水果。蔬菜（尤其是绿叶蔬菜）富含维生素和矿物质。它们卡路里含量低，有助于减低食物中能量的摄入及吸收。由于咀嚼蔬菜水果的时间较长，能减低食欲，因此对减肥效果良好。

#### 喝足够的水

许多人因为喝不够水导致缺水，混淆了饥饿感和干渴感。每日喝8-10杯水，注意补充水分。

#### 让运动成为生活的一部分

步行是个简单的保健方法。您乘搭巴士时可以尝试早几个站下车再步行到目的地。您可选择爬楼梯不搭电梯，也可以带着狗一起跑步，或是放一辆健身车在电视前，边看电视节目边骑车。

#### 尝试新活动

尝试和家人，朋友或同事探索新活动并且相互鼓励。三五成群一起参加交际舞，瑜伽或搏击操，让运动不单调。

#### 晚上11点前睡觉

人体需要8小时的睡眠时间休息，使机体各项功能得到充分修复。睡眠在体重管理方面也非常重要。睡眠不足会使机体发出信号，导致脂肪在人体的储存增加。中医认为，子时，也就是晚上11点到凌晨1点这段时间，人体正处于阴阳交接，体内的气血阴阳不平衡。此时最好处于静卧状态，使得机体能获得充分的休息与恢复<sup>[4]</sup>。

\* 21岁以下未成年者需征求父母同意。

预防措施: 针刺治疗后，若有感到身体不适，请立即通知诊所。

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### 谁适合中医体重管理？

中医体重管理适合单纯性肥胖人群，尤其是其中腹部肥胖或脂肪异常分布的人群。经过临床实践观察，18-55岁的中青年人士通过中医减肥的效果相对比较好，因为处于这个年龄段时，人体各方面功能比较健全，通过针灸及中药比较容易调整机体的各种代谢功能。

### 中医体重管理知多少

- 问 中医体重管理的效果快吗？  
 答 中医体重管理的效果和速度因人而异，根据个人的体质和对针灸治疗、中药方剂的接受能力而定。
- 问 中医体重管理对局部减肥有作用吗？  
 答 余仁生中医体重管理计划主要是整体瘦身而不是针对局部瘦身。不过，因为腹部及臀部的脂肪堆积较多，所以这两个部位会最先看到效果。
- 问 如果因为工作或旅游的关系，须一至二周无法进行治疗，疗程会不会受到影响？  
 答 虽然一周定期进行2-3次的疗程效果最有效，但若是停止疗程1-2周，应该不会有太大的影响。您还是可以继续疗程，达到理想的体重。
- 问 治疗结束后体重会不会重反？我还需不需要按计划控制饮食才能保持体重？  
 答 余仁生中医体重管理计划设有保持期，帮助您维持新体重。保持期期间，体重将维持标准，反弹的机会也较少。之后您便可以恢复正常饮食习惯。但是，凡事都要适可而止 - 理智的饮食习惯，减少饮酒及不健康食品才能保持新体重。

### 什么是体重管理？

体重管理指的是让体重保持在健康水平的能力。要达到成功的体重管理，首先需要立下理想合理的体重，然后在生活上做出调整。通过均衡的饮食与适量运动调控身体能量及物质代谢平衡，进而形成良好的生活方式，才能达到并保持理想体重。

### 余仁生如何以中医的方式进行体重管理？

余仁生中医诊所旗下的医师都是中医管理委员会(简称‘管委会’)注册中医职业者，管委会是新加坡卫生部属下的一个法定机构。通过经验丰富的中医师团队，依据各人体质调配中药方剂，配合针灸治疗，让您达到并保持理想良好的体重。

### 与其他减肥方法比较，余仁生的中医体重管理计划有什么不同？

余仁生中医诊所致力于提供最优质的全面护理和终生医疗服务。我们诊所的中医师和助理们都通过严格的筛选和训练，确保您在安全、舒适的环境里得到高素质的护理和治疗。

### 中医体重管理所采用的方法及治疗机理有什么？

- 1) 针灸减肥：  
 针灸减肥疗效显著、无毒副作用。它一方面可以抑制患者过亢的食欲，抑制亢进的胃肠消化功能，从而减少能量的摄入；另一方面能通过提高基础代谢，减少脂肪合成、促进脂肪分解来促进能量代谢，从而达到减肥的目的<sup>[1]</sup>。
- 2) 中药方剂：  
 医师会在中医辨证的基础上，依据各人体质精心开处中药方剂进行调理。综合不同种类的草药组合成的药方能够达到增强药性，提高药效及减少任何可能出现的副作用。

两者双管齐下，有助于快速有效地达到理想体重，并且让体重稳固不反弹。

同时，中医体重管理还能改善其它肥胖相关症状和疾病，如乏力、怕热、出汗、心悸、气短、便秘等<sup>[2]</sup>。针灸减肥也能预防高血压、冠心病、高血脂、骨关节病及某些严重代谢性疾病如糖尿病、代谢综合征等的发生<sup>[3]</sup>。

中医体重管理着眼于对机体异常功能态的调整，所以在减肥的同时，对机体的各种异常的功能态进行有效的调节，使机体更加健康。理想的体重不但让您身材均匀，健康状况也100分！



# Traditional Chinese Medicine Weight Management Program 中医体重管理计划

## WHAT IS WEIGHT MANAGEMENT?

Weight management refers to the ability of an individual to maintain body weight at a healthy level. Successful weight management involves setting a sensible goal and committing to realistic changes in lifestyle to improve health and body weight.

## WHAT DOES TRADITIONAL CHINESE MEDICINE (TCM) WEIGHT MANAGEMENT IN EYS INVOLVE?

In Eu Yang Sang (EYS), TCM Weight Management uses TCM treatments and natural Chinese herbal medication to help you achieve your ideal weight under the guidance of a registered physician with the TCM Practitioners Board, a statutory board under the charge of Ministry of Health. The two main approaches include treatment via acupuncture and Chinese herbal medication.

## HOW IS TCM WEIGHT MANAGEMENT IN EYS DIFFERENT FROM OTHER WEIGHT-LOSS METHODS?

At EYS, we are committed to bringing total health and well-being to all. Our team of physicians and clinic assistants are guided by best practices to deliver high standards of quality care to ensure optimal and appropriate treatment in a safe environment.

## WHAT ARE THE METHODS AND MECHANISMS OF TCM WEIGHT MANAGEMENT?

### 1) ACUPUNCTURE SLIMMING:

The effects of acupuncture slimming are visible with minimal adverse outcomes. It helps to promote healthy digestion. It suppresses appetite, which reduces the amount of energy that we take in. At the same time, acupuncture has an effect on stimulating the metabolism. It assists to maximize the absorption of nutrients in our body, which are burned as fuel rather than stored as fat. The combined effect will result in healthy weight loss<sup>[1]</sup>.

### 2) CHINESE HERBAL MEDICATION:

Based on the individual's unique condition and body constitution, our physician may prescribe customized Chinese herbal medication. This medication consists of several herbs combined together to enhance the herbs' effectiveness and minimizes possible side effects.



Acupuncture slimming and Chinese herbal medication work in tandem to help individuals achieve the desired weight loss and prevent weight rebound.

At the same time, TCM weight management can also relieve other health

problems caused by weight gain such as fatigue, heat intolerance, perspirations, heart palpitations, shortness of breath, constipation<sup>[2]</sup>. It also helps to prevent the onset of hypertension, coronary heart disease, high cholesterol, bone and joint disease, severe metabolic disorders such as diabetes and metabolic syndrome<sup>[3]</sup>.

In the process of TCM weight management, body functions are also regulated and returned to their balanced, healthy state. So a healthier weight not only means being in shape, it also means a healthier you!

### WHO IS SUITABLE FOR TCM WEIGHT MANAGEMENT?

Acupuncture slimming is suitable for obese individuals, especially individuals with fat tissues concentrated at the waist and tummy areas. In terms of age, clinical practice has observed that it is most effective towards adults aged between 18 and 55 years old.\* This group of individuals are physically mature, and will be partial to the effects of acupuncture and Chinese herbal medication.

## TCM WEIGHT MANAGEMENT FAQ

Qn Is TCM Weight Management a fast way to lose weight?

Ans The speed of weight loss depends on the individual's body constitution and their receptiveness towards acupuncture and Chinese herbal medication.

Qn Is TCM Weight Management effective for specific problem areas?

Ans In EYS, our TCM Weight Management Program focuses on overall body weight loss instead of targeting specific problem areas. Nonetheless, initial results are more apparent in the stomach and hip areas – where excess fats are generally stored.

Qn Will treatment be affected if I stop for a week or two due to job commitments or vacation?

Ans Although regular treatments 2-3 times a week is recommended for effective results, treatment halted for a week to two should not pose a big problem. Individuals can continue treatment and achieve successful weight loss.

Qn Will I regain the weight I have lost after treatment ends? Do I have to continue dieting in order to remain at my ideal weight?

Ans The EYS TCM Weight Management Program has a maintenance stage where weight is stabilized. This stage helps patients maintain their desired weight after achieving it, with less chance of rebound. After that, weight will be maintained at the ideal level if one practices moderation and adopts a sensible diet, avoiding excessive indulgence in unhealthy food and alcohol.



Tips  
贴士

## FOR SUCCESSFUL WEIGHT MANAGEMENT

Here are some simple health tips to get you started on your journey towards healthy weight:

### Breakfast Like a King, Dinner Like a Pauper

Many people skip breakfast because they are in a rush. It is important to have a good breakfast to start your day right. A rich meal at the end of the day doesn't help the waistline.

### Slow Down

When you eat too quickly, you lose track of how much you are taking in. The brain takes 20 minutes to send you the signal that you are full. So, slow down your pace of eating and chew thoroughly. Chew 30 times for each bite and take at least 20-30 minutes for each meal to effectively reduce food consumption.

### Switch Plates

Eat from a smaller plate or bowl. This simple trick makes you eat less!

### Choose Your Foods Wisely

Many snacks such as biscuits, cakes and sweets are high in sugar and fat. Select healthy snacks such as unprocessed nuts and fruits low in sugar. Vegetables (especially leafy green vegetables) contain a rich amount of vitamins and minerals. They are low in calories, high in fiber and help in the reduction of food absorption. They also require more time and effort to chew and can reduce hunger, thus making them effective for losing weight.

### Drink Enough Water

Many people confuse hunger and thirst. They think they are hungry when in fact, the body is asking for water. Make sure you stay hydrated with 8-10 glasses of water a day.

### Fit Exercise Into Your Life

Walking is an easy way to keep fit. Try getting off a bus stop that is a few stops before yours and walk to your destination. Take the stairs instead of the lift. You can also jog with your dog or watch TV while cycling on a stationary exercise bicycle.

### Freshen Up Your Exercise Routine

Explore new activities with your family, friends or colleagues and motivate each other. You can pick up new sports or activities to inject variety, such as ballroom dancing, yoga or kickboxing.

### Sleep Before 11pm

The body needs 8 hours of sleep to rest and repair. Sleep is also very important for weight management as a lack of sleep triggers signals in the body that can result in increased storage of fat. TCM believes that sleep is part of the natural rhythm of *Yin* and *Yang* in the body. The period of 11 pm to 1 am is a period of transition of *Yin* and *Yang* energy and the body's *Qi*, *Blood*, *Yin* and *Yang* energy are in a state of imbalance. It is thus best to be in deep sleep at 11pm to allow the *Yin* and *Yang* energy to regain balance and enable the body to rest and recharge<sup>[4]</sup>.

\* Minors below the age of 21 years old must seek parental consent.  
Precaution: Notify the clinic immediately if you feel any discomfort after the acupuncture treatment session.