



思恩中医药诊所  
SI EN TCM MEDICAL CLINIC PTE LTD

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# Newsletter

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## TCM Dermatology

### Healthy and Radiant skin

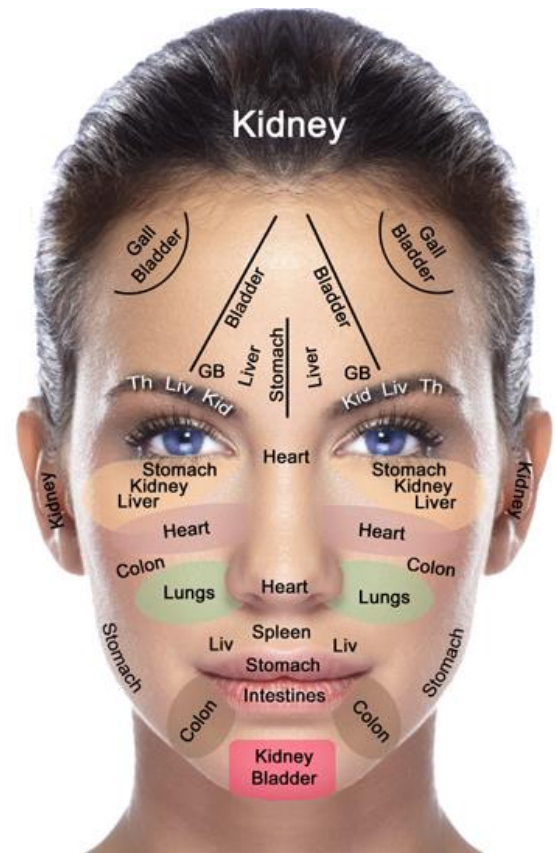
In TCM, radiance and color of our skin reflects how well our internal systems and organs are functioning. By visiting a beauty salon may help us achieve a **temporary** boosting in our complexion, but to achieve naturally radiant skin we need to have a healthy lifestyle and identify these underlying causes to restore balance in the body for lasting beauty.

At Si En Medical Clinic, Traditional Chinese Medicine are used to restore balance by increasing the supply of blood or replenishing Yin to deficient organs. Common treatments include herbal medicine, acupuncture, external wash or a combination of these treatments to enhance the flow of Qi along meridian pathways.

Our Physician may also recommend changes of diet and foods to avoid for expelling excessive heat or dampness from the body.

A healthy lifestyle is the foundation for radiant skin.

- Eating balanced meals
- Sleeping and waking up early
- Maintaining a work-life balance
- Caring for your emotional health



# Yin or Yang?

Young working mums often juggle multiple roles at work and home, leaving little time for rest and for the body to replenish its blood and essence (yin) stores. A woman's yin also naturally decreases with age.

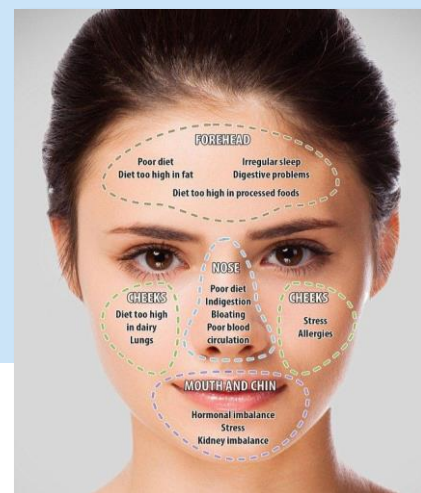
Women, thus are prone to be deficient in **yin**, particularly when menstruating, pregnant, in labor and breastfeeding. These activities deplete the blood, which is yin in nature

Yin deficiency - will often show up in the skin as acne, pigmentation issues like melasma, or eczema.

Besides yin deficiency, other issues can show up on the skin, including qi stagnation from emotion stress and blood stasis that results from this stagnation.

Unlike men, who experience breakouts on their back, women are more likely to experience acne breakouts on the chin.

Men have their share of skin issues too. Men are more likely to consume foods that are high in sugar and fat content and drinking alcohol will exacerbate the accumulation of heat and dampness in the body, making them more susceptible to skin problems related to excessive heat (yang).



**‘Yin’** - a cool, quiet nourishing force

**“Yang”** - a warm, active and invigorating force

Both must be in balance for perfect health and skin.

## Skin appearance and underlying causes

COLOUR	APPEARANCE	CAUSES
White	Pale (Pallid)	<ul style="list-style-type: none"><li>▪ Lacking in energy</li><li>▪ Lacking in blood</li><li>▪ Cold body constitution</li></ul>
Yellow	Unhealthy yellow/ pale brown	<ul style="list-style-type: none"><li>▪ Spleen deficiency</li><li>▪ Excessive dampness</li></ul>
Red	Unhealthy /Flushed	<ul style="list-style-type: none"><li>▪ Lacking in Yin</li><li>▪ Excessive internal heat</li><li>▪ Excessive external heat</li></ul>
Black	Shriveled	<ul style="list-style-type: none"><li>▪ Kidney deficiency</li></ul>
Green	Livid (dark bluish grey)	<ul style="list-style-type: none"><li>▪ Stagnation of energy- blood circulation</li><li>▪ Cold body constitution</li></ul>



Many people are finding relief for their eczema symptoms through Traditional Chinese Medicine.

## What is Eczema?

Eczema is caused by internal factors such as dampness, heat and wind in the body, and external factors like stress, diet and climate changes. It causes the skin to become inflamed, itchy, flaky, dry and discomfort. Sometimes, the itching may be so intense that it interferes with sleep. Some eczema sufferers develop red bumps or clear fluid-filled bumps that may ooze and become crusty when scratched. Repeated scratching of the rash can cause the skin to thicken like leather.



## What is Pigmentation (Melasma)?

Melasma is another skin condition that can cause more than a spot of bother. Yin deficiency in the liver and kidneys can result in inner heatiness, disrupting blood flow to the skin and causing dark spots on the face. Qi stagnation due to emotional stress can also lead to pigmentation characteristic of melisma.

### DAMP ECZEMA



#### BAI XIAN PI

- Bitter, cold
- Means "White fresh bark"
- For sores and rashes, especially with profuse yellow pus and pruritus.



#### FANG FENG

- Spicy, sweet, slightly warm
- Means "Block Wind"
- Releases exterior, wind and damp.
- Great for common colds, migraines and trembling due to wind too.

## Can TCM Treat Eczema?

TCM involves a highly distinctive diagnostic approach which allows each patient to be treated on an individual basis. It manages eczema through a holistic approach of harmonising the body's 'yin yang qi xue' (阴阳气血).

Herbs may be prescribed and general or auricular acupuncture may be performed to detoxify and clear dampness or heat from the body, and strengthen the spleen, which will help regulate the digestive system. In the long run, your internal organ function and system is strengthened, significantly reducing the occurrence of future eczema outbreaks.



## Skin health Boosting with Acupuncture

Acupuncture and moxibustion regulate the meridians, improve blood and qi flowing of the skin, and thus help ease itchy conditions and is beneficial for skin health.

Published in 2014 in the Journal of Alternative and Complementary Medicine, researchers from the Beijing University of Chinese Medicine found that acupuncture was also effective in treating melasma. The researchers evaluated data from six prior trials where acupuncture was used to treat women with melasma for evaluating its effectiveness.

Acupuncture also helps dispel the heat and dampness that cause skin problems. Physicians mainly stimulate body points along the spleen and large intestine meridians, which aim to clear heat, cool blood, nourish yin, enrich blood, eliminate wind and stop itching.



By inserting the needles into the skin, it triggers the body's self-repairing mechanisms specifically and it boosts collagen and elastin production in the affected areas and causes skin to appear plumper.

It also lifts and sculpt the jawline by tightening loose facial muscles and reduce puffiness of the face by addressing internal issues like digestive problems and poor lymphatic drainage. Which result a healthier looking complexion.

## 中医忌口常见“发物”一览表

由李翎凤中医师 撰稿



这些能不能吃？

有人有过这样的体验：吃了虾，皮肤发痒；吃了牛羊肉，痔疮会复发。为什么会这样？

中医把这一类吃了之后，会引发皮肤问题的食物，叫作“发物”。

吃了发物容易诱发疾病，尤其是旧疾，或者加重已发的疾病。因此，在中医治疗皮肤病的同时，经常提醒患者要忌口，因为忌口在皮肤病的治疗上具有重要的意义。

中医认为，属于发物类的食物有一个共性。这些食物都是动风生痰、发毒助火的食物。针对有皮肤病的患者来说，一般服用中药的同时，若患者能够配合忌口的话，疗效往往事半功倍。

虽说是发物，但是读者们有必要了解一个道理，就是发物其实对大部分人来说并不会造成任何不良反应，只有某些特殊体质以及相关疾病的患者才会对发物有过敏反应。



比方说如果你是一个过敏体质，现在患有或曾经患有湿疹，牛皮癣，特应性皮炎，风膜等，那你最好少吃此类食物。尤其发作期间，更应该避免。特别是急性期、皮损严重、瘙痒明显的时候，忌口更是康复的关键。

值得提醒的是，不是所有过敏体质人群都对所有列表上的食物都过敏的。患者最好还是细心观察到底对那些发物过敏，之后再行忌口。要知道，没来由的过分限制饮食，反而局限了自己的饮食的多样性。最后，记得哦，盲目忌口也会容易导致营养不良。

那到底什么食物属于发物？我们把发物归纳成一下这几类：

- 食用菌类：蘑菇、香菇等
- 海鲜类：虾、虾米、螃蟹、还有一些贝壳类如干贝、蚝、蛤等
- 蔬菜类：韭菜、葱、蒜、竹笋
- 芋头等水果类：芒果、榴莲、黄梨、荔枝等
- 禽类：牛肉、鸭肉、公鸡、羊肉、狗肉等
- 其他：辛辣口味的食物、酒、鸡蛋、豆腐乳、花生、小麦、大骨炖出来的汤等

# Try it yourself TCM D.I.Y corner

## Do you know?

By massaging selected acupoints helps to enhance the flow along meridian pathways. It transports oxygen and nutrients efficiently to the skin and the entire body. **Acupressure massage can also slow the ageing process and restore radiance to our skin.** All it takes are five minutes a day.

### Shaofu

Location: on the palm, between the 4th and 5th metacarpal bones.



Calms the Shen, relieving itchiness, clears Heat (mostly excess type), clears Heat from Heart and Small Intestine.

### Xuehai

Location: When the knee is flexed, on the medial aspect of the thigh.



Invigorates and moves the Blood, cools the Blood, benefits the skin and regulates menstruation.

### FengShi

Location: standing erect with the hands close to the sides, the point is where the tip of the middle finger touches.



Expels wind, relaxes sinews, strengthens the bones and relieving itchiness. (Master Wind Point)

### QuChi

Location: with the elbow flexed, on the lateral end of the transverse cubital crease.



Clears Heat, cools Blood, resolves dampness, expels, exterior Wind, regulates Qi and Blood, activates meridian and relieving itchiness.

## 银耳百合汤

食材：银耳 20 克，鲜百合 10 克，枸杞 1 小匙，红枣 3 个，冰糖 1 大匙



1. 银耳洗净，去掉根部，放入冷水中泡软，取出撕成小块
2. 鲜百合切除梗，剥片、洗净；枸杞泡水 5 分钟，捞出、沥干；红枣泡热水 10 分钟，捞出沥干，去核备用
3. 将炖锅中，放入适量水和银耳，大火烧开后转小火炖约 15-20 分钟，再放入红枣、百合、枸杞、加适量冰糖，继续炖约 10-15 分钟后即可熄火，热食冷食皆可。



李钢凤医师

银耳味甘淡，性平，具有补肾润肠、补气和血、美容嫩肤等功效。

百合性微寒，具有清火、润肺、安神的功效，鲜品富含黏液质及维生素，对皮肤细胞新陈代谢有益，常食有一定美容作用。

经常饮用对调理肺、脾、肾三脏的功效。

【适合 2 岁以上儿童饮用】



## Honeysuckle Tea

- 20 to 30 grams of honeysuckle flower and chrysanthemum separately
- 10 grams of wolf berry

**Method:** Soak with boiling water and drink them in a day.

**Benefits:** dispels heat and nourish the liver and kidneys.

**Tips:**

- Add 15 grams of folium mori (for people who have severe headache)
- Add 10 to 20 grams of hawthorn fruit (for arteriosclerosis patients)