



Prevention is better than a Cure

Brief guide for Chinese Medicine Consultation:

This is only brief guide for visiting Chinese Medicine Practitioner. You may speak to the practitioner to make the decision.

Health Test	Healthy and balanced	Disease / Conditions minor	Disease / Conditions medium	Disease / Conditions Severe
Symptoms Or GP report	No symptoms All normal in report	Occasional Symptoms Most normal in report	Frequent Symptoms Some abnormal in report	Chronic Symptoms Many abnormal in report
Symptoms examples	Energetic, strong voice Optimistic and adaptable	Shortness of breath, easily tired, weak voice, often get sick, often feel dizziness, forgetful	Obesity, shortness of breath, stick phlegm, feel body heavy, high blood sugar, high blood pressure, high blood cholesterol	Poor appetite, constipation, insomnia, skin numbness, shoulder pain, leg pain, forgetfulness, hair loss, Previous stroke, coronary heart disease, high blood pressure, or cancer
Suggest consultation	Season changes Eg. March, June, September, December	Visit us when you have symptoms Complete the recommended course of treatment Regular check	Visit us when you have symptoms Complete the recommended course of treatment Regular treatment	Visit us when you have symptoms Complete the recommended course of treatment Regular treatment
Treatment recommendations	Tea Therapy / Diet Therapy	Herbal Medicine/ Acupuncture/ massage/Cupping	Herbal Medicine/ Acupuncture/ massage/Cupping	Herbal Medicine/ Acupuncture/ massage/Cupping
Treatment expectation /Recovery period		good appetite, sleep, energy, normal bowel movements	Better appetite or sleep, energy, better bowel movements	Slighter better appetite, sleep, energy, Slighter better bowel movements
Lifestyle	Keep good lifestyle	Follow the lifestyle recommendation Aim to get normal in report	Follow the lifestyle recommendation Aim to reduce abnormal figures in report	Follow the lifestyle recommendation Aim to reduce abnormal figures in report

下面是中文版内容

《黄帝内经》“上工治未病，中工治已病，下工治末病”

**Prevention is better than a Cure**

我们鼓励每个病人有良好的生活习惯，乐观的生活态度，平和的性格，早睡早起，饮食符合营养原则，坚持健身锻炼。建议无慢性病的比较健康的人一年至少 4 次看中医搭脉问诊，可以有的放矢地建立适合你的体质的养生食疗和茶疗方，预防慢性病，生活有质量。有症状的亚健康人群和症状严重者更需要定期即时就诊。

体质	健康平和	偏颇体质（兼夹多种）		偏颇体质（兼夹多种）
		轻症	中度	重症
- 症状 - 西医检查 报告	无病症 检查报告 全部正常	有症状 检查报告 基本正常	明显症状时有时无 检查报告 有不正常指标	有长期明显症状 检查报告 持续有不正常指标
症状举例	精力充沛，语音有力 处事乐观，适应力强	气短少力，容易疲乏， 声音低弱，喜欢安静，容易感冒，容易头晕，记忆力变差，	身体肥胖， 腹部肥满松软， 胸部憋闷，严重者或痰鸣喘促，肢体困重， 有血糖高，血压高，血脂高	胃口不好，便秘，失眠肌肤麻木，肩痛，腿痛，健忘，脱发， 得过中风，有冠心病，高血压，甚者癌症
建议 问诊	春夏秋冬季节变化时 冬末春初 9 月 春末夏初 12 月 夏末秋初 3 月 秋末冬初 6 月	有症状即时就诊 完成建议疗程	有症状即时就诊 完成建议疗程 坚持定期问诊	有症状即时就诊 完成建议疗程 坚持定期问诊
治疗建议	茶疗 / 食疗	中药/针灸/推拿/拔罐	中药/针灸/推拿/拔罐	中药/针灸/推拿/拔罐
好转 /恢复		胃口更好，睡眠更好 精力恢复，大便正常	胃口渐好，睡眠渐好 精力渐好，大便稍正常	胃口稍好，睡眠稍好 精力稍好，大便稍正常
生活方式	保持良好生活习惯	参见生活习惯表 配合良好生活习惯 尽力恢复到正常指标	参见生活习惯表 配合良好生活习惯 尽力降低不正常指标 努力恢复到正常指标	参见生活习惯表 配合良好生活习惯 尽力降低不正常指标 努力恢复到正常指标

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