



Life Style Medicine

To maximize the treatment outcome, you are highly recommended to incorporate herbs, diet and lifestyle as part of the treatment plan.

Attitude	Positive, appreciating and optimistic
Mood	Work and rest balance, take mindfulness meditation
Sleep	<ul style="list-style-type: none"> ❖ Guarantee 7-8 hours' sleep ❖ Get up at 7am and go to bed before 11pm ❖ Take a nap in the afternoon if possible (no more than half an hour)
Diet	<ul style="list-style-type: none"> ❖ Keep hydrated ❖ Big breakfast, moderate lunch, small dinner ❖ Whole grains, plant protein, adequate fresh vegetables ❖ Never over eating, 70-80% full each meal ❖ Avoid alcohol, fried food(chips), heavily processed food (cake), cold food(ice cream or cold drinks)
Digestion	Keep daily bowel movement smoothly
Excise	Exercise every day, intensity according to appropriate age group until lightly sweating

Special attention with skin disease symptoms

Avoid	Alcohol, seafood (except fish with scales), fried food, spicy food (chili), high-sugar food, cold food, some fruit (mango, pineapple, durian, longan, lychee), allergenic foods(peanut, etc.)
Hygiene	Take a warm bath/shower 1 times a day, change underwear every day Recommend use soap for sensitive skin (herbal soap, goat milk soap, honey soap, etc.)
Sunlight	Avoid direct sunlight, seek the shade, cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
Clothing	Recommend to wear 100% cotton, or other natural materials (soft and non-irritating), cut off the clothing tags that directly contact the skin

中文见下页。

《黄帝内经》“上工治未病，中工治已病，下工治末病”



一般生活习惯注意

心态	积极乐观，凡事多感恩
情绪	忙里偷闲，安静中得力
睡眠	保证 7-8 小时 7 点起床， 11pm 前入睡
饮食	足够饮水，茶（1.5-2 升每天） 大早晨，中午餐，小晚餐
服用中药者 饮食禁忌	酒类，煎炸食品，高糖食品，冰冷食品
消化	保持每日通便，大便成型不腐臭，至少每日一次
运动	根据各年龄阶段，每天适量有氧运动，出汗为标准

有皮肤病症状的特别注意

饮食禁忌	酒类，海鲜类（有鳞片的鱼以外），煎炸食品，刺激性食品（辣椒），高糖食品，冰冷食品，（芒果，菠萝，榴莲，龙眼，荔枝），易过敏食品（花生等）
清洁	建议每天温水洗澡 1-2 次，每天换内衣 建议用过敏体质专用肥皂（草药皂，羊奶皂，蜂蜜皂等）
遮阳	避免阳光直接照晒，建议出外用遮阳物品
衣物	建议穿 100%纯棉，无刺激柔软衣物，剪掉能接触到皮肤的衣物商标

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