

根據香港中文大學於2012年發表的一項對中藥及針灸治療肥胖的醫學文獻研究顯示，使用針灸或中藥材可以有效治療肥胖，與西藥控制體重效果相若，且副作用較少¹。

卓健中醫體重管理療程利用腹針療法、中藥配合耳穴達至健康減重。我們的註冊中醫師會為求診者具體情況辨證論治，制訂適合的治療方案，更會根據體質提供個人化飲食建議，有助提升體重管理效果。

此療程適合關注體重人士，對伴有便秘、臟腑功能紊亂、週期不適者更為合適。



Source of reference: ¹
Sui, Y., Zhao, H. L., Wong, V. C. W. T., Brown, N., Li, X. L., Kwan, A. K. L., Hui, H. L. W., Ziea, E. T. C., & Chan, J. C. N. (2012). A systematic review on use of Chinese medicine and acupuncture for treatment of obesity. *Obesity Reviews*, 13(5), 409-30. doi: 10.1111/j.1467-789X.2011.00979.x

- ✓ **腹針療法**：乃一種微針療法，其特點是**安全，無痛，無毒副作用**。註冊中醫師會選用腹部任脈的穴位為主穴，這些穴位能**固本培元、補益肝腎，促進新陳代謝**；再配合腹部兩側的穴位，**通調氣血、疏理經氣，促進血液循環**，亦會按個人體質選用合適的穴位，調整全身以至局部的情况。
- ✓ **內服中藥**：調整脾胃功能、祛濕利尿，驅除體內多餘的水分和代謝廢物，因此可在管理體重的同時改善體質狀況。
- ✓ **耳穴**：可刺激穴道，於耳朵穴位貼上一粒中藥小丸，加上定時按壓，能**健脾補腎，調節消化功能及代謝系統**。

療程內容	次數	費用
✓ 中醫診症 (每次連三日基本草藥或藥粉) ✓ 腹針療法 ✓ 耳穴	10 次	優惠價: HK\$5,280 (原價: HK\$7,500)
由註冊中醫師提供個人化飲食建議	1 次	

- 備註：
- (1) 以上療程已包括特別藥材，毋須額外收費
 - (2) 額外針灸、療法：可享正價9折優惠
 - (3) 煎藥服務：HK\$60起
 - (4) 療程包括10次中醫診症，必須8個星期內完成療程；建議每週2次中醫診症，以達最佳效果
 - (5) 以上療程需配合均衡飲食

服務地點：中環遮打道10號太子大廈5樓520-523室 | ☎ 2160 5511

以上計劃有效期至2017年12月31日並受有關條款約束

Weight Management Program

Chinese Medicine Weight Management Plan

For earning Asia Miles (CS Code: EH81)

According to a study on traditional Chinese medicine and acupuncture treatment on obesity published by The Chinese University of Hong Kong in 2012, the **use of acupuncture or Chinese herbal medicines brings similar effects as western medicine with the former showing fewer side effects**¹. Quality HealthCare Chinese Medicine adopts **abdominal acupuncture therapy, Chinese herbal medicine and ear acupuncture therapy** in the Weight Management Programmes to help patients lose weight without compromising their health. Our registered Chinese medicine practitioners will provide treatment plans based on the TCM diagnostic strategies and provide **personalised diet recommendations** to enhance the effects of weight management.

This treatment is especially suitable for people concerned about weight and those suffering from constipation, viscera dysfunction and menstrual cramps.



Source of reference: ¹

Sui, Y., Zhao, H. L., Wong, V. C. W. T., Brown, N., Li, X. L., Kwan, A. K. L., Hui, H. L. W., Ziea, E. T. C., & Chan, J. C. N. (2012). A systematic review on use of Chinese medicine and acupuncture for treatment of obesity. *Obesity Reviews*, 13(5), 409-30. doi: 10.1111/j.1467-789X.2011.00979.x

- ✓ **Abdominal acupuncture therapy** is a micro-needling therapy characterized by its **safety, painlessness and absence from toxicity and side effects**. TCM practitioners will use the points on the "Conception Meridian" at the abdomen as the main acupuncture points, as these points help **reinforce our vital essence, replenish the liver and kidney functions and enhance metabolism**. Additional treatment on the acupuncture points on both sides of the abdomen will help **promote the flow of vital energy, and enhance blood circulation**. Our practitioners will also select appropriate acupuncture points based on the specific physical conditions of patient to facilitate the recuperation of specific parts and the whole body.
- ✓ **The use of internal herbal medicine** helps restore spleen and gastrointestinal functions, and remove excess fluid and metabolic waste in the body, which in turn helps managing weight and improving overall physical conditions.
- ✓ **The ear acupuncture therapy** helps stimulate the acupuncture points on ears by placing a small seeds from the vaccaria plant. Pressing on the seed regularly can help **enhance spleen and kidney functions and regulate digestion and metabolism** for several days between acupuncture treatments.

Treatment including	Times	Fee
✓ Chinese Medicine consultation (including three days of basic herbs or granules) ✓ Abdominal acupuncture therapy ✓ Ear acupuncture therapy (Auricular acupuncture)	10	Special Offer: HK\$5,280 (original price: HK\$7,500)
Provide personalised diet recommendations by Registered Chinese Medicine Practitioner	1	

Remarks: (1) The above treatment includes the use of special medicines with no extra charge.

(2) Extra acupuncture and therapy: 10% discount on the original price.

(3) If brewing service is required: HK\$60 up

(4) The treatment includes 10 consultations to be completed in 8 weeks; patients are recommended to attend two consultations every week for the best effects.

(5) A balanced diet is necessary alongside the treatment.

Location : Room 520-523, 5/F, Prince's Building, 10 Chater Road, Central, Hong Kong | ☎ 2160 5511

以上計劃有效期至2017年12月31日並受有關條款約束