

Weight Management Program

Chinese Medicine Weight Management Plan

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.



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

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

- ✓ **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 acupuncture points at the abdomen to help **reinforce our vital essence, enhance metabolism, 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
<ul style="list-style-type: none"> ✓ Chinese Medicine consultation (including three days of basic herbs or granules) ✓ Abdominal acupuncture therapy ✓ Ear acupuncture therapy (Auricular acupuncture) 	10	Package Price: HK\$6,480
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; Designated clinics provide Granules Only, please contact the duty staff for details information.

(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: Shop No. G18, G/F, Popwalk 2, No. 19 Tong Yin Street, Tseung Kwan O, N.T. | ☎ 2367 3878

Disclaimer: The content is for reference only and should not be treated as a substitute for professional medical advice, diagnosis or treatment. All above information is subject to change without prior notice. This flyer is intended for Quality HealthCare corporate clients only. This programme is valid till 31 December 2021. Terms & Conditions apply.



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體重管理計劃

中醫體重管理療程

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的穴位，這些穴位能**固本培元、補益肝腎、促進新陳代謝**，並可**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	計劃收費: HK\$6,480
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；指定診所只限供應藥粉，詳情請向當值職員查詢
 - (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：新界將軍澳唐賢街19號天晉匯2地下G18舖 | ☎ 2367 3878

免責聲明：所有內容僅作參考，並不能取代專業醫學建議、診斷或治療。以上所有資料及收費如有變更，恕不另行通知。此單張只供卓健醫療企業客戶查閱。此計劃有效期至2021年12月31日並受有關條款約束。



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