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TCMTREND
TRADITIONAL CHINESE MEDICINE

A sunset over a mountain range. The sun is a large, bright yellow orb in the center-left, casting a warm glow across the sky. The sky transitions from a deep orange near the horizon to a dark blue at the top. Below the sun, a valley is filled with a thick layer of mist or fog, obscuring the lower parts of the mountains. The mountains in the foreground are dark silhouettes against the lighter sky. The overall mood is serene and majestic.


Power of the Sun

The sun, as the most potent symbol of energy, is the source of inspiration for our brand. This *yang* energy of the warmest gold, reflects the vibrancy that the harnessing of the universe can bring to our lives.

Goodness of the Earth

More than anything else, the sun's light generously lends its gift to nourish life on the *yin*-earth. The brown earth is a gentle reminder to mankind to show *mercy* 慈 to all lives on earth, including those of animals and plants and to bestow *everlasting* 恒 compassion as care-givers and as advocates of health and vigor.



A silhouette of a person standing on a chair with arms raised against a sunset over water. The person is positioned in the lower right quadrant of the frame, standing on a wooden chair. Their arms are raised in a 'V' shape towards the sky. The background features a bright sunset over a body of water, with the sun low on the horizon and its reflection visible. The sky transitions from a deep blue at the top to a warm orange near the horizon. There are some faint, curved, semi-transparent lines in the upper left and center of the image, possibly representing a design element or a stylized 'circle of life' concept.

Paving of a Trend

At TCMTREND, we humbly respect this "circle of life" balance and order that nature originally intended for us. And through our holistic approach in embracing traditional as well as the most current TCM principles, medicinal and psychological techniques, we will uphold a new way of invigorating a treatment practice which first took root 5,000 years ago.



Services

Herbal Treatment

Herbal treatment consists of the consumption of purified concentrated extracts of individual herbs/concoctions in powder form.

The treatment is tailored to each individual's constitution and medical condition.

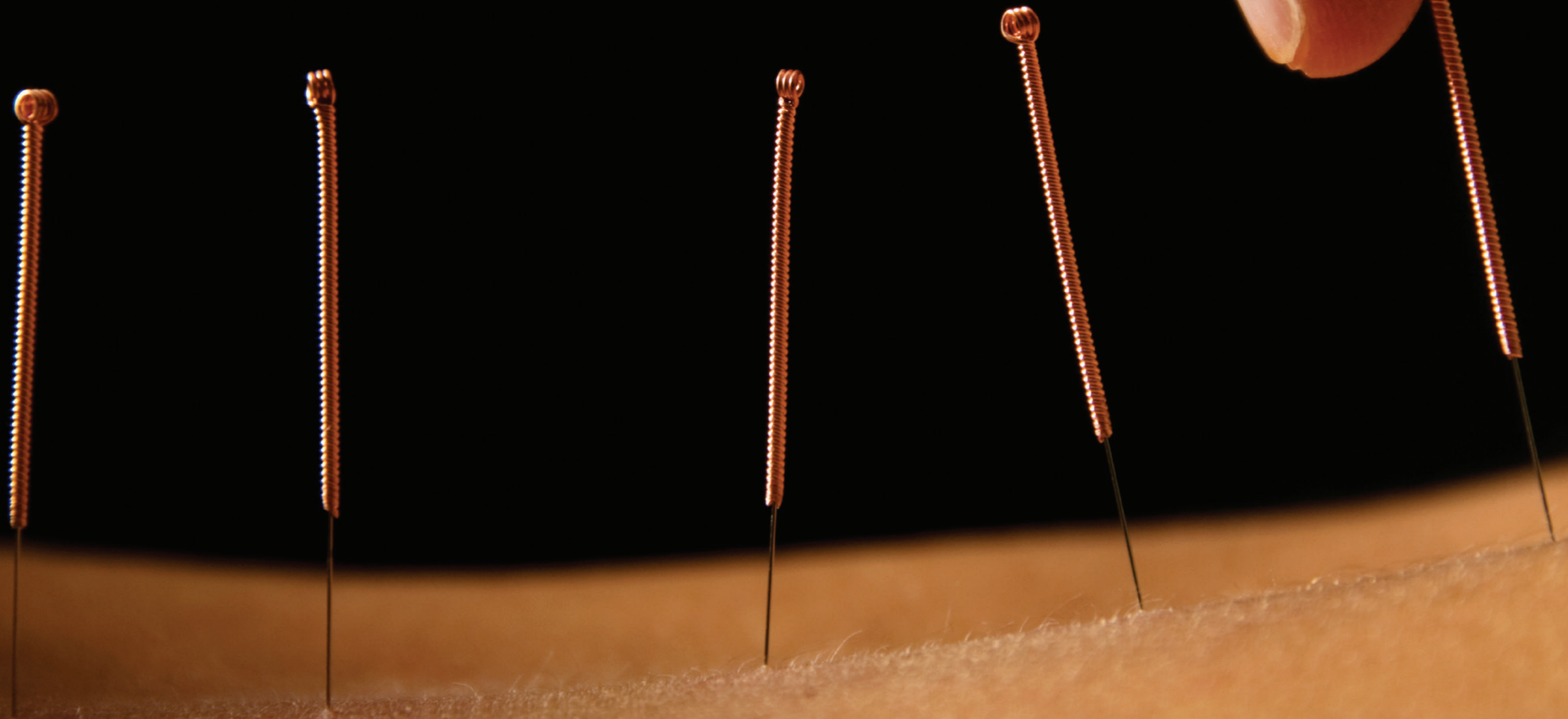
Packaging is small and travel-sized to promote easy consumption. Consumption is instant, just by adding hot water to the herbal powder.



Acupuncture

There are 12 meridians in the human body and 361 known acupoints. In addition to these, there are countless other nameless acupoints that can achieve therapeutic effects when triggered. These acupoints usually correspond to the pain points of the body.

The traditional ways of acupuncture involve needles that are 1 inch, 1.5 inches, 2 inches and 3 inches long. There are no limits to the number of needles used for each condition or each part of the body.



Moxibustion

Moxibustion is usually used simultaneously with acupuncture. Moxa made from dried mugwort is burnt and brought close to a specific acupoint on the patient.

Moxibustion on certain acupoints like *zusanli* 足三里, *qihai* 气海 etc helps to stimulate and improve blood flow, and also boost the body's *qi* and *yang* energy. In female patients, it helps correct menstrual disorders like severe menstrual cramps, irregular menstrual cycles etc.

Cupping Therapy

Cupping therapy consists of using the traditional method of "fire cupping", in which fire is used to create a suction for the cup to adhere to the skin, such that the heat created can help improve *qi* and blood stagnation and dispel cold, hence relieving pain and body soreness.

The cupping procedure consists of:

- Successive flash cupping – The cup is heated and applied briefly to the skin in quick succession along the meridians. This is done repeatedly for 2-3 minutes.
- Moving cupping – The cup is heated, placed on the meridian, and dragged in a straight line along the meridians. This is done repeatedly for 2-3 minutes.
- Cup retaining – The cup is heated and placed on the meridian or pain spot. More than one cup is usually used. Cups are retained on the body for approximately 5 minutes, or until purplish red bruises are formed.

The following are to be expected after cupping therapy:

- Pain relief
- Bruising, which lasts 3-7 days depending on the severity of blood and *qi* stagnation

Conditions treated include:

- Muscle soreness and backaches caused by blood stagnation
- Headaches, tight shoulders, chills, blocked noses caused by common cold
- Acne and other skin conditions caused by accumulations of toxins in the body
- Menstrual disorders due to *yang* deficiency and/or blood stagnation

Cupping therapy is not suitable for:

- Leukemic patients
- Pregnant females
- Menstruating females
- Below 6 year-old children
- Sensitive-skinned patients



Common Ailments

Cough

In TCM, cough can be classified as external cough (e.g. coughs seen in common cold) and internal cough (e.g. chronic coughs seen in asthmatic patients).

- External coughs are caused by external agents – wind, heat or cold. Treatment is focused on eradicating these agents. Common herbs like *mahuang* 麻黄, *xingren* 杏仁 etc are used.
- Internal coughs are usually chronic coughs and are caused by internal injuries, namely lung, liver and kidney dysfunctions. The presence of external agents is possible too. Treatment is complicated, as restoring body harmony and eradicating external agents must be handled delicately.

Treatment Tip

Coughs in common cold, if left untreated or mistreated can linger and develop into chronic coughs, which are more difficult to treat.

Cordyceps are the best herbs for improving lung functions. However, genuine cordyceps are rare and even if found, are exorbitant. Other affordable herbs which can improve both liver and spleen functions are good substitutes. These include *dangshen* 党参, *fuling* 茯苓, *baizhu* 白术, *huangjing* 黄精, *shanyao* 山药, *huangqi* 黄芪 etc, and long-term consumption (under a medical doctor's recommendation) can boost the immune system and improve lung functions.

Headache

In TCM, headaches can be differentiated according to its cause as internal injury or external injury. Internal injuries are usually due to imbalances of *yin*, *yang*, blood and *qi* in the body. External injuries are caused by external agents, namely the wind, heat and cold.

There are various treatment methods for headaches. These include:

- Herbal treatment: The exact prescription differs according to the cause and type of headaches. For example, for headaches in common cold caused by heat or cold agent, the root cause of the headache, which is the flu, is treated.

- Acupuncture: For chronic headaches, acupuncture should be used in conjunction with herbal treatment. During the acute phase of headache, when the head acupoints are triggered, pain can be relieved almost instantly, or at least the intensity of the pain can be reduced significantly.
- Ear acupuncture: This is a complementary approach, especially for patients who are reluctant to use acupuncture. Certain ear acupoints can help in relaxation and regulate hormonal imbalances when triggered, thus relieving headaches.

Treatment Tip

Several herbs are specifically targeted for headaches. These include *tianma* 天麻, *gouteng* 钩藤, *chuanxiong* 川芎 etc. However, using these herbs alone is generally effective only in the short term. This is because the occurrence of headaches signifies either the disharmony of the body or the presence of external agents. Such specific herbs have to be used simultaneously with a well-prescribed herbal concoction aimed at restoring balance to the body or expelling the external agents in order to eradicate the headache fully.

Proteinuria

Proteinuria exists when a standard urine dipstick test shows positive for proteins (amount exceeding 300mg/24h). It generally occurs in diabetes mellitus, hypertension and primary glomerular diseases. It is crucial to determine the underlying cause of proteinuria, as treatment protocols vary widely for different conditions.

TCM helps to reduce proteinuria, improve associated symptoms like fatigue and edema, decrease the frequency of relapses and reduce the side-effects associated with steroid treatments. Improvements in proteinuria should be expected in 3-6 months.

- In primary glomerular diseases, the cause of proteinuria is attributed to spleen and kidney deficiencies. Herbs like *huangqi* 黄芪, *baizhu* 白术, *fuling* 茯苓 are widely used to reduce proteinuria.
- In hypertension, the regulation of blood pressure is crucial in reducing proteinuria. Besides using herbs which can act to reduce proteinuria, herbs like *sangjisheng* 桑寄生, *niuxi* 牛膝 etc which can help regulate blood pressure are used too.

- In diabetes mellitus, the presence of damp-heat syndrome plays an important role in causing proteinuria. Herbs like *huanglian* 黄连, *huangbai* 黄柏 etc can alleviate this problem.

Treatment Tip

Proteinuria is an important risk factor for primary glomerular diseases. It is directly linked to disease progression and patients with constantly high levels of proteinuria have poorer prognosis.

Certain herbs have protein-reducing functions. A prime example is *huangqi* 黄芪. Studies have shown that the single herb is effective in reducing proteinuria.

A medical doctor's advice is needed before consuming *huangqi* 黄芪 as not all patients are suitable for the above mentioned method. Excessive consumption of *huangqi* 黄芪 may lead to sore throat, ulcer, constipation etc.

Recurrent Urinary Tract Infection (UTI)

Urinary tract infection is a very common condition in females. It has been reported that 8 in 10 women will experience it at least once in their lifetime. Recurrent UTI is less common and can occur more than once a year, mainly in females who have weak immune system and damp-heat syndrome.

- The most important aspect of treatment is to boost *qi*, so as to improve immunity.
- Damp-heat is effectively treated using herbs like *shengyiyiren* 生意苡仁 *cheqianzi* 车前子 etc.
- The treatment period of recurrent UTI is at least 6 months.

Treatment Tip

Emotional stress can lead to aggravation of the condition. In TCM, heart-fire caused by mood swings and short temper can worsen damp-heat, resulting in recurrence of UTI. As a result, psychological and medicinal treatments are used in conjunction with TCM when treating UTI.

Certain herbs which can be incorporated within diets include *shanyao* 山药, *shengyiyiren* 生意苡仁 (raw barley), *lvdou* 绿豆 (green beans). These can be eaten daily as a home remedy for less serious cases of recurrent UTI.

Gastrointestinal Disorders

The TCM concept of spleen and stomach is that these organs are responsible for the body's digestion. These organs are especially susceptible to improper diets and emotional stress, resulting in a series of digestive disorders, like gastric pain, diarrhoea, constipation, and more seriously, cancers of the digestive tract.

- TCM herbs are highly effective for regulating spleen and stomach functions. There is a whole system of therapeutic approaches, which include boosting spleen-*qi*, clearing damp-heat, enhancing stomach-*yin* and stimulating spleen and stomach-*qi*.
- Acupuncture and moxibustion work very well on gastrointestinal disorders. Frequent moxibustion can help boost the *yang* energy in the body, which is integral for spleen functions. In addition, it strengthens immunity and helps reduce the frequency of gastritis and even common flu.
- As young children are especially susceptible to unbalanced diet, it is common to have bloatedness, constipation, poor appetite and other gastrointestinal conditions.

Treatment Tip

There is a delicate balance between the spleen and stomach. Spleen requires *yang* energy for normal functions but excessive *yang* causes stomach-fire, which generates discomforts like constipation, huge appetite etc. Stomach requires *yin* energy to function well, but excessive *yin* may cause spleen to be weakened with symptoms like diarrhoea and bloatedness.

Founder & Physician Ng Mei Yun

Whether it was her exposure at a young age to unwell people or the novelty of pursuing a course in Traditional Chinese Medicine (TCM) in Nanyang Technological University (NTU), Mei Yun found herself at the end of the three years in NTU, on the coveted Dean's list.

She received valuable clinical experience in the next two years she spent in Beijing University of Chinese Medicine (BUCM). The turning point in her internship came during her final year, when she fully appreciated that not only is TCM not a relatively slower and longer treatment alternative, but it is in fact speedy and effective in treating diseases like renal diseases and other general conditions or symptoms.

Upon graduation, Mei Yun clinched a scholarship (out of only seven offered) for a 3-year Master's course in BUCM and under the prestigious mentorship of Dr Wang Bao Kui, Head of Nephrology in Dongfang Hospital, Mei Yun experienced for herself how TCM could successfully work as a standalone treatment or in tandem with Western medicine and it is this new holistic approach that she promises to bring to bear, in her practice of TCM.

Mei Yun's vision of engaging only physicians who share the same passion and ideals will augur well in enlightening patients and the public, paving the way for a new standard of healthcare.

Certifications

Bachelor of Science in Biomedical Sciences
Nanyang Technological University

Bachelor of Medicine (Chinese Medicine)
Beijing University of Chinese Medicine

Master of Medicine (Chinese Medicine)
Beijing University of Chinese Medicine