

TOTAL HEALTH NEWSLETTER



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Traditional Chinese Medicine (TCM)

Summer Wellness Guide

The Wisdom of Traditional Chinese Medicine: Living in Harmony with Nature

Traditional Chinese Medicine (TCM) emphasizes a holistic approach, viewing the human body as an indivisible whole and recognizing the close relationship between humans and nature. The body functions as an interconnected system within the natural world, making it essential to adapt to seasonal and environmental changes. As the four seasons and the 24 solar terms bring cyclical climate shifts, each region has its own unique weather characteristics. To maintain good health, we should adjust our diet and daily routine according to the seasons, living environment, and our individual constitution.

TCM Insights on Summer Wellness

In summer, Yang energy (陽氣)—which is associated with outward movement, expansion, and warmth—is at its peak. Summer corresponds to the Fire element, which is linked to the Heart in TCM. Excessive heat can disturb the heart, leading to an overactive heart fire (心火), so summer wellness should focus on nourishing the heart.

In Hong Kong, summer brings high temperatures and frequent humidity, making it important to prevent heatstroke and dampness-related issues.

During summer, the body's Yang energy moves outward to the surface, leaving the digestive system (Spleen and Stomach 脾胃) relatively weaker. Therefore, it is crucial to avoid excessive consumption of cold foods. Overindulging in chilled or raw foods to cool down may harm digestion and weaken the immune system.

Summer Wellness Tips

- **Calm the Mind and Nourish the Heart:** Avoid anger and maintain a peaceful mindset.
- **Light and Digestible Diet:** Choose light, low-fat, and easy-to-digest foods, and avoid overeating. The Spleen (脾) prefers dryness and dislikes dampness. Excessive dampness can weaken digestion and the immune system.
- **Moderate Cold Food Consumption:** Occasionally consuming cold foods can help cool the body, but if discomfort arises, drinking ginger and red date tea in the morning can help warm the body and dispel cold.

Recommended Soup for Spleen and Heart Health

Lotus Root & Lily Bulb Lion's mane mushroom Soup

Ingredients:

- 1 section of lotus root
- 20g lily bulbs
- 15g poria (Fu Ling)
- 4 dried figs
- 2 Lion's mane mushroom

This soup helps strengthen the Spleen and Heart, promoting overall well-being during the summer months.

By following these simple yet effective TCM wellness tips, you can stay healthy, balanced, and energized throughout the summer!



Lentil-Stuffed Bell Peppers

Ingredients

- 4 large bell peppers
- 1 cup cooked lentils
- 1 zucchini, diced
- 1 cup cherry tomatoes, halved
- 1 small red onion, diced
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- 2 tablespoons cumin powder
- 1 tablespoon paprika
- Salt and pepper to taste

Instructions

Prep Peppers:

- Preheat oven to 375°F (190°C).
- Cut tops off bell peppers, remove seeds, and place upright in a baking dish.

Make Filling:

- Sauté onion and garlic in olive oil.
- Add zucchini, tomatoes, lentils, cumin, paprika, salt, and pepper. Cook for 5 minutes.

Stuff and Bake:

- Fill peppers with the lentil mixture.
- Cover with foil and bake for 25–30 minutes until tender.

Nutritional Benefits

- **Lentils:** High in plant-based protein and fiber, they help keep you full and support gut health.
- **Bell Peppers:** Rich in vitamin C and antioxidants, boosting your immune system and promoting healthy skin.
- **Zucchini and Tomatoes:** Provide vitamins A and K, along with hydration and anti-inflammatory properties.
- **Olive Oil:** A source of healthy fats that support heart health.

OUR *Prayer Room* AND *Worship* SERVICE

Caring for the whole person—body, mind and spirit — is an integral part of our hospital's approach to health care. Hong Kong Adventist Hospital takes every effort to look after your spiritual and emotional needs.

We have a prayer room which is located on the ground floor opposite to the entrance. It is opened to people of all faiths.

Our clinically trained chaplains are available 24-hours a day, seven days a week to offer guidance and counseling. For those who request, prayers are offered for the patients and their families.

Regardless of religious affiliation or the lack thereof, our chaplains are ready to offer spiritual and emotional support during your stay at the hospital.

A short inspiring morning message is offered every weekday from 8:40am to 9:00am in La Rue Building 7B. All patients are welcome to attend.

Please feel free to call upon our chaplains for emotional and spiritual support or to just have a listening ear.

May God bless you.

From the Chaplain's Office





The Holistic Wisdom of Traditional Chinese Medicine: Bridging Body, Mind, and Spirit

Traditional Chinese Medicine (TCM) offers a unique and holistic approach to health, deeply rooted in ancient Chinese philosophies like Taoism, Confucianism, and Buddhism. Unlike Western medicine, which often focuses on treating physical symptoms, TCM integrates the physical, emotional, and spiritual dimensions of well-being, emphasizing harmony between the body, mind, and universe.

At the heart of TCM is the concept of Qi, the vital energy that flows through the body. Health is seen as a balance of Qi, while illness arises from disruptions in this balance. TCM practitioners address these imbalances through practices like acupuncture, herbal medicine, and qigong, which heal not only the body but also cultivate spiritual well-being. Techniques such as meditation and mindfulness are integral to TCM, reflecting its spiritual foundations.

In Hong Kong, TCM holds a significant place in the healthcare landscape. Studies indicate that 50 to 60 percent of people have consulted TCM practitioners at least once in their lives. Additionally, around 26 percent of patients in Hong Kong use both TCM and Western medicine simultaneously. Many of these individuals prefer TCM for its holistic approach and minimal side effects. Furthermore, a significant number of respondents expressed a strong belief that TCM is highly effective in addressing both physical and spiritual well-being.

The spiritual dimensions of TCM are deeply influenced by Taoism, Confucianism, and Buddhism. These philosophies emphasize harmony with nature, self-cultivation, and moral integrity. TCM practitioners are not merely healers of physical ailments; they guide patients toward holistic health by aligning with the Tao, or the natural order of the universe. This approach

integrates physical healing with spiritual and moral growth, aiming for a state of completeness and harmony.

In modern times, TCM's spiritual and holistic principles offer valuable insights for contemporary health practices. Its emphasis on interconnectedness and balance complements pastoral psychology and holistic medicine, providing a more integrated approach to healing. TCM's focus on universal harmony and desire-free living also resonates with those seeking longevity and well-being in today's fast-paced world.

The holistic principles of TCM resonate with the Christian emphasis on the integration of body, mind, and spirit, as reflected in Adventist Health's mission to promote whole-person care. Chaplaincy services within Adventist Health often focus on spiritual well-being and moral integrity, aligning with TCM's emphasis on harmony and self-cultivation. By incorporating TCM's interconnected approach, chaplaincy can further enrich its practices, fostering a deeper understanding of spiritual health in ways that honor both faith and holistic healing.

In conclusion, TCM is more than a medical system—it is a profound philosophy that bridges physical health with spiritual wisdom. By embracing its holistic principles, we can cultivate a deeper connection to ourselves, nature, and the greater power, fostering lasting health and harmony.

Source:

Shi, L., Zhang, C. Spirituality in Traditional Chinese Medicine. *Pastoral Psychol* 61, 959–974 (2012).
Hong Kong Med J 2024 Aug;30(4):268–70



Lifestyle Management Center (LMC) is a crucial component of Hong Kong Adventist Hospital, articulating its mission, aiming to provide health education to both our patients and the general public regarding the benefits of 'Total Health'.

Through services and programs such as the Lifestyle Medicine Clinic, comprehensive lifestyle assessment, health screenings, delicious vegan cooking demonstration, fitness club and interactive educational programs, participants can begin to restore their own health through lifestyle modification.

Our success depends largely on your participation and support. Let us strive together to promote better holistic health in our society.

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Your benevolence not only makes a significant difference to our beneficiaries but also opens doors that they never imagined possible!

WEBSITE:
www.hkahf.org.hk

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Healthy Lifestyle Fund

Your generosity will contribute to the healthy lifestyle education to the general public through Lifestyle Management Center. It will help our center run health seminars, cooking and fitness classes and health programs in order to educate the public on how to prevent, improve and even reverse chronic diseases.

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