Why Do I Feel Bloated?
你会肚子胀风吗？

Date: 21 May 2016
Health Recovery Centre is a One-Stop Diabetic Solution Centre, an integration of TCM into Modern Medicine, providing a holistic medicinal care for diabetics as well as people who are health-conscious.

**Our 6 Core Tactics**

- Health Education
- Nutrition and Diet
- Exercise
- Monitoring and Evaluation
- Integrative Medication
- Meridian Therapy
Established in 1990, RongHua Group is the leading provider of health medicine, medical as well as healthcare products and services in Shanxi, China. Headquarter based in Singapore, the company has expanded to Taiwan, Hong Kong, Indonesia and Malaysia.

Guided by its mission to help improve the quality of life for the community at large. RongHua Group has constantly strive to provide the best quality products and services, as well as spreading advanced biomedical and scientific health concept to the general public to help improve their lives.

Core Values
• Love
• Wisdom
• Benevolence
• Strategic Partnerships
Parent Company

Corporate Profile
• 1990: Shanxi Ronghua Group Co., Ltd Founded
• 1992: Ronghua Pharmacy Chain Co., Ltd (108 stores)
• 1999: Taiyuan Xin Health Marketing Ltd (Ting Mei warm clothing)
• 2004: Establishment of Shanxi Cancer Society Cancer Rehabilitation Oncology Clinics
• 2004: Establishment of Beijing Science & Technology Development Co., Ltd
• 2008: Establishment of Ronghua Shanxi Medical Clinics, Ltd
• 2011: Headquarter in Singapore

Non-Profit Organizations Sponsored by RONGHUA Group
• China ShanXi Cancer Association Chairman (formed by the Chinese Government)
• Diabetic Health Recovery Association (DHRA)
• By 2020, Ronghua Group will established Education Fund for Chronic Diseases

Total Employees: 2,000
Total Products: 3,000
Annual Turnover: US$ 5.5 billion
Regional Offices: China, Taiwan, Hong Kong, Indonesia, Malaysia, Singapore
A non-profit organization in Singapore that seek to promote a healthier community by working towards the prevention, early identification and self-management of the global epidemic, diabetes. Collaborating with support groups to bring the message of diabetes across to the masses.
Today’s Speaker

Vivian Lee Ya Ling
Registered TCM Physician

Bachelor of Medicine in Traditional Chinese Medicine
Bachelor of Biomedical Science

Experience and Education
• Graduated from Nanyang Technological University (NTU)
• Graduated from Beijing University of Chinese Medicine
• NTU Chinese Medicine Alumni Association Member
Medical Consultant

Professor Guan Dong Yuan
Specialist in the area of Diabetes and Cancer

- Doctor of Medicine (Ph.D)
- Senior Mentor for Masters’ Researchers
- Associate Professor of Shanghai university of TCM

- Editorial Advisory Board Member of World Chinese Journal of Dentistry
- Evaluation expert of National Natural Science Foundation of China

- Awardee of Chinese academy of Traditional Chinese and Western Medicine combined with Science and Technology Progress Prize as well as other honours and awards
What is Diabetes

Common symptoms: Frequent thirst and urination, hunger, weight loss, blurry vision and fatigue

Type 1 Diabetes: Hereditary, immune system
Type 2 Diabetes: Poor lifestyle
Gestational Diabetes: pregnancy-related factors
Special case Diabetes: Associated with certain diseases.

In Traditional Chinese Medicine, diabetes is characterized by a deficiency of Yin, in turn producing excess heat within the body.
Why Should We Care?

• Diabetes is listed as one of the Top 10 cause of death in Singapore

• 49.4% of Singapore residents were unaware that they have diabetes.

• 90% of diabetes cases belongs to Type 2 diabetes

(Source: Health Promotion Board)
National Prevalence of diabetes (20-79 age group), 2003 and 2025

Source: International Diabetes Federation
Diabetes Incidence

Source: Health Promotion Board
Health alert: One in 3 will develop diabetes

11.3 per cent of those aged 18-69 already had the disease in 2010

BY SALMA KHALIK
HEALTH CORRESPONDENT

A TIME bomb is ticking here — and its name is Diabetes.

One in three Singaporeans will develop this condition by the time they are 69, making it one of the most pressing health issues here, said Professor Chia Kee Seng, the dean of the Saw Swee Hock School of Public Health.

"It is no longer a question of ‘if I will get diabetes’, but ‘when I will get diabetes’," he said.

In fact, in 2010, 11.3 per cent of people aged 18 to 69 were already living with this condition, in which a high level of sugar in the blood can damage the organs. In 2004, it was 8.2 per cent.

The disease is fairly widespread among those aged 70 and above.

The 11.3 per cent figure earns Singapore the dubious honour of having one of the highest incidences of this illness among developed countries.

In Europe, it is generally around 6 to 9 per cent; worldwide, it is 8.5 per cent.

Dr Stanley Liew, an endocrinologist at Raffles Hospital, said the rise of diabetes here mirrors the rise in obesity from 6.9 per cent in 2004 to 10.8 per cent in 2010.

The reasons for concern are two-fold:

■ Diabetes worsens the older a population gets: On top of this, doctors here are seeing an earlier onset of the disease. In 2004, 8 per cent of those aged 40 to 49 had it; six years later, it had gone up to 12 per cent in that age group.

■ Diabetes causes a host of health complications ranging from blindness to kidney failure, poor circulation leading to limb amputations, heart attacks and strokes.

Associate Professor Tai E Shyong, who heads endocrinology at the National University of Singapore, said: "It’s a concern for most doctors, and indeed, for healthcare organisations."

Diabetes is the top cause of blindness here. It is also linked to two limb amputations a day and 60 per cent of kidney failures, up from 50 per cent a decade ago.

In 2009, 46.4 per cent of people who had their first heart attack here were diabetic, said the Health Promotion Board (HPB). Internationally, the figure is 30 to 40 per cent, noted cardiologist Aaron Wong of the National Heart Centre.

Singapore's high figure stems from the higher incidence of diabetes here, he added. A person with runaway blood-sugar readings stands the same risk of getting a heart attack as one who has already survived one attack.

Diabetics also have poorer recovery from heart attacks, as uncontrolled diabetes narrows the arteries, making it difficult to get enough blood to the heart following an attack.

Dr Goh Su-Yen, the head of endocrinology at Singapore General Hospital, added that diabetics are 50 per cent more likely to have a heart attack than someone without the disease.
Experts warn that 34% of those aged 24 to 35 this year may become diabetic by age 65.
Who Should Take Note

- PRE-DIABETIC
- SUB HEALTH
- HIGH BLOOD GLUCOSE
- FAMILY HISTORY
- HEALTH CONSCIOUS
- DIABETICS WITH COMPLICATIONS
Are You At Risk?

✓ Having a grandparent, parent, brother, or sister with diabetes;

✓ Having high blood pressure, high cholesterol

✓ Having given birth to a baby that weighed more than 4kg at birth or having had gestational diabetes (diabetes during pregnancy);

✓ Having been diagnosed with prediabetes (impaired glucose tolerance or impaired fasting glucose);

✓ On long-term use of antidepressant drugs
Are You At Risk?

- Having high cholesterol or other fats in the blood (caused by bad eating habits)
- Being overweight, especially if that weight is mostly carried around the tummy;
- Having been diagnosed with polycystic ovary syndrome;
- Having been prescribed a glucocorticoid medication by a doctor.
- Have not to taken part in physical activity for an extended period of time, and rarely exercise
Signs and Symptoms of Diabetes

• Unquenchable Thirst
• Increased Hunger
• Frequent Urination
• Unexplained weight loss
• Weakness & fatigue, lack of concentration

• Tingling or numbness in hands, legs or feet
• Blurred vision
• Dry skin
• Frequent infections and/or slow healing wounds
What happens... if left uncontrolled or undiagnosed
Diabetes Complications

Diabetic Retinopathy

• Affects 1 in 5 diabetic
• 5 out of 6 diabetic are unaware that they have this condition
• No.1 Cause of blindness among working-age adults in Singapore

Diabetic Neuropathy

• 700 lower limb amputations every year were due to diabetic foot
Many diabetics at risk of going blind

150,000 people in Singapore unaware they have the eye condition: study

Many diabetic patients in Singapore are at risk of losing their vision, as most of those who suffer from a diabetes-linked eye condition do not even know they have the problem, a large-scale study has found.

Five in six people who have diabetic retinopathy (DR), or damage to the blood vessels in the eye, are unaware that they have the condition, said the study published in the British Journal of Ophthalmology this month.

This means that 150,000 people have the condition but are unaware of it.
Diabetic Nephropathy

- Singapore has the **Fifth highest** of kidney failure rate in the world
- **4.7 new kidney patients** are diagnosed daily
- **60% of new cases** of End-Stage Renal Disease (ESRD) were due to **diabetes**.
Up to 60 per cent of all kidney failures in Singapore are due to diabetes, a disease in which high blood sugar levels damage the organs. Kidney failure is on the rise in Singapore, and experts say all signs point to the numbers soaring further.

60% of new cases of End-Stage Renal Disease (ESRD) were due to diabetes.

Source: The Straits Times
Diabetes Complications

Stroke
• One of the risk factors for stroke

Cardiovascular Disease
• 46.4% of all patients, who had their first heart attack in year 2009, were diabetic.
Common treatments seek by Diabetic

Chinese Medicine OR Natural Supplements OR Western Medicine
Effectiveness of Common Treatments

Western Medicine
OR
Chinese Medicine
OR
Health Supplements

Possible side effects from long-term usage of western medication.

Effect may be too slow

Effect may be too slow

Poor diet & Lifestyle

Will it Work?
Introducing our 6 Core Tactics

1. Health Education
We provide the professional knowledge, coaching and psychological advice to empower patients with well-informed knowledge and ability to manage and live to their life to the fullest.

2. Nutrition and Diet
We provide customised yet cost-effective dietary advice and health supplements to improve our patient’s health to the optimum.

3. Exercise
We customised fitness programs which complements our patient’s body to benefit from the use of insulin which controls and lowers blood sugar.
4. Monitoring and Evaluating
We provide monitoring devices to enable diabetic patients to effectively monitor and evaluate the condition.

5. Integrative Mediation
We provide integrative TCM consultation and natural herbs medication to complement and improve patient’s condition.

6. Meridian Therapy
We provide meridian care helps circulate your flow of energy all day
Today’s Topic 今日主题

Why Do I Feel Bloated?
你会肚子胀风吗？
Stomach bloating is so common these days it’s been called an “epidemic.”

While a bloated stomach is certainly uncomfortable — even embarrassing when it comes along with gas or the need to run to the bathroom — it might be a bigger deal than you’d think.

Stomach bloating can sometimes signify serious health problems lurking below the surface.
What is stomach bloating?

Being “bloated” is the feeling of having built-up gas in your digestive system that makes your stomach protrude out uncomfortably.

Having a bloated stomach is different from gaining actual fat mass around your stomach, since bloating is temporary and mostly caused by air becoming stuck around your abdomen, making it distend outward.
What is stomach bloating?

It is important to distinguish between bloating and distention.

**Bloating** is the subjective sensation (feeling) that the abdomen is full or larger than normal. Thus, bloating is a symptom akin to the symptom of discomfort.

**Distention** is the objective determination (physical finding) that the abdomen is larger than normal. Distention can be determined by such observations as the inability to fit into clothes, the need to loosen the belt or looking down at the stomach and noting that it is clearly larger than normal.
What is stomach bloating?

There are three ways in which abdominal distention can arise. The causes are an increase in air, fluid, or tissue within the abdomen. The diseases or conditions that cause an increase of air, fluid, or tissue are very different from one another.

Therefore, it is important to determine what (air, fluid, tissue) is distending the abdomen.
There are two types of distention:

**Continuous distention** 连续性扩张 may be caused by the enlargement of an intra-abdominal (within the abdomen) organ, an intra-abdominal tumor, a collection of fluid within the peritoneal cavity, the space that surrounds the intra-abdominal organs (ascites), or just plain obesity.

**Intermittent distention** 间歇性腹胀 is usually due to the accumulation of gas and/or occasionally, fluid within the stomach, small intestine, or colon.
The symptoms of bloating can be vague 模糊 and difficult to pinpoint 难以形容, but most people describe an uncomfortable feeling of:

- Fullness 胀满感
- Tightness 紧张感
- or Swelling in the abomen 腹部肿胀

This can be accompanied by pain 疼痛, excessive gas (flatulence) 矢气多, frequent burping or belching 打嗝/呃逆, and abdominal rumbling or gurgles 肠鸣/肠蠕动声.
Belching and flatulence (farting or passing gas) are virtually universal.

**Belching** 打嗝/嗳气 - also known as burping (medically referred to as eructation), is the act of expelling gas from the stomach out through the **mouth**.

**Flatulence** 胀气/俗称放屁 - also known as farting, is the act of passing intestinal gas from the **anus**. The average person farts less than 20 times per day.
Belching - also known as burping (medically referred to as eructation), is the act of expelling gas from the stomach out through the mouth.

Usual cause: a distended (inflated) stomach caused by swallowed air. The distention of the stomach causes abdominal discomfort, and the belching expels the air and relieves the discomfort.

The common reasons for swallowing large amounts of air (aerophagia) are gulping food or drink too rapidly, anxiety, and carbonated beverages.

People are often unaware that they are swallowing air.
"Burping" infants during bottle or breastfeeding is important in order to expel air in the stomach that has been swallowed with the formula or milk.

For some people, belching becomes a habit and does not reflect the amount of air in their stomachs.

For others, belching is a response to any type of abdominal discomfort and not just to discomfort due to increased gas.
Flatulence - also known as farting, is the act of passing intestinal gas from the anus. The average person farts less than 20 times per day.

Gas in the gastrointestinal tract has only two sources. It is either swallowed air or is produced by bacteria that normally inhabit the intestines, primarily the colon. Swallowed air rarely is the cause of excessive flatulence.

Flatulence results mostly from the production of gas by bacteria within the intestines when they digest sugars and polysaccharides.
The source of excessive gas is intestinal bacteria. The bacteria produce the gas (primarily hydrogen and/or methane) when they digest foods, primarily sugars and non-digestible polysaccharides (for example, starch, cellulose), that have not been digested during passage through the small intestine.

The bacteria also produce carbon dioxide, but the carbon dioxide is so rapidly absorbed from the intestine that very little passes in flatus.

Excessive production of gas and increased flatulence may occur because of:
• The greater ability of some bacteria to produce gas;
• Mal-digestion or malabsorption of sugars and polysaccharides; and
• Bacterial overgrowth of the small intestine.
Common causes of abdominal bloating

- **Constipation** – The biggest reasons include eating too little fibre, not drinking enough water, being too sedentary/avoiding physical activity and stress.

- **Intolerance to dairy products/other food items** – The foods that cause gas include dairy products, gluten-containing foods and certain kinds of carbohydrates called FODMAPs.

  - Eating too fast
  - Weight gain
  - Heartburn
  - Irritable bowel syndrome
  - Giardiasis (intestinal parasites)
  - Swallowing air
Common causes of abdominal bloating

- **Overgrowth of bacteria in the small bowel** – Small intestinal bacterial overgrowth is caused by high levels of abnormal bacteria living in the digestive tract, usually in the bowel, where they can accumulate after taking antibiotics or due to inflammation and poor digestion.

Normally, different strains of bacteria are in proper balance in the colon, which helps with absorption of essential nutrients, but when harmful bacteria invade and take over, damage of the stomach lining can occur along with numerous symptoms.
Common causes of abdominal bloating

- **Hormonal flux (especially PMS for women)** – PMS is known to cause a bloated stomach and digestive issues, since it makes you prone to constipation and fluid retention. This is common and not too much of a concern unless you notice other serious symptoms like an irregular menstrual cycle, fibroids or severe cramping.

**Why do women experience bloating before, during and after their menstrual cycles?**

In the early days of a women’s cycle, estrogen levels rise while the uterine lining thickens. Bloating can also become stronger as ovulation occurs and more fluids and blood build up. When a woman has her period, she experiences shedding of the excess fluid, tissue and blood, which results in the bloating going away.
Common causes of abdominal bloating

- **Inflammatory bowel disease** – You can become bloated and swollen if you’re dealing with an infection because this triggers inflammation levels to rise, caused by an elevated white blood cell count around the pelvic, urinary and gastrointestinal organs. Check for signs of a fever, redness and pain, and swollen lymph nodes, which usually accompany a serious infection.

- **Gastroparesis (paralysis of the stomach) of diabetes** – poor functioning of the muscles of the stomach or intestines that propel the intestinal contents. When these muscles are not working normally, the intestinal contents will accumulate and distend the abdomen.

- Some medications
Common causes of abdominal bloating

Abdominal bloating can also be a symptom of several serious conditions, including:

- Fluid in the abdominal cavity (ascites) as a result of cancer, liver disease, kidney failure, or congestive heart failure
- Celiac disease (wheat gluten intolerance)
- Ovarian cancer
- Pancreatic insufficiency (impaired digestion because the pancreas cannot produce enough digestive enzymes)
Evaluation/Diagnosis

• Medical history,

• **Simple abdominal X-rays** – Simple X-rays of the abdomen, particularly if they are taken during an episode of bloating or distention, often can confirm air as the cause of the distention since large amounts of air can be seen easily within the stomach and intestine.

Moreover, the cause of the problem may be suggested by noting where the gas has accumulated. For example, if the air is in the stomach, emptying of the stomach is likely to be the problem.

• **Small intestinal X-rays** – In which barium is used to fill and outline the small intestine, are particularly useful for determining if there is an obstruction of the small intestine.
Gastric emptying studies 胃排空试验 – measure the ability of the stomach to empty its contents. For gastric emptying studies, a test meal that is labelled with a radioactive substance is eaten and a Geiger counter-like device is placed over the abdomen to measure how rapidly the test meal empties from the stomach.

A delay in emptying of the radioactivity from the stomach can be caused by any condition that reduces emptying of the stomach (for example, pyloric stenosis, gastroparesis).

• Ultrasound, CT scan, and MRI - are particularly useful in defining the cause of distention that is due to enlargement of the abdominal organs, abdominal fluid, and tumour.
Maldigestion and malabsorption test - Two types of tests namely general tests and specific tests.

1. The best general test is a 72 hour collection of stool in which the fat is measured; if maldigestion and/or malabsorption exist because of pancreatic insufficiency or diseases of the lining of the small intestine (for example, celiac disease), the amount of fat in the stool will increase before proteins and starches.
Evaluation/Diagnosis

- **Maldigestion and malabsorption test** - Two types of tests namely general tests and specific tests.

  2. Specific tests can be done for maldigestion of individual sugars that are commonly maldigested, including lactose and sorbitol. The specific tests require ingestion of the sugars followed by hydrogen/methane breath testing.

  However, the problem that can occur with fructose is different from that with lactose or sorbitol. Thus, as already described, lactose and sorbitol may be poorly digested by the pancreatic enzymes and small intestine. Fructose, on the other hand, may be digested normally but may pass so rapidly through the small intestine that there is not enough time for digestion and absorption to take place.
Hydrogen breath tests – During testing, a non-digestible sugar, lactulose, is consumed. At regular intervals following ingestion, samples of breath are taken for analysis.

When the lactulose reaches the colon, the bacteria form hydrogen and/or methane. Some of the hydrogen/methane is absorbed into the blood and eliminated in the breath where it can be measured in the samples of breath.

For normal individuals, there is one peak of hydrogen or methane when the lactulose enters the colon. In individuals who have bacterial overgrowth, there are two peaks of hydrogen or methane.
The treatment of excessive intestinal gas depends on the underlying cause and may include dietary changes, medications that reduce the production of gas, and medications that stimulate the muscles of the small intestine to reduce the production of gas.

In many cases, the symptoms of abdominal bloating can be diminished or even prevented by adopting a few simple lifestyle changes.
Treatments

- Don't chew gum. Chewing gum can cause you to swallow extra air, which in turn can lead to bloating.
- Limit your intake of carbonated drinks.
- Avoid “gassy” foods, such vegetables in the cabbage family, dried beans, and lentils.
- Eat slowly.
- Avoid drinking through a straw.
- Use lactose-free dairy products (if you are lactose intolerant).
- Lose weight if you’re overweight.
• **Exercise** – Being active helps your digestive system function optimally, since it can fight constipation, keep circulation moving and move lymphatic fluid through your body, which essentially helps you “detox.” Try to get the most benefits from exercise by doing something active most days of the week for at least 30–60 minutes. And skip the sugary sports drinks afterward!

Wondering if your workout can ever be make you more bloated? In some cases it can, especially if you overdo it. Overtraining causes the body to go into a stressful state, which causes the adrenal gland to release more of the stress hormone cortisol. Make sure your exercise routine supports your overall health and makes you feel better, not the opposite causing disturbed fluid levels, poor digestion and added stress.
• **Reduce stress** – Stress and anxiety impact digestion in a big way. That’s because your gut and your brain communicate very closely via the vagus nerve, aka your “gut-brain-connection.”

Being anxious or sad can cause changes in this line of communication and your brain to divert attention away from proper digestion in an effort to conserve energy and use it elsewhere.

High amounts of stress increase cortisol levels, which can alter blood sugar levels and change the way that other hormones are secreted, sometimes causing you to become overly hungry, constipated and to store fluids.
Probiotics:

“Good bacteria” called probiotics act like friendly gut bugs in your digestive tract, killing off bad bacteria that can trigger digestive issues and reactions.

You can take probiotics supplements, but acquiring them from natural probiotic foods like kimchi, sauerkraut, yogurt, kefir and kombucha is also beneficial.
Raw dairy:

Manufacturing processes can kill enzymes that are needed for proper digestion, even to the point that some people who think they have symptoms of lactose intolerance can consume raw dairy products without having negative reactions.

It also helps to avoid flavoured yogurts with artificial ingredients, to have aged/raw cheeses over soft cheese, and to consume kefir/yogurt instead of milk, which are lower in lactose.
Water-rich fruits and veggies:

Veggies and fruits that provide water, key electrolytes and beneficial enzymes are your best friend when it comes to relieving stomach bloating naturally.

Try eating more raw or cooked leafy greens, cucumber, celery, fennel, artichoke, melon, berries, steamed veggies and cultured/fermented vegetables.
Herbs, spices and teas:

Natural digestion-soothing herbs like ginger, dandelion, Aloe Vera and fennel have been used for thousands of years to soothe an uncomfortable belly.

Many herbs act like diuretics and help the body release extra fluid, while some, like ginger, can also help the stomach release its contents and relax the muscles in the digestive tract, which relieves constipation.

Try eating fresh-ground herbs of all kinds (parsley, oregano, rosemary, etc.), fresh peeled ginger root, Aloe Vera juice, herbal teas or using essential oils. Don’t forget that bone broth and green tea are also anti-inflammatory and great choices for promoting gut health.
Food to avoid

- **Sugar and sweetened snacks**: sugar easily ferments in the gut, can contribute to candida overgrowth and promotes inflammation.

- **Most dairy products**: including flavoured yogurts with sugar and artificial ingredients, but also other kinds since modern-day manufacturing processes can remove important enzymes in dairy.

- **Refined grains and grain products**: gluten is difficult to digest for many people, and so are corn, oats and other grain.

- **Difficult-to-digest veggies**: like broccoli, cabbage, cauliflower, onion and even garlic: which contain sulfur and certain types of FODMAP carbohydrates.
Food to avoid

- **Beans/legumes** which can promote gas
- **Carbonated drinks**
- **Chewing gum**
- In some cases **certain types of fermentable fruit**, including apples, peaches/other stone fruit and avocado
- **Artificial sweeteners and sugar alcohols**: including aspartame, sorbitol, mannitol and xylitol
腹胀; 即腹部胀大或胀满不适。可以是一种主观上的感觉，感到腹部的一部分或全腹部胀满，通常常伴有相关的症状，如呕吐、腹泻、嗳气等；也可以是一种客观上的检查所见，发现腹部一部分或全腹部膨隆。

腹胀是一种常见的消化系统症状，引起腹胀的原因主要见于胃肠道胀气、各种原因所致的腹水、腹腔肿瘤等。
腹胀一般分以下几种类型

一、气滞作胀：
患者自觉上腹部胀满堵塞，连及肝区和后背，甚则因胀致痛，每因生气或情志刺激诱发或加重，伴有烦躁易怒，恶心呕吐，食少嗳气，甚至吞酸等。治以疏达肝气、和胃降逆。大柴胡汤

二、脾虚腹胀：
肝炎日久，长期食欲不振，食少腹胀，食后加重，伴有四肢倦怠乏力，少气懒言，大便干稀不调、小腹重坠、四肢不温或有轻度水肿。治以健脾消胀、升清降浊。补中益气汤
腹胀一般分以下几种类型

三、血瘀腹胀：
病人小腹部持续性胀满，昼轻夜重，形体消瘦，面色苍白，指甲青紫，微血管怒张，舌绛脉涩。查体可见肝脾肿大，腹壁静脉曲张等。血府逐瘀汤

四、湿热腹胀：
胃脘少腹胀满，甚至满腹胀，持续不能缓解，多吃油腻则更甚，伴有烦躁，口渴不想喝水，头晕不清、恶心、厌油腻，大便粘滞不爽，放屁恶臭、小便黄赤等。治以利湿为主，兼以清热、调肠理气。茵陈蒿汤、萆薢分清饮
腹胀一般分以下几种类型

另外还有脾胃虚寒腹胀、食积腹胀，临床辨证应分清气血虚实寒热，不能一见腹胀就理气，才能收到好的疗效。

针灸取穴：内庭、太冲、天枢、内关。
功效：诸穴合用具有清热降浊、理气宽中、行气化滞之作用。
Recommended Retail Products

Jambolan

Benefits:

- Improves glucose metabolism
- Lower blood pressure levels
- Reduces total cholesterol
- Strengthens immune system
- Antibacterial & antifungal
- High in anti-oxidant
- Aids digestion, Reduce flatulence

Please feel free to approach our staffs/doctors if you’re interested to find out more about these products.
Recommended Retail Products

Nature’s Plus UltraEnzyme

Benefits:
- Improves glucose metabolism
- Lower blood pressure levels
- Reduces total cholesterol
- Strengthens immune system
- Antibacterial & antifungal
- High in anti-oxidant
- Aids digestion, Reduces flatulence

Please feel free to approach our staffs/doctors if you’re interested to find out more about these products
Recommended Retail Products

Probiotics

Description:
• Promotes digestive health
• Improves immunity system
• Improves skin health

Please feel free to approach our staffs/doctors if you’re interested to find out more about these products
Recommended Retail Products

UltraEnzyme

• Nutritional support for healthy digestion and overall well-being. Pancreatin, oxbile and papain are specially coated to provide release of these enzymes in the intestines.

• Cellulase, hemi-cellulase and lactase are specially coated to provide release of 50% of these enzymes in the stomach and 50% in the intestines.

Please feel free to approach our staffs/doctors if you’re interested to find out more about these products.
Recommended Retail Products

Prune Enzymes

- High in antioxidant, fibre, “active” enzymes, Vitamin A, B complex and minerals (calcium, iron, potassium) etc.
- May help in increasing red blood cells and skin ruddiness.
- Facilitate good digestion and increase food absorption.
- Great for healing wound, killing germs, purifies our blood and enhances blood circulation.
- Neutralizes body fluid and blood PH
- Improves immune system

Please feel free to approach our staffs/doctors if you’re interested to find out more about these products.
Recommended Retail Products

Bio-Enzymes

- Increases body enzymes and aids digestion
- Increases concentration
- Reduces body heat, toxin and fatigue
- Burns down excess fat
- Helps relieve flatulence, reduce body heat, and increase concentration.
- Healthy refreshing beverage especially after having some heavy and oily meals.

Please feel free to approach our staffs/doctors if you’re interested to find out more about these products.
Recommended Retail Products

Organic Yacon Syrup

Benefits:
• Helps to lower blood pressure
• Beneficial effect on obesity and LDL cholesterol
• Improves Detoxification
• Improves absorption of vitamins (esp. Vitamin B)
• Strengthens immune system
• Improves Digestion

Please feel free to approach our staffs/doctors if you’re interested to find out more about these products
Our Next Event

Health Exercise Part II

Chinatown Point #B2-24
26 May 2016, Thursday
Time: 6 pm – 7pm

Feel free to bring your friends and family along
Our Next Event

About Gastrointestinal Issues

Chinatown Point #B2-24
28 May 2016, Saturday
Time: 3 pm – 4.30pm

Feel free to bring your friends and family along
Diabetes can be prevented and managed with the simplest and cost-effective means.

**Early detection** and **Prevention** will definitely put us away from the risk of diabetes and its complications.