Harnessing TCM to Manage Stress in Today’s World

Time: 11.00am - 12.00pm
Venue: SIM HQ Blk A, Level 1, A.1.10

SYNOPSIS
As Singapore globalises, we face intense competition and rapid changes in our lives. Stress from change arises naturally and has become a part of everyday life. There are positive effects of stress, such as when it provides the impetus to accomplish our goals. If stress is unmanaged and persists over a long period, however, it is detrimental to our physical, mental and emotional health.

In this talk, we share TCM’s view on the causes of stress, what illnesses it can lead to, how stress-related conditions are diagnosed, as well as the available herbal and acupuncture therapies. We shall also discuss how to maintain holistic health of the mind and body so that we can thrive as global citizens.

ABOUT THE SPEAKER
Physician Chew Hong Gian is Senior Manager and practising TCM physician at Raffles Chinese Medicine. His special interests are in the use of acupuncture and herbal medicine for pain management of conditions such as chronic arthritis, spondylosis, carpal tunnel syndrome and sciatica. For elderly patients, he couples pain management with other treatment techniques to improve their mobility, digestion and mental well-being. Physician Chew also works with executives to manage weight and bodily disorders arising from stress, such as chronic fatigue, recurrent headaches, cough, poor digestion, insomnia and mood disorders. He graduated from Nanjing University of Chinese Medicine and Singapore College of TCM, and had undergone clinical training at the Jiangsu Provincial Hospital in Nanjing.

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