

GUANYUAN

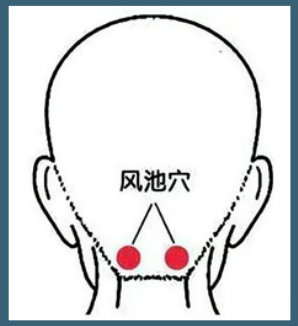
Alleviate:

- fatigue
- abdominal pain

Strengthen:

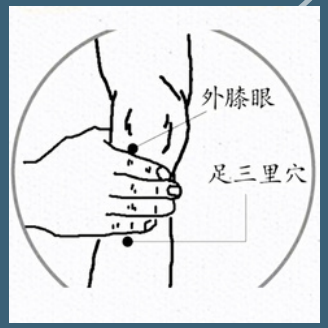
- Kidneys

FENGCHI



Alleviate:

- eye fatigue
- neck pain
- insomnia
- stiff necks
- hangovers



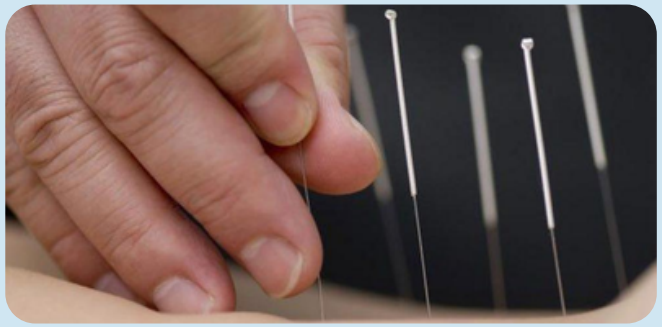
ZUSANLI

Alleviate:

- chronic gastritis
- duodenal ulcer
- indigestion

What is Acupoints?

Acupoints refer to specific locations along the body's meridian lines, which can be stimulated through methods like acupuncture and moxibustion. They can also be massaged in daily life to alleviate pain and promote overall health.



Common Acupoints



HEGU

Alleviates:

- sore throat
- toothache
- fever
- headache

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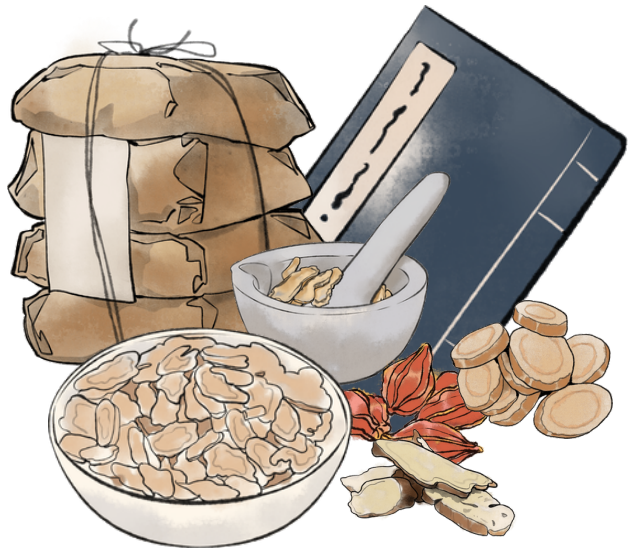
Essence of the past
Innovate anew

TCM Tips for Heath Preservation



YUNNAN TRADITIONAL CHINESE MEDICINE CULTURAL HERITAGE SUMMER SOCIAL PRACTICE TEAM
FROM THE SCHOOL OF BASIC MEDICINE, HUST

Medicine and Food Homology

药食同源

This refers to the concept that many food also have medicinal properties, and that there is no strict boundary between food and medicine. TCM practitioners believed that applying **four properties** and **five flavors** into our daily diet would enhance our lifestyle and daily nutritional intake.



Elsholtzia Rugulosa

Elsholtzia rugulosa

It can treat **colds**, **indigestion**, **abdominal pain**, and **bloating**. A health tea drink with a cool taste and a medicinal fragrance, which can be used to refresh and replenish energy.



Chrysanthemums

Chrysanthemums morifolium

This can treat **headaches**, **coughs**, **runny noses**, **dizziness**, and **sight fevers**. For headaches due to excess internal heat, brew yellow chrysanthemums; while for blurry vision, drink white chrysanthemum.



Lutos Seed

Citrus reticulata Blanco

This can **calm irritability**, **stabilize the mind**, and **nourish the spleen and stomach**. For poor eyesight and hearing, try a bowl of lotus seed and tremella soup.



Tangerine Peel

Nelumbo nucifera

It is beneficial for **bloating**, **poor appetite**, and **excessive phlegm**. It can be combined to make tangerine peel rose tea, tangerine peel hawthorn tea etc.



Honey

of Apis mellifera

Honey can soothe **coughs**, **moisten** the **lungs**, **combat fatigue**, **aid digestion**, **protect** the **liver** and **regulate** the **digestive system**. It can be consumed directly or used to make honey and milk, honey lotus root juice.



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