

Mainland Business Interest Group lunch webinar

Yellow Emperor's Canon of Internal Medicine and traditional Chinese medicine on health preservation and dietetics

(黃帝內經與中醫養生及食療)

(Programme code: EWEB23052401)



The *Yellow Emperor's Canon of Internal Medicine* (黃帝內經) is a foundational text in traditional Chinese medicine. The principles of traditional Chinese medicine include the concept of qi (氣) (vital energy), the theory of yin and yang (陰陽), and the five elements (五行). It also covers topics such as the diagnosis and treatment of illnesses, the importance of preventive medicine, and the role of diet and lifestyle in maintaining health. It is an important source of knowledge for those interested in traditional Chinese medicine and its approach to health and well-being.

Traditional Chinese medicine is based on the concept of qi, which is believed to flow through the body's meridian system. When qi is flowing smoothly, the body is healthy, but if it becomes blocked or imbalanced, illness can result. The theory of yin and yang is another key concept in traditional Chinese medicine. Yin and yang are opposing forces that must be balanced in order for the body to function properly. Yin represents coolness, darkness, and quiet, while yang represents warmth, light, and activity.

In traditional Chinese medicine, the goal is not just to treat illness, but also to prevent it from occurring in the first place (上醫治未病). This is achieved through practices such as maintaining a healthy diet and lifestyle, getting enough rest and exercise, and managing stress. Traditional Chinese medicine is still widely used in China and other parts of the world today. While some aspects of it have been subject to scientific testing, much of it remains based on traditional knowledge and experience. The seminar covers both practical aspects and other basic concept such as deficiency syndrome (虛症), excess syndrome (實症), yin deficiency (陰虛), yang deficiency (陽虛), etc.

Speaker

Dr. Chan Kam Leung

Lecturer, Hong Kong Institute of Integrative Medicine
The Chinese University of Hong Kong

Date & Time

Wednesday, 24 May 2023

1:00 – 2:00 p.m.

Format

Live webinar

(There will be real time Q&A)

Language

Cantonese

Fee

Free of charge

Enrolment Deadline

23 May 2023

Registration

Only online enrolment will be accepted (on a first-come-first-served basis). An email will be sent to you to confirm your registration. You can access the webinar by tablet, smart phone or PC.

About the Speaker



Dr. Chan Kam Leung
Lecturer, Hong Kong Institute of Integrative Medicine
The Chinese University of Hong Kong

Dr. Chan obtained his PhD in Chinese Medicines at The Chinese University of Hong Kong (CUHK) in 2007 and had more than 20 years working experience pertinent to the research of Chinese medicines and teaching. Currently, he is a Lecturer of Hong Kong Institute of Integrative Medicine, CUHK (香港中文大學香港中西醫結合醫學研究所) and he also takes up duty as a Convener (Research and Development Session) who is responsible for coordination and liaison with stakeholders and working partners for funding and conducting scientific research.

Dr. Chan has considerable experience in writing up a properly designed proposal for clinical study and preparation of bundle for funding application. With great passion for clinical research on Chinese medicine and thoughtful mind, Dr. Chan undertakes the applied clinical studies and manage research team to commence several projects and achieved a number of scientific publications.