

Health Management Series 5

The benefits of TCM slimming

Have you ever heard of “TCM slimming” before? Nowadays, slimming and beauty centers claim to achieve results using TCM methods, which are healthier and have no side effects. With so many choices in the market, who should we trust?

Ma Kuang Healthcare Group Pte Ltd is the first healthcare group with a chain of TCM clinics in Singapore. With 14 years’ history in Singapore, Ma Kuang has now developed MKB TCM Wellness Centre to help people with their weight problem. The services provided in MKB include consultation with a Singapore registered TCM physician, acupuncture, massotherapy (TuiNa), scrapping, cupping and prescription of Chinese medicine. Through weight monitoring and recuperation of body constitution utilizing these treatments, weight is no longer a problem.

So how does TCM help in restoring health and physique? The “Abdominal Detox Massage” is the most popular service offered in MKB. It is done by using fingers to press on acupoints and massaging with essential oils, which is a combination of five elements in TCM. Through massaging with a unique yet professional technique, it revives the viscera, increases basal metabolic rate, promotes lymphatic circulation, excretes body waste and reduces toxin accumulation. “Abdominal Detox Massage” is most suitable for the following group of people who:

1. Suffer from constipation, stomach bloating or indigestion;
2. Abdominal obesity;
3. Seek to improve their body metabolism
4. Aim to tone their body and lose weight healthily
5. Wish to prevent gynaecological diseases and alleviate urinary symptoms.

With the help of TCM treatment, which has a history of more than 2000 years, we can restore the balance in your body to a healthier state. There are multiple benefits from TCM slimming including:

1. **Healthy slimming:** TCM helps to improve your body condition, and having a healthy body is the key to natural weight loss.
2. **Relieving other health problems:** As TCM treats people in a holistic way, other problems will be treated together throughout the slimming course.
3. **No diet control:** No need to withstand hunger and craving anymore, since the treatments can help to control your appetite.
4. **No side effects:** Free from the side effects of medications, such as thirst, palpitation, dizziness, stomach bloating, diarrhea or anorexia etc.
5. **Lower possibility of relapse:** According to clinical observations, there is less relapse with TCM slimming.

Apart from that, while you are on the slimming course, advice will be given by TCM physicians and TuiNa therapists to adjust your lifestyle and habit. By following their advice, you will see its benefits to your health and physique after a few courses of treatment. So, why wait? Join us now to shape your body and become a healthier you!



● **MKB Ang Mo Kio branch:**

BLK 722 Ang Mo Kio AVE 8 #01-2829 S560722

Tel: **6459-3882**

● **MKB Orchard branch:**

9 Scotts Road Pacific Plaza #06-04 S228210

Tel: **6339-6580**