



TCM for Vigour and Longevity

Description



Talk and Book Launch: TCM for Vigour and Longevity

Join the authors of "Chinese Medicine for Health: Holistic Healing, Inner Harmony and Herbal Recipes" for a talk on TCM for Vigour and Longevity.

Thursday, 27 Oct 2022

2:30pm

World Scientific Publishing @ Conference Hall

-5 Toh Tuck Link, S596224

[Register Now](#)

GUEST OF HONOUR



Ms Sim Ann
Senior Minister of State,
Ministry of Foreign Affairs &
Ministry of National Development
Adviser to Bukit Timah Grassroots Organisation

SPEAKERS



Prof Hong Hai
Renhai Clinic



Ms Karen Wee
Renhai Clinic

The talk will explain the principles of cultivating health the TCM way and will show you how to use natural herbs for teas, soups and food dishes in your daily diet.



This introduction to TCM is written in an engaging way for a general reader interested in holistic health. 100 recipes are provided with instructions for preparation.

Professor Hong Hai, a practising TCM physician, was the former dean of the business school at NTU and CEO of Haw P Corporation Ltd. He has served in the Singapore Parliament and chaired the GPC on Health. **Ms Karen Wee** has practised TCM for over 10 years and holds double degrees in TCM and Biomedical Science from NTU.

Read more about the book at <https://doi.org/10.1142/>

This book will be sold at a discount at the launch.

"An extensively researched book on TCM."

Dr Lily Aw, Senior Family Consultant

To register, click [here](#)