



EVERWELL CHINESE MEDICAL CENTRE

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SUGGESTIONS FOR HELPING RECOVERY FROM DEFICIENCY

1. Deficiency of both spleen and kidney leads to problems with digesting food and absorbing nutrients, which cause lack of vital energy, and irregular sexual function.
2. Maintain a regular lifestyle. Avoid overwork, fatigue, mental stress, anxiety, worry and anger, especially whilst taking meals.
3. Avoid alcohol and smoking, maintain regular sexual activity.
4. This disease is difficult to cure; a prolonged therapy course is necessary for full recovery. It is therefore very important to have regular consultation and treatment to avoid a relapse.
5. Chinese herbs can be used to nourish the body. The best tonic medicines are Wild Ginseng and Lu Rong
6. Wild Ginseng is the best tonic for human beings. It is difficult to obtain since it grows deep in the forest in the province of Ji Lin in China. The growing period may vary from ten to a hundred years. Thus it is extremely precious. Its properties are to reinforce vital energy, refresh the blood and strengthen the sexual function. It is especially good for relieving thirst, forgetfulness, palpitation and shortness of breath etc.
7. Lu Rong can refresh the blood, nourish the kidney, strengthen the body and tonify the skin.

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