

Weight Management from Traditional Chinese Medicine Perspective

CE Details

Date: 28th Oct (Tues)

Time: 8-9:30pm

Mode: Online via Zoom



Speaker

Dr Thum Ching Kuan

Registered TCM Physician
Founder of Innovate TCM Clinic
and TCM Housecall LLP in Singapore

About Speaker

Dr Thum Ching Kuan is a registered TCM Physician and the Founder of Innovate TCM Clinic and TCM Housecall LLP in Singapore. He is an Adjunct Lecturer at the Singapore College of Traditional Chinese Medicine and a recognised innovator in integrating TCM with modern healthcare technology. Dr Thum has received national awards for his work in developing intelligent TCM management systems and has contributed to advancing patient-centred, evidence-based traditional medicine. With a background in engineering and medical informatics, his unique approach bridges classical TCM theory with modern biomedical science, particularly in the areas of metabolic health and chronic condition management.

Webinar Summary

Weight management is a complex process influenced by metabolic, hormonal, and lifestyle factors. From a Traditional Chinese Medicine (TCM) perspective, effective weight regulation goes beyond calories — it involves the harmonisation of qi, organ balance, and body constitution. In this Continuing Education session, Dr Thum Ching Kuan will explore how TCM principles and diagnostic frameworks can support sustainable weight management outcomes. Participants will gain insight into how ancient theories relate to modern clinical practice, empowering you to incorporate TCM-based strategies into holistic nutritional counselling and patient care.

**Register on SNDA website by 28 Oct, 12 Noon Organised by SNDA CE
Committee and Private Practice Interest Group**