

Upcoming Events

Stress Management from the Best of Both Worlds By Body With Soul Total Healthcare Network

The majority of illness experienced by people today can be considered lifestyle diseases. Medical practice is inundated daily with conditions such as diabetes, cardiovascular disease, cancers, depression, and hormonal conditions such as premenstrual syndrome. Diet, lack of physical activity, poor sleep, alcohol, stress and associated obesity has been implicated in most of these conditions.

Stress management is a critical piece in this healing puzzle. Most of us are so unaware of the high level of chronic stress we endure on a daily basis. We go on holidays but are unable to relax. With our “blackberry” switched on for checking the office emails we are irritated at the delay in the arrival of our cocktail or the tardiness of our dive instructor We have forgotten how to unwind...



Dr James Read

About the Speaker:

Dr Read graduated from the University of Sydney in 1997 and is a fellow of the Royal Australian College of GP's. He has post graduate diplomas in Obstetrics and Gynecology and in Rural General Practice.. He is a board member and lecturer for the Australasian College of Nutritional and Environmental Medicine.

Areas of Interest : Food Intolerance, Nutritional Medicine for complex problems such as Chronic Fatigue and Autoimmune Disease, Weight Management, Mental Health, Autism and Behavioral Disorders.



Dr WU Yue

About the Speaker:

Originally from China, Senior TCM Physician Wu Yue has over 20 years of clinical experience. He graduated from Beijing TCM University in 1989 and served in Fujian TCM Hospital as Deputy Chief Doctor (equivalent to Associate Professor in China) before he was invited to be a TCM expert at Lam Wah Ee hospital in Penang, Malaysia (2004-2005). He then moved to Singapore and became a Registered TCM Practitioner in 2005 and has been practicing in Singapore since then. Wu Yue became a Singapore citizen last year. Highly experienced, Senior TCM Physician Wu Yue practiced as Senior TCM Physician, Consultant at a private Hospital in

Singapore and has now opened his own TCM clinic, Royal Pine TCM & Wellness Clinic, which is located at 44 Rochester Park, Singapore 139248.

Programme Lineup:

- 6.45pm – 7.45pm: Dinner by Peach Garden
- 7.45pm – 8.05pm: Talk by Dr James Read on Stress Management from the Western Perspective
- 8.05pm – 8.25pm: Talk by Dr WU Yue on Stress Management from the Eastern Perspective
- 8.25pm – 8.35pm: Talk by ONAKA's Natural Chef Rosalind Lim on Healing Food & Diet
- 8.35pm – 8.45pm: Q&A session

Date : Thursday, 18 August 2011
Time : 6:45PM – 8:45PM
Venue : The Executives' Club
Fee : S\$42 nett per Member
S\$48 nett per Guest
RSVP by 5 August 2011