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# 「殷醫師養生學堂」

Dr. Yan's Wellness Guide

15/8

(五 Fri)

13:30-14:30

## 題目：「濕邪與英國天氣——中醫祛濕養生法」 - 講座及示範

資深中醫師殷琦侃帶您了解：

- 為何英國多雨氣候易導致疲勞、關節不適、消化不良
- 適合本地生活的食療祛濕方案（超市食材即可調理）
- 簡單穴位按摩緩解潮濕帶來的不適。

講座完畢後，殷醫師會解答大家的健康問題，歡迎問診。

- 同場加映 | 雪花絞染工作坊

由天然染導師指導，使用講座提及的中藥用染料創作獨特和紙作品，體驗「外敷內服」的療愈循環。

### Topic : "Dampness and the UK Climate – TCM Approaches to Expel Dampness and Support Wellness" - Talk & Demonstration Speaker: Dr Qikan Yin

Join experienced Dr. Qi-kan Yin for a talk and learn about:

- Why the UK's rainy, humid climate can lead to fatigue, joint discomfort, and digestive issues
- Diet therapy using ingredients easily found in local supermarkets to expel dampness
- Simple acupressure techniques to relieve discomfort caused by damp weather

After the talk, Dr. Yin will also be available to answer your health questions – feel free to bring your concerns.

- Special Feature | Snowflake Tie-Dye Workshop

Guided by a natural dye artist, create your own washi paper artwork using medicinal dye ingredients mentioned in the talk. Experience the healing cycle of "external application and internal nourishment."



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