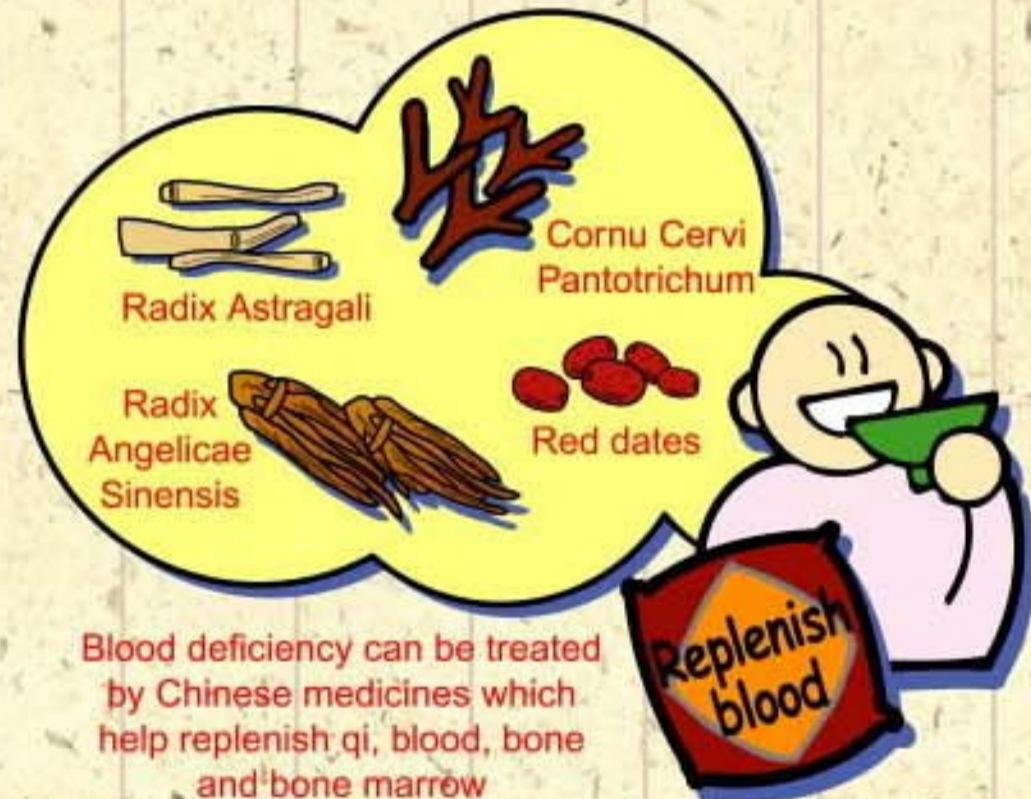


- For treating a deficiency state diagnosed by a Chinese medicine practitioner, herbal tonics of appropriate nature should be used according to the differentiation of syndrome, or supplemented by the right kind of food.

You have a blood deficiency caused by loss of blood and insufficient blood formation



Blood deficiency can be treated by Chinese medicines which help replenish qi, blood, bone and bone marrow

- Do not abuse herbal tonics if you have no apparent syndrome of deficiency, otherwise discomfort or harm may result.



- nosebleed
- dry mouth
- agitation
- abdominal distention

Chinese Medicine Division of the Department of Health
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HONG KONG



How to Choose Between Herbal Tonics and Food Tonics

Strengthening the body with Chinese herbal medicines (herbal tonics) or food (food tonics) is one of the methods of treatment and health preservation in Chinese medicine. How should we choose between them?



Department of Health
Hong Kong, China

Food and Chinese herbal medicines

- In Chinese medicine, herbals and food are considered sharing the same origin - they are products of nature. However, food and Chinese herbal medicines are different in properties, usage and scope of application.



Red date, water melon, lotus root, honey and ginger are used daily as food. They can be used for medicinal purposes.

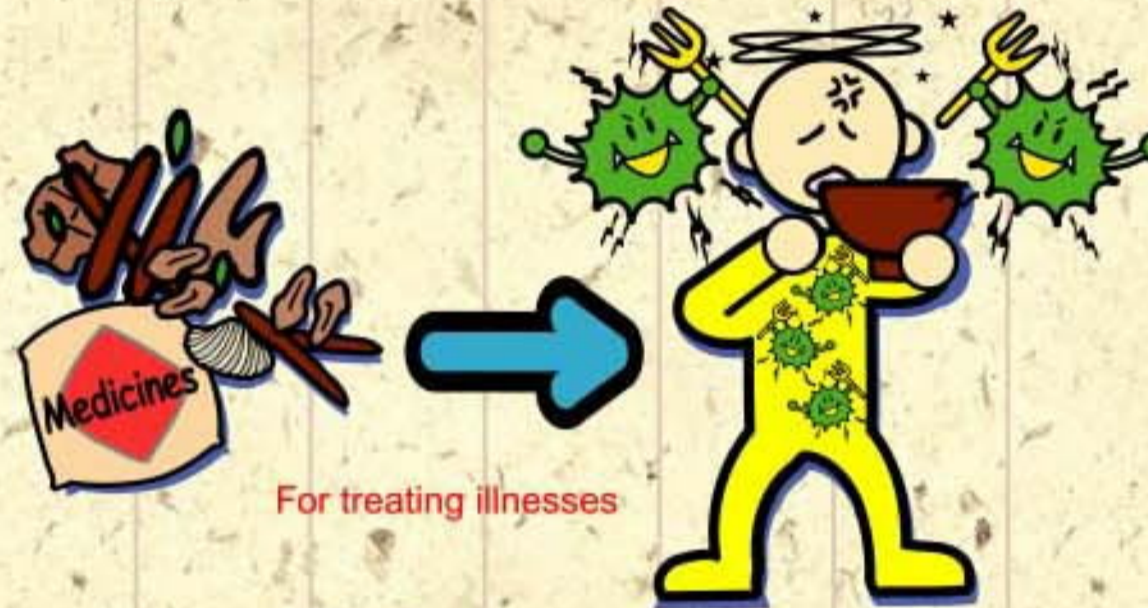
- Generally mild in nature, food provides nutrients to the body and is of wide application. Food can be used to preserve and maintain health in everyday life, or acts as a supplement for the prevention and treatment of illnesses.



Maintaining health in everyday life



- Chinese herbal medicines are more potent and have medicinal properties. They are mainly used for treating illnesses by restoring the balance of yin and yang in the body. They should be taken according to a specified usage and dosage. Therefore, one should follow the instructions of a Chinese medicine practitioner when taking Chinese medicines. One should stop taking the medicines upon recovery to avoid over-consumption due to prolonged use.



Complying with the instruction of Chinese medicine practitioner

Appropriate Choice between herbal tonics and food tonics

- Both herbal and food tonics have their own merits and usages, and it is advisable to maintain health by regulating the body with food tonics.



Good health with sufficient qi and blood



Eating red dates, spinach and lean meat can help replenish your blood