

The background of the slide is a close-up photograph of several pine cones. The pine cones are dark brown and have a textured, scaly appearance. They are arranged in a way that creates a sense of depth and repetition, with some cones in sharp focus and others blurred in the background. The lighting is soft, highlighting the intricate details of the pine cone scales.

Eunos Age Well Everyday (AWE) Program

Horticulture Therapy and Meridian Flapping Exercise

Pung Hoi Toh
Eunos Active Aging Committee

Horticulture Therapy

Horticulture therapy is a process that involves the use of plants and planting related activities where participants have contact with nature to improve their well being



Meridian Flapping Exercise

Patting and slapping of the external skin to draw out and get rid of poisonous wastes contained in the body. This assists the flow of 'Qi' throughout the meridians, thus restoring health



HongYi TCM Healthcare Pte Ltd 鸿仪中医诊所 Tel: 62840897

鸿仪经穴拍打操 HongYi Meridian Flapping Exercise

手三阴、手三阳
1. Yin, Yang Arm Meridian
Prevention of heart problem, regulating Yin & Yang Meridian
预防心症、胸闷、手臂痛、调节阴阳等

足三阴、足三阳
2. Yin, Yang Leg Meridian
Prevention of leg pain, veins varicose, etc
预防腰腿疼痛、防止静脉曲张、调节阴阳等

3. Jian Jing 肩井
Prevention of shoulder pain, breast prob etc
防止肩膀痛症、乳房疾患不操心

4. ZhongFu 中府
Prevention of cough, asthma
Chest tightness etc
防止咳嗽、气喘、胸闷等

14. Zhi Yang 至阳
Prevent heart disease, chest abdominal pain
预防心脏病、胸腕疼痛等。

5. Elbow 手肘
Prevention of insomnia, nausea, palpitations etc
对失眠、心烦、胸闷等有很好的预防作用。

7. Fu Bu 腹部
Abdominal pain, distension, bloating, other intestinal diseases etc
防止腹痛、肚胀、肠胃病等

6. Lao Gong 劳宫
Release body heat, emotional
清心泻火不烦心

8. Qi Chong 气冲
Prevention of urinary problem
防止泌尿生殖系统疾病

9. Feng Shi 风市
post-stroke symptoms, red dot itchy, skin disorders from wind etc
预防中风, 防止皮肤过敏

11. Wei Zhong 委中
Good local point for leg, knee, lower back pain etc
预防腰腿背痛

12. Surrounding Knee 膝周五穴
Prevention of knee pain etc
预防膝关节疼痛等等

10. Zu San Li 足三里
All issues involving the stomach - abdominal/epigastric pain, bloating etc.
一保健的穴位。对肚痛、胃胀、呃逆等肠胃病有很好的预防效果。

13. San Yin Jiao 三阴交
Intersection acu-point of Spleen, Liver & Kidney Meridian, useful acu-point for Gynecological & Andrology issue, etc
脾肝肾保护好, 交通要道三阴交

Ver. Sept 2016

16, Arumugam Road, #06-03, LTC Building D, S(409961) www.hongyihealthcare.com

Meridian Flapping in action

Meridian Flapping Exercise



Originating from the Traditional Chinese Medicine,
Meridian Flapping Exercise has been claimed to have health benefits

Made With
VivaVideo

Personal Reflections

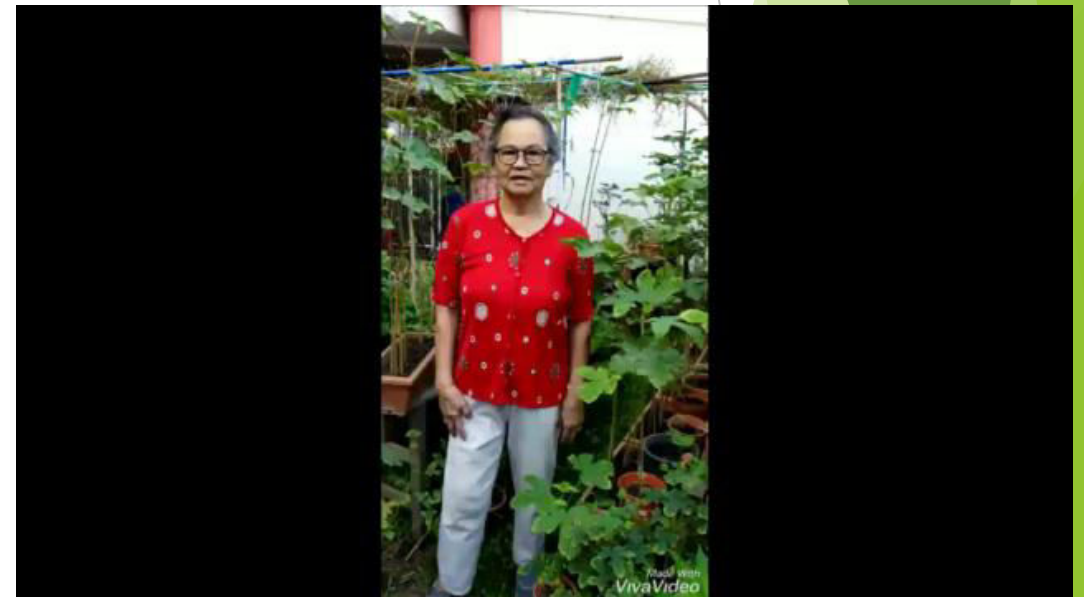
(From participants with Eunost AWE Programme since Nov 2015)

1) Mdm Diana Lo (Age 75)

“I normally don’t do gardening ... now I start to appreciate plants...”

2) Mdm Ng Choo Kho (Age 76)

“I join Paida (Meridian Flapping).. I come every day if I can.. and my health has improved this year...”



Thank You



- ▶ Graduation ceremonies for participants completing the basic AWE program
- ▶ Annual outings for social bonding between AWE participants

