

## Ong Eng Teck

**Ong Eng Teck**, an expert in Chinese Qigong Tui Na Dian Xue Therapy, Holistic Nutrition and licensed acupuncturist is founder and research director of Integrative Therapy Centre. He has attended the advanced Tui Na Therapy programme with attachment at the Beijing University of Traditional Chinese Medicine Dongzhimen Hospital. He has extensive clinical experience in oriental massage therapy.

Having practiced Traditional Medical Qigong since 1986, he has the passion to teach as many people as possible so that they can take charge of their health. He believes strongly in the traditions that integrative healing is the answer to today's health problem. He has attended several courses on other forms of therapy such as Aryurveda, Pranayama, Bach Flower Remedy, Stress Management and Creative Visualization. He has written a book on how to practice the Advanced Spinal Movement under the title Practical Guide of Ch'an Mi Qigong in 1993.

## Location

### Registration Information

To register or obtain more information, please contact us at:

Integrative Therapy Centre Pte Ltd

48 Arab Street

S 199745

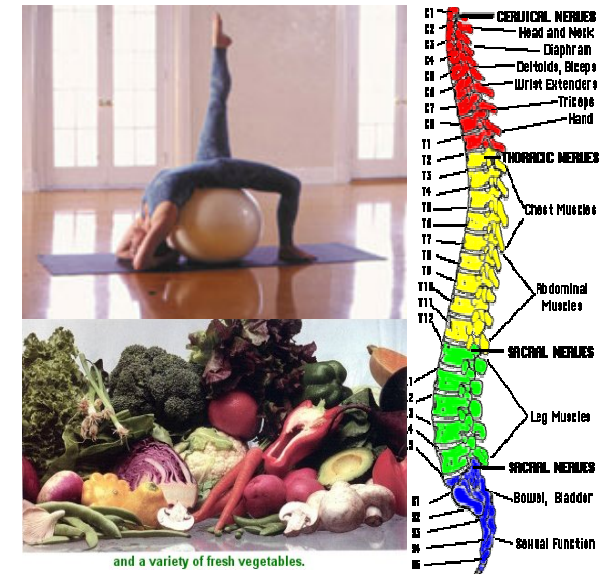
Tel: 6100 2488

mail: [enquiry@itc.edu.sg](mailto:enquiry@itc.edu.sg)

Website: [www.itc.edu.sg](http://www.itc.edu.sg)

[www.itc.edu.sg](http://www.itc.edu.sg)

## Partner In Continuing Education



# Holistic Courses For Year 2007 Intake

## \*Holistic Nutrition Course (HN) - 15 hours

### Introduction

The course focuses on both Western and Eastern Nutritional aspects, which includes the practical side of Holistic Nutrition, energy aspects of food, 20 types of herbs. This course is intended to provide healthcare givers and anyone who is new to holistic nutrition with in-depth clinical concepts and tools they need to help themselves & their loved ones.

### Curriculum

HN1- Holistic Nutrition—The Integrative Path  
HN2- Digestive Physiology and Anatomy: Before and After You Swallow  
HN2.1- Detoxification Systems at Work  
HN2.2- Endocrine Balance: Hormones, Organs and Glands  
HN2.3- Intelligent Immunity: Nutrients or Toxins?  
HN2.4- Micronutrients  
HN2.5- Macronutrients  
HN3- Traditional Chinese Medicine Diet  
HN3.1- Yin-Yang Theory & Five Elements  
HN3.2- Energy Of Foods & Herbs Classifications  
HN3.3- Diagnosis of Excess, Deficiency & Imbalance  
HN4- Macrobiotic Diet

\$390

## \*Clinical Aromatherapy with 5 Elements Level I (CA) - 18 hours

A 6 days evening course on essential oils and their properties. Essential oil production, qualities & chemistry, psychological, cosmetological and medical applications (including massage, skincare, hair care) are reviewed. Everything you need to know to begin the safe and effective use of essential oils.

Course covered:-

Blending and Applications (skincare, hair care, massage therapy), physiological effects, psycho-therapeutic affects, toxicity, dosages and holistic healing

Curriculum:

- Introduction to Aroma history-focus on ancient cultures
- Profiles of 30 essential oils
- Production and Quality of Essential Oils
- Physiology-Methods of absorption, general overview of limbic system, lymphatic system, immune system, and skin.
- Classification and Applications of Essential into 5 elements
- How oils interact on physical and emotional levels.
- Basic aroma chemistry with contraindications of certain oils.
- Clinical Application of Aromatherapy

\$450

## \*Advanced Spinal Movement (ASM) - 6 lessons

### Introduction

Advanced Spinal Movement is a set of dragon movements that concentrate on the constructive movement of the spinal vertebrae.

The basic steps in this exercise consists of four movements:

1. Front / Back movement
2. Left / Right movement
3. Turning Movement
4. Combination of the above 3 movements

### How does the Advanced Spinal Movement work?

In this method of exercise, we vibrate the spine slowly in various manners to achieve a thorough exercise of the whole spine. At the same time, we are effectively stimulating the nerve fibres along it, helping them to function better. In the process, we are also activating all our internal

\$220

## \*Holistic Clinical Manual Therapy (HCMT) - 10 lessons

### Introduction

Manual Therapy is a safe complementary health therapy that uses gentle traction or pressure to release deep tensions at precise anatomical structures. The release in tension restores the natural blood flow allowing the body to heal itself more efficiently. Restored blood flow provides more abundant nutrients to the cells and flushes out build-up toxins and metabolic waste products. Released tension allows all body fluids to circulate more effectively and help restore the body's natural ability to heal itself. The different fluids of the body include the blood, the lymphatics and the cerebrospinal fluid.

Curriculum:

Manual therapy techniques include (but are not limited to):

- gentle spinal mobilization
- peripheral joint mobilization
- massage and soft tissue mobilization
- neural mobilization
- Egosue method:
  - E-cises
  - Functional Testing -help you 'bodyread' your client's postural and movement patterns with greater accuracy

\$750

## Faculty Members

### Dr Low Chee Kwang

Dr. Low Chee Kwang is a senior consultant. He is working at the United Orthopaedic Centre; Mount Alvernia Medical Centre. He was formally working for the National Health Care Group as Senior Consultant in Tan Tock Seng Hospital and Visiting Senior Consultant in National University Hospital. He was clinical senior lecturer in National University of Singapore. He is the international adviser of Royal College of Surgeons and Physicians of Glasgow as he published extensively his experience in many renowned prestigious foreign journals as well as local journals. He also teach patient to prevent backache and musculoskeletal pain using the technique call "Health Through Motion". He will explain how essential it is to maintain normal anatomical posture in order to prevent backache and musculoskeletal pain. He will teach the exercises that will correct severe abnormal posture. It is through motion that maintain the health of our body.

### Gladys Wong

Gladys Wong, Chief Dietitian from Alexandra Hospital. Graduated with Bachelor of Science with Honours and Masters in Human Nutrition in New Zealand. Trained and worked as dietitian in NZ. Worked as a lecturer at local tertiary institution for over 5 years, before returning to clinical dietetics at Alexandra Hospital in November 2000. Currently Chief Dietitian, overseeing both the clinical dietetics services and foodservice management. She is on the Management Committee of Diabetic Society of Singapore for past 6 years, and is the President of the Singapore Nutrition & Dietetic Association. Gladys has given numerous professional and public talks and workshops relating to a wide variety of nutrition-related topics. She has special interest in diabetes management and disease-risk prevention education.

\* - SDF Funding Available—refer to [www.sdf.gov.sg](http://www.sdf.gov.sg)