



Seruit & Gulai Taboh As Medicine. *Why Not?*

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Akupunturis, Praktisi Terapi Makanan TCM & Spesialis Moksibusi



Planning A Strategic Road Map In Training Of The Trainers on Food Therapy based on TCM

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- 1. Prawn paste: Good for Kidneys
- 2. Chillies: Warming the lungs & Spleen.
- 3. Limes: Cooling down Liver
- 4. Cooked greens: Strengthening the Liver in improving the Blood quality
- 5. Fish: Fantastic stuff for Kidneys

Seruit

- Ingredients Analysis:
- 1. Nuts: Kidneys.
- 2. Tuber such as Sweet potatoes: Spleen.
- 3. Coconut milk: Improve Blood quality.

Gulai Taboh:

Strength:



1. Availability of Vegetables
in All corners of the Country

2. Simple but powerful method
of using food as medicine.

The key: Diagnostic.

Weakness:

What?

Later...

Opportunity:

Thousand of young, energetic and smart public health graduates in every outreach community health centers.

Threat:

Almost nothing. Only small gravels such as the ignorance of the bosses on the magnificent benefits of local food as medicine.

In their dictionary.

Medicine = pills.

So, the Weakness is lack of knowledge on how to prescribe local ingredients as the drug of choice for people's health problems.

Therefore...

We need a comprehensive strategic plan with a main goal of improving the diagnostic ability of the public health front runners.

Appendix

How: Trainings and/or courses on TCM Tongue Diagnostic.

When and How Long: 5 (five) sessions within a year,

Where:

- Regional Sumatera
- Regional Kalimantan
- Regional Sulawesi
- Regional NTB and NTT
- Regional Maluku & Papua