

# Sub-health And Body Constitution

## 体质(健康)调补

Nowadays, many people are consuming a lot of medication or tonic without proper medical advice to prevent illnesses and diseases. However, it often and may not turn out the way they would expect. An example would be, the more tonics one takes, one will end up with more “excessive internal heat”.

In order for you to get proper treatment and prevent diseases when you are in your sub-health state, you must first be aware of which body type you belong to. It is only after knowing your body type can you get an individualized, proper and effective treatment.

### Classification of Constitution

According to epidemiology, there are a total of nine kinds of constitutional types in a human being. They are, Healthy Type, Qi-Deficiency Type, Yang-Deficiency Type, Yin-Deficiency Type, Phlegm-Dampness Type, Dampness-Heat Type, Blood-Stasis Type, Qi-Stagnation Type and Allergy Type. In real life, a person can either be a single constitution or a mix of compound constitution.



**Healthy Type**  
(Fitness)



**Dampness-Heat Type**  
(Irritability)



**Allergy Type**  
(Poor Adaptability)



**Qi-Stagnation Type**  
(Depression)



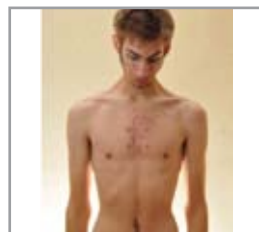
**Qi-Deficiency Type**  
(Fatigue)



**Blood-Stasis Type**  
(Body Pain)



**Yang-Deficiency Type**  
(Coldness)



**Yin-Deficiency Type**  
(Skinniness)



**Phlegm-Dampness Type**  
(Fatness)

### Constitution and Sub-health

The constitutions play an important role in the transformation from a healthy stage to sub-health to illness or disease.

Healthy Type refers to people who are in the healthy state. The other eight types of deviated constitutions happen when there are imbalances and disturbance between the Yin-Yang, Qi-Blood and Zang-Fu organs. When this happens, a person is prone to a certain illness or disease but has not reached a stage whereby diagnosis is needed. This is what we call the sub-health state.

By distinguishing your constitution as early as possible, you are able to not only know the occurrences and development of the illness or disease in advance, you are also able to seek professional help in time to prevent such illness or disease from happening.

For example, a person who belongs to the Phlegm-Dampness Type may have a higher incidence of being diagnosed with diabetes, stroke, coronary heart disease, hyperlipemia and gout than other people. At Nobel, we are able to adjust his/her Phlegm-Dampness Type by consuming specific Chinese herbs, e.g. Phyto Revitalizer™ to eliminate excess phlegm and remove dampness to help prevent these diseases.



### Advanced Body Classifier™ - Your Health Safeguard!

In 2012, experts from Nobel Wellness Sanctuary exclusively developed a programme called the「Advanced Body Classifier™」based on the “Criteria for Classification and Diagnosis of Constitutions in TCM” of China Association of Chinese Medicine. Through the use of IT and networking technology, we are able to supply our valued customers with the following services:

- Establishing your personalized health database;
- Identifying your body type;
- Professional advice on your daily lifestyle (dieting, exercise, self-massage, etc);
- Professional and individualized treatment (acupuncture, auriculotherapy, healthcare products);
- Periodic reviews on your health progress.

## SUB HEALTH

### Definition

Sub-health is a state of low quality experience one feels between a healthy stage and illness or disease stage.

This means that there are a lot of uncomfortable, negative feelings and symptoms in which the body and mind displays such as a decreased in vitality, reactivity and adaptability. Yet, no illness or disease can be specifically diagnosed.

**Manifestations of sub-health can be summed up as “one increase and three decreases”:**

- >> Increased fatigue;
- >> Decreased in vitality, reactivity, adaptability.

## 1 MANIFESTATIONS

### Sub-health in Body

- > Fatigue with no reasonable cause;
- > Languidness, weakness;
- > Catches a cold easily;
- > Dizziness, heaviness in the head, headache;
- > Spontaneous sweating;
- > Shortness of breath, palpitation, fullness in the chest;
- > Loss of appetite;
- > Lassitude in the loin and legs, cold or numb limbs, aches all over the body;
- > Insomnia, constantly having dreams;
- > Decreased sexual ability, irregular menstrual cycle.

### Sub-health in Mentality

- > Mental stress;
- > Blunt in responsiveness, memory decline;
- > Scatterbrain, thinking disorder;
- > Panics and gets nervous;
- > Anxiety attacks, feels impatient;
- > Inferior thoughts;
- > Suicidal thoughts and even attempts.

### Sub-health in Social Adaptability

- > Adapts poorly to studies and work;
- > Unable to communicate with other people;
- > Strained family relationships.

## 2

## MAIN HARM TO OUR HEALTH

- > Sub-health is the pre-illness state of several medical conditions such as cardiovascular and cerebral disease, diabetes and malignant tumors
- > It causes mental and psychological disorders
- > It decreases our efficiency in our studies and work, affecting our quality of life.
- > It affects our health and life expectancy and may even lead to premature deaths before old age.

## 3

## PROGNOSIS

Prognosis depends on whether we are able to take it into account seriously and whether it is dealt with correctly. The sub-health state can either be changed into a healthy state or an illness/diseased state.

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当前，很多人为防病治病而乱吃药或乱进补，结果往往事与愿违，越补越“上火”或是疗效甚微，症状得不到改善。其实，要有效地干预亚健康，阻止向疾病转化，首先要了解自己的体质类型，然后针对自己的体质类型进行个性化的体质调理。

## 人体体质分类

根据流行病学调查，人群中有9种体质类型，即健康质、气虚质、阳虚质、阴虚质、痰湿质、湿热质、瘀血质、气郁质、过敏质等。当然，实际生活中，人们既可能是单一体质类型，也可能是复合体质类型。不同体质对某些致病因子的易感性，以及疾病传变、转归中的某种倾向性也不一样。例如，痰湿体质的个体，血脂、血糖水平显著高于正常人，与单纯性肥胖、高脂血症、糖尿病、冠心病、中风病等的发生呈明显的相关性。



健康质（最健康）



湿热质（易急躁）



过敏质（适应差）



气郁质（常忧郁）



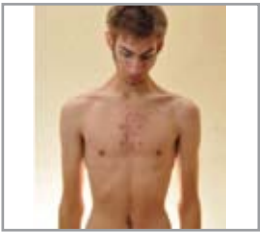
气虚质（易疲劳）



瘀血质（全身痛）



阳虚质（好怕冷）



阴虚质（体型瘦）



痰湿质（体型胖）

## 体质与亚健康

从健康到亚健康再到疾病，体质因素不可忽视。

健康质即为健康状态；其它8种偏颇体质均为体内阴阳、气血、脏腑功能已经失调，但尚未发展成疾病，即亚健康。

尽早辨别出自己的体质，既可以预见将来可能发生的疾病，又可以及时寻求干预，阻止疾病的发生。例如，痰湿体质的人患糖尿病、脑卒中、冠心病、高脂血症、痛风等的几率高于非痰湿体质的人，而通过化痰祛湿的中药，或者服用「草本舒身™」，就可以阻止这些疾病的发生。



## 体质评估与指导系统™——您的健康守护神！

2012年Nobel Wellness Sanctuary专家在中华中医药学会“中医体质分类判定标准”的基础上，独家研发出「体质评估与指导系统™」，借助计算机和网络技术，为广大顾客提供如下服务：

- 建立健康档案；
- 判定体质类型；
- 进行健康指导（饮食、起居、体育锻炼、自我按摩）；
- 实施专业化、个性化的健康调理（针灸、耳穴、保健品）；
- 定期健康回访。

### 亚健康是什么？

>> 疲劳增加；  
>>活力、反应能力、适应能力降低。

#### 亚健康

是指处于疾病与健康之间的一种健康低质量状态及其体验。

尽早治疗亚健康症状可以在疾病未发前  
轻易的治愈，达到未病先防；  
已病防变的目的。



### 2 主要危害

- 为心脑血管疾病、糖尿病、恶性肿瘤等的病前状态；
- 易造成精神、心理疾病；
- 降低工作效率和生活、学习质量；
- 影响健康和寿命，甚至造成英年早逝。

### 1 临床表现

#### 躯体亚健康

- 不明原因或排除疾病原因的疲劳；
- 乏力、身体虚弱；
- 易感冒；
- 头晕、头沉、头痛；
- 自汗；
- 气短、心慌、胸闷；
- 食欲不振；
- 腰腿酸软、手足发凉或麻木、周身疼痛；
- 失眠、多梦；
- 性功能下降、月经周期紊乱。

#### 心理亚健康

- 不明原因的脑力疲劳；
- 反应迟钝、记忆力减退；
- 注意力不集中、思维紊乱；
- 恐慌、焦虑、急躁、自卑、神经质；
- 甚至有自杀的念头。

#### 社会适应性亚健康

- 对工作、学习等难以适应；
- 人际关系难以协调；
- 家庭关系不和睦。



### 3 预后

亚健康的转归取决于对它的重视和处理，既可以向健康转化，也可向疾病转化。

