



SHANDE TCM

Hydration, Heat & Recovery in Singapore

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Hydration, Heat & Recovery in Singapore

General health education · Not individual diagnosis · Serious symptoms require conventional medical care first

This book organises common symptoms, medicines, daily records and safety red flags so you can prepare clearer information before seeing a doctor or TCM practitioner. Traditional TCM concepts may provide a discussion framework, but they do not replace biomedical diagnosis, testing or emergency care.

How to use this book

You do not need to read from the first page to the last. Start with the chapter closest to your current concern, then write down the symptoms, medicines, daily changes and red flags that apply to you. The aim is not to diagnose yourself; it is to describe the problem more accurately and avoid leaving out important information during a consultation.

Keep traditional concepts separate from biomedical diagnosis

Traditional TCM terminology can help a practitioner discuss the whole-person picture, but it is not a substitute for blood tests, imaging, blood pressure, glucose testing, diagnosis of infection or anaemia, or neurological assessment. Both languages can coexist, but safety-critical medical questions still need appropriate conventional evaluation.

Create one shared health list

Keep prescriptions, over-the-counter medicines, supplements, herbs, allergies, known diagnoses, recent tests and important past side effects on one list. Give the same information to your doctor, pharmacist and TCM practitioner where relevant. This reduces the risk of each provider seeing only part of the picture.

Chapter 1 · Heat and Humidity in Singapore: Everyday Wellness Without Overcomplicating It

Start with exposure

Outdoor work, long commutes, exercise, crowded events and poorly ventilated rooms can all increase heat load. Plan heavier activity for cooler times where possible, take shaded breaks and change out of sweat-soaked clothing if skin irritation becomes a problem.

Hydration is not one fixed number

People who sweat heavily, exercise or spend long periods outdoors may need more fluid. Some also need electrolytes during prolonged heavy sweating. People with heart, kidney or other conditions may have individual fluid advice.

Sleep in a humid climate

Cooling the bedroom can improve comfort, but very cold air-conditioning may dry the throat or worsen nasal symptoms in some people. Aim for a comfortable environment rather than a dramatic temperature change.

TCM language and practical habits

TCM may describe some symptoms using terms related to heat, dampness or constitution. These are traditional concepts and should not be confused with heat exhaustion, dehydration or infection.

Know the danger signs

Confusion, fainting, very high body temperature, severe weakness, inability to keep fluids down or collapse can indicate serious heat illness. Seek urgent medical help rather than relying on drinks, herbs or home remedies alone.

Chapter reminder: sudden, severe or progressively worsening symptoms, or red flags involving breathing, consciousness, major bleeding or progressive weakness, require conventional medical assessment first.



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Chapter 2 · Nausea and Vomiting: Hydration, Food, TCM and When to Seek Care

Start with what else is happening

Note when vomiting started, how often it happens, diarrhoea, fever, abdominal pain, headache, dizziness, travel, sick contacts, new medicines and pregnancy possibility. The surrounding pattern helps determine whether supportive home care is reasonable.

Hydration comes before forcing food

Large drinks may trigger more vomiting. Small frequent sips can be easier to tolerate, and oral rehydration solution may help when losses are greater. If you cannot keep even small amounts down, seek medical assessment.

Restart food gradually

Once fluids stay down and appetite returns, try small portions of simple foods you tolerate rather than forcing a large recovery meal. Return gradually to ordinary balanced eating unless a clinician has given specific dietary instructions.

Medicine questions matter

New medicines, antibiotics, painkillers, supplements and herbal products can contribute to nausea. Do not stop important prescribed treatment without advice, and do not automatically repeat a dose that was vomited soon after taking it.

Where TCM may fit

Acupuncture or acupressure may be discussed for selected cases of nausea, but persistent vomiting still requires attention to hydration and cause. Herbs require extra caution during pregnancy, with multiple medicines, or with kidney or liver disease.

Know the red flags

Vomiting blood, severe worsening abdominal pain, confusion, fainting, severe dehydration, persistent high fever, major head injury, black stools or inability to keep fluids down require medical assessment.

Chapter reminder: sudden, severe or progressively worsening symptoms, or red flags involving breathing, consciousness, major bleeding or progressive weakness, require conventional medical assessment first.



Shande Health Library: contextual photography related to this chapter.

Chapter 3 · Diarrhoea: Hydration, Food Choices, TCM and Red Flags

Count the practical things

Notice how often stools occur, whether they are watery, whether there is blood or black stool, and whether there is fever, vomiting, travel, sick contacts or recent antibiotics. These details are more useful than simply saying the stomach is “weak”.

Hydration comes first

Small frequent drinks may be easier to tolerate than large amounts at once. Oral rehydration solutions can be useful when fluid and salts are being lost. People with significant heart or kidney disease should follow personalised fluid advice.

Keep food simple without starving

When appetite returns, ordinary foods that are easy to tolerate are reasonable. There is usually no need to fast for long periods or use very restrictive “detox” diets. Avoid alcohol and foods that clearly worsen symptoms while the gut settles.

Be cautious with medicines

Some anti-diarrhoeal medicines are not suitable in certain infections or when there is blood in stool or high fever. Check with a pharmacist or doctor when unsure, especially for children, pregnancy, older adults or people with chronic illness.

TCM should stay complementary

A practitioner may discuss traditional digestive patterns, herbs or acupuncture. If diarrhoea is severe, recurring, associated with weight loss, bleeding or dehydration, medical diagnosis is more important than trying repeated symptom-control treatments.

Know dehydration and emergency warning signs

Seek medical review for very little urine, severe thirst, dizziness, persistent vomiting, blood or black stool, high fever, severe abdominal pain, marked weakness or symptoms that are not improving. Call 995 for life-threatening collapse or severe deterioration.

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Chapter 4 • Muscle Cramps: Hydration, Exercise, Medicines and When to Get Checked

Describe when the cramp happens

Is it during exercise, after exercise, while sleeping or at random? Which muscle tightens, how long does it last and does gentle stretching change it? A short pattern diary is more useful than only remembering the worst episode.

Hydration matters, but more is not always better

Singapore heat and sweating can increase fluid loss. Replace fluids regularly and watch thirst, dizziness and urine output. People with heart or kidney conditions may have individual fluid limits, so excessive water or supplements are not a universal solution.

Review exercise changes

Cramps can appear when training volume, hills, footwear or sport changes faster than the body adapts. Build activity gradually. If there is a tear sensation, major swelling or inability to use the limb, treat it as an injury rather than an ordinary cramp.

Medicines can be relevant

Some medicines can affect fluid balance or mineral levels. If cramps started after a new prescription or dose change, bring the medicine list to the prescribing doctor or pharmacist. Do not stop medicines on your own.

Where TCM may fit

Acupuncture, Tuina or lifestyle advice may be considered for muscular tension and recovery when the person is otherwise stable. A hot, swollen calf, infected skin or unexplained severe limb pain should not simply be massaged.

Red flags should not be massaged away

A swollen, red, warm painful leg, new severe weakness, persistent numbness, severe dehydration or sudden chest pain or breathlessness requires medical assessment; chest symptoms with a swollen painful leg can be an emergency.

Chapter reminder: sudden, severe or progressively worsening symptoms, or red flags involving breathing, consciousness, major bleeding or progressive weakness, require conventional medical assessment first.



Shande Health Library: contextual photography related to this chapter.

Chapter 5 · Fever in Adults: Hydration, Monitoring and When TCM Should Wait

Measure rather than guess

If you feel feverish, use a thermometer when available and note the actual temperature, how long it has lasted and what other symptoms are present. Chills or feeling hot alone do not tell you the cause.

Fluid intake matters

Fever can increase fluid needs, and dehydration becomes more likely when there is vomiting, diarrhoea or poor intake. Small frequent drinks may be easier to tolerate. People with heart or kidney conditions may need individual fluid advice.

Do not hide serious symptoms with a “heat-clearing” label

TCM may describe fever-related patterns using traditional terms, but those terms should not delay testing or medical care when infection is possible. Antibiotics are not appropriate for every fever, but neither should a serious bacterial infection be missed.

Medicines need ordinary safety rules

If using fever medicines, follow the product label or medical advice and avoid accidentally doubling ingredients across combination cold products. Children, pregnancy, liver or kidney disease and other situations need additional caution.

Watch the person, not only the number

How someone is breathing, drinking, urinating, thinking and moving can be more important than one temperature reading. A person who is becoming confused, very weak, breathless or unable to keep fluids down needs assessment.

Know when urgent care is appropriate

Call 995 for life-threatening emergencies such as severe breathing difficulty, loss of consciousness or seizures. Seek medical review for persistent high fever, severe dehydration, chest pain, severe headache with neck stiffness, significant rash or rapidly worsening symptoms.

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Chapter 6 · Travel, Jet Lag and Routine: A Practical Reset Guide

Reset with local time

After arrival, try to eat, move and sleep according to the destination schedule. Morning light can help when you need to shift earlier; evening light may help when shifting later. Short naps can be useful, but very long daytime sleep can prolong jet lag.

Keep meals predictable

Travel often means rich meals, irregular timing and less fibre. Aim for familiar foods when your stomach is unsettled, keep fluids steady and return to a normal meal rhythm rather than fasting or over-restricting to “reset”.

Movement helps

A walk after arrival supports circulation, daylight exposure and appetite. On long journeys, regular movement is also important for reducing stiffness. People with increased clot risk should follow medical travel advice.

TCM support

Some travellers use acupuncture or TCM consultation for sleep, digestive comfort or muscle tension. The goal should be symptom support, not a claim that jet lag can be cleared instantly.

Do not miss travel illness

Fever, severe diarrhoea, dehydration, rash with fever, breathing difficulty or symptoms after travel to areas with infectious-disease risks deserve medical assessment.

Chapter reminder: sudden, severe or progressively worsening symptoms, or red flags involving breathing, consciousness, major bleeding or progressive weakness, require conventional medical assessment first.



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One-page consultation checklist

- ☐ When the main symptom started and what is different from your usual baseline
- ☐ All prescription medicines, over-the-counter medicines, supplements and herbs
- ☐ Known diagnoses, allergies, recent tests or hospital care
- ☐ What clearly improves or worsens the symptom
- ☐ Any red flags such as bleeding, fainting, breathlessness, repeated vomiting, weakness or numbness
- ☐ The three questions you most want answered

Safety note

This book provides general education, not an individual diagnosis or treatment plan. Do not stop prescribed medicine on your own. Severe, sudden or rapidly worsening symptoms require appropriate medical assessment first; call 995 for emergencies in Singapore.