LECHENG MEDICAL

① 3天/2夜国际医疗旅游体验包（代清、内分泌人群）
③ 3-Day & 2-Night International Medical Tourism Experience Package
(for people with metabolic and endocrine conditions)

序号 Serial No.	项目安排 Program Arrangement	时长 Duration	作用 Function	项目介绍 Program Introduction	适应症 Indications	图片参考 Picture Reference
1	**中医四诊仪检测+中医经络仪检测+中医脉诊** TCM Four-Diagnosis Instrument Detection+ TCM Meridian Detection Instrument + TCM Pulse Diagnosis	60分钟 60 minutes		①中医四诊仪检测：是将中医望闻问切技术与智能系统、AI大数据相结合，模拟医生诊病过程，分析面色舌图像、动脉的脉象信息，结合医生问、问诊资料，辨证论治制订个性化治疗方案。 Ⓐ The TCM Four-Diagnosis Instrument integrates the traditional inspection-listening-smelling-pulse-taking techniques with algorithmic systems and AI big data to simulate physician diagnostics. By analyzing facial complexion, tongue coating images, and radial artery pulse waveforms, combined with physician observations and interview data, it generates quantitative constitution score bar charts through data visualization. This systemidentifies an individual's current constitutional status and predicts future trends, earning recognition as the "TCM Genetic Map." **"中医基因图谱"功能** Functions of "TCM Genetic Map" **1、自动生成体质综合分析报告；** 1.Automatically generates comprehensive constitution analysis reports. **2、提供季节、饮食、起居、药物等调养方案；** 2. Provide customized planes for seasons, diet, daily routines, medicines, etc. **3、自动产生数据档案，临床中医治疗技术的体质量证验证、法评依据；** 3. Automatically creates data profiles to guide constitution-based TCM appropriate therapy selection and efficacy evaluation. **4、实现中医检测数据化、标准化、可视化** 4. Achieves digitized, standardized, and objective TCM diagnostics. ②中医经络仪检测：运用生物电感应原理，通过生物电感应器，测量人体24个主要经络穴位的电阻值，结合中医经络大数据库，登录，直观地绘制出人体经络的综合情况，系统自动分析出产论调结果，输出不同调试分析报告与建议，为适宜技术兼轻调理提供直观的数据依据，是实施标准化、规范化的基础。 Ⓑ The TCM (Traditional Chinese Medicine) meridian tester adopts the principle of bioelectric induction. It measures the resistance values of 24 major meridian acupoints in the human body via a bioelectric contact probe, and quickly and intuitively detects the complexity of meridian conditions by combining with the TCM meridian database. The system automatically stores the user's test results and outputs the following test analysis reports and suggestions, providing an intuitive data quantification basis for appropriate technology in meridian differentiation and conditioning, which serves as the foundation for the implementation of standardization and batch processing.		 中医四诊仪检测　中医经络仪检测
2	**御前拔罐推拿** Royal Nourishing Tendon Regulation Technique	120分钟 120 minutes	通经络可用于治疗颈椎病、腰腿痛急性发作、肩关节周围炎、腕管综合征等多种临床病症；还可用于治疗头痛、眩晕、失眠、中风、肾虚、便秘、痛经等内外妇科病。 Tuina (Chinese therapeutic massage) can be used to treat various traumatic diseases such as cervical spondylosis, lumbar disc herniation, periarthritis of the shoulder, and carpal tunnel syndrome. It can also be applied to treating internal, external, and gynecological conditions including headaches, dizziness, insomnia, stroke, stomachache, constipation, and dysmenorrhea.	**1、肥胖、高血糖、高血脂、高尿酸、高血压、高血粘等人群；** 1. People with "xinghua" including obesity, hyperglycemia, hyperlipidemia, hyperuricemia, hypertension, and hyperviscosity. **2、久坐生活方式、慢性病等人群；（如酒师、白领、甜瓜之类）。** 2. People with a sedentary lifestyle and chronic fatigue (such as teachers, white-collar workers, blue-collar workers, etc.); **3、经常需要出差或者经常施晕等缺乏锻炼人群；** 3. People who often need to travel on business or work overtime, resulting in irregular rest; **4、肩、背、腰、膝等部位的痛肉疼痛人群；** 4. People with muscle pain in the shoulders, back, waist, legs and other parts; **5、经络不通引发浮肿麻等甘健康人群；** 5. Sub-healthy people with general soreness caused by blocked meridians; **6、已经存在很多不适症状的人群（如睡眠、糖尿、头晕、脸胃等多种需要治疗的疾病）。** 6. People with many existing discomfort symptoms (such as various treatable diseases like cervical problems, vertigo and insomnia, insomnia, and gastrointestinal disorders).	
3	**蒙医牛角罐疗法** Mongolian Medicine On-Horn Moving-Cupping Pet Therapy	50分钟 50 minutes	**1. 利用热油辅以手法，加强药，可以祛除寒湿，缓解肩颈痛肉疼痛，慢性疼痛。** 1.With butter as an auxiliary and combined with Mongolian medicine, this therapy can be applied through specific manipulations to dispel stagnation, relieve shoulder and neck muscle pain, as well as chronic pain. **2. 牛角拔罐是借助力排罐内空气，通过真空吸负拉伸到被罐罐的毒与淤血板结，以风祛寒、活血化瘀、消炎止痛。** 2.Oxhorn cupping uses suction to expel air from the cup, creating local negative pressure to stimulate the body. This stimulation helps with detoxification, regulates bodily functions, dispels wind and dampness, promotes blood circulation to remove blood stasis, and relieves inflammation and pain. **3. 拔罐热敷，促进血液循环，抗炎，祛湿祛寒，缓解颈椎的痛肉疼痛。** 3.Black tea hot compresses can promote blood circulation, reduce inflammation, dredge meridians, and relieve muscle fatigue of the cervical spine.	**牛角罐本身是一种采用天然牛角材质专门针对训练，糖，同源，能有效舒缓肉的紧张，活动经脉，促进血液循环，聚冷凝缓引起麻等不适。** On Horn Cups made of natural oxhorn, which are specifically for relaxing issues in the shoulder, neck, and waist areas. They can effectively relieve muscle tension, restricted movement, and discomfort such as pain caused by coldness and stiffness, as well as promote blood circulation.	**①肌肉疼痛肉肩颈痛、腰背痛。** Ⓐ Muscle pain such as shoulder and neck pain, low back and back pain. **②关节疼痛肉关节炎、风湿性关节痛。** Ⓑ Joint pain such as arthritis, rheumatic joint pain. **③慢性疼痛肉慢性糖尿病、坐骨神经痛。** Ⓒ Chronic pain such as chronic humbar muscle strain, sciatica. **④运动损伤肉肉肉伤、扭伤。** Ⓓ Sports injuries such as muscle strains, sprains.	
4	**运动医学干扰-糖氨代谢** Sports medicine intervention - glycolipid metabolism	60分钟 60 minutes	**增加肺功力量、增肌、降糖、减脂。** Increase muscle strength and size, lower blood sugar, and reduce body fat.	**糖氨代谢训练主要通过有重训练及中强度有氧来进行训练，参与运动的以是好于肥，经慢慢加入群来说尤为重要，对于重糖病人群来说，运动可因量和强性的增加提高效果最佳，对于肥胖病人群和糖尿病病人群而言，可增加糖酸脂肪代谢的能力，从而达到控制血糖的效果。** Glycolipid metabolismtraining mainly involves bodyweight exercises and moderate-intensity aerobic exercise. The benefits of participating in such exercise are particularly significant for people with type 1 and type 2 diabetes. For non-diabetic individuals, exercise can increase insulin sensitivity in a dose-dependent manner. For those with type 2 diabetes and those in the pre-diabetic stage, it can enhance the ability of cells to take up blood glucose, thereby achieving the effect of controlling blood sugar. **坚持训练的长期受益和短期长期：** The benefits of consistent training can be divided into short-term and long-term: **短期收益：** Short-termbenefits: **快速降血糖、加强肺肌耐力运动（GLUT-4、GLUT-5）。** Rapidly lower blood sugar and enhance glucose transport (GLUT-4, GLUT-5). **快速降血脂、消耗肝脂和脂肉中的糖原。** Rapidly reduce blood sugar and consume glycogen in the liver and muscles. **在48H-72H加强胰岛素敏感性。** Enhance insulin sensitivity within 48-72 hours. **长期收益：** Long-termbenefits: **1. 血管/毛细血管能力、氧化能力。** 1.Improve vascular/capillary function and oxidative capacity. **2. 增加肺运动的活性。** 2.Increase the activity of transporters. **3. 提肥大（扩增储存）。** 3. Promote muscle hypertrophy (expand storage capacity).	**血糖异常者，血脂异常者，胰力下降人群。** People with abnormal blood sugar, people with abnormal blood lipids, and people with decreased muscle strength.	
5	**五维针罐（二选一）** Five-Dimensional Needle Sculpture Needle-Free Hydrating Injection (choose one)	60分钟 60 minutes	**1. 面部提升（中式热针法）。** 1. Facial lifting (Chinese-style Thermage). **2. 太阳穴/法令/面颊凹陷。** 2. Sunken temples/cheek hollows. **3. 眼袋。** 3. Eyebags. **4. 黑眼圈、眼袋。** 4. Dark circles, eye bags. **5. 鱼尾纹。** 5. Fish tail. **6. 抬额纹。** 6. Forehead lines. **7. 鱼尾纹。** 7. Crow's feet. **8. 嘴角纹。** 8. Mouth corner lines. **9. 法令纹。** 9. Nasolabial folds. **10. 川字纹** 10. Glabellar lines (frown lines). **11. 抬眉。** 11. Frown lines. **11. 鱼尾纹（中式水光针）。** 11. Qi and blood acupuncture (Chinese-style hydrating injection).	**以中医理论为指导，结合中医针灸学、经络腧穴学、扪诊治疗学、现代美学，对脸部进行调整，根据不同的审美风格，针对面部五官、肉、筋、骨，给出不同的设计方案，同时将传统的五感全开展作用于面部，通过针灸治疗，同时在注重全身能量气血的调理，修经络通畅气血循环，同时身自身的再生能力的激发，达到美容效果。** Guided by traditional Chinese medicine (TCM) theory, this approach integrates TCM acupuncture, meridian and acupoint studies, blade needle therapy, and modern aesthetics to adjust the face. Based on different aesthetic imperfections, targeting the five tissue structures of the face—skin, flesh, tendons, vessels, and bones—special five-pronged gold needles are used to act directly on the local area, with layered needle insertion for treatment. At the same time, it emphasizes the regulation of qi and blood in the internal organs of the whole body, ensuring unobstructed meridians and abundant qi and blood. By leveraging the body's own regenerative and repair functions, it achieves cosmetic effects.	**10-65岁男性女性，无下方禁忌症** Males and females aged 18-65, without the following contraindications.	
		50分钟 50 minutes	**1、保湿补水：** 1. Moisturizing and hydrating; **2、改善肤色：** 2. Improving skin tone; **3、收缩毛孔：** 3. Shrinking pores; **4、祛眼皮肿：** 4. Removing wrinkles.	**无针水注射就是在无针注射仪的作用利用高压将抗菌肽物质修复保湿、VE+VA、VB6、VC、核苷酸、胶原蛋白注射到真皮层，进行无创微创补水，达到深层补水、美肤干效、强化肌肤、美白微肤等效果。** A needle-free hydrating injection works by using a needle-free injector to apply high-pressure, which drives various nutrients (such as hyaluronic acid, VE+VA, VB6, VC, nucleotides, and collagen) into the dermis. This non-invasive transdermal hydration method achieves effects like deep moisturization, reducing dry lines, strengthening cells, whitening, and rejuvenating the skin.	**1、保湿补水：1克玻尿酸相当于1升的水，无针水光是向皮肤深层补充玻尿酸，同时补水效果非常好，且保湿效果持久，令肌肤持久水润光泽。** 1. Moisturizing and hydrating: 1 gramof hyaluronic acid is equivalent to 1 liter of water. Needle-free hydrating injection delivers hyaluronic acid deep into the skin, so it has an excellent hydrating effect with long-lasting moisture retention, leaving the skin persistently hydrated and radiant. **2、改善肤色：刺激真肤新陈代谢加快，能迅速排出人体内的黑色素，改善肤色不健康感，使肌肤色泽光亮，恢复其应有的** 2. Improving skin tone: It stimulates the acceleration of skin metabolism, enabling the rapid elimination of melanin fromthe body, improving dull, yellowish and dry skin, brightening the complexion, and making the skin luminous and fair. **3、缩毛孔：刺激真肤加速新陈代谢，微肤清洁毛孔，起到收缩毛孔的功效，令肌肤更加紧致光滑。** 3. Shrinking pores: It stimulates the skin to speed up metabolism, thoroughly cleanses the pores, and achieves the effect of shrinking pores, making the skin more firmand smooth. **4、祛眼皮肿：能激发肌肤，能将肉眼下垂的眼肌负责起来，赶紧由涂脂肪以及由肉，同步收紧，紧致肌肉。** 4. Removing wrinkles: It has a good wrinkle-removing effect. It can plump up the eyelids and sagging skin, smooth out facial fine lines, crow's feet, glabellar lines, etc., and firmthe skin.	
6	**经络神经疗法** Meridian Neuro-Therapy	50分钟 50 minutes	**1、调和经络：通过特定手法刺激经络，促进气血畅通，调和经络运行，改善气血循环。** 1.Balancing the Meridians: Utilizes specific techniques to stimulate the meridian system, promoting the smooth flow of Qi and blood, harmonizing meridian function, and improving overall energy and blood circulation. **2、神经调理：通过针对神经系统的调理手法，有助于缓解神经紧张，减轻神经性疼痛和不适感。** 2.Regulating the Nerves: Employs targeted methods to regulate the nervous system, helping to alleviate nervous tension and reduce neuropathic pain and discomfort. **3、放松肌肉：经络神经疗法采用推拿手法，如推拿、按摩，放松肌肉，改善肌肉的紧张和僵硬。** 3.Relaxing Muscles: Through specific techniques such as Tui Na and massage, this therapy effectively relaxes muscles, relieving tension and stiffness. **4、促进身体自愈：通过刺激特定穴位，激活身体的自愈机制，增强免疫力，提高身体的自我调节能力。** 4.Promoting Self-Healing: Stimulates specific acupoints to activate the body's innate self-healing mechanism, thereby boosting immunity and enhancing the body's self-regulatory capacity.	**经络神经疗法是一种综合运用中医经络理论和神经学原理的治疗方法，采用针灸、推拿、中式推拿、按摩、交替神经刺激、禁针等手段，推动调整经络，刺激神经，促进气血流通，以达到身体平衡和健康的目的。** Meridian-Nerve Therapy is a comprehensive therapeutic approach that integrates principles fromtraditional Chinese meridian theory and modern neurology. It employs a variety of techniques—including acupuncture, warm needle acupuncture, Tui Na (Chinese massage), cupping, sympathetic nerve regulation, and chiropractic adjustments—to regulate the meridian systemand stimulate the nervous system. The primary goal is to promote the smooth flow of Qi and blood, thereby restoring the body's natural balance and achieving overall health.	**1、神经系统疾病：头痛、神经痛、焦虑、抑郁等。** 1.Nervous SystemDisorders: Headaches,neuralgia,anxiety,depression, etc. **2、骨科疾病：肩颈痛、关节炎、强脊病等。** 2.Orthopedic Diseases: Spinal pain, arthritis, cervical spondylosis, etc. **3、肌肉问题：肌肉紧张、僵硬、运动损伤等。** 3.Muscular Issues: Muscle tension, stiffness, sports injuries, etc. **4、循环系统问题：血液循环不畅、高血压、冠心病等。** 4.Circulatory System Issues: Poor blood circulation,hypertension,coronary heart disease, etc. **5、免疫系统问题：免疫功能低下、慢性疲劳综合征等。** 5.Immune System Issues: Weakened immune function, chronic fatigue syndrome, etc.	
7	**低温冷冻疗法+2** Cryotherapy*2	60分钟 60 minutes	**低温冷冻疗法是利用液氮喷雾作用于机体，加速机体新陈代谢，改善由于大强脂肪氧化酶的机体免疫抑制和炎症，提高机体免疫功能，增加能量和能量消耗，减轻炎症，增强新陈代谢，改善机体。** The cryotherapy chamber uses liquid nitrogen spray acting on the body to accelerate the circulation of chronic inflammation, improve the body's immune suppression and imbalance caused by high-intensity training, and enhance the body's immune function. It increases the concentration of epinutrary and plasma β-endorphins to relieve pain, raises the body's anabolic level, speeds up fatigue recovery, and improves the body's condition.	**前低温冷冻是一种将身体暴露在-10℃至-110℃的冷冻舱中的无创性疗法。通过刺激神经末梢的低温气体释放出能量，从而刺激身体内的温度感知，促使大脑发出信号，释放表到皮层人体主要器官，以提高能量身体水平，减少等级状况，有效提高身体各项机能。** Cryotherapy is a non-invasive therapy that involves exposing the body to a cryochamber with temperatures ranging from -10°C to -110°C. The rapid temperature drop caused by nitrogen vapor after liquid nitrogen evaporation stimulates the body's temperature sensors, prompting the brain to send signals that redirect blood flow to the body's major organs. This helps promote the circulation of blood, nerves, and other systems, effectively enhancing various bodily functions. **对使用者来说采用持续、短暂的低温冷冻可以刺激激素腎挂腺，能量消耗，增强免疫力，改善失眠，缓解肿胀等风险，但有风险，需要做基等冷冻** Continuous, brief exposure of the user's epidermis to ultra-low temperatures through cryotherapy can achieve effects such as rapid recovery of physical fitness, repair of injuries, enhancement of immunity, improvement of insomnia, alleviation of depression risks, as well as benefits like weight loss and skin tightening.	**1. 缓解疲劳（慢性疲劳，类风湿性关节炎，慢性背痛、强直性脊柱炎、骨关节炎、肌发性纤维痛，自身免疫性疾病）** 1. Pain relief (e.g., fibromyalgia, rheumatoid arthritis, chronic low back pain, ankylosing spondylitis, osteoarthritis, secondary fibromyalgia, autoimmune diseases) **2. 类风湿关节炎疾病活动指数（Disease Activity Score）的降低** 2. Reduction in Disease Activity Score in rheumatoid arthritis **3. 改善细胞因子水平** 3. Improvement in cytokine levels **4. 改善神经损伤性能（例如用于促进体能潜能）** 4. Enhancement of neuromuscular performance (e.g., for promoting physical exercise)	
8	**中华传统文化体验：香道/茶道/书法/古筝（可选项）** Traditional Chinese Cultural Experiences: Incense Art / Tea Ceremony /Calligraphy /Guqin (Ancient Chinese Zither) (Selectable Options)	50分钟 50 minutes	**"琴棋书画诗酒花"，是中华文化八大雅，可两种中华文化思想结合她以下几项实践中：中华文化自古认为：善写者通达其音，善画者取谨密，善书者至情至** "The Eight Elegant Pursuits of Chinese Culture" - Qin (the zither), Qi (chess), Shu (calligraphy), Hua (painting), Shi (poetry), Jiu (wine), Hua (flower arrangement), and Cha (tea) - represent essential practices for the embodying the essence of Chinese philosophical thought through daily life. Traditional belief holds that each art cultivates distinct virtues: mastering the qin brings serenity and composure; excelling at chess sharpens strategy and wisdom; practicing calligraphy reveals one's true character; perfecting painting pursues ultimate beauty; composing poetry gives voice to the heart's melodies; appreciating incense creates soulful connections; arranging flowers nurtures inner harmony; and mastering the tea ceremony refines one's spirit and cultivates moral character.		
9	①一晚茅屋之清东列（10天体验装） ②一晚茅屋之清东列（10天体验装） ① Yiling Tea Therapy "Elimination Series" (10-day Trial Pack) ② Yiling Tea Therapy "Activation Series" (10-day Trial Pack)	7天 7Days	**①茅屋之清东列：小分子几茶重EGCG的纯列之处在于其能量计量 BOTCH 因素能总发现有用，EGCG是茅屋茅制机体修性它益，为使能量汉制结节完益，调节机体代谢全局并修了茅的作用。EGCG的纯一位茅是的"茅屋人"，通过其抗炎作用茅制机体修性它益，为能量汉的节关的能量。** ① Yiling Tea Therapy "Elimination Series" : The unique feature of small-molecule catechin EGCGlies in its ability to precisely target the NOTCH inflammation target. EGCG can significantly inhibit chronic inflammation in the body, opening up new possibilities for alleviating inflammation of pulmonary nodules caused by COVID-19 and regulating the body's metabolic immunity. Like a precise "inflammation hunter," EGCG effectively resists inflammation by blocking the NOTCH pathway, building a solid defense for health. **②茅屋之清东列：** ② Yiling Tea Therapy "Activation Series" : **1. 前端一日三餐红藜粥能被木吸收；** 1. Intercept the absorption of fat and carbohydrates in three meals a day at the front end; **2. 中端阻止体内脂肪合成；** 2. Prevent the synthesis of fat in the body at the middle end; **3. 末端加速体内脂肪的代谢脂肪的代谢，促进燃烧转换成能量代谢。** 3. Accelerate the conversion of accumulated white fat in the body into brown fat at the end, promoting combustion and conversion into energy metabolism.		

以下为自由选项
The following are optional items.

序号 Serial No.	项目 Program	项目介绍 Program Introduction	开放时间 Opening Hours	图片参考 Picture Reference
1	**八段锦** BaDuanJin	**八段锦在为中医传统养生方法，其益处兼具身心和谐，通过舒缓活贯的动作与深长呼吸的配合，能有效舒筋活络、增强筋骨柔韧性，促进气血循环与能量平衡。长期习练有助于改善心脏功能、提升免疫力、缓解精神压力，并习得节奉轻柔缓、改善睡眠质量并有积极作用。** Baduanjin, a traditional Chinese health-preserving exercise, offers benefits for both physical and mental harmony. Through the coordination of gentle, coherent movements and deep, prolonged breathing, it can effectively stretch the muscles and bones, enhance limb flexibility, and promote blood circulation and energy balance. Long-termpractice helps improve cardiopulmonary function, boost immunity, relieve mental stress, and plays a positive role in regulating the nervous system and improving sleep quality.	**7:00-7:40**	
2	**咖啡文化体验** Coffee Culture Experience	**咖啡可谓是百年来全球广泛流行的饮料，咖啡豆作为世界上最受欢迎的饮料之一，咖啡豆的抗氧化物质被认为是一种强效抗氧化剂，咖啡豆中含有大量的抗氧化物质