

養生之道

Way to Health

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<http://vdisk.weibo.com/s/dDHUHK58pWfNr>

前言 Preface

- E世紀社會愈趨多元開放，生活步調愈來愈快，人們面對的身心壓力均較過去來的沉重，但活動時間卻愈來愈少。
- 相對之下，平時的身體保健便格外的重要。

E century society becomes more open and pluralistic. With the rapid pace of life, a heavy burden is put on people with respect to physicality as well as mentality. People today are lack of relaxation. Hence, regular health care is important.

前言 Preface

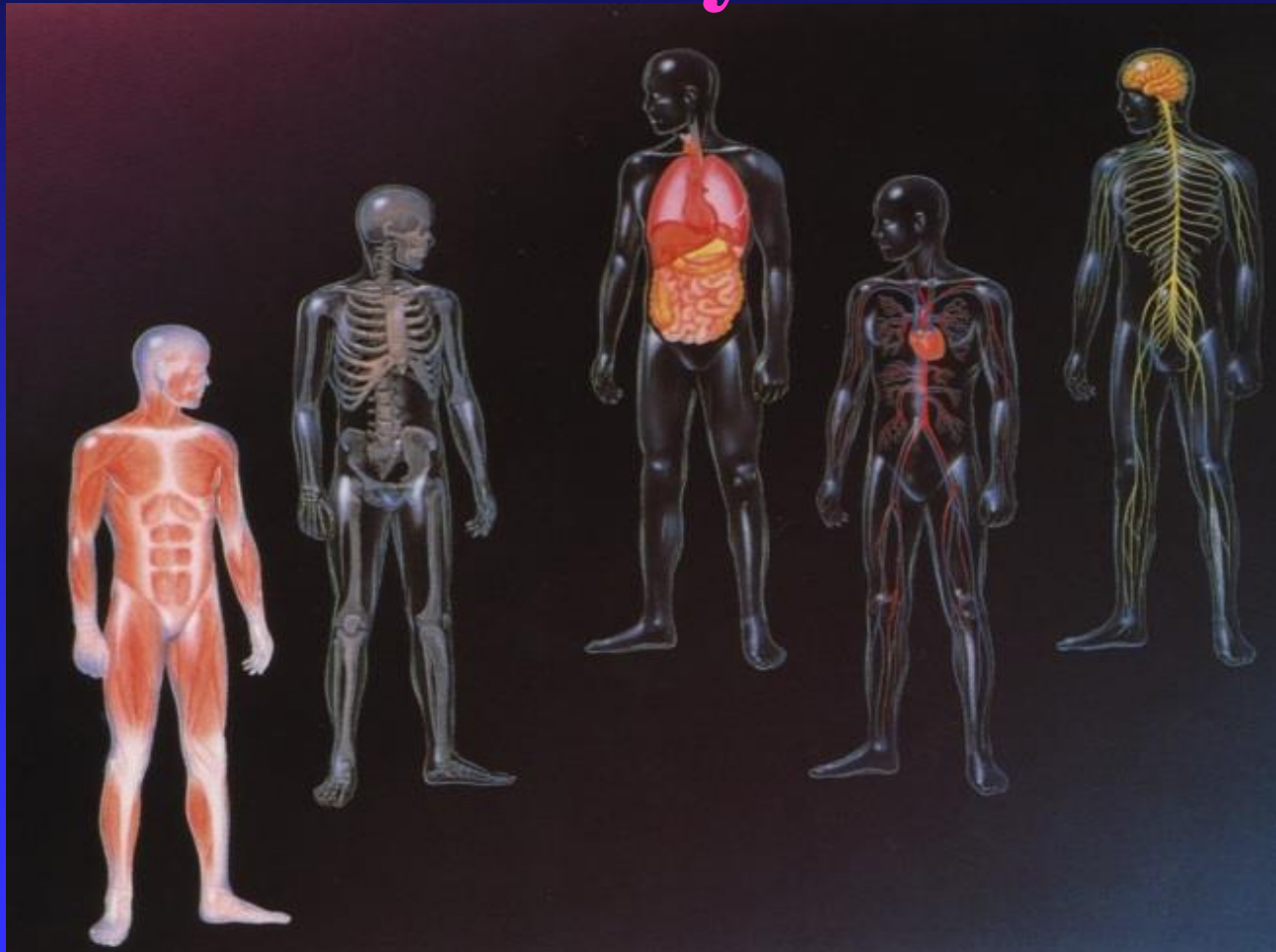
- 中醫注重「上工治未病」的預防醫學觀念。
- 衛生署也強調「健康是你的權利，保健是你的義務」。
- TCM places great stress on preventive medicine.
- The Department of Health also emphasizes that "Health is your right. Health care is your responsibility."

前言 Preface

- 中醫藥及經穴健康按摩法是傳統醫學的寶藏。
- 是所有朋友們最佳的保健利器。
- Chinese medicine and meridian-acupoint massage, which are the treasures of traditional medicine, are the best health care tools.

常罹患的系統疾病

Common System Diseases



常見的症狀及經穴健康按摩法

Common Symptoms and Meridian-Acupoint Massage Techniques

- 頭痛 Headache
- 肩背痛 Shoulder and Back Pain
- 眼睛疲勞 Eye strain
- 疲倦 Tiredness
- 高血壓 Hypertension

常見的症狀及經穴健康按摩法

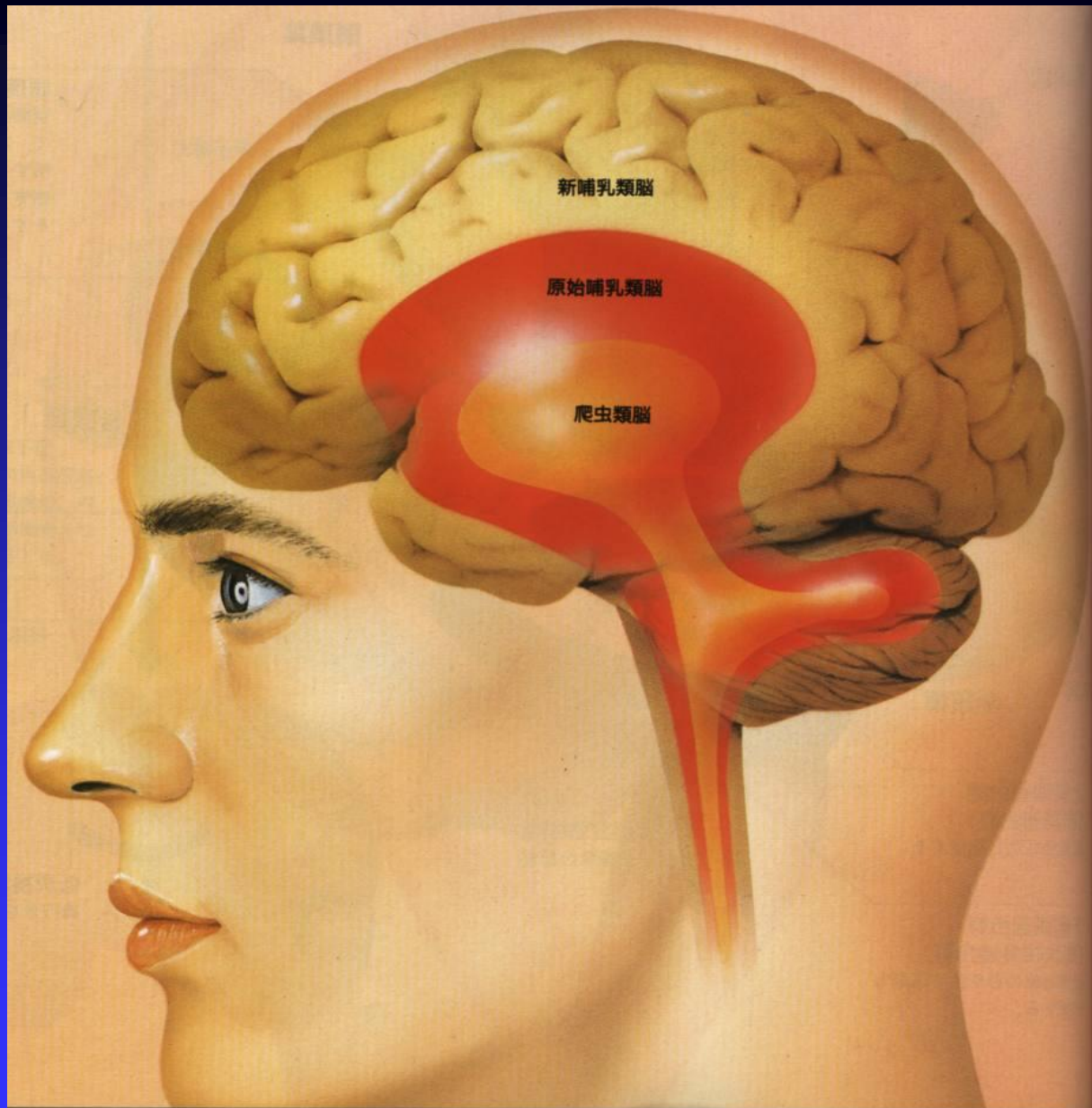
Common Symptoms and Meridian-Acupoint Massage Techniques

- 急性胃炎 Acute Gastritis
- 眩暈 Dizziness
- 感冒 Colds
- 腰痛 Lumbago
- 過敏性鼻炎 Allergic Rhinitis

頭痛 Headache

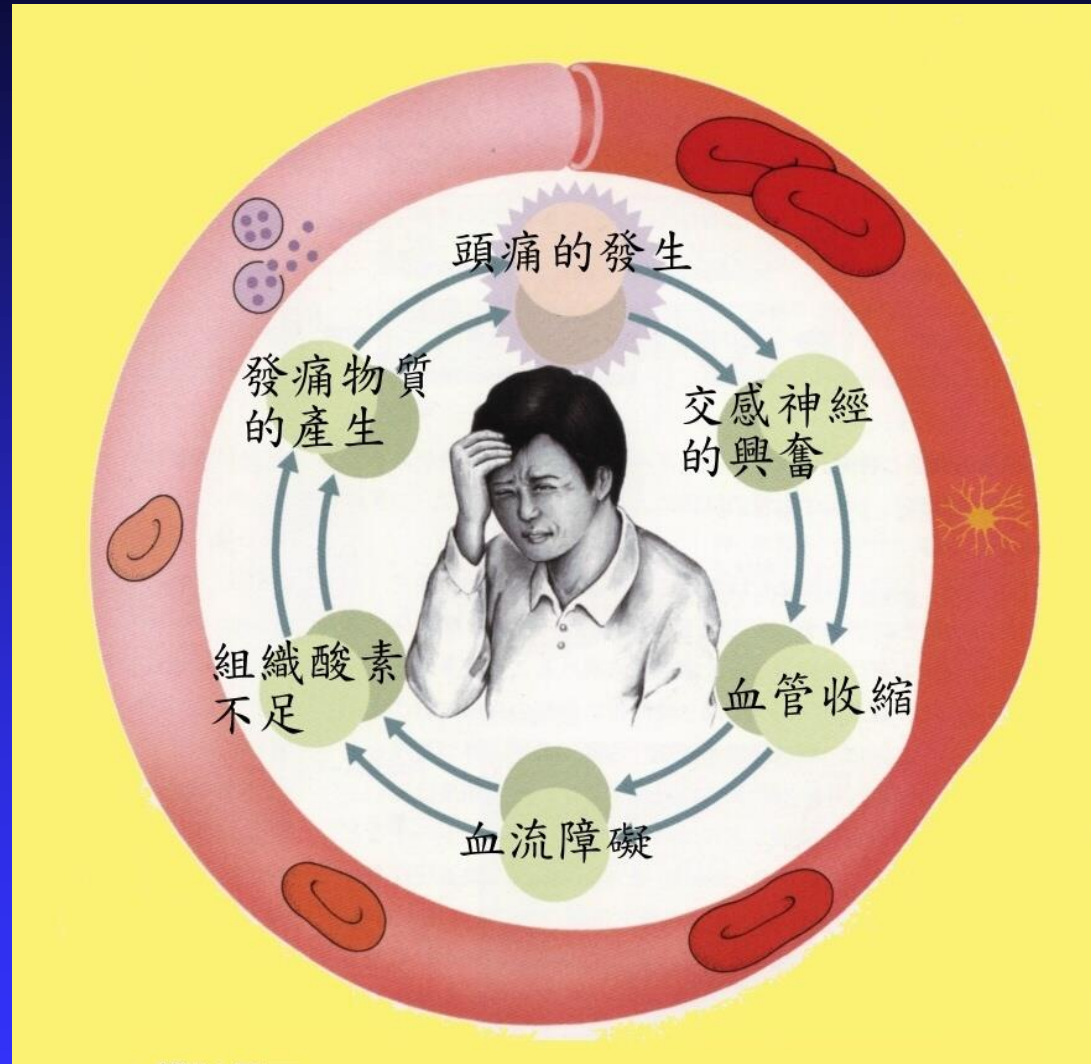
許多人並無疾病卻深為煩人的頭痛所苦，而因此做起事來無精打采、精神恍惚，更有焦躁不安而影响了人际关係。

Many people suffer from headaches that cause them to work listlessly, and be in a trance. Most of the time, their restlessness can affect interpersonal relationships.



The Vicious Cycle of Headache

头痛的恶性循环示意图



頭痛的經穴刺激法

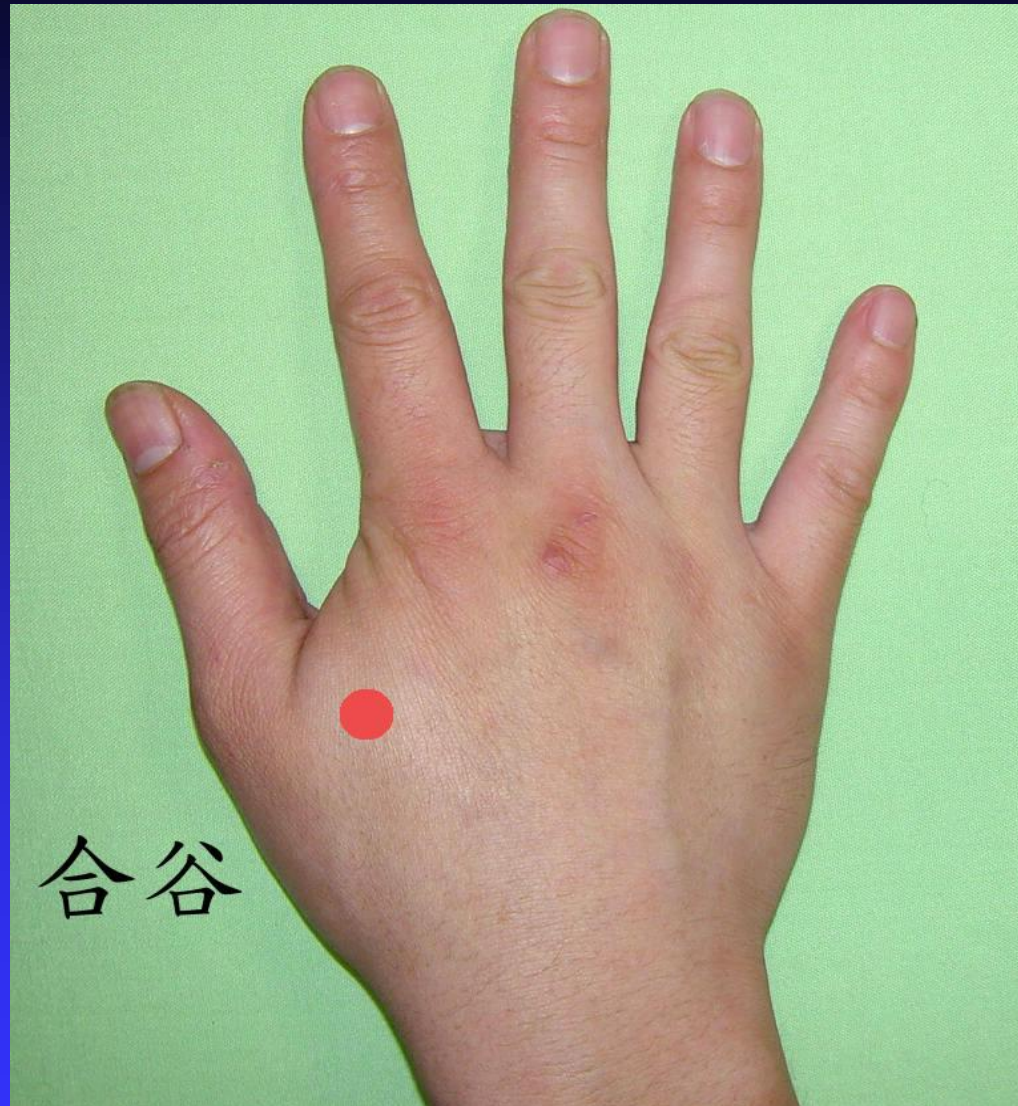
Acupressure Points For Relieving Headaches

消除頭痛的穴位首推位於拇指

與食指交叉處之合谷穴或太陽穴

合谷即俗稱的「虎口」深處。

Acupressure the Hand Valley (He Gu) Point or the Temple Point to reduce headache. The Hand Valley Point is situated in between your thumb and pointer finger.







頭痛的經穴刺激法

Acupressure Technique For Headache Relief

用五支牙籤或以另一隻手的拇指指尖
及以無筆心的筆尖刺激。

孕婦並不適合隨便按壓、刺激合谷穴

Acupressure Hand Valley Point with five
toothpicks or thumb finger of the other
hand. This point is forbidden for
pregnant women.

肩頸酸痛 Shoulder and Neck Pain

肩頸酸痛有許多形形色色的病因，有頸椎骨刺，或手臂使用過度，更有的是精神壓力所造成。

Many conditions can cause pain in the shoulder and neck areas, such as cervical bone spurs, overuse of muscles in your arms and mental stress.

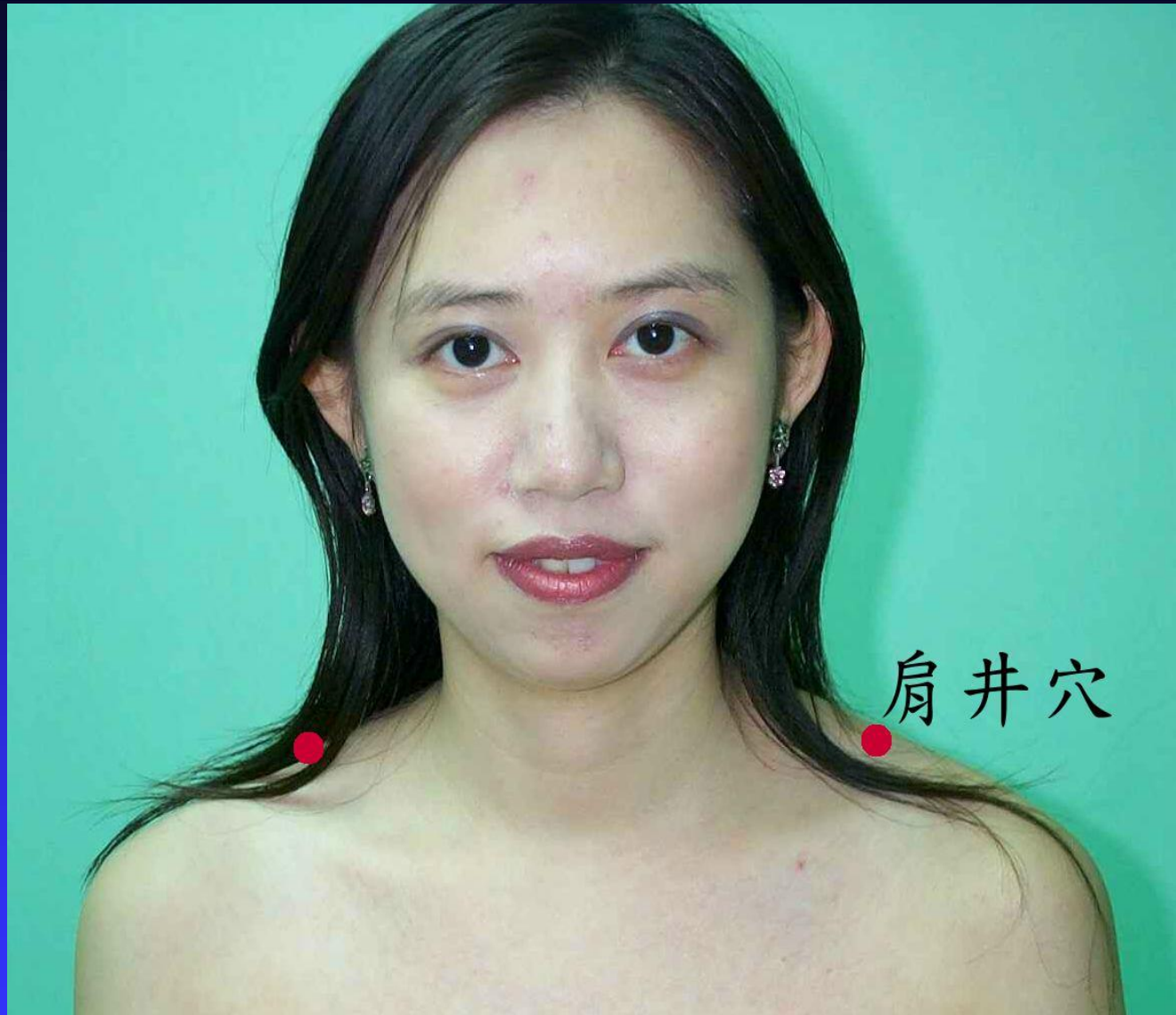
肩頸酸痛的經穴刺激法

Acupressure Points For Relieving Shoulder-and-neck Pain

手背上食指與中指中間的頸項點。或以拇指按於第七頸椎、中指屈起所指的肩井穴。

This pressure point is found at the “V” created by the index and middle fingers of each hand, just below the knuckle on the back of the hand. Or use your thumb to acupressure Shoulder-Well Point which is located at the ridge of the shoulder halfway between the point of your shoulder and the base of your neck.





肩井穴

肩頸酸痛的經穴刺激法

Acupressure Points For Relieving Shoulder-and-neck Pain

同時在此兩穴位作強刺激各四十九下，
大多能舒緩緊迫感。

Stimulating these two points for 49 times
helps in relieving stress and tension.

眼睛疲勞 Eye Strain

現代人的工作、學習普遍使用電腦，加上長期收看电视的習慣，使眼睛不堪負荷，出現模糊、酸痛的症狀。

The widespread use of computer at work and study, coupled with long-term television viewing habits, can result in blurred and irritated eyes.

眼睛疲勞的經穴刺激法

Acupressure Points for Relieving Eye Strain

消除眼睛的疲勞，使其炯炯有神的
穴位即為上光明穴。

To eliminate eye strain, acupressure
Upper Bright Light Points.

上光明



眼睛疲勞的經穴刺激法

Acupressure Points for Eye Strain Relief

上光明穴位於眉毛中點上五分處。

以對準瞳孔為準。

These points are found at the upper midpoints of the eyebrows, directly aligned with the pupil of the eyes.

眼睛疲勞的經穴刺激法

Acupressure Points for Relieving Eye Strain

每天用拇指或中指按揉上光明穴約四十九下，即能使眼睛明亮動人而不疲勞。

With the help of your thumb and middle finger, press and knead the Upper Bright Light points for about 49 times daily for brighter eyesight.

疲倦 Tiredness

因個人體質不同，有人夏日昏昏沉沉、無精打采，有人一入寒冬手足冰冷苦不堪言，其起因不外「精神壓力」及「內臟虛弱」。

Due to different body constitutions, some may feel drowsy and listless in summers while others may suffer from cold hands and feet. All these are caused by “mental stress” and “internal organ weakness”.

疲倦的經穴刺激法

Acupressure Points for Relieving Fatigue

應付疲勞最有效的即是陽池穴。陽池穴是控制淋巴腺和內分泌平衡的重要穴位。 To overcome fatigue, the most effective way is to acupressure the Yang Chi Point. The Yang Chi point is an important point that controls the balance of lymph gland and endocrine.



疲勞的經穴刺激法

Acupressure Points for Relieving Fatigue

經常按壓此穴位可增加血液循環，亦可促進新陳代謝及增強體力之功效。

Pressing this point often will help increase blood circulation, boost metabolism and enhance strength.

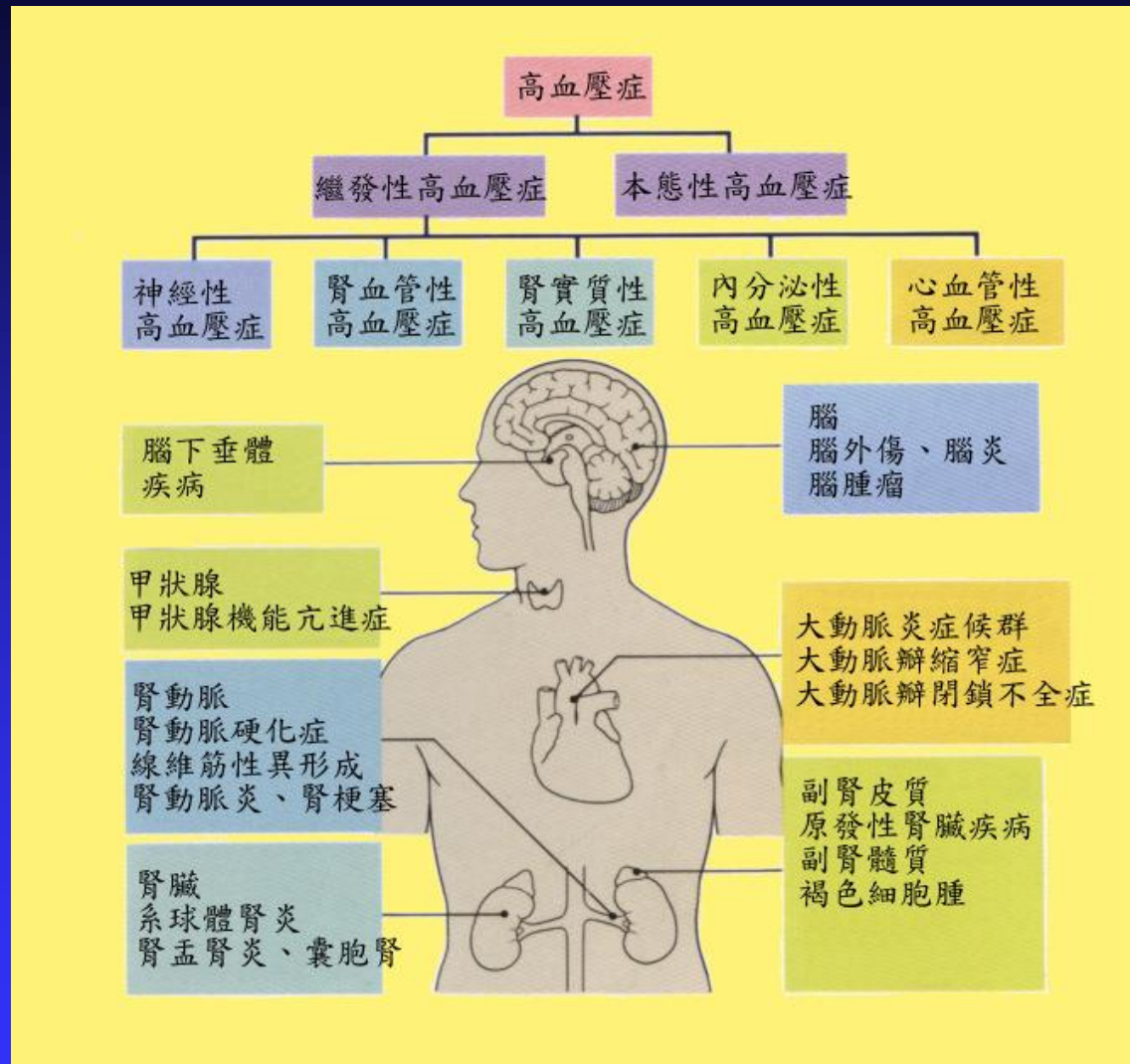
高血壓 Hypertension

在国人過度享受大魚大肉的风氣助長下，高血壓的青壯年发病人口日漸增加。

Eating too much meat and fish can increase blood pressure.

Classification of High Blood Pressure

高血壓症的分類

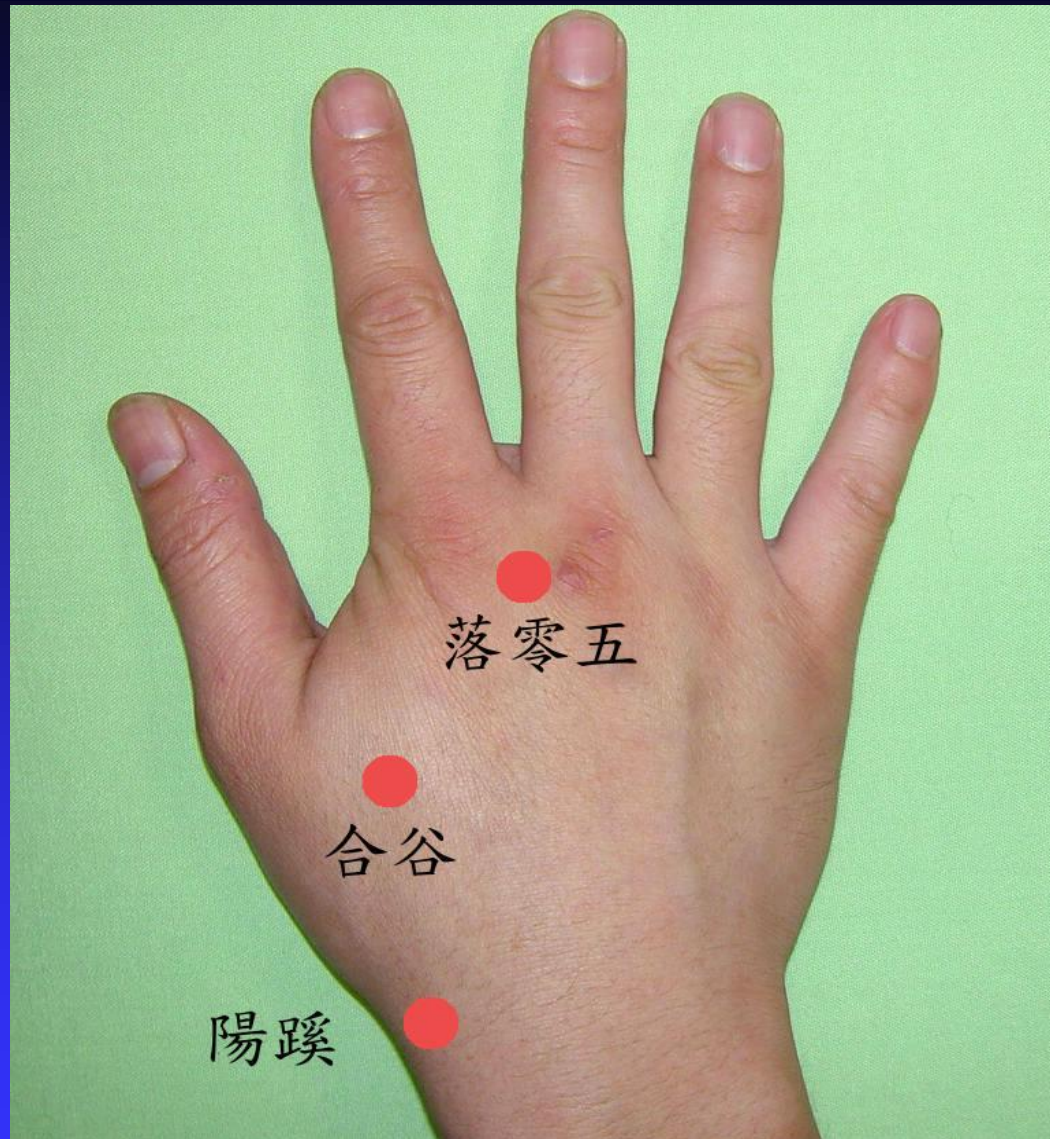


高血壓的經穴刺激法

Acupressure Points for Relieving High Blood Pressure

預防與治療高血壓的主要穴位為陽蹊穴。
合谷及落零五也是血壓反應區的穴位，
具有降低血壓的效果。

The acupressure point to prevent and treat high blood pressure is Yang Ravine (Yang Xi) Point. Hand Valley Point and Luo Ling Wu Point, which help lower blood pressure, are also points that can be found at blood pressure point reflex zones.



高血压的經穴刺激法

Acupressure Points for Relieving High Blood Pressure

用力按压或揉捏此三穴道，能达到降血压、促进全身血液循环及防止高血压所併發之狭心症、脑中风等疾病之功效。

Pressing and kneading the three points hard will help lower blood pressure, improve blood circulation and prevent complications like angina and cerebral stroke.

急性胃炎 Acute Gastritis

胃痛、胃痙攣最常突然發作。厲害時會導致休克。

Stomachache and stomach cramps often occur suddenly and the severity may lead to shock.

急性胃炎 Acute Gastritis

發生原因多為攝取過多冰冷食物，或吃了腐敗、難以消化的食物，以及飲食過量、抽煙喝酒所造成的。

The causes are excessive consumption of cold drinks, rotten or indigestible foods. Overeating, smoking and drinking are also to blame for causing this illness.

急性胃炎的經穴刺激法

Acupressure Points for Relieving Acute Gastritis

抑制胃炎最有效、最迅速的方法是在位於手掌中央稍下方的胃腸點，用筆尖、牙籤、強刺激，直到急性胃炎发作疼痛緩解為止。

The most effective and fastest way to inhibit gastritis is the Gastrointestinal Point which is located slightly below the center of the palm.

Use nib or toothpick to apply strong pressure until the pain is relieved.



眩暈 Dizziness

无緣无故暈眩或坐下站起時發暈，可能因症狀及發生地桌不同而攸关性命。

Feeling dizzy when standing up with no apparent cause can be life-threatening.

眩暈 Dizziness

眩暈是因身體失去平衡所引起的症狀。其原因有貧血、更年期障礙、胃腸功能障礙等疾病所引起。

Dizziness is the symptom of a balance disorder. Other reasons can be anemia, menopausal disorder, gastrointestinal dysfunction and others.

眩暈的經穴刺激法

Acupressure Points for Relieving Dizziness

對於眩暈之控制最有效的穴位是在手背上無名指及小指交叉點稍上方之液門穴及再往上方之中渚穴。

The most effective points to control dizziness are Liquid Gate (Ye Men) and Middle Islet (Zhong Zhu) Point. Liquid Gate Point is located slightly above the intersection between the ring and little fingers while Middle Islet Point can be found in the groove formed by the tendons of the two fingers behind the knuckles.



眩暈的經穴刺激法

Acupressure Points for Relieving Dizziness

若眩暈來得突然時，必須加強刺激這二穴，若時好時患時，必須經常在此兩穴施以艾灸或紅外線溫灸法。

If dizziness comes suddenly, apply strong pressure to these two points. If it comes and goes frequently, apply moxibustion or infrared warm meridian moxibustion.

感冒 Cold

大家都知道「感冒是百病之源」，但是許多人往往為了工作的需要忽視感冒的症狀。

“Cold is the root of all diseases”.
However, many people have a tendency to disregard cold symptoms due to work commitments.

感冒 Cold

感冒的類型繁多，但大多是病毒所引起的。感冒不僅會令人頭暈、鼻塞、咽痛、流鼻水等症狀，也會引起支氣管炎，腎臟障礙及心臟異常。

There are many types of flu, but most are caused by viruses. A cold not only causes symptoms like headache, runny or stuffy nose and sore throat, it also leads to bronchitis, kidney disorders and heart abnormalities.

感冒 Cold

感冒對所有人而言，不僅容易交互傳染，更因此而影響身體的健康，也有不少人因忽視感冒，延遲治療而為之喪命。

A cold is infectious and affects health.
Ignoring cold symptoms and delaying treatment can cause death.

感冒 Cold

對於感冒應以早期治療為主，在流行季節更應慎加預防。

The key to curing a cold is early treatment. Take precautions during flu seasons.

感冒的經穴刺激法

Acupressure Points for Relieving Cold

治疗及預防感冒最有效的經穴是手掌的魚际、手腕的太淵、手肘的曲池三穴。

The most effective three points to prevent and treat a cold are the Thena (Yu Ji) Point on the palm, Great Abyss (Tai Yuan) Point on the wrist and Crooked Pond (Qu Chi) Point on the elbow.





感冒的經穴刺激法

Acupressure Points for Relieving Cold

經常以拇指或食指刺激重按，上述三穴，或按揉方式施行，同時在拇指指關節第一橫紋往上直至魚際、太淵之區域為呼吸系統治療區。

Use thumb and forefinger to apply firm pressure or knead these three points regularly. The area from the proximal interphalangeal joint of the thumb to the Thena and Great Abyss Points is called the respiratory therapy area.



胸腔呼吸治療區

感冒的經穴刺激法

Acupressure Points for Relieving Cold

不時以手指輕揉、按壓此區，即能增強抗病能力，調節免疫機能，在臨床上確實是可以達到預防及治療的雙重效果。

Using fingers to press and knead this area frequently will enhance disease resistance, modulate immune system. Clinically, it can indeed achieve the double effects of prevention and treatment.

腰痛 Lumbago

許多朋友常有腰痛的毛病，久坐久站的姿勢會給腰部帶來極大的負擔，因此容易發生腰痛的現象。

Many people suffer from lower back pain. Prolonged standing or sitting posture will strain the lumbar area and lead to back pains.

腰痛 Lumbago

腰痛的種類很多，大部分是骨骼、神經、肌肉發生所致。一般發生的腰痛包括坐骨神經痛、下背痛、閃腰等不一而定。

There are many types of back pains. The common ones are sciatica, lower back pain and sudden lumbar sprain.

腰痛 Lumbago

治療腰痛是經穴健康按摩法最拿手的絕活，即使是非常頑強的疼痛都能藉著刺激穴位獲得滿意的改善。

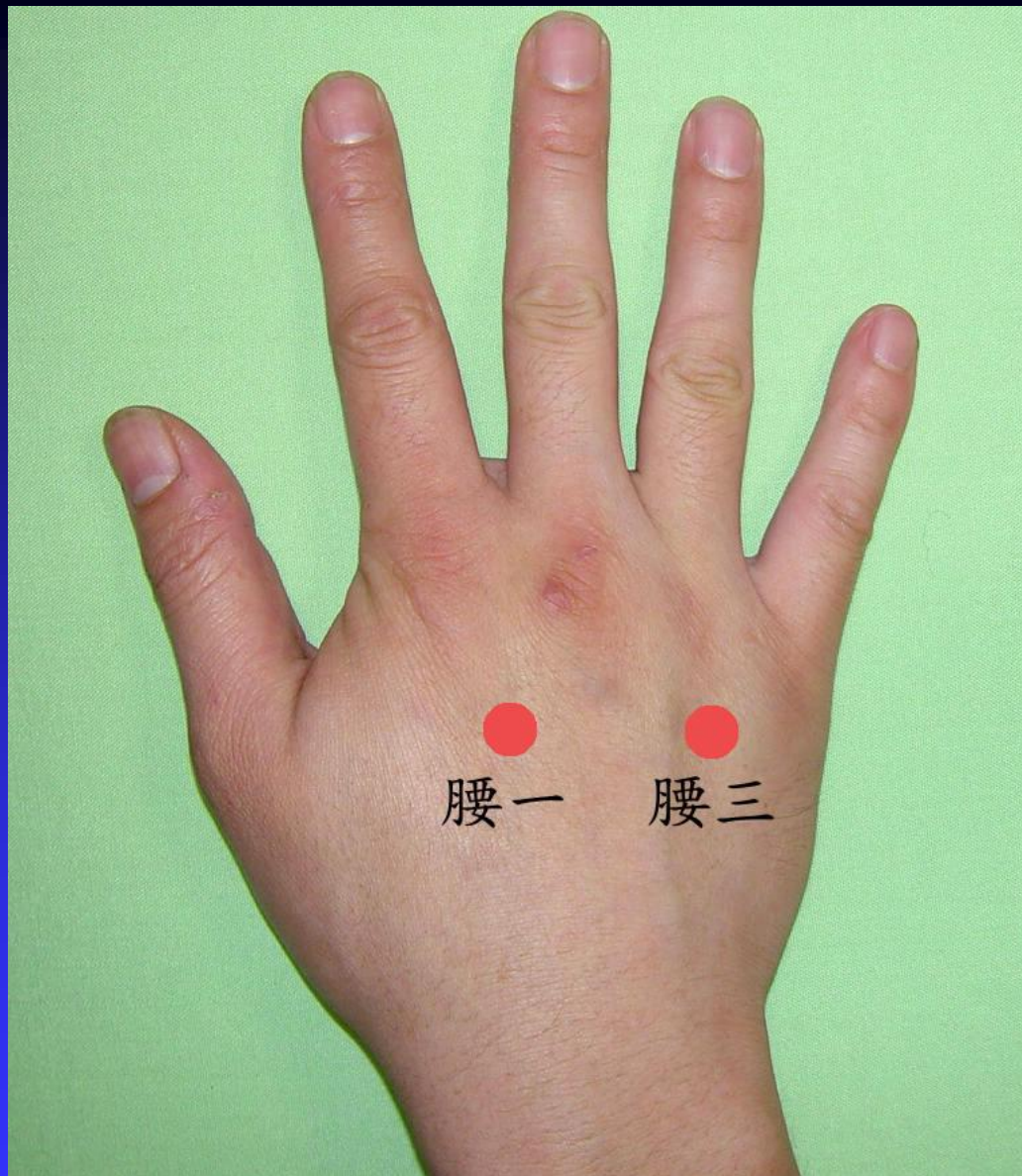
Acupoint health massage is the best technique to treat lumbago. By stimulating the points, even acute lower back pain can be alleviated satisfactorily.

腰痛の經穴刺激法

Acupressure Points for Relieving Lumbago

首先必須刺激位於手掌背部，食指和中指掌骨節腰一點或小指和無名指交叉之掌骨節腰三點。

First, acupressure the acupoints on the back of the hand: the Yao Yi Point which is found on the metacarpal of the forefinger and middle finger or the Yao San Point which is on the intersection of the ring finger and little finger.



腰痛的經穴刺激法

Acupressure Points for Relieving Lumbago

刺激法主要以柔和緩慢為佳，刺激時必須間隔一會兒，再慢慢重壓，一次稍歇之後再行按壓，不管多嚴重的腰痛都能迎刃而解。The rule is to start the acupressure with slow and soft pressing. After some interval, press hard gradually. When the pressure recedes, apply pressing again.

No matter how severe the low back pain is, it can be relieved.

腰痛的經穴刺激法

Acupressure Points for Relieving Lumbago

除此之外，必須注意平時的護腰運動、坐姿、持重等都必須謹慎。

In addition, take good care of your body, do back strengthening exercises, correct your posture and lift heavy objects correctly.

過敏性鼻炎 Allergic Rhinitis

現代人罹患過敏性鼻炎的情形可能與空氣的污染、廢棄物的污污染及大環境的改變息息相關。

Air pollution, waste materials and environmental changes may have caused modern people to suffer from allergic rhinitis.

過敏性鼻炎 Allergic Rhinitis

不斷的打噴嚏、擤鼻涕、揉眼睛等使患有此病的人根本無法集中精神工作，也可能遭受周圍人人奇異的眼光，而顯得相當尷尬，實在是非常棘手的症狀。

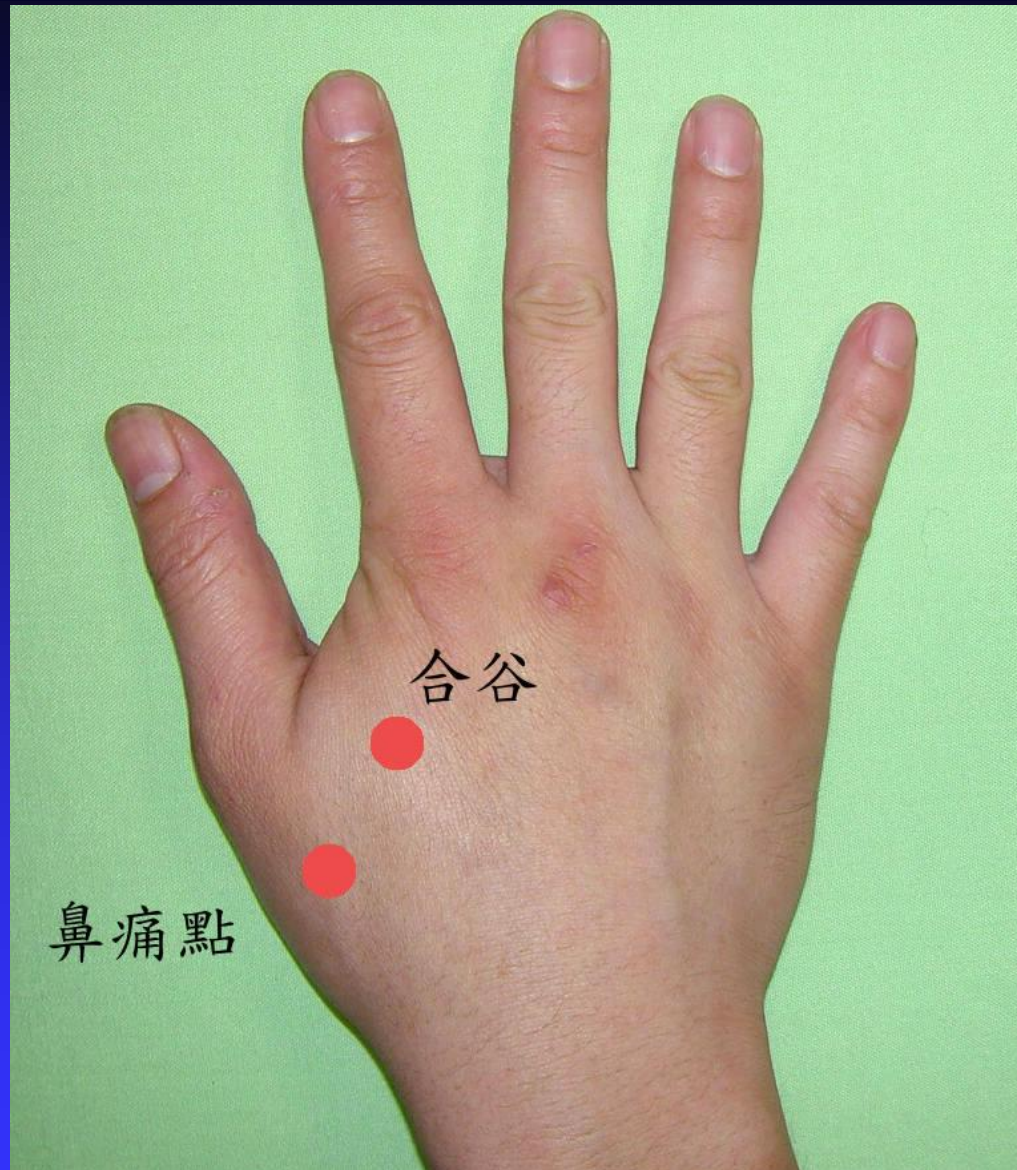
Constant sneezing, blowing nose, rubbing eyes and others cause people suffering from this disease not to be able to concentrate on their work.

過敏性鼻炎的經穴刺激法

Acupressure Points for Relieving Allergic Rhinitis

臨床上對付過敏性鼻炎最有效的是刺激位於手背上的合谷穴及合谷穴與手腕間的鼻痛點。

Clinically, the most effective way to treat this disease is to acupressure the Hand Valley (He Gu) Point and the Nasal Pain Point, which is found between the Hand Valley Point and the wrist.



過敏性鼻炎的經穴刺激法

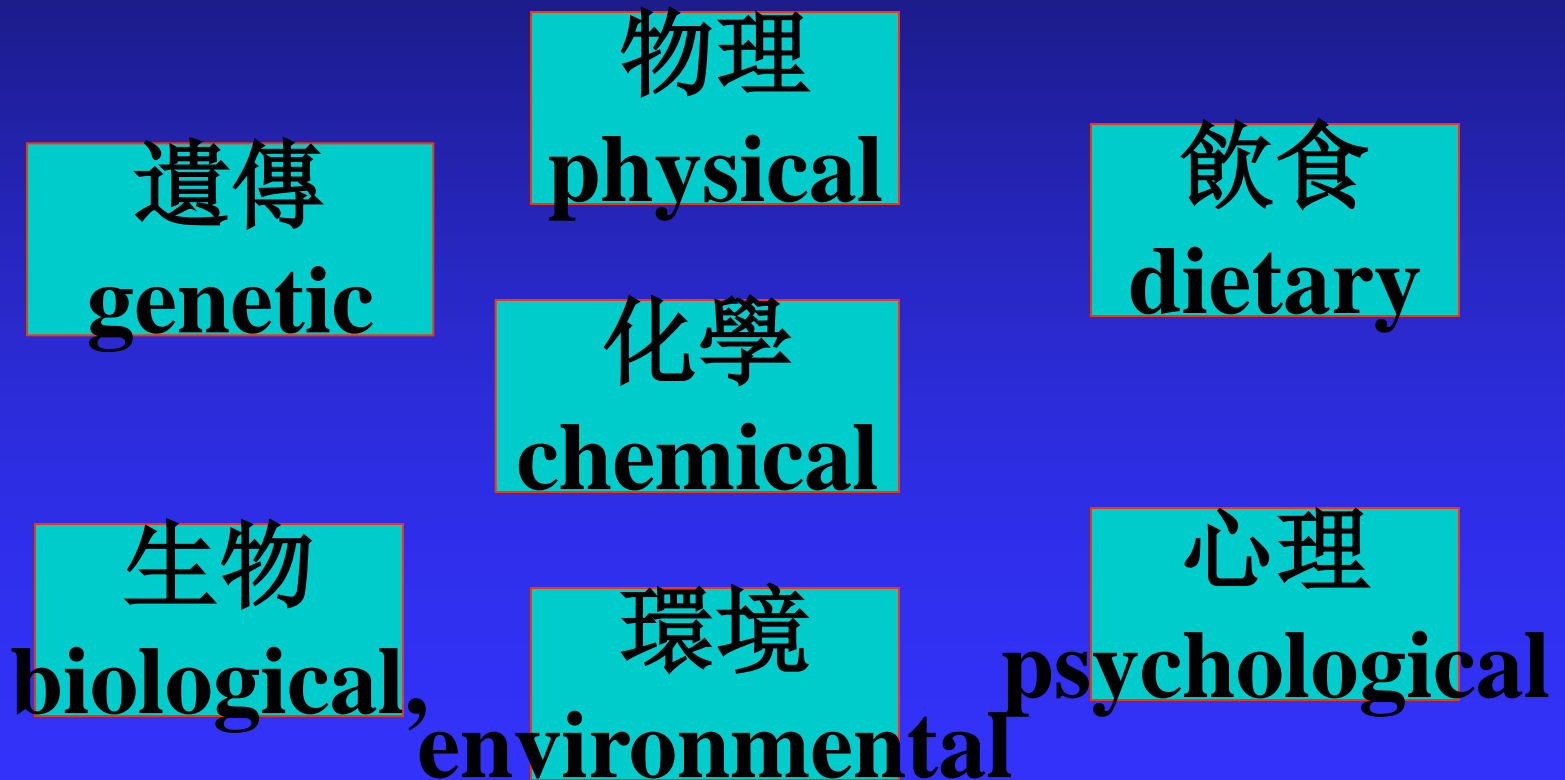
Acupressure Points for Relieving Allergic Rhinitis

刺激方法是施以強刺激，以連續刺激法直至過敏性鼻炎症狀改善為止。平常不妨多用溫灸方法治之，效果更加驚人。

Apply strong pressure continuously until the symptoms recede. On normal days, apply the Moxibustion treatment method that shows remarkable curative effect.

癌症的防治 Cancer Prevention

■ 引起癌症的原因 Causes of Cancer:



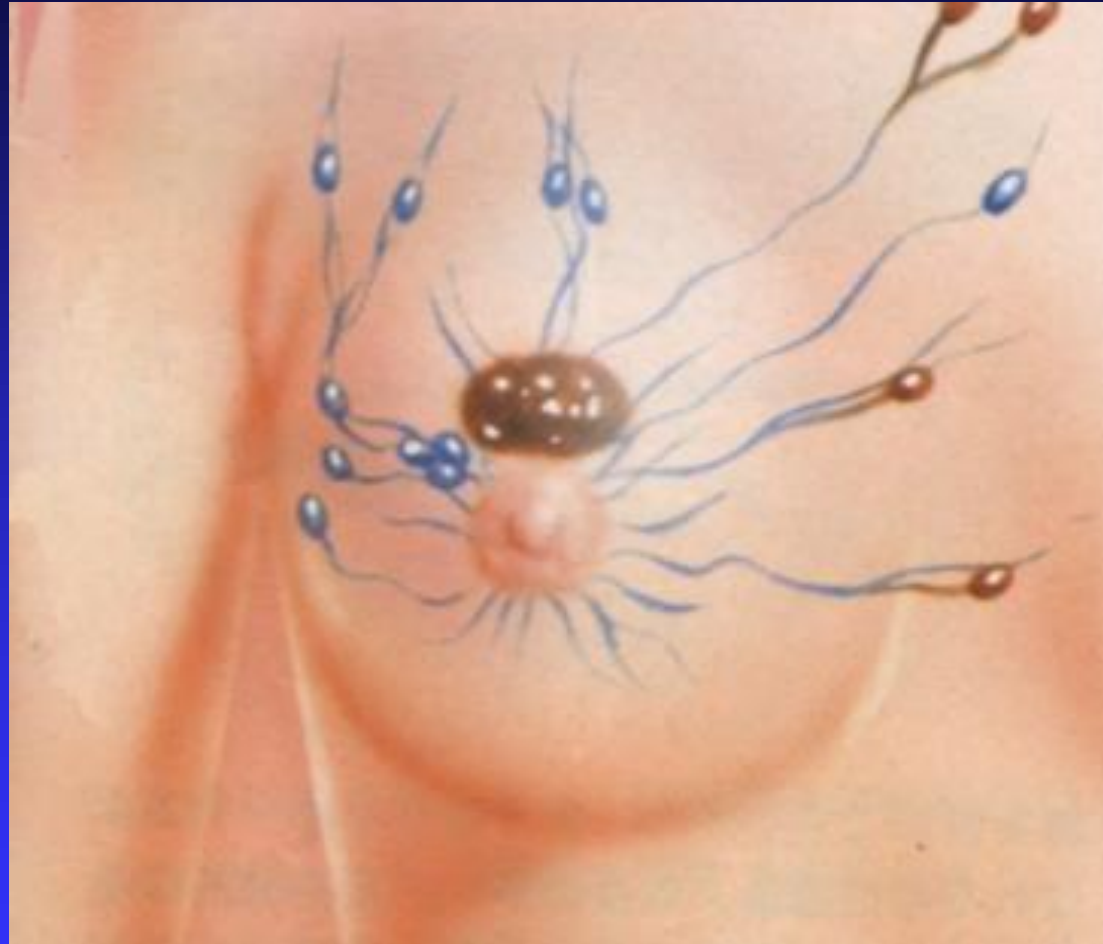
Breast Cancer

乳癌



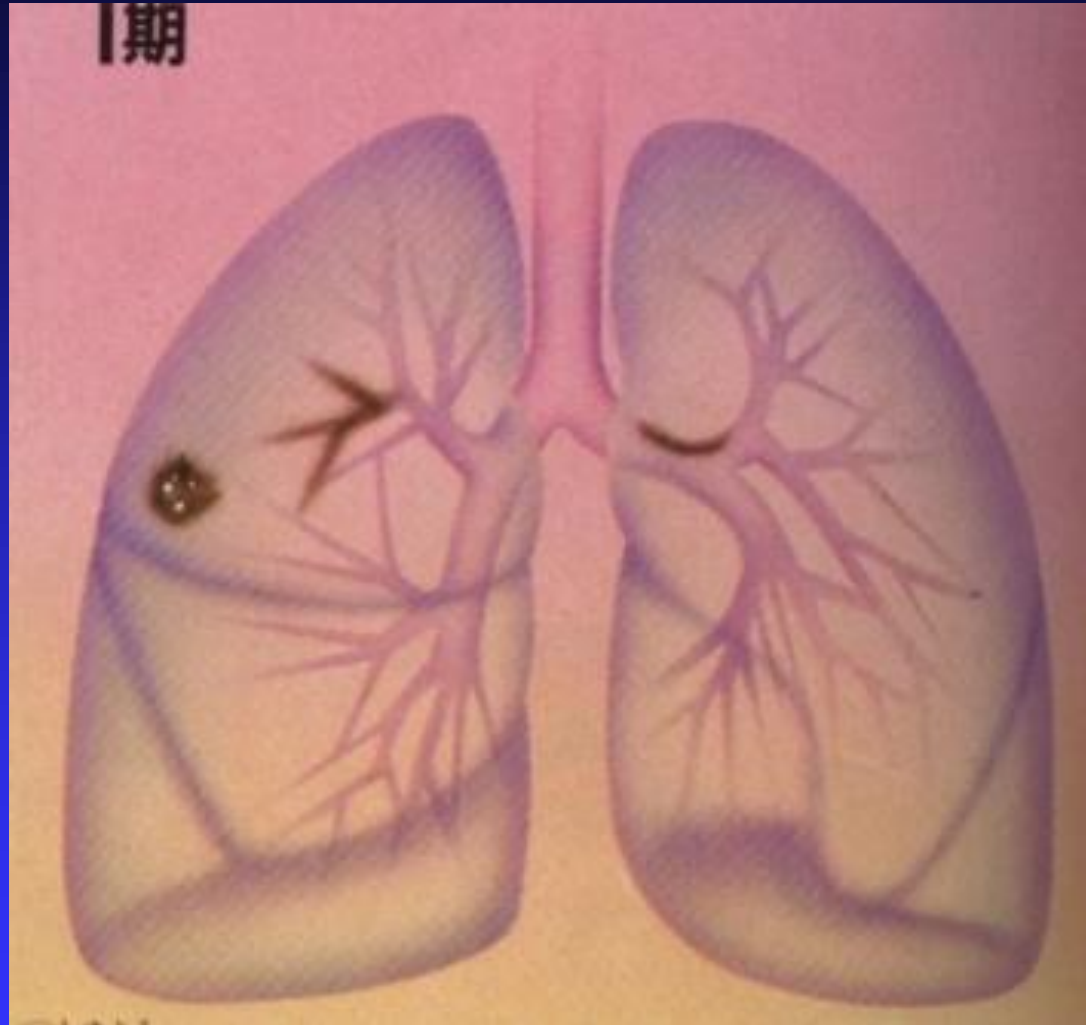
Breast Cancer

乳癌



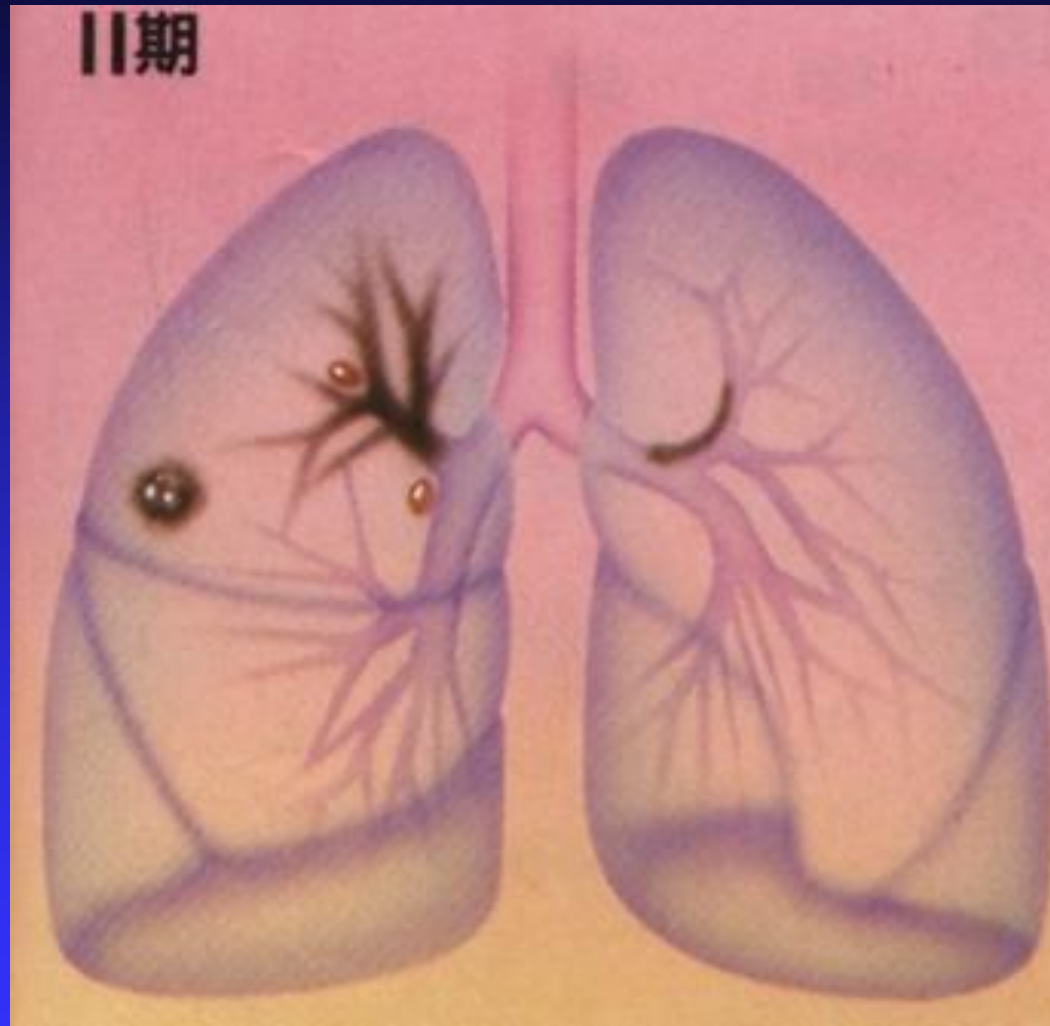
Lung Cancer - 1st Stage

肺癌



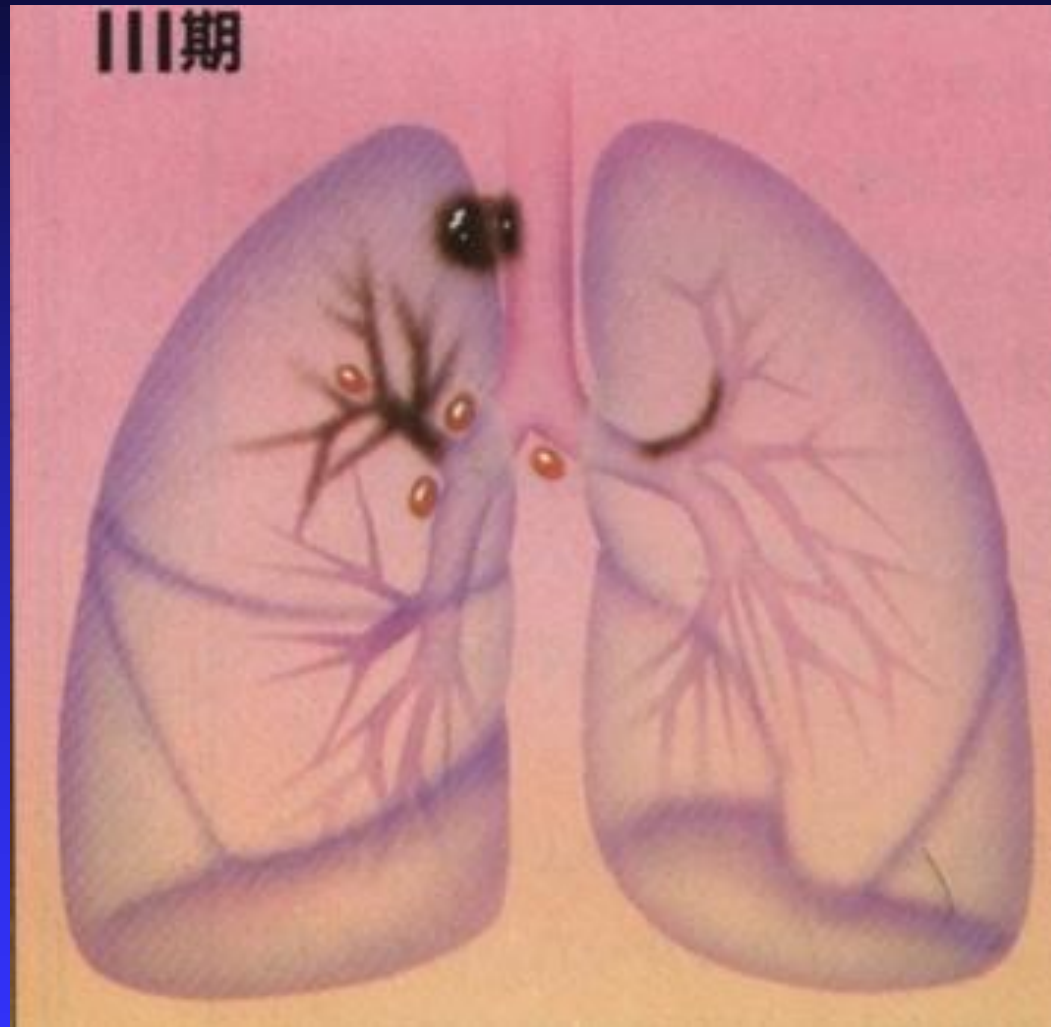
Lung Cancer - 2nd Stage

肺癌



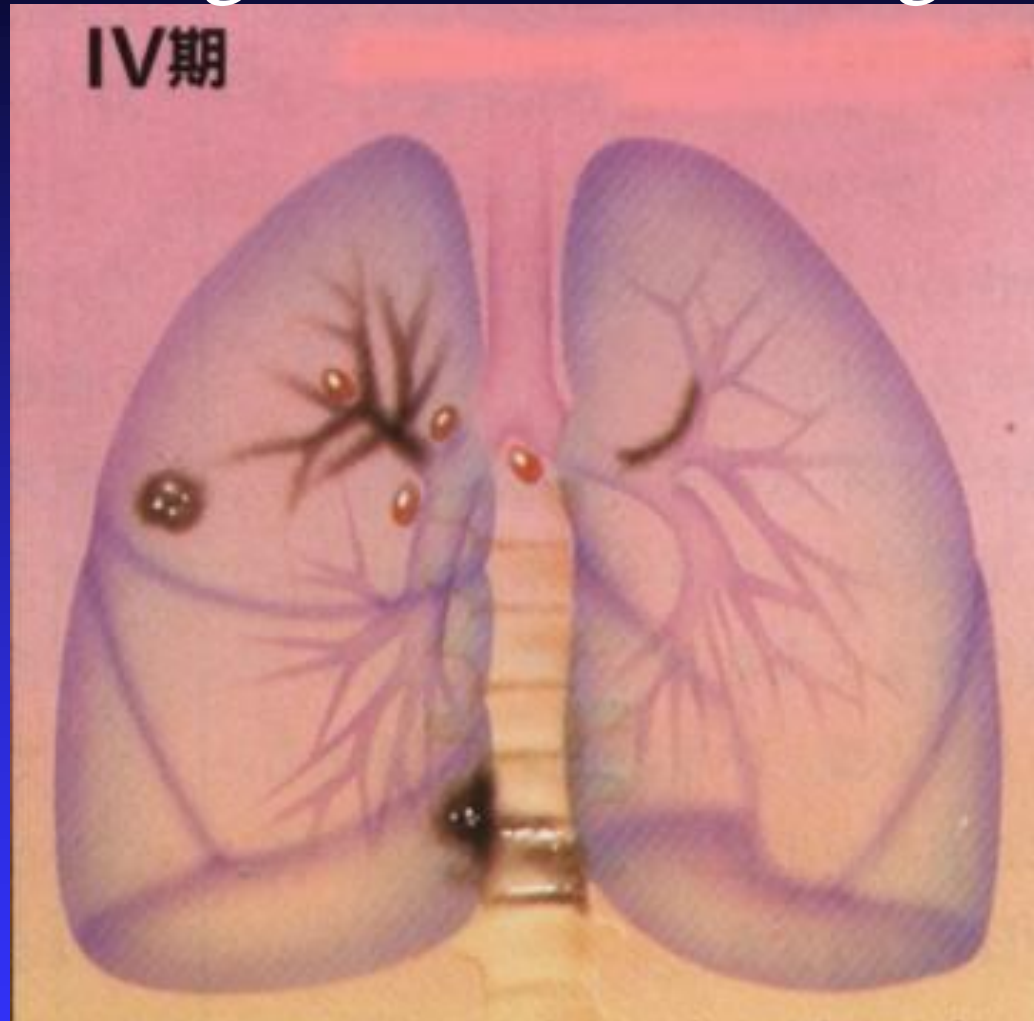
Lung Cancer - 3rd Stage

肺癌



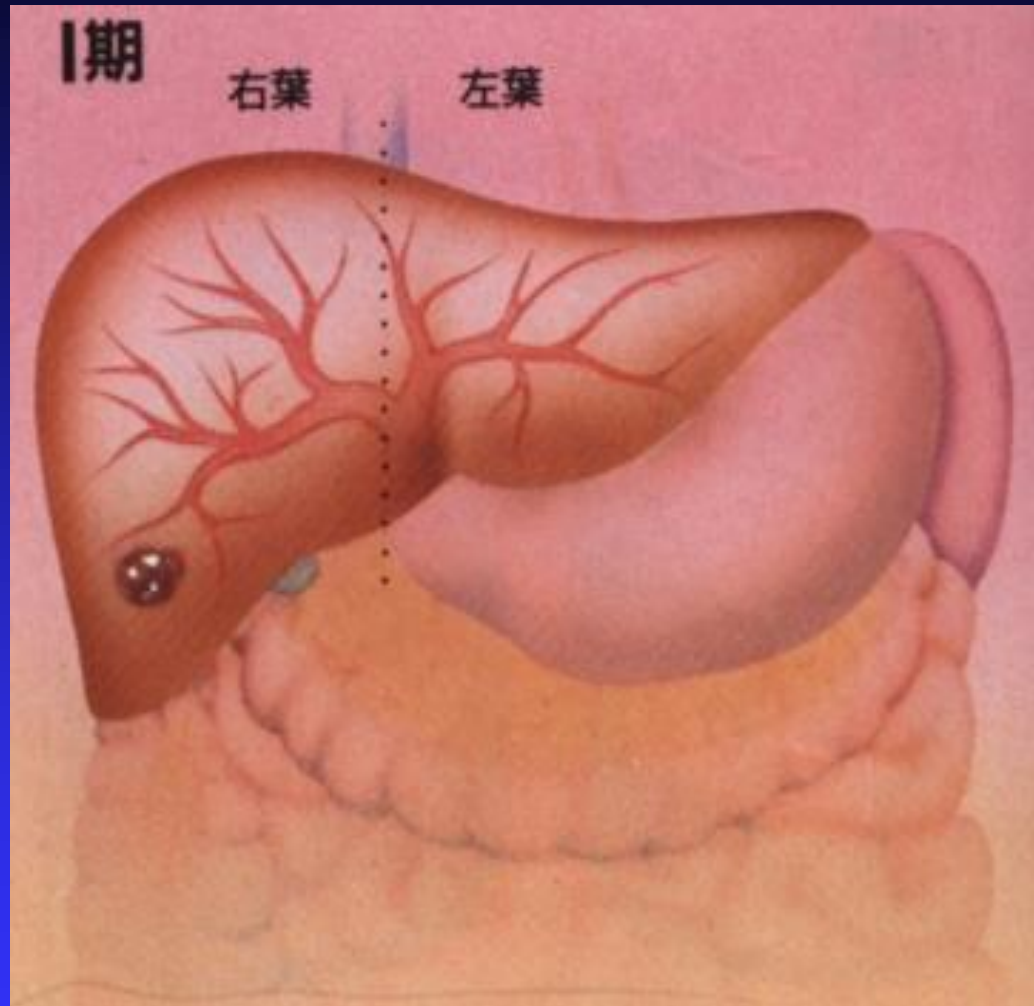
Lung Cancer - 4th Stage

肺癌



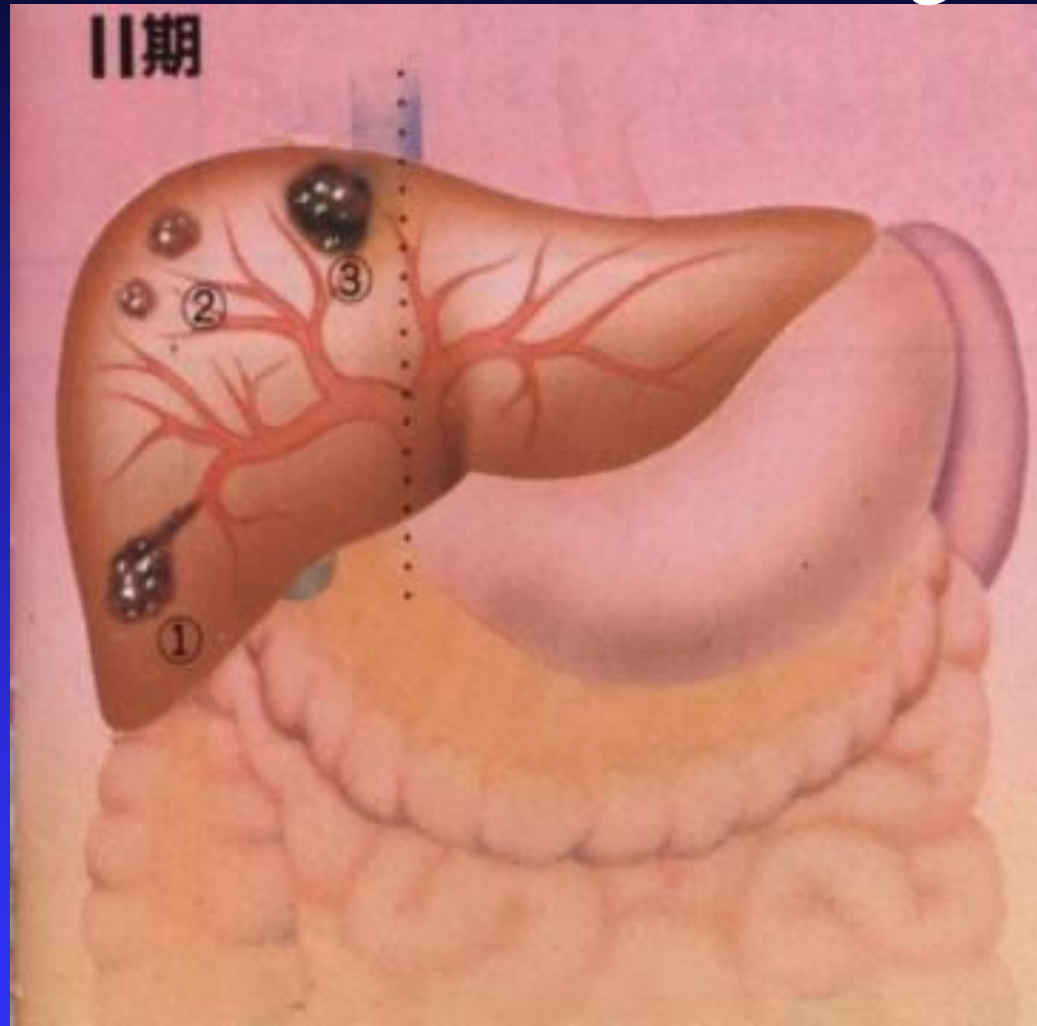
Liver Cancer - 1st Stage

肝癌



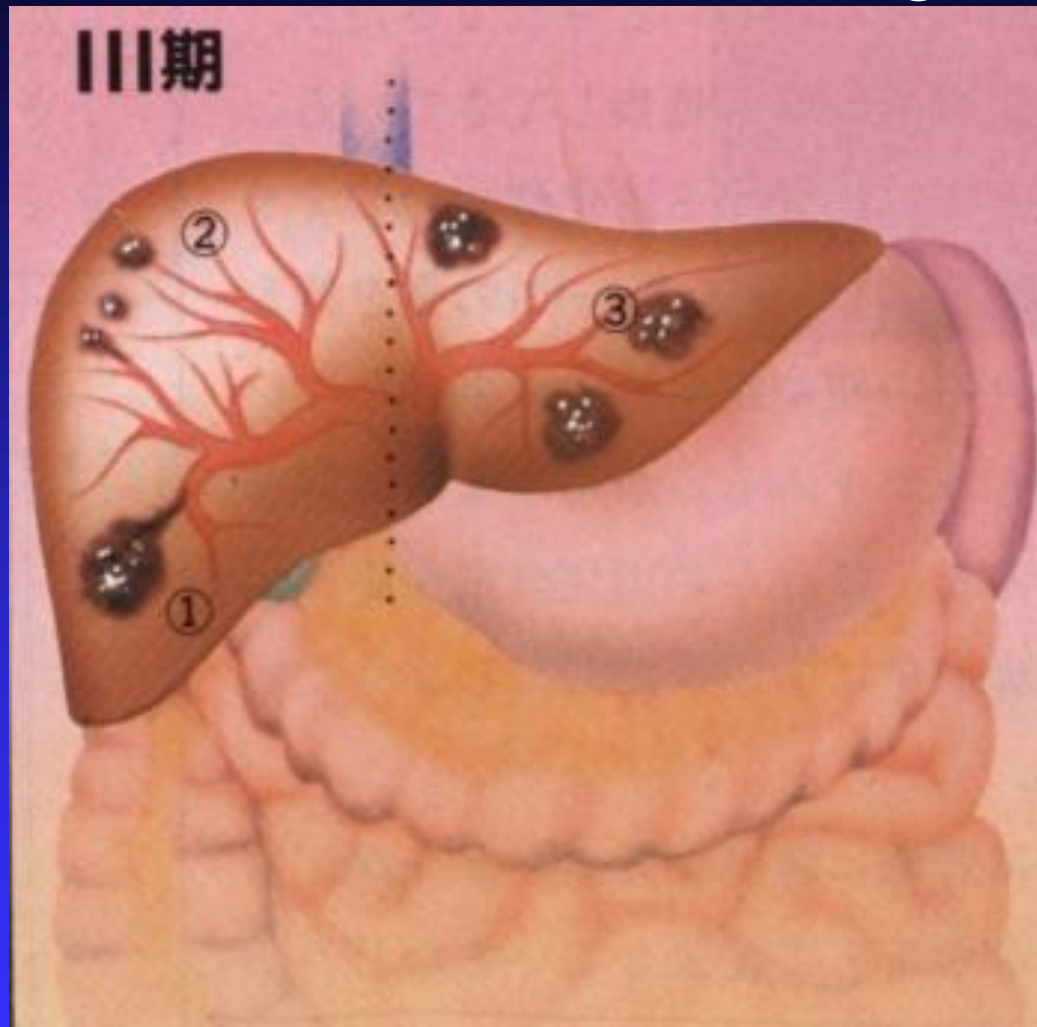
Liver Cancer - 2nd Stage

肝癌



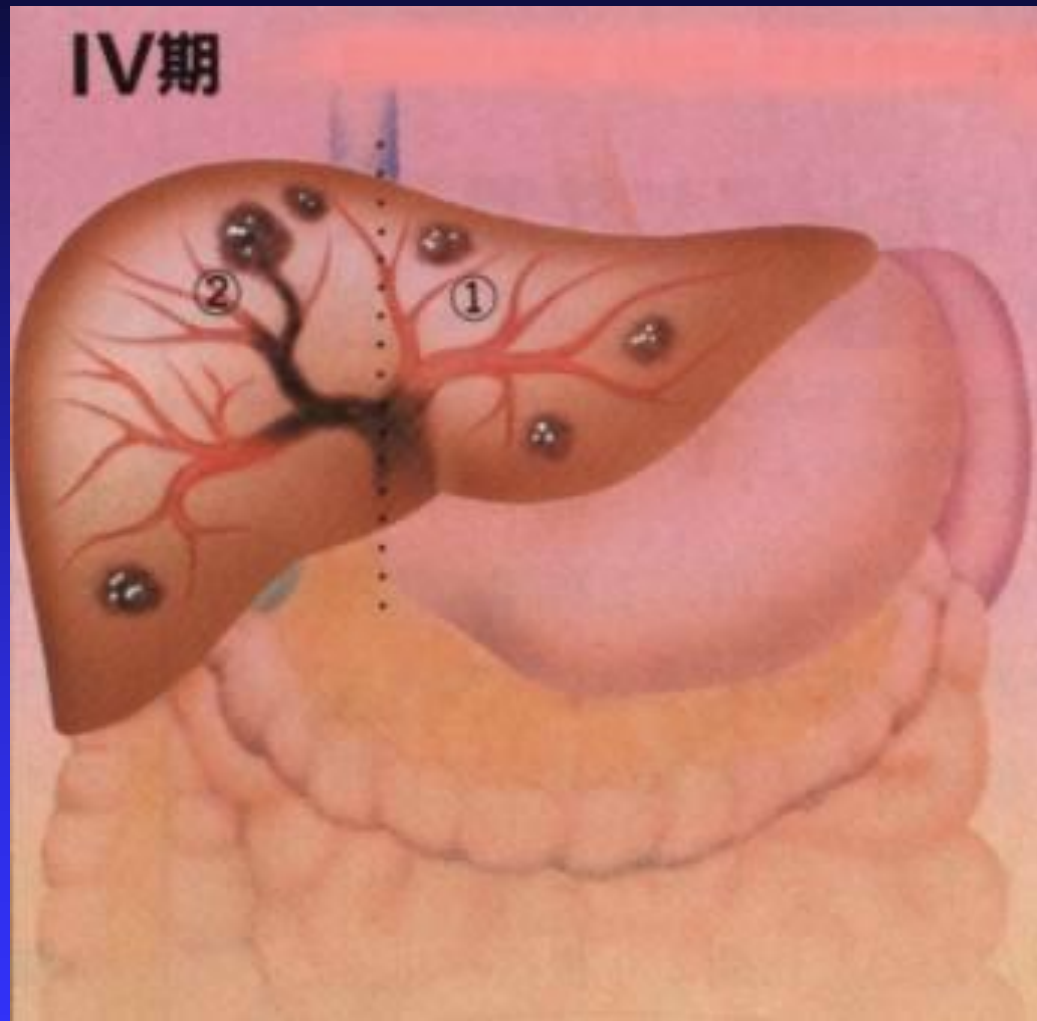
Liver Cancer - 3rd Stage

肝癌



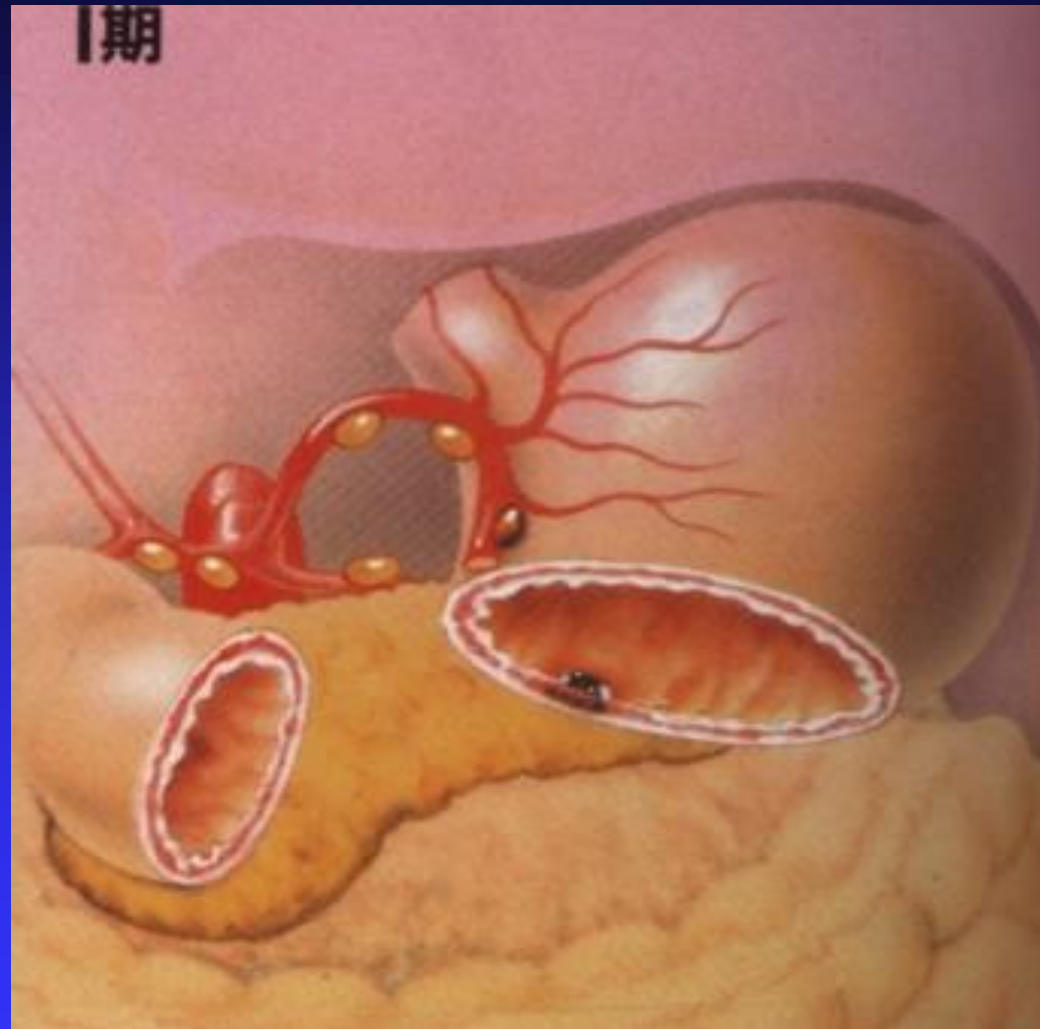
Liver Cancer - 4th Stage

肝癌



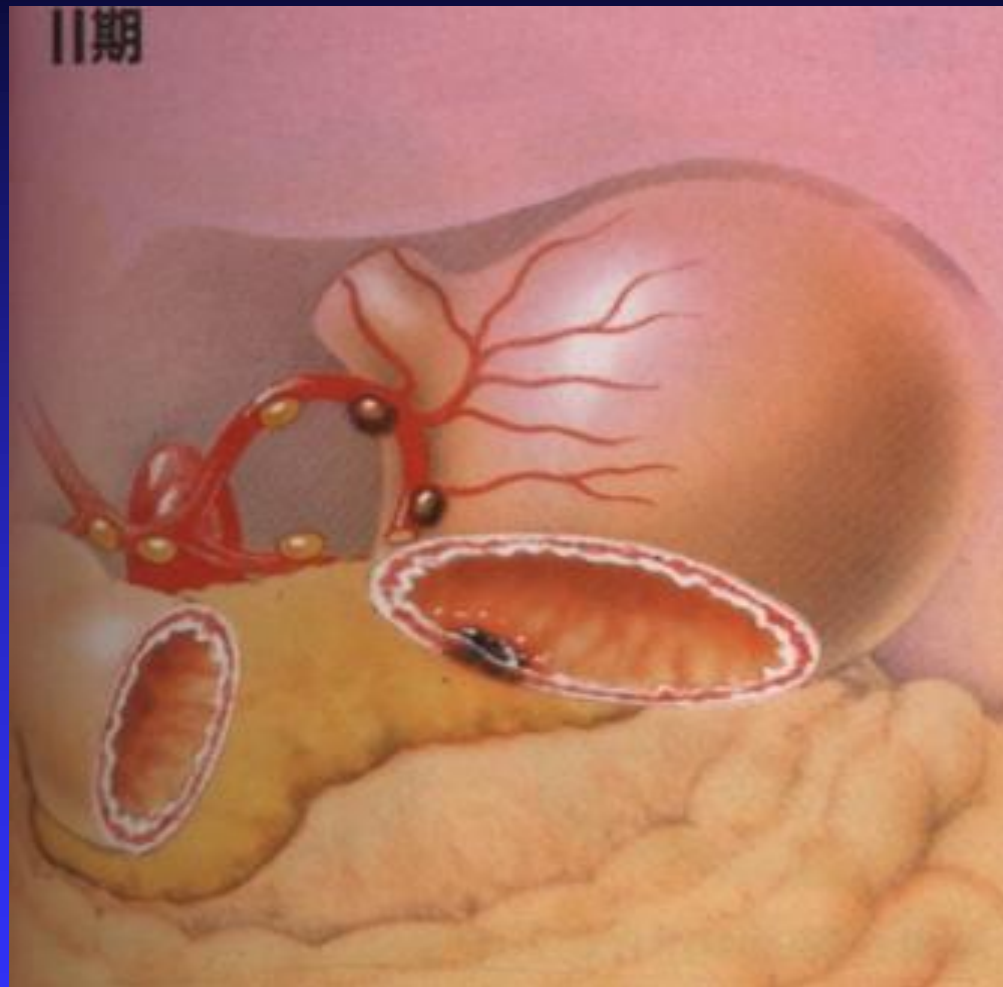
Stomach Cancer - 1st Stage

胃癌



Stomach Cancer - 2nd Stage

胃癌



Stomach Cancer - 3rd Stage

胃癌



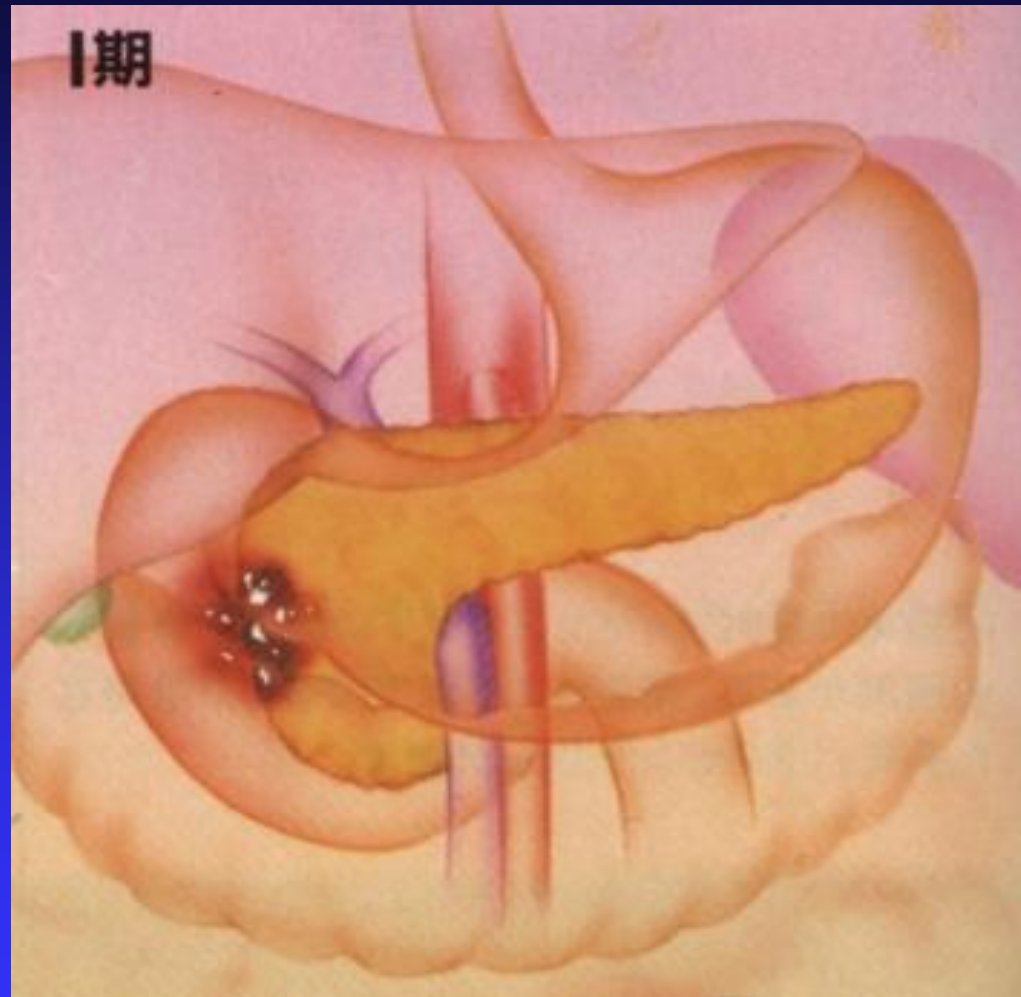
Stomach Cancer - 4th Stage

胃癌



Pancreatic Cancer - 1st Stage

胰臟癌



Pancreatic Cancer - 2nd Stage

胰臟癌



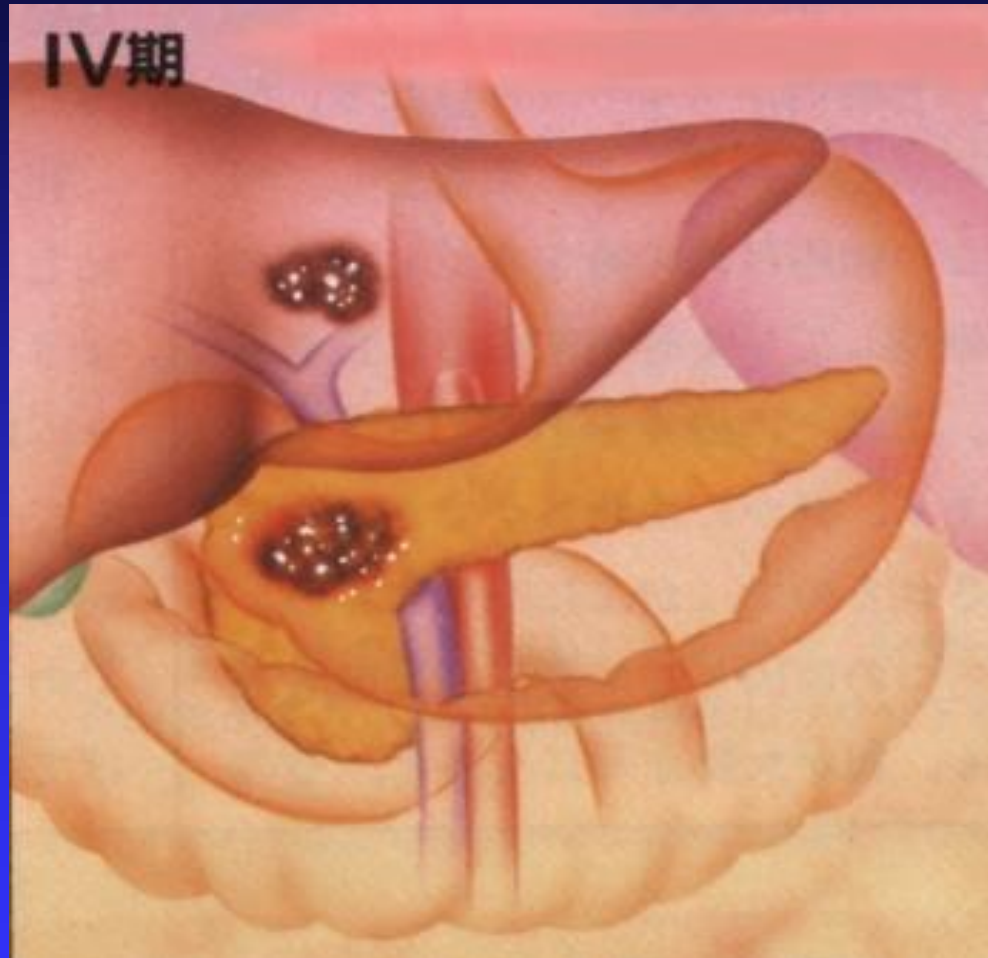
Pancreatic Cancer - 3rd Stage

胰臟癌



Pancreatic Cancer - 4th Stage

胰臟癌



Intestinal Cancer - 1st Stage

腸
癌



Intestinal Cancer - 2nd Stage

腸
癌



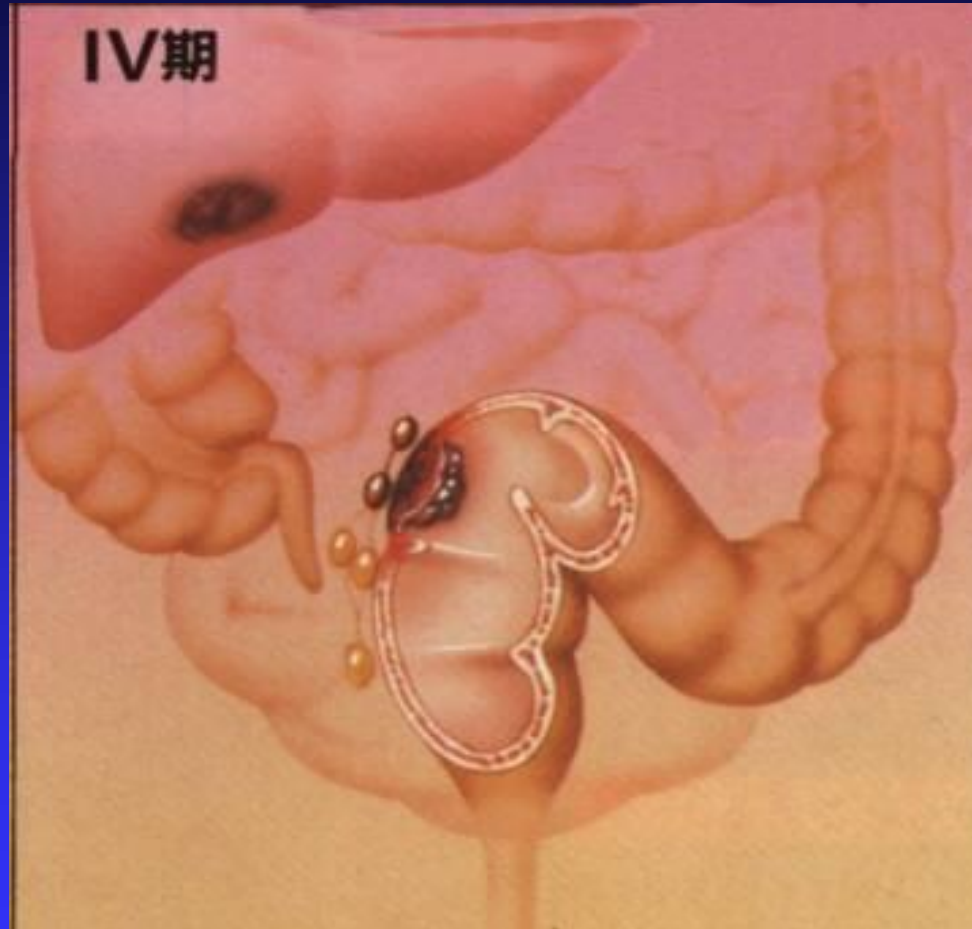
Intestinal Cancer - 3rd Stage

腸
癌



Intestinal Cancer - 4th Stage

腸
癌



癌症的防治 Cancer Prevention

防癌抗癌的策略

Cancer Prevention and Anticancer Tactics



六道防線
Six Defense

The First Line of Defense

第一道防線



調節免疫系統功能
提高抗病能力
Regulate Immune System
Improve Disease Resistance

The Second Line of Defense

第二道防線



健全解毒及消化機能
Robust Detoxification
System and
Digestive System

The Third Line of Defense

第三道防線



陶冶心情，穩定情緒
消除致癌的精神因素

Cultivate Graceful Sentiment
Establish Emotional Stability
Eliminate Carcinogenic
Mental Factors

The Fourth Line of Defense

第四道防線



均衡飲食
注意營養素的攝取
Balanced Diet
Pay Attention to
Nutrient Intake

The Fifth Line of Defense

第五道防線



注意防癌的生活方式
阻斷易致癌症的環境
Lead Anticancer Lifestyles
Block out Cancer-prone
Environment

The Sixth Line of Defense

第六道防線



適當的運動

清除體內自由基

達到抗氧化的目的

Appropriate Exercise

Remove Free Radicals

in the Body

Achieve antioxidant purposes

防癌抗癌的食物攝取

Anticancer Diet

纖維質	Fiber
維他命C	Vitamin C
維他命E	Vitamin E
蕃茄紅素	Lycopene
β 胡蘿蔔素	β-Carotene
礦物質硒	Mineral Selenium
維他命A	Vitamin A
礦物質鋅	Mineral zinc



纖維質 Fiber

可促進腸子的蠕動，減少致癌物質與腸道接觸的時間。如豆類、水果、蔬菜含量極為豐富。

Promote bowel movements and reduce intestinal transit time, hence limiting colonic exposure to carcinogens. High fiber foods include beans, fruits and vegetables.

蕃茄紅素 Lycopene

為抗氧化劑之一，能夠抑制致癌的氧游離基。蕃茄、西瓜含量最多。

One of the most potent antioxidants that can inhibit the carcinogenic oxygen radicals. Lycopene rich foods include tomatoes and watermelon.

β胡蘿蔔素 β-Carotene

亦為抗氧化劑，能分化腫瘤細胞，進而摧毀癌細胞。深黃綠色蔬菜、胡蘿蔔、蕃薯、蔬菜、甜瓜等含量最多。

An antioxidant that breaks up cancerous cells and destroy them. β-carotene can be found in yellow-green vegetables, carrot, sweet potato, vegetables and melons.

葉酸鹽 Folate

是免疫細胞增殖所需的重要成分。

深綠色、黃色蔬菜等含量豐富。

劑量：每天 400mcg

Folate is an important component of immune cell proliferation. It can be found in dark green and yellow vegetables. Dose: 400 mcg per day.

維生素 A Vitamin A

抗氧化作用，增強上皮細胞的功能，以阻礙癌細胞的侵襲。魚肝油、蛋黃、胡蘿蔔、木瓜、深黃及紅綠色蔬菜、南瓜、蕃茄、紅蕃薯、蘆筍等含量最高。劑量：每天 5,000 IU

An anti-oxidant that enhances epithelial cells to prevent cancer invasion. Vitamin A can be found in cod liver oil, egg yolk, carrots, papaya, dark yellow and red green vegetables, squash, tomatoes, red sweet potatoes and asparagus Dose: 5,000 IU per day

維生素 C Vitamin C

能阻止亞硝酸鹽與胺類結合成亞硝酸胺，減少癌症的發生。番石榴、橘子、柳丁、檸檬、葡萄柚、柚子、蕃茄、菠菜、花椰菜、芥藍菜、清江菜、青椒等含量多。劑量：每天 60 mg

Prevent nitrites from reacting with amines to form nitrosamine, thus lowering cancer risk. High vitamin C foods include guava, tangerines, oranges, lemons, grapefruit, pomelo, tomatoes, spinach, broccoli, kale, Shanghai Pak Choi, green pepper and others. Dose: 60mg per day

維生素 E Vitamin E

保護細胞膜，防止脂肪氧化成自由基。
綠色蔬菜、穀類胚芽、肝、蛋、肉類及莢豆類均有含量。劑量：每天 30 IU

Protect cell membranes, prevent oxidation of lipid into free radicals.
High Vitamin E foods: green vegetables, germ of grains, liver, eggs, meat, beans and pods. Dose: 30 IU per day

礦物質鋅 Mineral Zinc

是抗癌及預防老化的主要酵素，調節複製基因的蛋白質。蚵仔、肝、蛤、燕麥、菠菜、南瓜子、洋菇中的含量最豐富。劑量：每天 15 mg

A primary enzyme that prevents cancer and aging, and regulates gene replication. Foods highest in zinc: oysters, liver, clams, oats, spinach, pumpkin seeds and mushrooms. Dose: 15 mg per day

礦物質硒 Mineral Selenium

是轉換有毒代謝的催化酵素之一，可保護DNA不與致癌物結合。海產、瘦肉類、蒜頭、全麥、蕈類、奶油、粗製的穀類等含量最高。劑量：每天 200 mcg

One of the enzyme catalysis that converts toxic metabolism, and protects DNA from binding with carcinogens. Selenium is found in seafood, lean meat, garlic, whole grains, mushrooms, butter and crude grains. Dose: 200 mcg per day

礦物質鎂 Mineral Magnesium

能影響免疫細胞的發展、功能、分布。
。深綠色蔬菜、無花果、檸檬、葡萄柚、玉米、蜂蜜含量豐富。劑量：
：每天 400 mg

Affect the development, function and distribution of immune cells. Foods high in magnesium: dark green vegetables, figs, lemons, grapefruit, corn and honey. Dose: 400 mg per day

Omega-3

是人体需要的脂肪酸，但人体无法自行自行製造。每週吃200-300公克的魚，如鮭魚、鯡魚、鮪魚，核桃也含有 omega-3.

Omega-3 fatty acids are a group of essential fatty acids that are required but not synthesized by the human body. Eat 200-300 grams of fish a week, such as salmon, herring, tuna. Walnuts also contain omega-3. Omega-3 fatty acids are a group of essential fatty acids that are required but not synthesized by the human body. Eat 200-300 grams of fish a week, such as salmon, herring, tuna. Walnuts also contain omega-3.

養生健康操

Healthy Exercise Regimen

金雞獨立剪刀操

'One-legged Rooster and Scissors Exercise'

功效：常做可身強體健、活絡氣血、預防老年痴呆症。

Efficacy: Improve health, vitalize blood circulation, prevent Alzheimer's disease.

金雞獨立剪刀操

步驟：

- 1.採金雞獨立的步伐站穩。
- 2.兩隻手臂向兩旁張大，五指併攏，兩眼直視前方。手臂伸直像剪刀般來回夾緊，做49次後換腳重做。

‘One-legged Rooster and Scissors Exercise’

Steps:

- **Stand firmly on one leg like a rooster.**
- **With your eyes look directly ahead, hold arms wide out to sides. Close your fingers together. Scissor the arms back and forth for 49 times then switch legs.**



簡單踏步操

Simple Stepping Exercise

功效：幫助腦部平衡發展，一方面促進血液循環，一方面可以集中注意力，常做更可以預防感冒。

Efficacy: Help brain development, increase blood flow and boost concentration. Colds can be prevented by doing this exercise often.

簡單踏步操

步驟：

1.雙腳原地踏步。

2.右手平舉在前，五指並攏，在後的左手，則是握拳，等到左手在前時，隨即改為五指併攏，在後的右手則改為握拳。

3.來回交替做49次。

Simple Stepping Exercise

Steps:

- Walking in place.
- Extend your right arm in front of your shoulders and close your fingers together. Clench your left fist and swing back. When your left arm is in front of your shoulders, close the fingers together, and clench your right fist.
- Swing both arms back and forth for 49 times.



健康養生茶飲 Healthful Tea

明目菊花茶 Chrysanthemum Tea

成分：菊花五錢、五百c.c熱水沖泡。

功效：可治療急慢性結膜炎、頭暈
頭痛、口苦、口乾、高血壓。

Ingredients: dried chrysanthemum flower, brew in boiling water.

Efficacy: Treat acute and chronic conjunctivitis, dizziness, headache, dry and bitter mouth and hypertension.

健康養生茶飲 Healthful Tea

止痛寄生茶 Pain Relief Tea

成分：桑寄生六錢、五百c.c熱水沖泡。

功效：治療風濕痛、腰膝酸痛、腿酸腳軟、少髮、脫髮、皮膚乾燥、動脈硬化、高血壓等。

Ingredients: Loranthaceae, brew in boiling water.

Efficacy: Treat rheumatism, lumbago and knee pain, soreness and debility in legs and feet, hair loss, dry skin, arteriosclerosis and hypertension.

健康養生茶飲 Healthful Tea

提神北耆茶 Refreshing Tea

成分：北耆五錢、五百c.c熱水沖泡。

功效：提神、消除疲勞、恢復體力、防止感冒等作用。

Ingredients: Beiqi, brew in boiling water.

Efficacy: Refreshing, eliminate fatigue and resume physical strength, prevent colds and so on.



養生保健粥 Healthful Porridge

桂圓蓮子粥 Longan Lotus Seed Porridge

成分：桂圓肉五錢、蓮子二兩、米、少許糖。

功效：促進造血、鎮靜神經、改善消化功能。

Ingredients: Longan, lotus seeds, rice and some sugar.

Efficacy: Promote haematopoiesis, calm nerves and improve digestive system function.

養生保健粥 Healthful Porridge

百合紅棗粥 Lily Red Date Porridge

成分：百合三錢、紅棗十枚去子、米、少許糖。

效用：養血安神、保護肝臟、降低膽固醇。

Ingredients: Lily, pitted dates, rice and some sugar.

Efficacy: Nourish the nerves, protect the liver and lower cholesterol.

養生保健粥 Healthful Porridge

薏米紅豆粥 Barley Red Bean Porridge

成分：薏苡仁一兩、紅豆、米、少許糖。

效用：抑制癌細胞、鎮靜、止痛、皮膚色素沉澱。

Ingredients: Barley, red beans, rice and some sugar.

Efficacy: Suppress cancer cell growth, calm the mind, relieve pain and pigment precipitation.