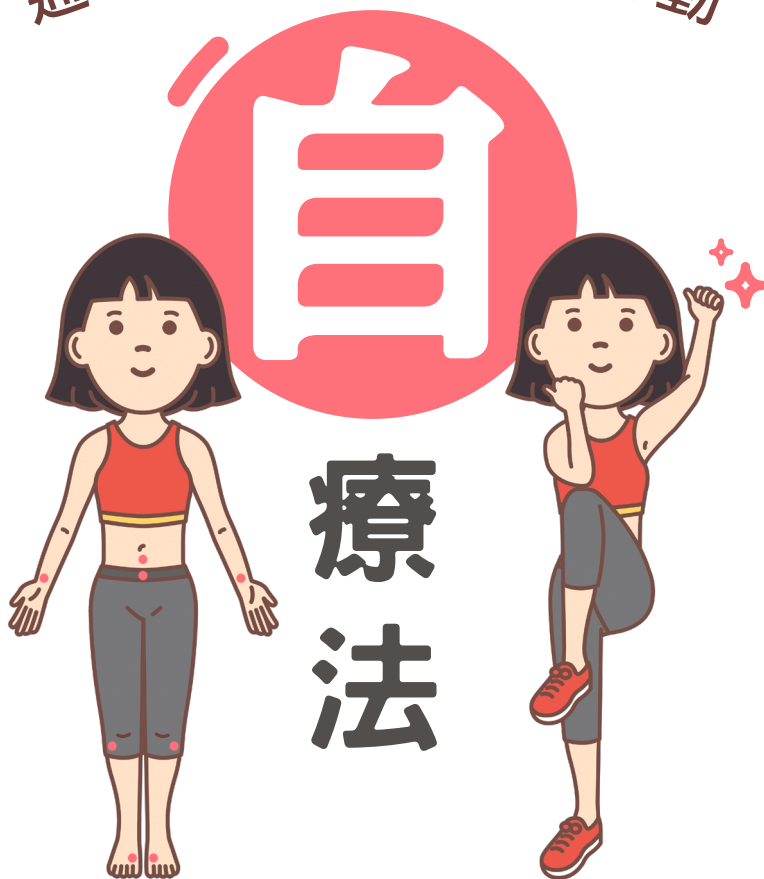


同仁養生

通穴活絡。保健運動



350⁺ 御藥匠心
年 世代傳承
years Healthy Life
Global Choice

活絡與保健

COLLATERALS ACTIVATION AND HEALTH RESTORATION

急速的都市步伐、忙碌的生活，伴隨沈重的精神壓力，人們往往忽視了養生與保健的重要性。

北京同仁堂三百五十多年以來，堅持用心製藥、關注四大都市健康領域（增強免疫力、心腦血管健康、女士保健與都市痛症），帶來各大領域的養生穴位按摩與運動「自」療法，由註冊中醫師及物理治療師說明各穴位按摩*、運動的日常養生功效，增進大家的健康元氣。

In this fast-paced world, time-crunched people are overwhelmed with stress and take less good care of their health.

Beijing Tong Ren Tang (BTRT) has been committing to serve the world with remarkable traditional Chinese medicine (TCM) for more than 350 years. We focus on 4 major health areas (immunity enhancement, cardiovascular and cerebrovascular health promotion, women's health and urban pain relief), introducing acupoint massages and basic workouts for self-healing. Registered Chinese medicine practitioners and physiotherapists will illustrate how daily acupoint massages* and workouts to enhance your vital energy.

* 穴位按摩以按至有酸脹感為原則。如身體出現腫瘤、骨折、懷孕、皮膚破損等問題，應避免自行進行按摩及須諮詢註冊中醫師。*Through reflexology, acupoint massage aims to put pressure on sore spots to relieve the symptoms. For any health concerns such as tumours, bone fractures, pregnancy or skin injury, please do not practice self-massage and consult a registered Chinese medicine practitioner.

我是中醫藥文化學者，將為大家介紹中醫藥文化小百科！

I am a TCM culture specialist.
I will tell you more about the history of TCM culture!



中醫藥文化學者
TCM culture specialist



銅人仔
Bronze Boy

我是北京同仁堂宣傳大使「銅人仔」，為大家帶來穴位與經絡的小知識。

Hi, I am the BTRT's ambassador "Bronze Boy", I am going to share some tips about acupoints and meridians with you!

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Health condition varies across individuals. Please consult a registered Chinese medicine practitioner or your physician with any questions you may have.

Produced by metro Pop

- 增強免疫力 -

IMMUNITY
ENHANCEMENT

按一按 提升陽氣

Press these acupoints to promote the ascending of qi

都市人生活壓力大、工作忙碌、睡眠不足、飲食失衡，削弱了抗病能力，容易被病菌入侵，故此強化免疫力是守護健康的關鍵！中醫認為免疫力即正氣，免疫力下降正是正氣不足，想提升免疫力，先要護養「陽氣」。「陽氣」是泛指身體溫煦的能量，具有推動身體機能、協助正氣運行的作用。而透過以下穴位介紹，於人體的經絡、穴位上按摩，按壓刺激各臟腑的反射點，激發經絡之氣，由外至內，以疏經通絡、行氣活血、扶助正氣，祛除邪氣，調整陰陽，達治病、防病、提升陽氣的功效。另一方面，物理治療師指透過恆常運動能增強心肺功能，達至免疫力提升。此外，可服用經頂尖低溫物理破壁技術，達99%以上破壁率的靈芝孢子粉，令有效營養成分容易被人體吸收，有助增強免疫力。

Urbanites usually have unhealthy eating habits, sleep deprivation and insufficient exercise, reducing immunity to ward off disease. That's why it is crucial to strengthen our immunity to stay healthy. According to the concept of Chinese medicine, immunity is about zheng qi (qi of body) through the nurturing of yang qi (physiological functions and energy). Yang qi which in general means the warm and gentle energy in our body, helping to promote body function and facilitate the circulation of vital energy. Here is an acupoints and meridian massage introduction on how to eliminate pathogen and strengthen qi via stimulating qi and blood circulation, as well as impairment prevention.

Physiotherapy also emphasizes that through regular exercises, immunity and cardiorespiratory function can be strengthened. In addition, sporoderm-broken spores with the highest nutrient density can be easily absorbed by human body, thus promoting immunity. Especially the best lingzhi spore powder processed with an ultra-low-temperature physical vibration wall breaking technology to promote spore breakage rate to over 99%, obtaining optimum efficiency for health building.

中醫養生要訣

TCM practitioner's tips for health preservation

宜
DO

按摩四大穴位，
強化免疫力吧！
Massage the four major
acupoints to strengthen
your immunity!

注意四時養生，春夏養陽，
秋冬養陰。

Pay attention to restore health
in accordance with seasonal
conditions. spring/summer is
the time for nourishing yang,
while autumn/winter is for
nourishing yin.

忌
DON'T

常吹冷氣、捱夜、長期處
於壓力大或過度的情緒刺
激。

Staying in air-conditioned
space for too long, staying
up too late at night; dealing
with long-term stress or too
much emotional stimulation.



百會穴

Baihui (DU20)

功效：安神醒腦，提升陽氣。

方法：以中指或食指按壓3至5分鐘。

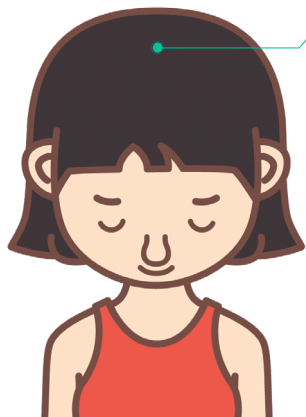
位置：頭頂正中線前髮際後5寸^{*}處，約當兩耳尖直上頭頂中央。

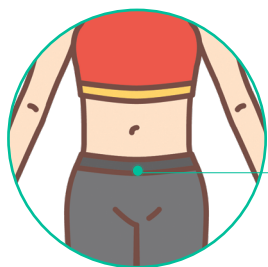
Effects : Soothe the nerves and refresh the brain, promote yang qi.

Method : Press with middle finger or index finger for 3 to 5 minutes.

Location : Sitting on the midline of the head, 5 cun^{*} up from the forehead hairline. It's at the top centre point of the head when tracing up from the two ear tips.

^{*}中醫定位穴位有不同的方法，其中一種是手指比量法，即以自己的拇指關節的橫向寬度為1寸。詳情可向註冊中醫師查詢。*There are 3 different methods to locate acupoints in TCM, one of which is the finger-cun (F-cun) method, taking the lateral width of the hallux joint as 1 cun. You may check with registered Chinese medicine practitioners for further details.





關元

Guan Yuan (RN4)

功效：益腎氣、補臟腑虧損、提升陽氣。

方法：以中指或食指按壓3至5分鐘。

位置：肚臍直下3寸*。

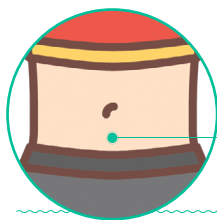
Effects : invigorate kidney qi, replenish energy loss in internal organs, promote yang qi.

Method : Press with middle finger or index finger for 3 to 5 minutes.

Location : 3 cun* straight below the navel.

配合以下穴位，護養陽氣更有效

With the following acupuncture points, it is more effective to nurture yang qi



氣海

Qihai (RN6)

功效：培元固本，扶正補虛。

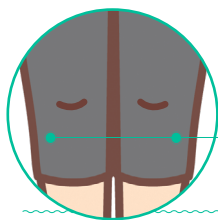
方法：以中指或食指按壓3至5分鐘。

位置：肚臍正中以下1.5寸*。

Effects : Reinvigoration, strengthening vital energy and replenishing deficiency.

Method : Press with the middle finger or index finger for 3 to 5 minutes.

Location : 1.5 cun* right below the navel.



足三里

Zusanli (ST36)

功效：增強抗病能力、調理脾胃、扶正祛邪。

方法：以中指或食指按壓3至5分鐘。

位置：小腿前外側，外膝眼（犢鼻）下3寸*，脛骨前緣外一橫指（中指）處，當脛骨前肌中。

Effects : Strengthening anti-disease immunity, regulating the spleen and stomach, strengthening vital energy to eliminate pathogenic factors.

Method : Press with middle finger or index finger for 3 to 5 minutes.

Location : 3 cun* below the knee, in the tibialis anterior muscle.

穴位始祖話你知

樂氏針灸銅人又名樂氏銅人，為同仁堂的祖傳之物。外形依照古代青年男子設計，高78厘米，於清朝以金銅鑄造。其身上刻滿有360多個精緻穴位，作針灸教學之用，具極高的中醫學術價值。針灸是針法和灸法的合體，以針刺和物熏的方法於經絡穴位上防治疾。北京同仁堂宣傳大使——銅人仔正正是樂氏銅人的卡通化身，以年輕、活力的形象，向大眾介紹北京同仁堂350多年的中醫藥文化。

The bronze figure showing acupuncture points

Yue's Bronze Acupuncture Figure, also known as Yue's Bronze Figure, is Tong Ren Tang's family legacy. It was made in the Qing dynasty, designed according to the image of an ancient young man. The model was finely cast in gold and bronze in 78cm height. The whole figure marked with more than 360 delicate acupoints, is used for teaching acupuncture and moxibustion. The bronze figure is with high education value in traditional Chinese medicine. Acupuncture is a combination of needling and moxibustion, by simulating the meridian points to prevent and treat diseases.

BTRT's Ambassador - Bronze Boy is exactly the animated character of the Yue's Bronze Figure modernised with a young and energetic image to present BTRT with a history of more than 350 years to the world.



樂氏銅人
Yue's Bronze
Figure

全身運動 提升免疫力

Full body exercises to improve immunity

大眾多認為改善飲食和中醫藥日常食療，可調補身體，提升免疫力，不過如果能夠配合恆常運動，便能達到相輔相成的效果。寒氣是中醫學中「六淫邪氣」之一，體內積儲過多寒氣、氣血不動，容易產生身體不適，透過適量的運動能促進血液循環，令體溫上升，幫助寒氣跟隨汗水排出，使免疫系統正常運作。物理治療師建議多做自身體重運動訓練，增強心肺功能，強化免疫系統。每天只要約30分鐘中高強度的自身體重運動訓練，即能增強肌力及心肺功能。不妨在家跟著做以下全身運動，鍛鍊好身體。

It is believed that an improved diet and daily TCM food therapy can restore the body and enhance immunity. Regular exercising complementing food therapy, helps to achieve even better effects. In TCM philosophy, cold is referred as one of the "six evils". If too much cold is accumulated in the body, qi and blood circulation will be affected, the body will be prone to illness. Regular and appropriate exercising can help to promote blood circulation. The cold will be dispelled through body warm-up and perspiring, facilitating the immune system to work well.

Physiotherapists recommend that exercising bodyweight workouts can enhance cardiopulmonary function and immune system. Working out moderate-to-high-intensity strength training exercises daily for only 30 minutes will gradually increase muscle strength and cardiopulmonary function. Work your entire body with these simple exercises at home.

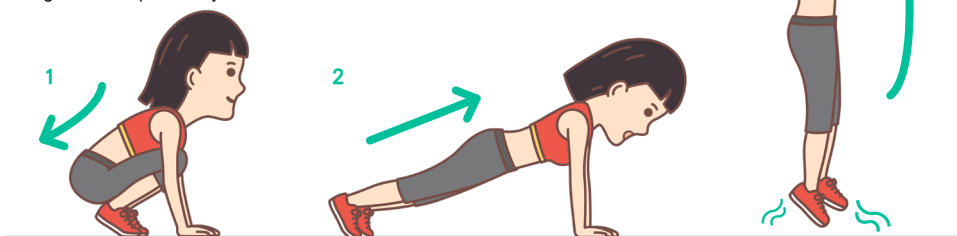
波比跳

Burpee jump

作用：中高強度的全身運動，能鍛鍊核心、上下肢肌力，強化心肺功能。

Effects： Moderate-to-high-intensity full body exercise can train core, upper and lower limb muscle strength and strengthen cardiopulmonary function.

一起動起來吧！
Get started!



步驟 1 Step 1

雙腳打開站立，與肩同寬，蹲下雙手撐在地面。

Stand with your feet shoulder-width apart, squat down and support yourself with your hands on the ground.

步驟 2 Step 2

雙腳向後跳，蹬至高平板式姿勢，並收緊小腹。

With your hands on the ground, kick your feet back into a plank position, tighten your lower abdomen.

步驟 3 Step 3

雙腳向前跳，保持蹲下姿勢，再以大腿肌肉使身體向上跳。

Return your feet into squat position, use the thigh muscles to jump up.

次數：10至15次為一組，休息1至2分鐘再進行下一組，每次做4至5組。隔天進行。

Sets： 10 to 15 times as a set, rest for 1 to 2 minutes before proceeding to the next set. Complete 4 to 5 sets each time and every other day.

小貼士：跳動時收緊小腹，以大腿肌肉向上跳。量力而為稍作調整次數及休息時間。

Tips： Tighten the lower abdomen when kicking back and jumping up. Use the thigh muscles to jump up. Adjust the number of sets and the length of rest time according to your ability.

左右交叉協調運動

Crossing midline exercise

作用：中強度的全身運動，能改善手腳協調能力、平衡力，增強下肢肌力及核心肌群的控制，幫助血液循環，加強心肺功能，強化免疫系統。

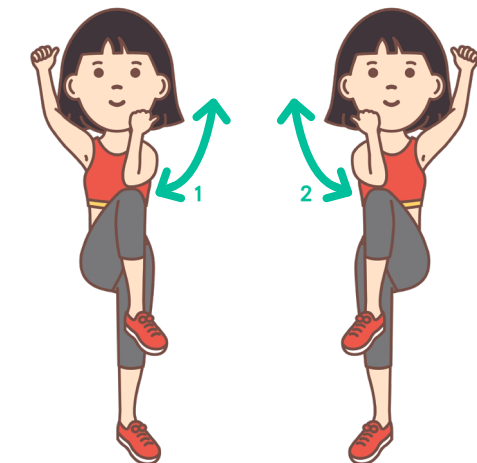
Effects： Moderate intensity full body exercise improves body coordination and balance, strengthening lower limb and core muscles. The exercise promotes blood circulation, strengthening cardiopulmonary function and immunity.

次數：20至30次為一組，休息2至3分鐘再進行下一組，每次做3至4組。隔天進行。

Sets： 20 to 30 times as a set, rest for 2 to 3 minutes before proceeding to the next set. Complete 3 to 4 sets each time and every other day.

小貼士：以手肘觸碰膝蓋時，確保雙腳不會移前。每次手肘觸碰膝蓋後，軀幹充分伸展，避免一直屈身。

Tips： When touching your knees with your elbows, stabilize your feet and do not move forward. After the action, fully extend the torso and avoid long time bending.



步驟 1 Step 1

雙腳站立與肩同寬闊，提起右膝貼左肘。

Stand on your feet shoulder-width apart and lift your right knee to touch your left elbow.

步驟 2 Step 2

轉換成提起左膝貼右肘。

Turn to lift your left knee to touch the right elbow.



銅仔
Bronze Boy

天灸療法 扶正補虛

「天灸療法」是以中醫學「冬病夏治」理論為依據的一種傳統保健療法，於「三伏天」及「三九天」進行（一年中最熱和最冷的兩段日子），以辛溫助陽的藥貼，敷在特定穴位扶正補虛。能增加人體陽氣，達到陰陽平衡，從而祛寒治病、激活免疫系統、增強抵抗力。治療前可向註冊中醫師查詢詳情。

Tian Jiu moxibustion therapy strengthens body and replenishes deficiency

"Tian Jiu Moxibustion Therapy" is a traditional health preservation method based on the theory of "winter disease to be treated in summer" in Chinese Medicine. It is performed on "San-Fu-Tian" and "San-Jiu-Tian" (the hottest and coldest periods of the year). By applying pungent and warm patches onto specific acupoints to strengthen the body and replenish deficiency. Yang qi can be increased to achieve the balance of yin and yang, thus dispelling cold and curing diseases, as well as activating the immune system and enhancing resistance. Please check with registered TCM practitioners for treatment details.

- 關注心腦血管 -

CARDIOVASCULAR AND
CEREBROVASCULAR HEALTHCARE

疏通經絡 防中風

Prevent stroke by dredging meridians

心腦血管病是常見的都市病，三高人士（高血壓、高血脂、高血糖）和長者較容易因血管阻塞導致血流不順而患上冠心病、中風等病症。中風是臟腑受損，加上休息不足、壓力大、勞碌過度和嗜煙酒濃味等不良習慣，導致臟腑陰陽失衡、血氣逆亂，繼而出現神志昏迷或肢體癱瘓等狀態。要預防中風，除了要注意日常生活習慣外，進行日常穴位保健按摩亦有疏通經絡、行氣活血，預防中風之效。要辨識是否有中風，可以謹記「談笑用兵」口訣。「談」指說話時不清、言語表達有困難。「笑」指臉部肌肉不對稱，微笑時單邊嘴角不能上翹。

「用」指手腳無法正常活動、軟弱無力、動作不協調。「兵」指如有以上三個情況，即可能出現腦中風，應盡快尋求醫生協助，以免令病情惡化。如不幸患上中風，物理治療師建議可透過長時間的復康運動，改善半身癱瘓、說話及吞嚥困難等後遺症。

Cardiovascular and cerebrovascular diseases are commonly found in urban cities. People who have three health risks (high blood pressure, high cholesterol and high blood sugar) and the elderly are more prone to coronary heart disease and stroke due to blood flow obstruction. Stroke is caused by damaged organs. The Yin-yang imbalance in the organs and backward blood flow are triggered by various conditions such as inadequate rest, excessive fatigue, stress, smoking and drinking. When energy movement and blood flow are blocked inside the body, the person might eventually become unconscious and paralysed.

In addition to healthy daily routine, regular acupoint massage for health restoration can also help to prevent stroke with the effect of dredging meridians, promoting energy and blood circulation.

To identify whether someone has a stroke, do remember FAST action: facial drooping - a one side of face has a crooked smile, arm weakness - inability to rise one's arm fully, speech difficulties - an inability to produce speech or slurred speech, and time - call the emergency services and go to the hospital immediately if any of the symptoms above are showing. In an unfortunate event of a stroke, physiotherapists recommend long-term rehabilitation exercises to improve sequelae such as paralysis, difficulty in speaking and swallowing.

預防中風要訣

Tips for preventing stroke

宜
DO

飲食有節、保持情緒愉快、常運動。

With a regular diet, be happy and exercises regularly.

忌
DON'T

煙酒過度、經常進食肥膩煎炸刺激性食物。

Drinking and smoking too much, frequent consumption of fatty or fried unhealthy food.

預防中風及復健，
由四大穴位開始！
Start from the 4 major
acupoints for stroke prevention
and rehabilitation!



搖著串鈴行醫

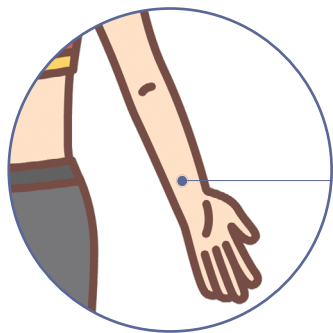
北京同仁堂350多年的故事，一切由同仁堂始祖樂良才當「鈴醫」開始。「鈴醫」又稱為「走方醫」，是古代民間的流動醫生，他們一邊手持串鈴，一邊背著藥箱，拿著招牌，走訪街頭巷尾，賣藥行醫，為百姓治病。每當「串鈴」噹噹響，人們便會知道「鈴醫」來臨，紛紛出門求醫！後來鈴醫轉為正統中醫，為同仁堂的發展奠定良好基礎。

Ring, ring, the "bell doctor" comes

The story of Beijing Tong Ren Tang began more than 350 years ago. The ancestor of the pharmacy, Yue Liangcai became "bell doctor" who was also known as "onsite doctor" and served the ancient folks. They held a string of bells and carried a medicine box with signboards. They visited different towns and villages to sell remedies and treat patients. When the people heard the bell ring, they knew that the "bell doctor" came, and they would go out to seek medical treatment! Later, the onsite doctor turned to be orthodox Chinese medicine practitioner and established a strong foundation for the development of Tong Ren Tang.



銅人仔
Bronze Boy



內關

Neiguan (PC6)

功效：寧心安神、緩慢消化系統，改善胃部不適。

方法：以拇指按壓3至5分鐘。

位置：前臂掌側，腕橫紋上2寸#。

Effects： Maintains peace of mind and tranquility, soothe digestive system and improve stomach upset.

Method： Press with your thumb for 3 to 5 minutes.

Location： On the inner arm near the wrist, 2 cun# above the transverse crease of the wrist.

膻中

Tanzhong (RN17)

功效：利氣寬胸，舒緩胸悶不適。

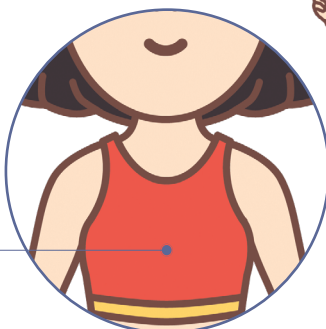
方法：以拇指輕揉來回搓3至5分鐘。

位置：人體前正中線，兩乳頭連線之中點。

Effects： Improves breathing and relieves suppression and discomfort in chest.

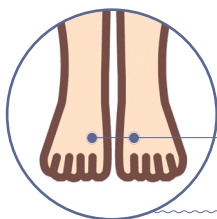
Method： Rub gently with your thumb for 3 to 5 minutes.

Location： On the anterior median line of the chest, at the midpoint between the two nipples.



進一步預防中風，按摩兩大腳部穴位

To further prevent stroke, massage two major acupoints on the feet



太衝

Taichong (LR3)

功效：平肝熄風、清熱利膽。

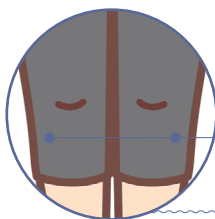
方法：按壓3至5分鐘。

位置：腳的大拇趾與第二趾縫間往上1寸#。

Effects： Calms the liver, dispels wind and heat and benefits the gallbladder.

Method： Press for 3 to 5 minutes.

Location： 1 cun# above the junction of the big toe and the second toe.



足三里

Zusanli (ST36)

功效：調理脾胃，扶正培元。

方法：按壓3至5分鐘。

位置：小腿前外側，外膝眼（犢鼻）下3寸#，脛骨前緣外一橫指（中指）處，當脛骨前肌中。

Effects： Reinvigorates the body and regulates the spleen and stomach.

Method： Press for 3 to 5 minutes.

Location： 3 cun# below the knee, in the tibialis anterior muscle.

復健運動 重新出發

Speedy recovery with rehabilitation exercises

中風可分為缺血性中風、出血性中風，兩者均影響大腦的訊號傳輸功能，減低了大腦中樞神經控制肢體運動的能力，常見的後遺症包括半身癱瘓、說話及吞嚥困難等症狀，失去自理能力等。此外，患者的情緒亦可能出現巨大轉變，變得容易抑鬱、生存意志薄弱。復康人士可透過復健運動，強化身體，建立自信心，改善情緒及中風的後遺症，從而提升生活質素。

Stroke can be classified into ischemic stroke and hemorrhagic stroke, both of which affect the signal transmission ability of the brain, as well as the central nervous system's control of the limbs. Paralysis, difficulty in speaking and swallowing, and loss of self-care ability are common sequelae. The patient could become dramatically emotional and prone to depression, or even with a weak will for survival. Patients can strengthen their health, rebuild their confidence, improve their mood and the sequelae by rehabilitation exercises, enhancing their quality of life.

原地踏步

Stepping on the spot

作用：透過自我復健運動，刺激大腦發放訊號控制肢體，改善肢體的活動能力，同時鍛鍊下肢肌肉及平衡感。一般人士亦可以此運動鍛鍊下肢。情況較差的，則可坐著踏，或由旁人協助完成動作。

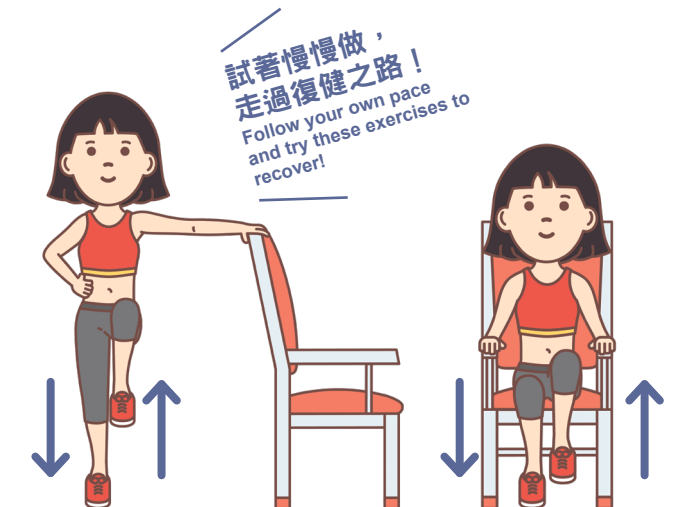
Effects : Self-rehabilitation exercise will stimulate the brain to emit signals for controlling the limbs and improving body mobility, as well as training the lower limb muscles and balance. Average people can also do these exercises to improve their lower limbs. If the situation is not ideal, the patient can sit down to train or be assisted by someone to complete the action.

次數：20次為一組，休息1至2分鐘再進行下一組，每次做3至4組，隔天進行。

Sets : 20 times as a set, rest 1 to 2 minutes before proceeding to the next set. Complete 3 to 4 sets every other day.

小貼士：量力而為坐著踏步，踏步時保持腰部挺直。

Tips : Keep your waist straight when stepping and pay attention to your limit.



站著踏步

Stand and step

步驟 Steps

1. 扶穩固物*。
2. 左右腳踏步，重覆約20次。

*如體力不足，可改以雙手撐扶穩固物。

1. Hold on to some stable objects or fixture*.
2. Step on spot, repeat about 20 times.

*If you are not strong enough, please hold onto a fixture with both hands.

坐著踏步

Sit and step

步驟 Steps

1. 盡量貼著椅背，坐在椅上。
2. 左右腳提腿踏步，重覆約20次。

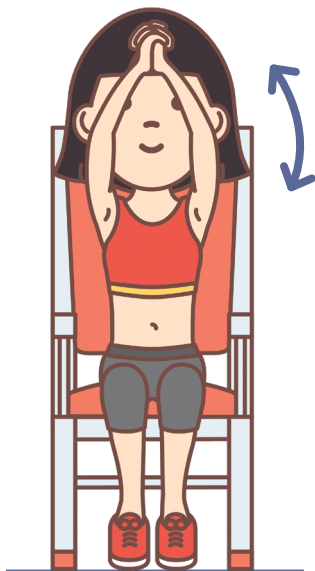
1. Sit on the chair, stick to the back of the chair.
2. Raise both feet alternatively to step, repeat about 20 times.

手臂上舉

Arm Raising

作用：訓練肩膀三角肌肌力，刺激大腦發放訊號控制肢體。

Effects：Train the deltoid muscle of the shoulder to stimulate the brain to send signals to control the limbs.



次數：20次為一組，休息1至2分鐘再進行下一組，每次做3至4組，早晚進行。

Sets：20 times as a set, rest 1 to 2 minutes before proceeding to the next set. Complete 3 to 4 sets every day in the morning and evening.

步驟 Steps

1. 坐在椅子上，雙手合握於大腿上，再慢慢舉起雙臂。
 2. 雙臂抬至頭上，慢慢回到起始位置。
1. Sit on a chair, hold your hands on the thighs, and slowly raise your arms.
 2. Lift your arms up to head level and slowly return to the original position.

小貼士：狀態較弱者，可於床上練習，用健康的手抬起無力的手。如無法自行活動，開始時可以由其他人協助，待能力及則逐漸轉向自行完成。

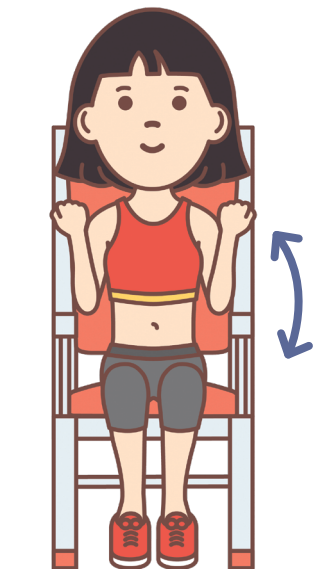
Tips：Practice on the bed if you don't feel strong enough. Use the stronger hand to help lifting the weaker arm. Get someone to help you to start exercising if you cannot work it out on your own. With practicing, you will gradually be able to finish it on your own.

手肘屈伸

Elbow Extension

作用：訓練上臂二頭肌肌力，刺激大腦發放訊號控制肢體。

Effects：Train the upper arm biceps to stimulate the brain to send signals to control the limbs.



次數：20次為一組，休息1至2分鐘再進行下一組，每次做3至4組，早晚進行。

Sets：20 times as a set, rest 1 to 2 minutes before proceeding to the next set. Complete 3 to 4 sets every day in the morning and evening.

步驟 Steps

1. 坐在椅子上，雙手先放大腿上，屈起前臂。
 2. 再慢慢回到起始位置。
1. Sit on the chair, put your hands on the thighs, then bend your forearms.
 2. Slowly return to the original position.

小貼士：如狀態較弱者，可於床上練習，用健康的手協助無力的手。如無法自行活動，可由以其他人協助的被動運動開始，逐漸轉向自行完成的主動運動。

Tips：Practice on the bed if you don't feel strong enough. Use the stronger hand to help lifting the weaker arm. Get someone to help you to start exercising if you cannot work it out on your own. With practicing, you will gradually be able to finish it on your own.

- 女士保健 -

WOMEN'S
HEALTH

通經活絡 告別經通

Relieving menstrual pain by activating collaterals

現代女性既忙於工作又要照顧家庭，疏於調理身體，容易出現氣血不足、骨質疏鬆及各種經期不適等問題。當中以經期不適最困擾女性，中醫認為不通則痛，經絡堵塞，寒凝血瘀都會造成經痛的原因。透過以下的穴位按摩，有助行氣活血，疏通經絡，舒緩經痛。而白鳳丸更是自古以來女性常用的調經良藥，具補氣、養血、調經的功效，蘊含人參、烏雞、當歸等名貴藥材，特別適用於氣血兩虧所引致的女性週期腹痛及產後虛弱等問題。

至於另一備受關注的女性健康問題是骨質疏鬆，更年期後的女性荷爾蒙大量減少，加快骨質流失，加劇了骨質疏鬆的問題。大家可跟著做物理治療師推介的簡單運動，能刺激女性荷爾蒙，幫助骨質形成，減少骨質流失。

Family and work lives increasingly influence contemporary women. Without proper health treatment, it can easily result in qi and blood deficiency, osteoporosis and various menstrual discomforts, which is the most annoying for women. TCM practitioners believe that the blockage of meridians and blood circulation cause menstrual pain. By massaging the following acupoints, blood circulation and meridians will be improved. Baifeng Wan is a well-known TCM regularly taken by women for health maintenance. The precious ingredients contain medicinal properties including ginseng, silk chicken and Dongquai. Its efficacy in replenishing qi, nourishing blood and regulating menstruation has long been widely recognized. Baifeng Wan is also frequently used to treat women's periodic abdominal pain and weakness after childbirth caused by vital energy deficiency.

Osteoporosis is another significant female health issue. Female hormones level might decrease sharply when women reach menopause, accelerating bone loss and intensifies the problem of osteoporosis. Follow the simple exercise recommended by a physical therapist, which will stimulate the production of female hormones and help protect our bones.

紓緩經痛要訣

Tips for relieving menstrual pain

經痛難忍，
要補氣血！
輕鬆按摩三大穴位

You can easily massage 3 major acupoints to replenish qi and blood circulation to relieve menstrual pain!

宜
DO

月經前後，宜透過服中藥、針灸、天灸等調理體質，減少經痛發生。

Taking Chinese medicine, acupuncture and Tian Jiu Moxibustion Therapy to restore health and reduce menstrual pain.

忌
DON'T

進食生冷食物或飲品、過度疲勞、長期處於大壓力、抑鬱等情緒。

Taking in cold food or drinks, excessive fatigue, long-term stress, depressed and emotional.



三陰交

Sanyinjiao (SP6)

功效：調血祛風，通經活絡。

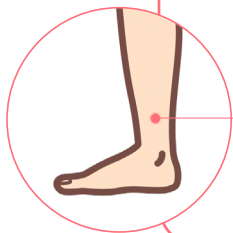
方法：以食指按摩3至5分鐘。

位置：足內踝尖直上3寸#。

Effects: Regulating blood circulation and dispelling wind, activating collaterals.

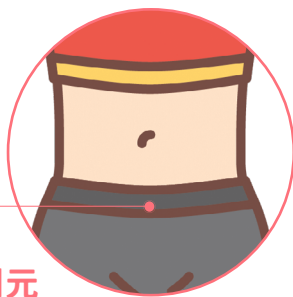
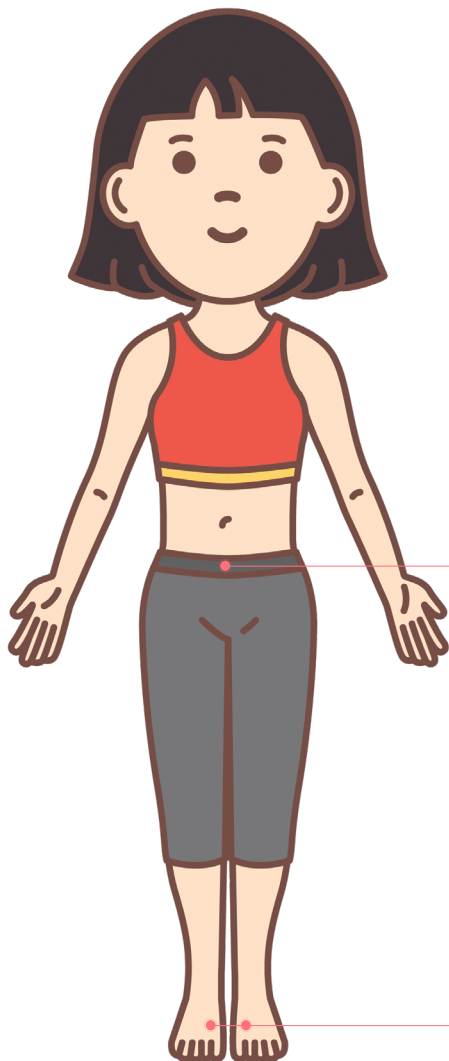
Method: Press with index finger for 3 to 5 mins.

Location: 3 cun* above the inner ankle.



穴位「自」療，紓緩經痛不適

Relieving menstrual pain by applying self-acupressure



關元

Guanyuan (RN4)

功效：補腎虛、紓緩經痛、暖宮助孕。

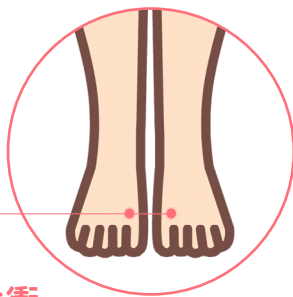
方法：按壓3至5分鐘。

位置：肚臍直下3寸*。

Effects： Strengthen the kidneys, relieve menstrual pain, warm the uterus for pregnancy.

Method： Press for 3 to 5 minutes.

Location： 3 cun* below the navel.



太衝

Taichong (LR3)

功效：助疏通肝氣，使肝臟運行暢順。

方法：以食指按壓 3至5分鐘。

位置：腳的大拇趾與第二趾趾縫間往上1寸*。

Effects： Dispensing stagnated liver and gallbladder, making sure the liver works well.

Method： Press with the index finger for 3 to 5 minutes.

Location： 1 cun* above the junction of the big toe and the second toe.

輕量運動 改善骨質疏鬆症狀

Light exercise to improve osteoporosis

骨質疏鬆是一種慢性的骨骼新陳代謝病症，三十五歲後造骨速度減慢，導致骨質逐漸流失，形成骨質疏鬆。一般女士過了更年期後體內的雌激素分泌減少，骨質疏鬆問題尤為嚴重。輕量運動能刺激女性荷爾蒙，增加骨質密度，強健骨骼，並有助鍛鍊肌肉、減緩痠縮，為不慎跌碰時，築起骨頭的保護網，有助預防及減低骨質疏鬆帶來的影響。

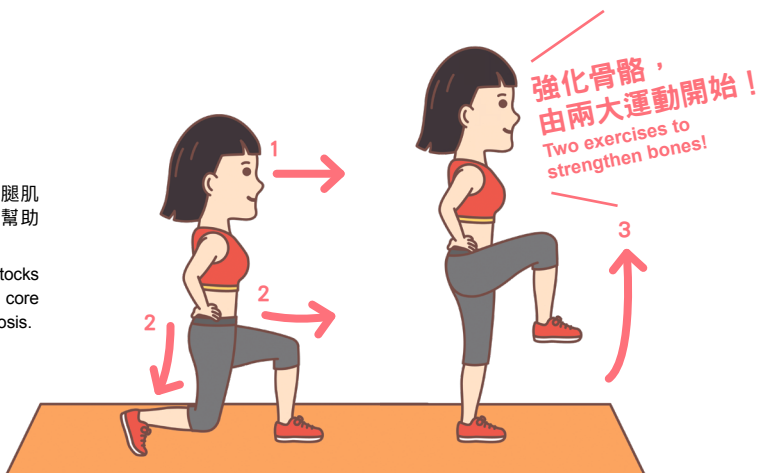
Osteoporosis is a form of chronic metabolic bone disease. It is caused when a person's bone loss outpaces his or her bone formation after 35 years of age. For women, osteoporosis typically worsens after menopause, when their oestrogen level drops. Light exercises can stimulate oestrogen production, increase bone density and strengthen bones. This can also build up muscles and slow down muscle atrophy, which will serve to protect the bones in case of an accidental fall and injuries, prevent and reduce the impact of osteoporosis.

高抬腿弓步

Lunge

作用：鍛鍊臀部肌肉、大腿肌力及全身核心肌群，有效幫助預防骨質疏鬆。

Effects： Strengthen the buttocks muscles, thigh muscles and core muscles to prevent osteoporosis.



步驟 1 Step 1

身體挺直，雙肩打開，望向前方。

Stand straight, pull back your shoulders, eyes forward.

步驟 2 Step 2

單膝提高向前跨步，屈膝慢慢下沉；腳提高時，手臂應保持平衡。

Raise one knee, take a big step forward, bend the knee and lower into a lunge. When you raise your leg, keep your arms at your sides.

步驟 3 Step 3

雙腿用力向上站起，再換另一邊進行。

Push up your body using both legs. Switch sides.

次數：20次為一組，休息1至2分鐘再進行下一組，每次做3至4組，隔天進行。

Sets： Each set contains 20 reps. Rest for 1 to 2 minutes between sets. Complete 3 to 4 sets each time and every other day.

小貼士：膝關節須指著腳尖方向，下沉時膝不過腳尖；慢上慢落。

Tips： Keep your knee and toes pointing towards the same direction. When you lower into a lunge, the knee should not bend further than the toes. Perform the exercise slowly.

橋式挺臀

Hip Bridge

作用：重點鍛鍊臀部肌肉及改善髖關節活動能力，有效預防、改善骨質疏鬆情況。

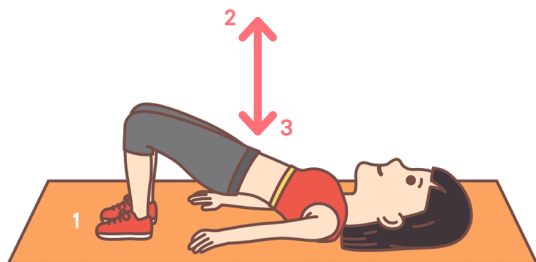
Effects： Targeted strengthening of the buttocks muscles and improve hip joint mobility; effective for preventing and improving osteoporosis.

次數：20次為一組，休息1至2分鐘再進行下一組，每次做3至4組，隔天進行。

Sets： Each set contains 20 reps. Rest for 1 to 2 minutes between sets. Complete 3 to 4 sets each time and every other day.

小貼士：挺臀至膝、臀部、肩膀三點成一直線；持續收緊臀部。

Tips： Push up the buttocks so that the knees, the buttocks and the shoulders form a straight line; keep tightening the buttocks.



步驟 1-3

1. 仰臥平躺，雙腿屈膝，雙腳分開並腳掌著地，雙臂於體側平放。
 2. 收緊腹部及臀部，並向上挺起，集中髖關節運動。
 3. 稍停片刻，感受臀大肌收緊，慢慢回到起始動作。
1. Lie on your back, bend your knees, keep your legs apart but feet flat on the ground. Place your arms at your sides.
 2. Flex your abdomen and buttocks and push them up. Focus on the hip joints.
 3. Pause and feel the tightening of your buttocks muscles. Slowly return to the starting position.

經絡穴位與治病

在中醫學來說，氣血是人體活動運行的根本，要維持人體正常功能，則需要經絡的傳輸，才能滋養各個臟腑。中醫學以調和體內的陰陽平衡、疏通氣血流通為治病的根本。《黃帝內經》引證了十二經脈是人體氣血運行的通路，人體的健康和疾病的痊癒，都與經脈的作用有關。故此中醫除了以中藥調理治病，也會透過刺灸穴位作治療。原理是當刺灸於穴位，經脈中的氣得以疏通，體內臟腑氣血得到調節，改善體內陰陽失衡，達到治病的效果。

Meridians and acupoints for treatment

In traditional Chinese medicine (TCM), all physiological functions of the human body stem from qi and blood. Normal body functions require qi and blood to circulate through the meridians to nourish the organs. TCM maintains that restoring the equilibrium of yin and yang in the body and promoting the smooth flow of qi and blood are essential to disease treatment.

The ancient medical text of Huangdi Neijing posited that the 12 Principal Meridians are the pathways for qi and blood to circulate in the body and that the meridian channels serve a crucial role in maintaining health and treating disease. For this reason, in addition to administering TCM, the TCM practitioners often perform acupuncture as a form of treatment. The principle is that, by applying needling and moxibustion to acupoints, the qi in the meridians can be dredged, which in turn can regulate the flow of qi and blood in the internal organs. This will improve the imbalance of yin and yang in the body so as to cure diseases.



銅人仔
Bronze Boy

- 都市痛症 -

URBAN PAIN
RELIEF

通絡止痛 遠離病邪

Dredge the channels and purge pathogens from the body to relieve pain

都市人生活紊亂，飲食過度，工作、生活過度操勞，容易出現都市疾病，例如痛風、各種手部痛症等。甚為普遍的痛風是長期的嘌呤代謝紊亂所產生的疾病，中醫認為痛風主因是脾腎不足，濕熱、瘀血、痰濁等病邪所致。要舒緩痛風的痛楚，可透過穴位按摩以達通絡止痛之效，同時可通過針對性的中藥治療，在註冊中醫師指導下，服用主治祛風舒筋、活絡、除濕的同仁大活絡丹作舒緩。另外，經常困擾上班族、家庭主婦的「手機手」、「滑鼠手」，均因過度或不當使用手部所致。「手機手」（又稱媽媽手）即「拇指腱鞘炎」，而「滑鼠手」則是「腕管綜合症」，透過手部運動，拉長手部肌肉可有效改善手部痛症。

The disorderly lifestyle of urbanites, including overeating, overworking and overexertion, can easily give rise to urban diseases, such as gout and different types of hand pain. Gout, which is fairly prevalent, is caused by a long-term purine metabolism disorder. TCM practitioners consider gout to be caused mainly by spleen and kidney deficiency, damp heat, blood stasis and phlegm. To relieve the pain, TCM practitioners can perform acupressure to dredge the meridians and collaterals to stop the pain. Registered TCM practitioners can also administer a regimen of the Tongren Dahuoluo Dan to relieve the symptoms by removing the wind, relaxing the muscles, activating the collaterals and eliminating dampness.

In addition, many office workers and housewives suffer from "trigger finger" (de Quervain's tenosynovitis) or carpal tunnel syndrome as a result of their excessive or incorrect use of their hands. Both types of pain can be relieved by performing hand exercises and by stretching the arm muscles.

預防痛風要訣

Tips for preventing gout

宜
DO

試著按三大穴位，
輕鬆面對痛風！

Try pressing these three acupoints
to relieve the symptoms!

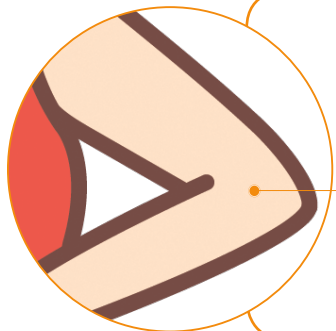
飲食清淡，多飲水以排出過
量尿酸。

Follow a light diet, drink plenty
of water to flush excess uric
acid from the body.

忌
DON'T

進食高嘌呤食物，如：動物
內臟、菠菜、蘑菇等。

Consume high-purine foods,
such as animal offal, spinach
and mushrooms.



曲池

Quchi (LI11)

功效：疏邪熱，利關節，祛風濕，調氣血。

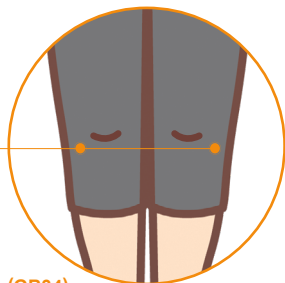
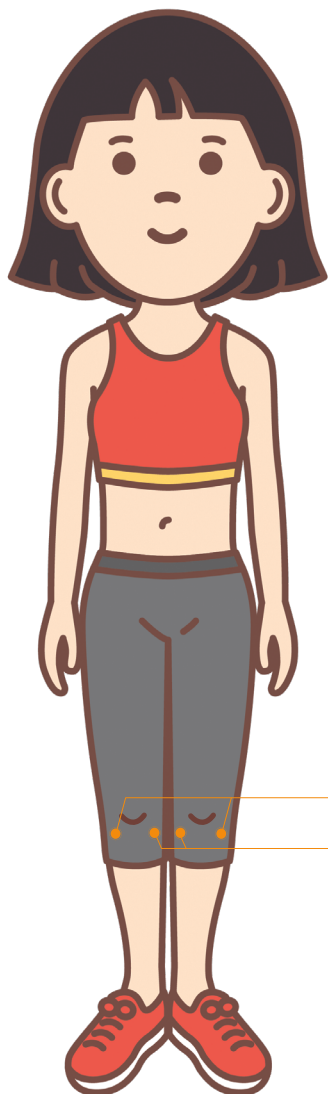
方法：以食指或中指按壓3至5分鐘。

位置：手肘彎曲外側的橫紋尾端。

Effects: Clear internal heat, improve joints, remove
wind and dampness, regulate blood and qi.

Method: Apply pressure with your index or middle
finger for 3 to 5 minutes.

Location: With the elbow flexed, the acupoint is on
the lateral end of the transverse cubital crease.



陽陵泉

Yanglingquan (GB34)

功效：疏泄肝膽、清利濕熱、舒筋健膝。

方法：以食指或中指按壓3至5分鐘。

位置：小腿外側，腓骨前下方凹陷處。

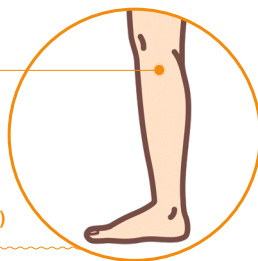
Effects： Dredge the liver and gallbladder, clear damp heat, relax muscles and strengthen the knees.

Method： Apply pressure with your index or middle finger for 3 to 5 minutes.

Location： In the depression of the fibula close to the knee on the outside of the lower leg.

按壓以下穴位， 加倍紓緩痛風

Pressing the acupoint below
can offer additional relief



陰陵泉

Yinlingquan (SP9)

功效：溫中化濕，紓緩痛風。

方法：按壓3至5分鐘。

位置：膝蓋內側凹陷處約下方約一寸。

Effects： Warm the spleen and stomach to relieve gout symptoms.

Method： Press for 3 to 5 minutes.

Location： About a cun¹ below the depression on the inside of the knee.

手腕鬆一鬆 從此不再痛

Loosen the wrist and say goodbye to pain

要預防手部痛症，應避免重複單一動作。抱嬰兒時手腕過度彎曲，或長時間使用拇指，如滑手機，有機會患上稱「手機手」（又稱媽媽手的）「拇指腱鞘炎」，令拇指無法用力，或活動使有「卡住」的感覺。而手腕過勞，經常使用滑鼠鍵盤、彈奏樂器、切菜等動作，令腕管內的正中神經長期受壓，均有機會患上俗稱「腕管綜合症」的「滑鼠手」，引發手指前三指半或手掌感到麻木、疼痛、感覺異常，嚴重者更會出現無力的症狀。透過以下手部伸展動作，能放鬆手部繃緊的肌肉，有效改善手部痛症。

To prevent hand pain, you should refrain from repetitive movements, such as over-bending the wrist while holding a baby or overusing the thumb while using the phone. The latter condition can sometimes cause a person to suffer from "trigger finger" (de Quervain's tenosynovitis), which can result in a weak thumb or a "jammed" feeling when using the thumb. Over-tiring the wrist, such as repetitively using a computer mouse, playing a musical instrument or chopping food with the wrist, can cause the median nerve in the carpal tunnel to be compressed for prolonged periods and result in the carpal tunnel syndrome. This can cause pain, numbness or unease in the first three fingers or in the palm or, in serious cases, a loss of strength in the hand. The stretching exercises below are effective for relaxing the tense muscles in the hand and relieving hand pain.

上肢伸展運動 (前臂屈肌群)

Upper limb stretching exercise
(forearm flexor group)

作用：放鬆繃緊的前臂及手腕肌肉，舒緩「滑鼠手」帶來的不適，減低拇指、食指、中指、部份無名指的痠痛。

Effects：Relax tight forearm and wrist muscles, relieve the discomfort caused by the "trigger finger" and reduce the soreness of the thumb, index finger, middle finger and part of the ring finger.

次數：維持拉伸動作15至30秒，稍稍休息再進行拉伸，可重複3至5次，早晚進行。

Sets：Stretch for 15 to 30 seconds, take a short rest and then stretch again. It can be repeated 3 to 5 times in the morning and evening.

小貼士：如嚴重者，可減少拉伸幅度。

Tips：In severe cases, reduce the range of movement.



手痛？
動動手紓緩一下吧！
Feeling painful?
Let's move to relieve it!

3 維持10秒
Hold for 10 seconds

步驟 1-3 Steps

1. 雙掌合攏手指向上，手腕位置下移至手肘以下。
2. 直至前臂有輕微拉扯的感覺。
3. 維持10秒，恢復原來的姿勢。

1. Clasp your hands with your fingers pointing upwards.
2. Lower your wrists to a level below your elbows until you feel a stretch in your forearms.
3. Hold for 10 seconds, return to the original posture.

上肢伸展運動 (外展拇長肌)

Upper extremity stretching exercises
(abductor pollicis longus muscle)

作用：舒緩「手機手」帶來的不適，增加拇指活動幅度、減輕肌腱黏連，促進血液循環。

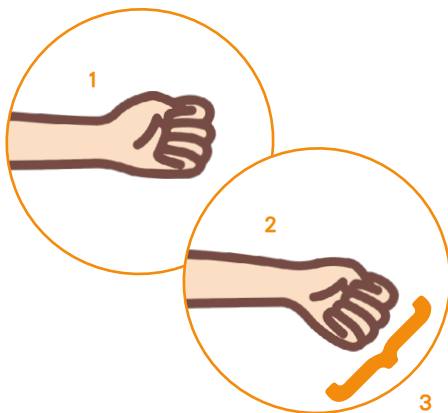
Effects：Relieve the discomfort caused by "trigger fingers", increase the range of thumb movement, reduce tendon adhesion and promote blood circulation.

次數：維持拉伸動作15至30秒，稍稍休息再進行拉伸，可重複3至5次，早晚進行。

Sets：Stretch for 15 to 30 seconds, take a short rest and then stretch again. It can be repeated 3 to 5 times in the morning and evening.

小貼士：如嚴重者，可減少拉伸幅度。

Tips：In severe cases, reduce the range of movement.



步驟 1-3 Steps

3 維持 10 秒
Hold for 10 seconds

1. 伸直手肘，左手拇指置於掌心，四指收起成拳頭狀。
2. 左手手腕向下，作倒茶狀，直到拇指有輕微拉扯感覺。
3. 維持10秒，恢復原來的姿勢。

1. Straighten your elbows, place your thumbs on your palms, and roll your other fingers to make a fist.
2. Turn your wrists down into a tea pouring position, until the thumbs slightly feels tight.
3. Hold for 10 seconds, return to the original posture.

針灸與穴位 普及全球

針灸源自中國，已有數千年歷史，早於《黃帝內經》已有記載。針灸由「針」和「灸」構成，利用針刺人體穴位以治病。穴位是人體疾病的反應點，亦是針刺施術的部位，能疏調經脈氣血，達到祛病養生的功效。針灸是經馬可勃羅於14世紀由中國傳揚到歐洲。美國總統尼克遜70年代初的中國之行，將針灸療法再次帶到美國，並發展至全球。2010年「中醫針灸」項目正式獲聯合國教科文組織列入「人類非物質文化遺產代表作名錄」，肯定其醫療價值與療效。今天，全球過百個國家和地區已運用針灸治療，可見它對人類的健康作出了巨大貢獻。

Acupuncture and acupoints gain popularity around the world

Acupuncture originated in China thousands of years ago. The earliest documentation of acupuncture can be found in the ancient medical text of Huangdi Neijing. Acupuncture consists of "needling" and "moxibustion" and involves applying needles to acupuncture, or reflex to stimulate those acupoints for the sake of regulating the qi and blood in the meridians, treating diseases and nourishing life.

Acupuncture was introduced to Europe by Marco Polo in the 14th century and to the US after President Richard Nixon visited China in the early 1970s. Since then, the treatment has flourished around the world.

In 2010, Chinese acupuncture was officially inscribed on UNESCO's "Representative List of the Intangible Cultural Heritage of Humanity", affirming the treatment's medical value and efficacy. Today, acupuncture is practiced in more than 100 countries and regions around the world. It is a testament to the tremendous contribution this ancient treatment makes to human health.



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