

# 中醫老年養生之道

## Nourishing Health for Seniors According to Chinese Medicine



# 人生不同的階段 .....

# Different Stages of Life.....





# 黃金年代

## Golden Years

- 身體改變  
例如：頭髮，體重，  
體力
- 容易生病，恢復減慢
- 氣血很自然的減少
- 並不代表身體不再健康
- 需要適合我們年紀的運動與飲食

- Physical changes  
Ex: Hair, body weight, stamina
- Get sick easier, slower recovery
- Naturally less Qi and Blood
- Does not mean no longer healthy
- Need exercises and dietary intakes more suitable for the golden years

# 黃帝內經

## Yellow Emperor's Inner Classic

黃帝內經：

“上古之人，其知道者，  
法於陰陽，和於術數，  
飲食有節，起居有常，  
不妄作勞，故能形與  
神俱，而盡終其天年，  
度百歲乃去。”

Opening highlights:

People of Ancient times, who knew the Way:

- They lived according to Yin and Yang
- They ate and drank with moderation
- They had regularity in daily living
- They did not exhaust themselves with meaningless labor

Hence,

- They lived to the maximum years given by Heaven

# 陰與陽

Yang vs Yin



陽	陰
太陽	月亮
白天	黑夜
熱	寒
活動	休息
能量	形
背後	前面

Yang	Yin
Sun	Moon
Day	Night
Heat	Cold
Activity	Rest
Energy	Form
Back of body	Front of body

# 養生基本概念

# Nourishing Health Basics

- 健康是氣血充足，陰陽協調
- 疾病主要由六淫，七情引起：
  - 六淫：風，寒，暑，濕，燥，火
  - 七情（太過或不及）：喜、怒、憂、思、悲、恐、驚



- Optimal health is
  - Adequate Qi/Energy and Blood
  - Harmonized Yin and Yang
- Diseases are mainly caused by the six evils and the seven emotions
  - Six Evils: wind, cold, summer heat, dampness, dryness and Fire
  - Seven emotions (too much or too little/suppressed): joy, anger, worry, brooding, sadness, fear and fright

# 養生基本概念

## Nourishing Health Basics

- 重要的氣血來源
  - 食物
  - 睡眠與休息
- 運動可以幫助氣血運行
- 不通則痛
- 規律是養生很重要的一點
- 大自然以規律而生生不息
  - 春天後，夏天就到，四季規則也分明
- Sources of Qi and Blood.
  - food: whole foods, not processed
  - sleep and rest
- Exercise moves Qi and Blood to flow freely throughout the body.
- Obstruction & stagnation leads to pain
- Regularity is key in preserving health
- Nature thrives on regularity.
  - After spring, comes summer and so forth. The four seasons are regular and distinct.

# 養生基本概念

## Nourishing Health Basics

- 人體是一個小宇宙，一個小自然，規律的作息才能保持它健康，有活力。
- 跟著大自然的脚步
- 規律包括規律的飲食，作息，運動
- “三天打魚，兩天曬網”（沒有耐心）可不是規律哦！
- The human body is a micro-universe, a micro-nature. A regular routine is what preserves its health and vitality.
- Follow the rhythm of nature.
- Regular routine includes
  - regular meal times
  - regular work and rest schedules
  - regular exercise
- “Fish for three days and dry the net for two days” (lack of perseverance) cannot be considered regular!



# 基本養生原則

# Nourishing Life Basic Principles

## 基本原則

- 飲食調節
- 適當睡眠
- 定時體檢；使用中藥取得平衡
- 照顧身體：適當的運動與按摩
- 正面心情

## Basic Principles

- Regulated Diet/Dietary habits
- Good sleep habits
- Regular check-ups, balancing with food and herbs
- Care for the Body: Suitable Exercises and Massage
- Positive Emotions

# 養生原則一: 飲食調節

## Principle # 1: Regulated Diet

- 食物是重要的氣血來源
- 食物靠脾胃的陽氣，氣血來消化食物，吸收營養，所以健康的消化系統很重要。
- 熟食，溫食容易消化，不造成消化系統的負擔
- Food is an important source of Qi and Blood.
- Food requires the Yang Qi as well as the Qi and Blood of the Spleen and Stomach to digest and to absorb the nutrients. Therefore a healthy digestive system is vital.
- Cooked and warm food are easy to digest and hence not a burden to the digestive system.

# 養生原則一：飲食調節

## Principle # 1: Regulated Diet

- 生食，冷食需要用脾胃更多的陽氣消化，造成負擔
- 容易消化才能容易吸收營養。無法消化，則沒有營養吸收
- 保持每天排便，宿便減慢消化系統
- Raw and cold food consume more Yang energy of the Spleen and Stomach for digestion, hence a burden for the digestive system.
- Only if the food can be digested would the nutrients be absorbed. Undigested food equals no nutrients absorbed!
- Keep bowels moving. Do not clog up the digestive system!

# 養生原則一：飲食調節

## Principle # 1: Regulated Diet

- 所以，結合以上的重點：
- 以五穀雜糧為主食
- 蔬菜水果為副食
- 肉蛋為補充
- Therefore based on the above-mentioned key points:
  - Grains should be served as a staple
  - Complement with vegetables and fruit
  - occasionally, supplement with meat and eggs



# 養生原則一：飲食調節

## Principle # 1: Regulated Diet

- 多吃溫熱熟軟食物
- 少吃燒烤油炸食物
- 吃飯定時，八分飽



- Eat more warm, cooked foods
- Avoid grilled, fried foods
- Eat at regular hours and be just 80% full!

# 養生原則一：飲食調節

## Principle # 1: Regulated Diet

“早餐吃得像皇帝,午餐吃得像平民,晚餐吃得像乞丐”

“For breakfast, eat like a king; for lunch, eat like a commoner; for dinner, eat like a beggar.”



# 有益食物選擇

## Good Food Choices



- 核桃：補腎，溫肺潤腸，幫助排便
- He Tao (Walnuts): Tonifies Kidneys, warms Lungs, moistens bowels and facilitates bowel movement

# 有益食物選擇

## Good Food Choices



- 百合：養陰潤肺，清心安神
- Bai He (Lily bulb):  
Moistens the Lungs,  
clears the Heart and  
quiets the Spirit.

# 有益食物選擇

## Good Food Choices



- 蓮子：補脾止瀉，補腎，養心安神
- Lian Zi (Lotus seed): Tonifies Spleen, stops diarrhea, tonifies Kidney, nourishes the Heart and calms the Spirit

# 有益食物選擇 Good Food Choices



- 薏苡仁：健脾祛濕，清濕熱
- Yi yi ren (Job's tears): strengthens the Spleen, resolves dampness, clears damp-heat

# 有益食物選擇 Good Food Choices



- 枸杞子：滋補肝腎，  
益精明目
- Gou qi zi (Goji berries): Enriches the Liver and Kidney Yin. Brighten the eyes

# 有益食物選擇 Good Food Choices



- 山藥：補脾養胃，生益肺，補腎涩經
- Shan yao (Chinese Yam): Tonifies the Spleen and Stomach. Tonifies Lung Qi and Kidneys

# 有益食物選擇 Good Food Choices



- 赤小豆：利尿消腫，清濕熱，和血排膿，消重解毒
- Chi Xiao Dou (Adzuki bean): promotes urination, reduces swelling, clears damp heat, disperses Blood stagnation, reduces swelling and toxins, drains pus

# 有益食物選擇 Good Food Choices



- 綠豆：清暑熱，清熱解毒，解藥毒
- Lu dou (Mung beans): Dispel summerheat, clears heat and resolves toxins, antidote for toxic herbs

# 有益食物選擇 Good Food Choices



- 紅棗：健脾益氣，養血安神
- Hong Zao (Jujube dates): Tonifies the Spleen and reinforces the Qi, nourishes the Blood and quiets the spirit

# 有益食物選擇 Good Food Choices



- 黑芝麻：補肝腎，益血，  
腸潤燥
- He Zi Ma (Black sesame seeds): Good for the Liver and Kidney. Nourishes the Blood. Moistens dryness and lubricates intestines.

# 蓮子百合湯：安神

## Lotus Seed Lily Bulb Soup: Calm Spirit

- 蓮子 1oz (30g)
- 百合 1oz (30g)
- 山藥 1oz (30g)
- # 1: 清洗所有材料
- # 2: 將所有材料放入鍋中，加入六杯水，水滾後，改為中火煮40分鐘，加少許鹽，調味，即成。
- 喝湯吃料
- Lotus seeds 1oz
- Lily bulb 1oz
- Chinese Yam 1oz
- Step 1: Rinse all ingredients
- Step 2: In a pot, add all ingredients with 6 cups water and bring to boil. Cook over medium heat for 40 minutes. Season to taste with salt.
- Drink soup and eat contents

## 雞蛋枸杞子大棗湯: 養肝補血

### Egg, Goji Berry & Dates Soup : Nourish Liver and Tonify Blood

- 雞蛋 1個
- 枸杞子 1oz (30g)
- 红棗 6個
- 黑棗 6個
- # 1: 將蛋煮熟，剝殼。清洗其它材料
- # 2: 將所有材料放入鍋中，加入1.5 杯水，水滾後，改為中火煮40分鐘，即成。
- 喝湯吃料
- Egg 1
- Goji berries 1oz
- Red & Black dates 6 each
- Step 1: Boil the egg and peel. Rinse all other ingredients
- Step 2: In a pot, add all ingredients with 1.5 cups water and bring to boil. Cook over medium heat for 40 minutes.
- Drink soup and eat contents



- 養脾胃
- 潤腸
- 平民的人參湯
- 五穀：有很強的生命力，食用後對身體很好
- 對久病或產婦及銀髮族是很好的保健食品。
- 小米粥
- 麥片粥

# 粥 : Congee

- Nourishes Spleen and Stomach
- moistens intestines
- the “Ren Shen/Ginseng soup” for the commoners
- Grains have very strong vitality. One small seed can give a good harvest. Daily consumption is good for health.
- Suitable for those who have suffered a long-term illness, pregnant woman and seniors
- millet porridge
- oatmeal

# 簡易煮粥法

## Simple Congee Recipe

1. 將米洗淨，放在冷水30分鐘
2. 將水煮開，放入洗淨的米
3. 用大火煮3分鐘後，再用小火燜30分鐘。在燜時最後10分鐘，不斷攪拌，粥才會稠。並在最後十分鐘，加少許油，鹽。
4. 如需要加其他蔬菜，或其它料，可以最後再加，或是另外煮。

1. Wash rice and place it in cold water for 30 minutes. (See below for rice to water ratio)
2. Bring water to a boil and then put in rice.
3. Allow rice to cook on high heat for 3 minutes, and let it simmer for about 30 minutes. Stir continuously in the last 10 minutes to ensure the congee thickens. Also, at the last 10 minute point, add in a little bit of oil and salt to taste.
4. If you wish to add other vegetables to the congee, you may do so after the congee is cooked or cook the vegetables separately and add them to the congee when serving.
  - **Ratio between rice and water:**
  - Thick: 1 cup rice to 8 cups water
  - Medium: 1 cup rice to 10 cups water
  - Watery: 1 cup rice to 13 cups water

# 飲食與四季

## Food Consumption and the Four Seasons

- 天氣跟著四季改變
- 四季對身體的影響都不同
- 身體根據這些改變而由反應
- 應食用當季盛產的食物
- 可以幫助身體對外界季節改變的適應力
- 也可以考慮：有機食品，盡量減少加工食品
- Weather changes in four seasons
- Nature of each season affects body differently
- Body responds to these changes
- Eat seasonal foods that correspond to the external environment
- Helps our body adapt to season changes
- Also consider: organic, minimize processed foods

# 春天 Spring

黃帝內經：春三月，此謂發  
陳，天地俱生，萬物以榮，  
夜臥早起，廣步於庭，被發  
緩形，以使志生，生而勿  
殺，予而勿奪，賞而勿罰，  
此春氣之應，養生之道也。  
逆之則傷肝，夏為寒變，奉  
長者少。

Highlights from Yellow Emperor's Inner Classic:

- There are three months in Spring
- It is a time of generation and sprouting
- Rest at night (dark) and rise early
- Take wide strides and relax the hair
- Give life and do not stunt it
- Going against it harms the Liver and in the Summer, can change to cold

# 春天 Spring

- 萬物生長的季節
- 五行屬木，與肝相應
- 減少酸味食物，多甘甜的食物，幫助肝理氣
- 適合的食物：葱，韭葱，芥菜，新鮮綠蔬菜



- Season of Birth and Generation
- Belongs to Wood Element, the Liver
- Reduce sour flavors and increase sweet and pungent flavors
  - Helps the Liver to regulate the Qi
- Examples:
  - Onions, leeks, leaf mustard, mushrooms, fresh green and leafy vegetables

# 夏天 Summer

黃帝內經：夏三月，此謂蕃秀，天地氣交，萬物華實，夜臥早起，無厭於日，使志無怒，使華英成秀，使氣得洩，若所愛在外，此夏氣之應，養長之道也。逆之則傷心，秋為瘧，奉收者少，冬至重病。

Highlights from Yellow Emperor's Inner Classic:

- There are three months of Summer
- It is a time of growth and blossoming
- Rest at night (dark) and rise early
- Do not get tired of the sun
- Do not let the mind be angry
- Going against it harms the Heart, and can lead to illness in Autumn and in the Winter.

# 夏天 Summer



- 長”的季節
- 五行屬火，與心相應
- 氣血旺盛，如排汗太多，可食用酸與鹹的食物
- 幫助身體消暑的食物：苦瓜，西瓜，番茄，綠豆，黃瓜
- 多食用蔬菜水果幫助食慾並且可以補充水分
- 多食用溫的以及煮過的食物來幫助消化
- Season of Growth
- Belongs to Fire Element, the Heart
- Hot weather can cause vigorous flow of Qi and Blood
  - If too much sweating, consider sour and salty flavor
- Foods to keep body cool: bitter gourd, watermelon, tomatoes, mung bean, cucumber.
- Eat more vegetables and fruit to stimulate appetite and provide adequate fluids
- Warm and cooked foods to ease digestion

# 秋天 Autumn

秋三月，此謂容平，天氣以急，地氣以明，早臥早起，與雞俱興，使志安寧，以緩秋刑，收斂神氣，使秋氣平，無外其志，使肺氣清，此秋氣之應，養收之道也。逆之則傷肺，冬為飧洩，奉藏者少。

Highlights from Yellow Emperor's Inner Classic:

- There are three months of Autumn
- It is a time of gathering and balance
- Rest early and rise early
- Rise together with the chicken
- Let the mind be tranquil
- Gather the spirit and let the Autumn Qi be balanced
- Going against it harms the Lung, in the Winter leads to illness.



# 秋天 Autumn



- “收”的季節
- 五行屬金， 與肺相應
- 容易乾燥
- 適合使用柔潤的食物：百合，白木耳，芝麻，梨，蜂蜜
- 適合食用酸味食品（鳳梨，蘋果，葡萄柚 – 堅守津液的流失）減少辛辣的食物(洋蔥，姜，辣椒，容易發汗)

- Season of Gathering
- Belongs to Metal, the Lung
- Tendency toward dryness
- Good to eat moistening foods: lily bulb, white fungus, nuts or seeds, pear, honey
- Good to eat food with sour flavors (pineapple, apple, grapefruit, lemon – prevent loss of body fluids)
- And reduce pungent flavors (onion, ginger, peppers induce perspiration)

# 冬天 Winter

冬三月，此為閉藏，水冰地坼，無擾乎陽，早臥晚起，必待日光，使志若伏若匿，若有私意，若已有得，去寒就溫，無洩皮膚，使氣亟奪，此冬氣之應，養藏之道也。逆之則傷腎，春為痿厥，奉生者少。

Highlights from Yellow Emperor's Inner Classic:

- There are three months of Winter
- It is a time of storage and concealment
- Rest early and rise late, and wait for the day light
- Let the mind enter into hiddenness
- Away from cold and draw near to warmth
- Avoid leakage (sweating) from the skin, as the qi can be quickly snatched
- Going against it harms the Kidneys, and in the Spring, causes illness.



# 冬天 Winter

- “藏”的季節
- 五行屬水，與腎相應
- 食用熱量較高的膳食：羊肉，牛肉，鵝，鴨，蛋，糯米
- 少鹹增苦（強心，減少腎的負擔）：杏，蘆筍，芹菜，咖啡，茶，葡萄柚，羽衣甘藍，醋，酒
- 避免太多火鍋或是熱量很高的食物，易導致胃火或肺火

- Season of Storage
- Belongs to Water, the Kidney
- Consume appropriate fats and high protein foods: mutton, beef, goose, duck, eggs, Chinese yam, sesame, glutinous rice
- Eat more food with bitter flavors and reduce salty flavors
  - promote healthy heart and reduce workload of kidney: apricot, asparagus, celery, coffee, tea, grapefruit, kale, vinegar and wine
- Caution over-eating or high calorie foods cause excessive heat to accumulate in Lungs and Stomach



## 養生原則二：適當睡眠

### Principle # 2: Good Sleep Habits



- 舒服，安靜的環境
- 適當晚餐
- 經常運動
- 規律的起床與睡眠時間

- Comfortable and quiet environment
- Eat right at night
- Regular Exercise
- Rising and resting with regularity

# 養生原則三：定時體檢；使用中藥取得平衡

## Principle # 3: Regular check-ups; Balancing with Chinese herbs

- 每年做一次全面體檢
- 四季保養與養生

- Annual comprehensive health check-up
- Care and nourishment during seasonal change



## 養生原則三：定時體檢；使用中藥取得平衡

### Principle # 3: Regular check-ups; Balancing with Chinese herbs

服用一些適當的滋補成藥：

- 如有陰虛，可服用六味地黃丸
- 服用中藥前，請尋求專業中醫師意見

Take appropriate Chinese herbal supplements if needed:

- For example, there is Yin Deficiency: *Liu Wei Di Huang Wan* (*Rehmannia Six*) may be appropriate
- Please consult with a licensed Traditional Chinese Medicine practitioner prior to taking Chinese herbal supplements

## 養生原則四: 適當運動

# Principle # 4: Suitable exercises

- 運動是一切生命的源泉
- 根據個人年齡、健康狀況，採取自己愛好的運動形式
- Exercise is the source of life
- Choose preferred exercises based on one's own age and health condition



## 養生原則四: 適當運動

# Principle # 4: Suitable exercises

- 中國傳統養生功法
- 經絡與健康
- 經絡是我們身體運行氣血的通道
- 我們身體裡與臟腑密切對應的主要經脈有十二條。十二經筋是十二經脈之氣結聚散絡於肌肉和關節的體系，是十二經脈系統的重要組成部分。如果十二經筋若是出現了拘急或是馳縱，臨床上不僅會導致關節、肌肉會痙攣疼痛，內部臟腑功能也會受到影響。
- Chinese traditional exercises for preservation of life
- The relationship between meridians and health
- Meridians are the passageways in which the Qi and Blood circulate.
- There are twelve primary meridians in the body as well as twelve muscle meridians. If the muscle meridians become too tight or too lax, we might experience joint or muscle pain. In addition to that, the internal organs would be affected too.

## 養生原則四: 適當運動

### Principle # 4: Suitable exercises

- 太極拳，易筋經與其它養身功就是改變我們因不良生活習慣造成的僵緊的經筋系統，使之柔軟而富有彈性，達到易筋壯骨，延年益壽的方法



- Tai Ji Quan, Yi Jin Jing and other exercises help to release tensions inside joints, sinews and ligaments as a result of poor habits or postures. These exercises help to soften sinews and ligaments and make them more supple. Exercises also help to strengthen one's bones and help one to achieve longevity.

# 養生原則四: 適當運動

## Principle # 4: Suitable exercises

### 五禽戲

- 東漢醫學家華佗創制
- 禽戲是中國民間廣為流傳的、也是流傳時間最長的健身方法之一
- 這運動模仿五種動物的動作，五禽是虎，鹿，熊，猿，鳥（鶴）
- 它是一種"外動內靜"、"動中求靜"、"動靜兼備"、有剛有柔、內外兼練的仿生功法

### Five Animal Play

- Exercise developed by Hua Tuo, a famous ancient Chinese physician.
- Quite popular amongst the general public and also one of the fitness methods that has been passed on for the longest time.
- Mimics the actions of five animals:
  - tiger, deer, bear, monkey and crane.
- Active on the outside, quiet on the inside;
  - Seeks tranquility amongst movements
  - Embraces both movements and tranquility
  - Powerful, yet gentle
  - Nurtures both the physical as well as the internal aspects of the body

# 養生原則四: 適當運動

## Principle # 4: Suitable exercises

- 去健身房還是打太極，哪種比較好？
- Going to the gym vs doing Tai Chi, which one is better???



## 養生原則四：適當運動

### Principle # 4: Suitable exercises



- “健身”運動肌肉。健身房的運動幫助肌肉強壯有力。
- “Gym exercises” work on the muscles. Exercises in the gym keep our muscles firm and strong.

## 養生原則四: 適當運動

### Principle # 4: Suitable exercises



- 太極或是任何一種中國傳統健身術主要在於強健內臟。打太極好像是在給你的五臟六腑按摩一樣！保持肌肉強壯有力固然重要，我們也必須保持我們的內臟功能良好。
- Tai Chi or any Chinese traditional exercise is aimed at strengthening the internal organs. Doing Tai Chi is like giving your internal organs a massage! While it is important to keep our muscles firm and strong, we also want to keep our internal organs functioning properly.

# 穴位按摩養生

## Massage Acupuncture Points to Good Health!

### 足三里 Stomach 36

- 定位：膝眼下4跟手指的距離，在脛骨外側。
  - “常按足三里，勝吃老母雞”
  - 提升免疫力，幫助消化、虛弱、腸胃問題，甚至精神問題，例如緊張、失眠。
  - 每天按摩10分鐘保持健康。
- Location: 4 finger widths down from the bottom of your knee cap. On the outer side of the shin bone.
  - Massage St 36 frequently is far more effective than drinking chicken soup.
  - Boosts immunity, aids digestion, helps with general weakness, even psychological disorders such as nervousness and insomnia
  - Massage everyday for 10 minutes to maintain good health.



# 穴位按摩養生

## Massage Acupuncture Points to Good Health!

### 三陰交 Spleen 6 (養顏 beauty spot)

- 定位：內腳踝上三寸
  - 補血，幫助許多脾胃問題，和睡眠
  - 是婦科、月經與異常出血的重要穴位。調月經、除斑、祛皺、皮膚過敏
  - 每天按摩使你更年輕、美麗！
  - 注意：不適合孕婦
- Location: 3 cun directly above the tip of the inner ankle, behind the bone
  - Tonifies Blood, helps with numerous digestive issues, and sleep
  - Key point for most gynecological, menstrual and bleeding disorders
  - Regulates menses, helps to lighten dark spots as well as reduce wrinkles. Also helps with skin allergies.
  - Massage everyday to make yourself more youthful and beautiful!
  - CAUTION: AVOID USE IN PREGNANT WOMEN

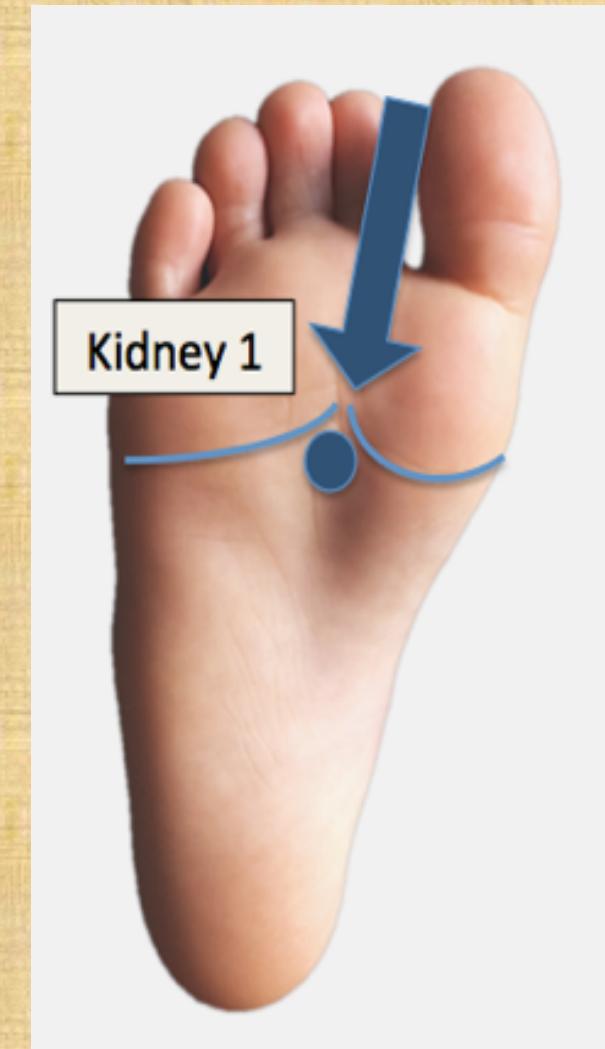


# 穴位按摩養生

## Massage Acupuncture Points to Good Health!

### 湧泉 Kidney 1

- 定位：位於足底，在足掌的前1/3、彎屈腳趾時的凹陷處
  - 固本培元、延年益壽，有使腎精充足，耳聰目明，精力充沛，腰膝壯實不軟，行走有力等。
  - 每天洗腳後，用雙手大拇指摩搓兩足底湧泉穴10分鐘左右
- Location: In depression found on the top one third of the sole of the foot, in the depression formed when the foot is placed in plantar flexion
  - Strengthens the constitution, helps to achieve longevity. Makes the Kidney Essence abundant, improves hearing, sight, and energy level. Helps to maintain strong knees and lower back.
  - After shower, use the thumbs to massage this point for about 10 minutes.



# 穴位按摩養生

## Massage Acupuncture Points to Good Health!

### 身體部分

- 頭和頸部
- 耳朵
- 身旁 (大包穴)
- 腹部
- 手和手掌
- 腳和腳板

### Body areas

- Head and neck
- Ears
- Sides (Da Bao Point)
- Abdomen
- Arms/hands
- Legs/Feet



# 養生原則 五：正面心情

## Principle # 5 : Positive emotions

- 保持豁達、開朗、樂觀的心情
- 樂觀的態度可以幫助增強免疫系統，並提高壽命
- 笑可以使你保持年輕
- Stay open-minded, cheerful and optimistic.
- A positive attitude can help strengthen the immune system and increase lifespan.
- Laughter keeps you young!!!



# 養生原則 五：正面心情

## Principle # 5 : Positive emotions

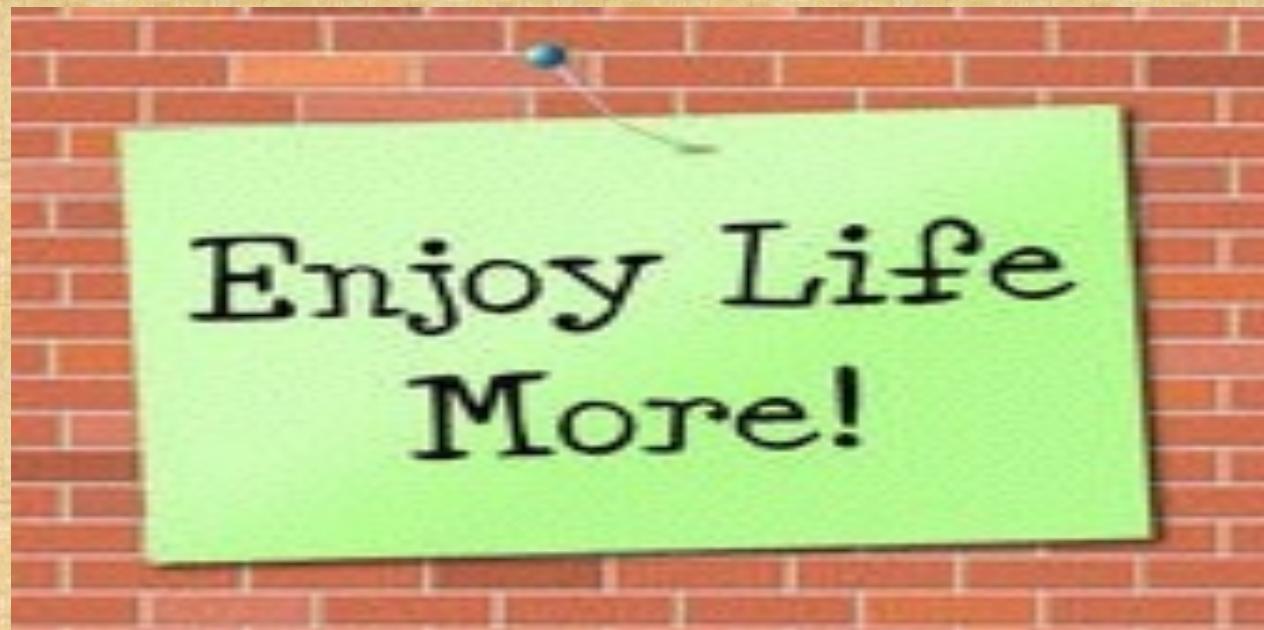
- 與人為善
- 慈悲的心孕育著長壽的果
  - Be kind to others.
  - Loving-kindness breeds longevity. 😊



# 養生原則 五：正面心情

## Principle # 5 : Positive emotions

- 不多愁善感
- 對生活充滿樂
- 沒有什麼比正面情緒更重要的!
- Avoid being overly-sentimental
- Life is fun, so enjoy it!
- Nothing beats positive emotions!!



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**With thanks to the funders of this project:**  
**感謝以下機構贊助**



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