



恭喜發財

KUNG HEI FAT CHOI

中環及旺角診所將於二零一零年二月十三日(年三十)至二零一零年二月十八日(年初五)休息。並於二零一零年二月十九日(年初六)開診。

Central and Mongkok clinic will be closed from 13th Feb to 18th Feb 2010 during the Lunar New Year and will resume service from 19 Feb 2010.



News 動向

Ms. Diana But, PT has left our clinic in January, 2010. We wish her every success in her new career.

畢慧敏物理治療師已於二零一零年一月離職，我們謹祝她在新的事業上發展順利，事事如意。

Monthly Health Education Seminars 每月健康講座

中風的緊急生命支援 Emergency Stroke Life Support

中風是一種急性腦血管疾病，長據著香港人的第三號或第四號殺手的地位。中風除了可以奪去性命，更可以導致身體、語言、性格和精神上的殘障。這個講座，將會教導大家如何辯別中風的情況，施行簡單而有效的檢查來發現中風的出現，令急性中風者的生命和機能，得到最大的保障。(本講座內容以美國心臟協會和美國中風協會的高級中風生命支援術為藍本)

Stroke is a life threatening emergency cerebral vascular problem. It has always been the No. 3 or 4 killer in Hong Kong and the No. 1 cause of physical and speech disabilities. This lecture aims at introducing simple and effective screening tests for the recognition of acute stroke, thereby improving the outcome of life support and disability rehabilitation of the stroke patient. This lecture is based on the Advanced Stroke Life Support curriculum of the American Heart Association and the American Stroke Association)

講者: 馮偉業物理治療師

日期: 二零一零年三月十一日(星期四)

時間: 晚上七時至八時半

地點: 中環德輔道中 20 號德成大廈 508 室

語言: 中文 免費參加

Health Information 健康資訊

整全保健法

都市人生活緊張,節奏急促, 壓力因工作、經濟、家庭、夫妻和朋友關係等問題而產生。繼而引起不同類形的疾病和痛症如頭痛、腰頸痛、腸易激綜合症、心悸、噁心、作悶甚至情緒病。筆者今次所講的整全保健法是以整體、完全及天然的方法達到保健的目的。主要分為運動篇及調息鬆弛篇。運動篇包括伸展運動、帶氧運動和改善姿勢運動。這些運動有助增加關節靈活及柔軟度、改善姿勢、增強心肺功能、促進血液及淋巴液循環及減低患上慢性疾病的機會。心理層面方面，運動可鬆弛神經，紓緩精神壓力，增強自信，促進心理健康。調息鬆弛篇有穴位按壓、體骨調息法及腹式呼吸。以鬆弛神經、改善慢性疲勞、心悸、噁心、作嘔、作悶等問題為主要目的。

伸展運動: 切忌彈動式伸展。保持呼吸暢順，每個動作做 1-2 次，每次停留 10-30 秒，伸展中的肌肉應保持放鬆，而伸展部位要有輕微拉緊的感覺

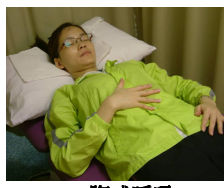


伸展頸部後面



體骨調息法

用兩拇指輕按顱部,手指排放在枕部,輕鬆地呼吸和放鬆。



腹式呼吸

把手放在小腹,心裏數吸和呼,留意呼吸是小腹而非胸部,將急促的呼吸變慢,心裏只想著呼吸和小腹。



Institute of Holistic Healthcare

Websites: www.iholistic.org E-Mail: info@iholistic.org

Upcoming Programs

Active Isolated Stretching Foundation Certificate

(AIS-1002)

Instructor: Aaron Mattes, the founder and creator of AIS

14 Feb, 2010

Professional Certificate of Acupuncture in Physiotherapy – Module 1 (PCAP10)

“Application Until 12 Feb, 2010”

1 Mar - 29 Mar, 2010; 12 Apr - 31 May, 2010

Muscle Energy Technique

肌肉能量法

“Early Registration Deadline: 15 Feb, 2010”

Instructor: Dr. Kerry D' Ambrogio

Co-Instructor & Cantonese Interpreter: Mr. Kerry Fung

Lower Quadrant (MET-L-1003) 23, 24 - 27 Mar, 2010

Upper Quadrant (MET-U-1003) 23, 29 Mar - 1 Apr, 2010

Use EFT To Build A Positive Relationship with Yourself and Your Family

“Early Registration Deadline: 1 Mar, 2010”

Instructor: Ms. Caroline Rhodes

Level I & II (Code: EFT-10031) 16 - 18 Mar, 2010

Level III (Code: EFT-10032) 20 Mar, 2010

春季飲食養生 (CMF-1002)

一年之計在於春,春氣之應,“養生”之道也。

春天是陽氣生發的季節,人應順應天時的變化,通過飲食調養陽氣,以保持身體健康,增加抗禦疾病的能力,達到“治未病”的理想境界。

講師: 梁家豪先生(中醫學學士及資深廚師)



27 Feb & 6 Mar 2010

Sport First Aid Course

「運動急救」證書課程

(Code: SFA-1003)

21 & 28 Mar, 2010

(Code: SFA-1005)

4, 6, 11, 13 May, 2010

(Code: SFA-1007)

18 & 25 Jul, 2010

(Code: SFA-1009)

7, 9, 14, 16 Sep, 2010

(Code: SFA-1012)

5 & 12 Dec, 2010

Please visit our website www.iholistic.org for details. For any enquires, please feel free to contact us at 2537 2083 or 3741 1970.