



Monthly Health Education Seminars 每月健康講座

何謂整全保健法? What is Holistic Healthcare?

現代人生活急促, 工作緊張, 因而導致因工作及生活壓力的疾病及痛症。同時亦衍生了不同的保健方法, 如推拿、按摩、穴位按壓及瑜珈等。

透過是次講座, 陶先生會解釋及指導你如何整全地保健。

講者: 陶智超物理治療師

日期: 二零一零年一月廿八日 (星期四)

時間: 晚上七時至八時半

地點: 德輔道中 20 號德成大廈 508 室

語言: 中文 免費參加

Modern life is full of stress and tension. Many researches revealed that chronic painful disorders or diseases are closely related to stress and tension. Because of these, many healthcare products & methods such as massage, tuna, acupressure etc. is becoming very popular.

Under our physiotherapist Mr. To's guidance, you will be able to understand how to maintain health holistically.

Speaker: Mr. Ray To, Registered Physiotherapist

Date: 28th January, 2010 (Thursday)

Time: 7:00pm - 8:30pm

Venue: Rm 508, Takshing Hse., 20 Des Voeux Rd. Central

News 動向



AYP Rogaine6
現正接受報名。

由香港青年獎勵計劃舉行的野外定向挑戰盾及 Rogaine 6, 我們今年亦被邀請為贊助機構, 為參加者提供駐場物理治療服務。

Rogaine was organized by HKAYP. We were invited to be a supporting organization to provide physiotherapy for the participants.

What is Rogaine?

Rogaining 是一項長途越野定向運動, 參加者以二至四人為一隊, 在指定的時限內探訪最多的檢查點, 奪取最多的分數。參賽隊伍利用地圖及指南針在賽區確定方向, 尋覓路徑, 並必須徒步到訪各檢查點。賽會在賽事中心會提供簡餐, 賽員可於比賽期間隨時返回賽事中心休息。

各位健兒請把握時間, 請立即報名!

截止報名日期 2009 年 12 月 15 日。

請到以下網址下載申請表格。

Rogaining is the sport of long distance cross-country navigation in which teams of two to four members visit as many checkpoints as possible in a set time limit. Teams travel entirely on foot, navigating by map and compass between checkpoints in terrain that varies from open farmland to hilly forest. A central base camp, called the "hash house", provides light meals throughout the event. Teams may return at any time to eat or rest.

Rogaine6 2010 is now open for recruitment. Act quick and send in your applications. The deadline for recruitment is 15 Dec 2009. Please go to the following website and download the application form. http://ayp.no-ip.info/2010Rogaine6/tc/download_1_form.php



Institute of Holistic Healthcare

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

Want to enjoy a professional massage. Starting on Dec 2009, you could make an appointment to enjoy different kinds of massage on Institute of Holistic Healthcare. For details, please contact us at 2537 2083.

想放鬆一下, 享受專業的按摩服務。由十二月開始, 大家可於整全保健學院預約不同按摩服務。詳情請致電 2537 2083。



Lymphatic massage

is a technique used to help increase lymph flow. Lymphatic massage utilizes a light pressure, circular rhythmic movements to stimulate the lymphatic system.

淋巴按摩 能加速淋巴液流動, 利用輕微的壓力和循環而有節律的運動促進淋巴系統。



Benefits

To remove harmful substances from the tissues
To increase immune function
To improve metabolism
To make the skin look fresh
To enhance tissue regeneration
To enhance the scarring process
To reduce swelling
To relaxes the nervous system
To improve sleep
To help get rid of feelings of anxiety, depression

好處

排走體內的有害的毒素
提升免疫功能
改善新陳代謝
令皮膚變得通透
加快組織重生
加快退疤過程
消除水腫
鬆弛神經系統
改善睡眠
擺脫焦慮和沮喪

Upcoming Programs

秋冬飲食養生 (Code: CMF-0912)

- ✧ 中醫養生概念、中醫對個人體質的分類、飲食養生的定義
- ✧ 藥膳的性能、作用及應用
- ✧ 常用秋冬藥膳中藥材及食材
- ✧ 秋冬飲食養生食譜精選



講師: 梁家豪先生

(健康科學(中醫學)學士, 中醫學學士, 資深廚師)

9,14,16,21 Dec 2009 Wed & Mon 7:00pm - 9:30pm

手法治療頸椎相關疾病學習團 (Code: MCSW-1001)

講師: 鍾士元醫師

22-24 Jan 2009 Fri - Sun 7:00pm - 9:30pm

上課及實習地點: 廣州荔灣區海角紅樓度假酒店或同級

Diplomate in Osteopathic Manipulative Theory and Practice - Quantum II (Code: DOMT-09Q2)

Instructor: Dr Steven A. Sanet, DO

15-16 Jan 2010, Fri - Sat 2:00pm - 10:00pm

17 Jan 2010, Sun 10:00am - 6:00pm

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