



**Monthly Health Education Seminars 每月健康講座**

**淺說中醫防治流感**



近日天氣轉冷，稍一不慎，易患流感，影響工作及生活質量。流感每見咳嗽、發熱等症狀，民間常說：西醫治病快，中醫治病慢？同樣的病狀，中醫、西醫治療究竟有否差異？是否中醫治病真的慢？欲窺其中奧秘，聽罷講座必有裨益。

本講座內容：

1. 中西醫治流感的差異
2. 中醫養生防治流感
3. 合時養生藥膳
4. 抗流感茶簡介

**免費參加**

**報名及查詢請**

**致電 2537 2083。**

講者：梁家豪註冊中醫師

日期：2010年12月23日（星期四） /

2011年1月27日（星期四）

時間：晚上7時至8時

地點：中環德輔道中20號德成大廈508室

語言：廣東話

**Health Information 健康資訊**

**Taping and Sport Performance**

The 2010 Asian Games runs in Guangzhou recently, behind the games injuries are produced every day. You may see some wrapping on players' wrist, back, knee, calf and heel, those wrapping helps treating their injuries or preventing them from injuries, and we called it taping.

Taping plays a great role in preventing sport injury and promoting sport performance. It helps limiting the movement in an injured joint to prevent excess or abnormal movement, it also bring a benefit of enhancing proprioception (or kinaesthetic feedback) among injured joints.

Nowadays, some colourful taping called Kinesio taping is introduced. The unique of Kinesio taping is not just the wide range of colour, but its special design. Kinesio taping has 140% elasticity, giving non-restricted support that allows muscles to perform a full range of motion. This technique can be easily applied, it would be better to let a physiotherapist or certified practitioner to do their job. In some cases, the treatment with Kinesio taping may require assessment that includes manual muscle testing, range of motion testing, gait assessment, and many other special orthopedic tests that are deemed necessary. The information gained from these assessments will allow for proper treatment.



**Institute of Holistic Healthcare**

Websites: [www.iholistic.org](http://www.iholistic.org) E-Mail: [info@iholistic.org](mailto:info@iholistic.org)

**Upcoming Programs**

**Fascial Release Technique Courses**

**Instructor: Dr. Kerry D' Ambrogio** D.O.M., A.P., P.T., D.O. M.T.P.

**Visceral Manipulation(FRT4-1103)**

23 – 26 Mar 2011

**Sport First Aid Course 「運動急救」證書課程**

SFA-1103 20 & 27 Mar 2011

SFA-1105 10, 12, 17 & 19 May 2011

SFA-1107 17, 24 Jul 2011

SFA-1109 20, 22, 27 & 29 Sep 2011

SFA-1112 4 & 11 Dec 2011

**News 動向**

**中醫服務**

梁家豪中醫師於中環診所應診，為大家提供以下服務：

- 中醫全科診症
- 中藥療法（採用濃縮免煎中藥）
- 針灸療法 / 拔罐療法 / 去瘀療法
- 保健推拿（於中環診所或上環教育中心進行）

**敬請預約。**

**Mr. Leung Ka Ho, Registered Chinese Medicine Practitioner** provides the following services in our Central clinic:

- Chinese Medicine Consultation
- Concentrated Chinese Medicine Prescription
- Acupuncture and Moxibustion / Coining / Cupping
- Health Tuina  
(may be performed in our Central clinic or Sheung Wan centre)

**By appointment.**

*Health is a continuum of physical, mental & spiritual well being.*

**整全健康道 至善身心靈**