



News 動向



Dr. Kerry D' Ambrogio 將於二零一三年十一月廿六日至廿七日在我們中環診所應診，如欲在香港接受 Dr. D'Ambrogio 治療，敬請致電 2537 2083 預約及查詢。

Dr. Kerry D' Ambrogio is coming to our central clinic to assess and treat client between 26th and 27th November 2013. Client who would like to have consultation with him in Hong Kong, please call 2537 2083 for appointment.



**Institute of Holistic Healthcare**

Website: [www.iholistic.org](http://www.iholistic.org) EMail: [info@iholistic.org](mailto:info@iholistic.org)

Upcoming Programs

**Total Body Energetics (I-TBE13)**

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

28/11/2013 Thursday: 10:00am – 6:00pm

29/11/2013 Friday: 10:00am – 6:00pm

30/11/2013 Saturday: 10:00am – 6:00pm

1/12/2013 Sunday: 10:00am – 6:00pm

**NEW!**

Application Deadline : 14/11/2013

**Professional Certificate in Orthopaedic Manipulative Therapy-Module 1 關節舒整治療學專業證書-第一單元**

(I-PCOMT-1314)

November, 2013- February, 2014

**X-TREME SPORTS Series 1 Race Walking**

防治創傷的貼士 & 競步知多少 ?

Speaker: Miss. Adriane Stjernkvist (Registered Physiotherapist)

Date: 8th October 2013 (Tuesday)

Time: 7:00-8:30pm

**Free Admission**

For more courses, please visit our website [www.iholistic.org](http://www.iholistic.org). Please feel free to contact us at 2537 2083 or 3741 1970 for enquiry.

Monthly Health Education Seminars

每月健康講座

**秋冬養生話你知**



秋季是人體陽消陰長的過渡期，此時天氣變得乾燥，早晚溫差增加，疾病叢生；古語有云“秋令進補”，是養生的好時機，特舉辦秋冬養生講座，和大家有個健康約會。

聽罷講座，飲食宜忌，烹調選材，自有分曉。

講者：梁家豪中醫師

日期：二零一三年十月二十三日（星期三）

時間：晚上七時半至八時半

地點：整全保健學院教育中心

上環文咸東街 50 號

寶恆商業中心 1 樓 1 室

語言：廣東話

報名及查詢請電 2537 2083

**※費用全免，名額有限，報名請早※**

健康資訊

*X-treme Sports Series 1 - For better Race Walking health!*

**How can you prevent injuries when preparing for your Race walking events?**

**P:** Protection/extra support for injured areas (i.e. bracing for knee, ankle, etc.)

**R:** Rest incorporated into the exercise program at regular intervals (i.e. 1 day in-between strengthening programs versus agility programs).

**I:** Ice or Heat to help reduce swelling/promote circulation as soon as discomfort is felt after a particularly vigorous exercise program. \*Symptoms will tell you which one helps best.

**C:** Compression/added pressure to the area applies when moderate swelling is visible (i.e. bandaging, taping, bracing) and should involve longer resting intervals.

**E:** Elevation of distal limbs above heart level when swelling is moderate. Should involve longer resting intervals (1-2 weeks off sports).



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

整全健康道 至善身心靈