

The rise of the Third Medical

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- Health illnesses and medicine.

Former vice president of the Beijing Armed Police Corps Hospital

Any dependents plot

Preface

The World Health Organization medical experts pointed out: "20th century medical treatment era, the 21st century is the era of health care".

Social History of Medicine experts Potter (Portey) pointed out: "Medicine is undergoing a serious crisis - While medicine has made tremendous achievements, but the medicine a lot of disappointment and doubt. 1960s, invention of penicillin, the heart transplant, the joy of the test-tube baby was born no longer exists. Conversely, increasing the fear of the consequences of genetic engineering and biotechnology. 'Thalidomide' event of disaster (resulting in a large number of iatrogenic disease) showed an increase in the birth of the babies born with deformities, increased suspicion of modern medicine. "

Robert, MD, USA According to Israel and Colombia and other countries of the doctors' strike, statistics on deaths during the strike, and this data with mortality data for the previous year, he came to the conclusion: "The decline in death rates 35 -50%. "he said:" If more than 90% of modern medicine to stop using, including: doctors, drugs, and medical devices to disappear from the Earth, iatrogenic disease and drug-induced diseases will disappear immediately, mortality will be greatly decreased since then seen in modern medicine, iatrogenic disease and drug-induced diseases accounted for a high proportion of deaths originally may not death, to allow doctors to be put to death; Originally medication can naturally good disease, medication instead of the rule of man is dead, this is a terrible thing. "although it is not satisfactory, but it also can not be separated from it. Western medicine is currently the world's largest system of medicine, they are saving countless lives, also harmful countless.

The Mr. Sun Wanpeng is an agricultural scientist, gray expert. 50 years ago, he has studied the prevention of plant diseases. The study concluded: "eradication of pests and

diseases of the use of pesticides to fight fire with fire, the cost of the damage for the plant itself is too high". He said: "The medical cure is also fire with fire, is also too large for human health damage costs."

Mr. Sun Wanpeng father, mother, brother, sister, a family of four is a very short period of time in modern Chinese and Western medicine treatment of cancer mortality. Mr. Sun Wanpeng I have cancer, he used a gray harmonic theory treatment, he's still healthy. Cancer is actually excessive Infant cells produced. Mr. Sun Wanpeng said: the oncogene is actually important gene is indispensable in life. Which is in charge of cell proliferation, differentiation, and without it there is no life, the child will not grow. Oncogenes and anti-cancer gene in harmony, the human body will be healthy, the detuning will get cancer. Most of the cancer gene can repair only, including damage to the external environment factors repeatedly under detuning normal cells to become cancerous. Have to go through this process, 4 - 6 detuning mutations can occur. From tumor cells to organ cancer often requires a long process of change in ten years or even 25 years. Under normal co-harmonic, most of the cancerous cells can be removed. However, many cancer patients do not know "bad mood disturbance is an important factor to speed up cancerous, so to say, a lot of cancer patients are scared to death of.

Mr. Sun Wanpeng election on behalf of "good mood and bad mood" transfer "beat his cancer. What applause mood election with "? Comedy, Easy Listening, comic, game, travel is usually selected some of their favorite activities, so their mood is always pleasant. What is the bad mood "transfer"? Always there are some unpleasant things to encounter such a thing, must find open, do not always in my heart. Under normal circumstances, unpleasant things, to stay in the heart of not more than five minutes, there would be no impact on the body.

In recent years, he will plant health and human health "crossover study, put forward the concept of the third medical.

Well, what kind of medicine is the concept? First medical Medical is the concept of what it? Some research on this issue.

Western medicine is the first medical

Western medicine belongs to the classical scientific disciplines, it is called the first medical. From a philosophical point of view, it is ontology, mechanical materialism, also known as metaphysics. From a scientific perspective, it is a "test card" science, that all theories must be proven. It is characterized by all tested, and have repeatability. For example, a simple two-dimensional movement of Newtonian mechanics, is the classical

science, when the speed and position of the initial moment of the object is known, it can be predicted out at any moment the position of the object and the track, but repeatability strong. Newton is through the study of the sun and planets throughout the solar system to make predictions, and has a repeatable validation. The modern aerospace run calculations are based on the basis of classical mechanics of Newton.

Chinese and Western scholars is to comply with the concept of the classic science. Western medicine diagnosis that organs of the human body is sick, the treatment of that organ. Cecal inflammation, put the cecum cut; lungs raw tumor, the lung cut off. The necrosis organ cut off healthy organs can be transplanted. Western medicine is based on this theory, predicted that the generation of a number of diseases, but also the use of the same methods, and treatment of many of the same diseases.

TCM is the second medical

TCM belongs to Zade (Zabeh), fuzzy scientific disciplines, it is called a second medical. Einstein microeconomic theory, negate the applicability of Newton's classical macroeconomic theory in the microscopic world. At the same time in the microscopic world, it is not possible to accurately measure the position and velocity of a particle, which show that the prediction is gray. Quantum mechanics can not predict the deeds of a particle called fuzzy science, also called uncertainty law, also called gray science. The TCM checks illness is different from Western medicine, Western medicine rely on scientific instruments, traditional Chinese medicine by look, smell, and asked, cut. So check the disease is mainly based on experience. The same disease, different doctors concluded that it is not the same, is not the same prescription. So, are fuzzy philosophical category. However, the fuzzy science is more accurate than the classical sciences. Chinese medicine from the yin and yang, yin and yang is the basic concept of the traditional Chinese medicine, but also a philosophical concept, due to the ambiguity of yin and yang, TCM medicine with philosophy, regardless. Amid panic, mysterious and difficult to understand, influence the development of Chinese medicine. From pulse to find the cause, is a dialectical idealism. The human eye is sick, TCM believes that the cause of disease in the liver; ears sick etiology in bile; TCM treatment of diseases, unlike Western medicine, Chinese medicine treatment method is to find the cause, cure go to the root, TCM dialectics.

It was suggested that "Integrative Medicine" theory, which is impossible. Explained there is a great difference between Chinese medicine and Western medicine in a number of disorders, however, it is commendable that "they can be very good and Clinical match", that is able to cure diseases. Examples like this are not uncommon in the history of

science, the interpretation of quantum mechanics, the description of the Schrödinger equation, the Heisenberg matrix method description, different methods, different description, in fact, is one thing. Chinese and Western Medicine differences of view, Western medicine focuses organs, cells, genes from reality, classification, research, treatment of the disease; Chinese medicine focuses on the whole emphasis on interaction and coordination convalescence. Morphological changes related diseases, Western medicine is strong; some interaction disorder related diseases, TCM strengths.

There called TCM West governance, TCM use of Western medicine the instrument detection judgments disease, and then the traditional Chinese medicine treatment. Western medicine diagnosis of the disease, treatment with Chinese medicine. In fact, lost the characteristics of Chinese medicine.

Chinese medicine called science camp guard camp nutrition, health immunity. The camp belongs to Yin, belongs to Yang Wei, the yin and yang of the natural science camp guard. TCM said meridian is Camp David circulatory system. Corresponds to the "blood" camp, Methodist corresponding gas, yin and yang with the Ying and Wei Associated human body fluids, nutrition and defense unified opposition. Interact with functional coordination, business health Pour shift detuning TCM pathology. Camp David explained, will meet the original literature, but also through the progress of modern science. It is the entry point of the modernization of the Chinese.

Health is the third medical

Health illnesses and health care belongs to ash harmonic theory is the third medicine. It is the method of dialectical materialism. Founder of quantum mechanics, Bohr proposed a co-principle ", he pointed out: the" microscopic particle wave duality "," Comprehensive its fine "are complementary, and the Association of harmony. Means that any substance that is both contradictory and unified, that is attractive, and exclusion, it is called harmony.

Harmony is the main feature of the third medical human organs in a state of harmony, you will not get sick. The important difference is that the first medicine, medicine and medical, medical first and second rule already ill "third medicine" treating disease ".

"Yellow Emperor" advocate "treating disease", is the earliest ideas of "prevention first" strategy advocated by our medical and public health community. "Treating disease" such a medical thought in the development and improvement of the era, is now derived from the theoretical system of TCM out. Mr. Sun Wanpeng prevention-oriented,

integrated health illnesses and health care referred to the third scientific realm, called Third medicine.

Harmony is a philosophical concept, Confucianism to promote social harmony. That that step on behalf of great importance to Confucianism, the society will live and work in peace and contentment. That dynasties do not attach importance to Confucianism, social occurs unrest.

Taoism also promote harmony and promote people in harmony with nature. The community will also have to comply with the laws of nature. Community to abide by the laws of nature and social development, people want to comply with the laws of nature, the human body to comply with the laws of nature, people will be able to longevity.

Third medical treatment of disease.

Third medical treatment of disease? Here is a brief introduction on eight aspects:

Acid-base balance in the diet

Using a reasonable method to improve the acidic, is key to the prevention of various diseases. First, eat foods rich in alkaline substances. Best of British Dietetic Association founder Patrick proposed in his "Nutrition Bible: people's daily diet, there should be 80% alkaline foods and 20% acidic foods. But, in fact, we are in a normal diet is difficult to acidic foods and alkaline foods proportion control in 1: 4, which need to be adjusted by functional food supplement some high alkaline.

American physician, Nobel Prize winner Professor Lei Weng said: "acidic body is the source of sickness. Basically, all the meat is acidic, most of the fruits and vegetables are considered alkaline.

American nutritionist Dr. RAGNAR BERG: If you want to maintain a healthy body, each 20% acidic food intake, you need 80% alkaline food to match. Visible, when you eat it every day foods are acidic, and the passage of time, it will cause the physique acidity is too high, and thus suffer from various chronic diseases.

In general, you eat a meat, you need to eat more fruits and vegetables at least four to balance its acidic. In addition, on all kinds of radiation, pollution, stress, bad mood, will make the body acidic. Now only 10% of the human physique is alkaline, 90% is acidic.

Japan MD Liu Zewen experiments prove that 100% of cancer patients is acidic; Nobel Prize winner, German biochemist Dr. Otto Warburg, that the hypoxic environment of normal cells to become cancerous, and acidification of body fluids leading to hypoxia major factor.

The study showed that: If you can balance the PH value of your body, so your body into weak alkaline, no matter what you have is what change and cancer has been cured;

As long as you can adjust your body's PH value to weak alkaline, your body will be healthy. The acid-base properties of the daily food are included in the following table, for your reference:

Strongly acidic food: egg yolk, cheese, dessert, sugar, tuna, halibut.

In acidic food: ham, bacon, chicken, pork, eel, beef, bread, wheat.

Acidic foods: rice, peanuts, beer, seaweed, octopus, chocolate, pasta, onions.

Strongly alkaline food: grape, tea, mushrooms, wine, seaweed, citrus, persimmons, cucumbers, carrots, white radish.

Alkaline foods: soy, tomatoes, bananas, strawberries, protein, prunes, lemons, spinach, burdock.

Weak alkaline food: red beans, apples, cabbage, tofu, cabbage, rape, pears, potatoes.

We will find a lot of good things to eat almost all of the acidic, such as: fish, meat, rice, wine, sugar, all acidic foods, on the contrary, the most alkaline foods such as seaweed, vegetables, white radish, tofu, etc. is not easy cause loss of appetite, but food good for the body.

The general acid something is acidic foods, in fact, it is not. Such a look will cause drooling strawberry, lemon, etc. It is typical of alkaline food.

2. dieting

Dieting naturopathy is inside the body of revolution. Why simple dieting will have health effects? Simple dieting can make the body temperature rise, resulting in the following role: (1) expel toxins; ② purify the blood; (3) an increase in body immunity to improve.

Easy dieting will make their own "slim down" on this thin is not just the appearance of change, in the interior of the body, the more revolutionary change.

(1) expel toxins

Dieting will make the excretory activities more active, we wake up every day, can appreciate that. Together in the morning, you will find that his eyes have mucus, but also bad breath. This is because the sleep will not eat anything, in a fresh off state, the result will lead to the body's excretory activities of active people involuntarily Xiangshangcesuo phenomenon of gum and bad breath, but also appear.

The reason all excretion of activities will be active, is due to go on a diet when stopped food intake, digestion and absorption of the organ into a resting state. To be sent to the reducing digestive absorption organ blood, excretory organs get sufficient blood supply, becomes active again, usually accumulate in the body all the old waste excretory organs "collective action" and excreted.

② purify the blood

Many people often blood viscosity in such things, this is a state of excess uric acid, lactic acid and other wastes. With this relative "fresh blood", this is an ideal blood condition. TCM blood viscosity is called congestion, stagnation of blood flow, by the state of pollution. Blood contamination in Western medicine refers to the state of excess uric acid, urea nitrogen, creatinine, pyruvate waste.

Causing blood contamination biggest reason is the excessive intake of food. Cholesterol, neutral fat, sugar, protein, though they are necessary to maintain bodily functions ingredients, but there is too much will cause high cholesterol, diabetes, hyperlipoproteinemia. Therefore contaminated blood, induce a variety of diseases. Overeat but also the cause of gout uric acid, urea nitrogen, creatinine, pyruvate, skatole, indole and other harmful substances, and also contaminated blood. Dieting to reduce food intake, and can prevent the increase of the above substances; Meanwhile, with the active excretion activities, these substances will be excreted, play a role in blood purification.

(3) an increase in body immunity to improve

In their daily lives, in order to digest absorption eat the food in the stomach, and blood to the gastrointestinal concentrated. However, if you stop the intake of food, the blood began delivered to the body, promote blood running. Fresh warm blood circulation up to body temperature rises, thereby burning off waste in the blood.

Stop the intake of food, the body will begin to consume existing body of excess fat and junk. Moreover, healthy cells will continue to eat in order to survive, cancer cells and other cells to trigger inflammation. Immunity lies the leukocyte, because it likes to devour viruses and pathogens. But the white blood cells have fewer features activities in the state of satiety, diet, thereby artificially create a moment of hunger state, contrary to its activities will become active again.

Movement or after a bath, the body temperature is rising, the white blood cells will become very active. That is to say, on a diet, promote blood circulation of the body temperature up "and" let the body into a state of hunger, "will have a multiplying effect, thereby further improve the vitality of white blood cells. As a result, the health of people healthier, a lot of trouble for the disease can overcome the disease.

3 drink water

The body of the people seventy percent water, 80 percent moisture when the baby is born, the modern body of water, however, only about sixty to sixty-five%, so that every cell in the body have a water shortage situation. 人体各器官 coordination, is secreted liquid. If not enough water, the secretion of various organs liquid will lack, and can not work in harmony. Cells can not detox, and even lead poisoning. Lead to cell death, mutation of cancer cells. The blood black grows, triggering constipation. Lack of skin moisture, will produce dark spots, wrinkles, aging, and hair.

Drink a few glasses of water a day? Coffee or tea, and the molecular structure of water. Water molecule is H_2O , drink a cup of coffee to be consumed three cups of water body reserves; drink a cup of tea would use up two glasses of water, in order to resolve the caffeine toxins, the body will have to consume out; drink a glass of soda or wine Six cups of water. So, only drink water, drink the water, in order to solve the harmony of the body. And drink plenty of water the way, is also very important, must be small mouth slowly drink a small mouth, so that the body's cells have plenty of time to absorb the water molecules. Otherwise, the big mouth and drink plenty of water will only make the cells time to absorb all follow urine loss.

Generally, we can obtain or purchase to the water, nothing more than purified water, mineral water, reverse osmosis filtered water, alkaline water, distilled water, mineral water, several water, the advantages and disadvantages of which will be discussed below.

Water purification, water is not safe

Purified water just tap filter filters out the heavy metals in the water, however, bacteria and chemicals remaining in the water, is not a safe water.

Mineral water, fear caused the cells to premature aging death

Some people think that drinking mineral water, you can supplement the lack of minerals, fruits and vegetables, but according to the U.S. Department of Agriculture research report pointed out, drinking mineral water, a 75 per cent chance of getting cancer, due to the mineral water on the market, and more contain excessive heavy metal and a large number of inorganic minerals, not only can not supply the body needs minerals, but also to increase the physical load, blocking the space between the cells and the cells so that nutrition could not be served inside the cell, the cell is so debilitating, death. Inorganic mineral water minerals, rock by wind and rain erosion fall crushing grain minerals, these minerals than fruits and vegetables within the organic minerals big on too many times, our cells do not absorb, but will barrier between the cell nutrition, oxygen and blood circulation, premature aging cells to death, is why we are likely to feel tired, or the rapid aging of the reasons.

Reverse osmosis filtered water, as well as residual bacteria and toxins

Per cent of the waste can be filtered, but there are five percent of the bacteria, debris and toxins in the water, but compared to the purification of water and mineral water safety and more.

Alkaline water, may cause indigestion

The alkalization is tap water alkalization alkalization machine. General blood acidic, however, the blood must be alkaline to be healthy; internal organs of the body, all the time to maintain the acid-base balance. When we eat, the stomach will increase stomach acid to absorb food, want food delivered to the duodenum, pancreas produce sodium bicarbonate (sodiumbicarbonate) becomes alkaline to acidic foods, only liver uptake storage, the remaining waste into the large intestine, but also turned acidic.

So we can not often drink alkaline water, often drink alkaline water will cause indigestion, nutritional deficiencies, and we do not know the organ needs acid when, when you need the alkali, so you can not rely on the alkaline water to supply the body needs.

Distilled water, drink eight glasses a day to purify the blood

Distilled using a distillation machine tap with fever boil evaporated into water vapor condenses into water, and then through the cold water pipe, the will exclude all wastes, chemicals, bacteria and heavy metals from the left in the sewage, and the evaporation of water vapor a little impurity is pure water; distilled water to a neutral body pH acidic drink can drink alkaline.

Most people drink distilled water, as long as enough to drink eight glasses (glass of two hundred and fifty cc) can kidney to eight glasses of water sufficient to purify the blood; sick people, not only drink distilled water, need to drink fruit and vegetables juice to improve physical fitness and active water.

In addition to the daily recommended to drink eight glasses of distilled water, our body needs a lot of electrolytes (electrolyte) and minerals; only minerals in fruits and vegetables, is a small organic active minerals our cells can absorb mineral substances.

Minerals in fruits and vegetables molecules smaller than human cells, it is possible to free access to human cells, drain the waste out of the cell, the cells to restore vitality and health, so you want to eat a lot of fruits and vegetables in order to obtain active minerals to supplement adequate nutrition, supply using the cells.

Our own day, in addition to fixed drank four to six cups of fruits and vegetables juice in the morning get up, but also to a couple of drinks plus a quarter teaspoon sea salt water of warm distilled water (500 cc), in addition to day will drink three cups of distilled water and three cups of active mineral water, it is estimated that the amount of drinking water in a day is astonishing; And we chose to drink active mineral water, but because understanding to the minerals contained in fruits and vegetables today the lack of active mineral water does not affect the operation of the body, but it can help the absorption of nutrients, and maintain cell purification.

Of course, the amount of the amount of water varies from person to person, if only a long time sitting in the office building of the central air-conditioning work, drink six glasses of water a day is enough; but if it is out every day to run the business and do the field who might one day we should drink eight to ten glasses of water; while engaged in outdoor sports in the sun, labor workers, one day we must drink 10 to 12 cups of water, in order to allow the body to really get to plenty of moisture.

4 legs are harmonious drive

If the body is likened to a machine, "legs" is powered motor is harmonious drive. Motor problems, the machine will be aging, dysfunctional. Old people, not afraid of hair white, loose skin, afraid stiff walk.

In the United States, "Prevention" magazine summed up the signs of longevity, "the leg muscles strong" impressively. Life is also not difficult to find, the longevity of the elderly is almost sure-footed walking wind. Therefore, as long as raising good legs, lived a hundred of the possibility that we will greatly improve.

Legs like the body's load-bearing walls. Few people know that 50% of a person's bones and 50 muscles in the two legs; activities and energy consumption of 70% in a person's life should be completed by it; body's largest and most solid joints and bones also . The young, the femur can prop up a car; knee under 9 times the pressure of the weight; leg muscles have always wrestled with the gravitational pull of the earth, and to maintain a state of tension. "So, solid bones, strong muscles and flexible joints to form an 'iron triangle' bear the weight of the body's most important," explained the former director of the Institute of Geriatrics, Ministry of Health, Professor Gao Fangkun.

Transportation hub of the legs or body.

Said aryl replied, the two legs have nerve, 50% of the blood vessels of the 50% of the human body, 50% of the blood flowing, the large loop connecting the body tissue. The Officer of Traditional Chinese Medicine, Professor Liu Dequan think: "Only healthy legs, meridian conduction until smooth, blood can be successfully sent to various organs, especially the heart and digestive system." It can be said, strong leg muscles must have a strong the heart.

As a result, the American scientists from walking can judge a person's health status. If a 70-year-old - 79-year-old man, a walk of about 400 meters, on their health situation at least let him live six years. The elderly each go farther, faster, more easily go and then his life is longer.

Aging start from the legs!

As the saying goes: old tree roots first litter, old legs first decline. Old people, and the accuracy of instruction between the legs and the brain and conduction velocity has declined, unlike the young, then tacit. Dr. Pei Hui, Institute of the Academy of Traditional explained, from birth to death, and legs all the time at work, and if you do not pay attention to protection, natural "state of disrepair".

U.S. government experts on Ageing Shack, MD, from the age of 20, if not physically active every 10 years may lose 5% of the muscle tissue. At the same time, the bones will gradually be reinforced, "said the calcium loss, human bones and joints, especially hip and knee problems, such as easy to fall fracture. Gao Fang Kun said, the elderly fracture easily lead to osteonecrosis of the femoral head, bedridden, thereby giving rise to complications of bed sores, urinary tract stones, and even induce cerebral thrombosis. 15% of patients and even death in fractures within one year.

"The old legs prophet" must know!

Senescence leg alarm signals:

Alarm signal 1: legs did not originally handy. This is the earliest feature of aging. After the age of 40, many people feel that the legs are not flexible, slightly to walk the road, like legs filled with lead, sour swollen, more and more strenuous on the stairs, did not climb layers on panting.

Alarm signal: to do something backache leg pain. Especially middle-aged women, as long as the station over time, will feel backache leg pain. Cough, legs also radioactive pain. Calf tenderness but also to note that the stomach has begun to "strike".

Alarm signal 3: walk slower. Unconsciously, the pace is getting slower and slower. Occasionally walk faster, will feel the legs and feet to lose control, after continuous sore for several days, or even muscle atrophy.

Alarm signal: legs on one side cold. Even in summer always feel the calf chilly, sometimes feel from the hip to the heel, the middle of a line are cool. This may be caused by poor blood circulation, and may also be related to lumbar disc disease.

Alarm signal 5: increased frequency of cramps. If it is not after exercise or cold cramp, it should pay attention, this may be the performance of the osteoporosis. Some people also have heel pain, also requires attention.

Alarm signal 6: swelling. Poor blood circulation causes leg swelling, which is often the symptoms of heart cerebrovascular disease or kidney disease.

Alarm signal 7: varicose veins. Women are more prone to this condition may occur after the age of 20. Once the blood vessels of the legs suddenly very clear, winding like a snake, the leg strain vascular.

Alarm signal 8: hip and knee pain. Almost all of the joints will increase as they age and become vulnerable, especially in the hip, knee, two joints. If you find the next stairs squat or jump discomfort, even legs friction and wear, feeling stuck unable to move the joint urgent need to protect.

The blocked leg aging ahead of the arrival of

Into middle age, the legs will gradually aging, but raising the legs is a lifelong process, from the 20s, we should pay attention to protect. Especially car owners, accustomed to cars, usually poor than average leg strength, only keep a good leg to stop the aging ahead of the arrival.

Do not let your legs get cold, usually common hot bubble feet, so that blood can reach the upper body of the human body to maintain balance. At the same time, older people wear baggy pants and shoes, heel 2 - 3 cm more appropriate. In addition, before going to sleep, take a small pillow mat legs, can promote blood flow.

More than the sun is not only conducive to warm, can also promote the formation of vitamin D in the body, to avoid the loss of both legs calcium to prevent osteoporosis.

Finally, to take more exercise. The elderly can choose jogging, aerobics, swimming, tai chi best day insisted on walking for 45 minutes, at least 10,000 steps to go. Chinese Medicine Hospital Geriatrics Center, Professor Liu Zhengtang suggested, often rubbing calf: bending over or sitting legs sagging, gently tapping his legs with both hands at the same time, from top to bottom repeatedly slapping a few times, and then fist with both hands placed double thigh and calf at rotating Roudong dozens of times.

5 deep breaths can live longer

Life is inseparable from breathing. People every minute during the breathing exercise, but you may not breathe properly. Some short-term breathing not only oxygen to the brain, so many people easily tired, but also likely to cause a variety of diseases!

Breathing is one of the most important human life activities, both the ventilation of the lungs, but also including the transport and exchange of gases in the blood. Respiratory motion thoracic rhythm to expand in and out, the completion of inhalation and exhalation, provide the body with oxygen and exhaling carbon dioxide, to ensure the normal operation of life.

Lung volume was not much, but the alveolar wall area of about 70 square meters. A lot of people because breathing is too short, so that the air can not be the bottom of the depth lobe, resulting in a small amount of ventilation, so the lifetime of most people use only 1/3 of the lung.

Respiratory divided into abdominal breathing and Xiongshihuxi. The modern sedentary office, lack of exercise, many people breathing shallow and short, only Xiongshihuxi.

This the only Xiongshihuxi way each ventilation volume is very small, hypoventilation normal respiratory rate, accumulation of carbon dioxide in the body will lead to brain hypoxia, dizziness, fatigue symptoms.

Order to better play to the potential of the respiratory organs, should consciously add a deep breath, avoid rapid shallow breathing.

"Breath" and influence a person's physical and mental state, breathing vitality, but also update metabolic forces.

Breathing, is the way of life of the people. Many modern breathing becomes shallow and weak, reducing the oxygen content in the blood, coupled with imbalanced diet, lack of exercise, a variety of chronic diseases ensue. If correct breathing habits, develop good breathing quality can towards the physical and mental health.

The use of deep breathing, you can make the remaining alveolar work. When when chest deep breaths, at the upper part of the lung alveoli open; abdominal breathing, lower lung alveoli open.

All the alveoli of the work in the production of prostaglandins and prostaglandin produce more than the original, but also by deep breathing so that the original in the work of 80% -90% of the alveolar. Thus, more of the prostaglandin into the blood vessel, so that the vasodilation, blood pressure lowering. Early in the evening three times a day, every 10 minutes there is effect.

Deep breathing can help people relax, relieve insomnia symptoms. Take the initiative to adjust the depth and frequency of breathing, can effectively relax taut nerves, relieve anxiety and mood. Some pain in the neck because the pressure caused by the breathing exercises, the pain will diminish. Insomnia breathing method can also be used to help them fall asleep. By reducing the breathing rhythm, gentle breathing, can relieve the symptoms of insomnia.

Deep breathing to promote health and longevity. Deep breathing exercises control, allows the brain as soon as possible to eliminate fatigue, can regulate the nervous system, relaxing and comfortable. The reason why there is such a large role in deep breathing is normal each inhalation into the exhaled gas is only 400 ml - 500 ml, breathing, do a most men up to 3500 ml, women up to 2500 ml, equivalent to normally aspirated eight times, making life a lot of energy.

Correct breathing is necessary to ease the suction, which is to be uniform slowly inhale, try to take a deep, so that the gas can full of alveolar; hard spit, spit clean, so as to exhaust excreted protect the gas exchange some. Most scientific breathing method: "suck - stop (breath-hold for 10 to 20 seconds) - call" breathing form, can enhance the excitability of the parasympathetic, but also allows the bowel an increase in the number of conducive to digestion and absorption, thus healthful longevity.

Such as climbing mountains with breathing, are less likely to alpine symptoms such as headaches; golf swing can swing farther. This breathing method, on the bus, walk, gap, or front of the park tree can practice. Especially when the face of the unexpected negative situations, breathing better and timely adjust the physical, mental, and emotional stability.

Outdoors in the fresh air, you can also have more deep breath. The specific method of breathing is first slowly by the nostril, the process of breathing, thoracic mention the abdomen will muster slowly, and then continue to inhale the whole lung full of air, then lift the rib portion of the meeting, pleural will be expanded. This process usually takes 5-10 seconds, then hold your breath for 5-10 seconds, pause for 2-3 seconds to start a new one breathing, repeated practice will become a correct breathing method.

Long-term adherence physical exercise, breathing can be improved. Such as swimming can make people's lung capacity of up to 5000-7000 ml; ordinary people is far greater than the 3000-4000 ml; distance running is the most obvious improvement of maximal oxygen uptake; push-ups can improve the muscle of the chest wall surrounding the ability to increase the strength of the respiratory muscles.

6 get through the meridians

Slight adjusting blood, smooth blood, energy supplement need to keep the body's blood, human organs, kidneys, twelve meridians are required blood supply, gas off killed, blood is not filling sick body on the lack of vitality, disease prevention, and health care lies to adjust and supplement the body's life energy. Will be able to energetic, Manner,

health and longevity. "On the economic strategy and Health," a book for 20 points of health care within the customs, Hegu, springs, Laogong Zusanli, the six points Shenque should always massage can play good effect. The specific operation Reference "On the meridian Health.

Six critical moment

7:00 early morning cup of warm water. Can supplement the overnight loss of moisture, promote gastrointestinal peristalsis, gastrointestinal prepared to accept **breakfast**; conditional best morning, take a bath, take a bath to speed up the metabolism, and excretion of waste in the body for a night out.

8:00 Breakfast best time. Breakfast is best to get up after 1 hour, and lunch interval of 4 hours. The long-term do not eat breakfast easily lead to nutritional imbalance, and increase the risk of gallstones;

12:00 after lunch, do not immediately take a nap. Lunch time to try to sufficient, do not fast meal immediately put to work, the best meal can be quiet for a while, to guarantee blood a lot of flow to the gastrointestinal tract and its normal transport and food. In addition, after lunch, do not immediately take a nap, best to take a break to sleep;

14:00 supplemental water. Digestion of food after lunch, need a lot of water. Then add water is the best moment.

16:00 snacks Paul "stomach". If you feel hungry in the afternoon, you can be appropriate to add a little snack or fruit, and long-term fasting is easy to cause stomach ulcers. **Gastrointestinal disorders;**

19:00 After dinner stand for half an hour. Gastroesophageal reflux lying down or sitting, try not to after dinner, so the acid will counter-flow to the esophagus, the symptoms intensified, half an hour after a meal best station, but do not do strenuous activities, or easy to indigestion. In addition, special reminder: Do not eat at the computer desk and snacking; Do not watching TV while eating. This habit can cause gastrointestinal disorders and other diseases.

More than six time activities directly affect the physical coordination, so be sure to pay attention to.

Best hospital kitchen, the best doctors own

Introduction As can be seen from the above 7, the third medical hospital? There. The hospital is not the first and second medical doctor places the hospital kitchen. According to the conclusions of the scientific investigation: sick due to a variety of up to 60%, while the proportion of their lifestyle. Shows that we must pay attention to their own way of life. We eat three meals a day, the kitchen has become a key place. Kitchen to produce a health food, it is the treatment of the disease hospital.

Third medical doctors. These doctors, not like the first and second medical doctors, doctors. In fact, most understand themselves, raise their own body, that he is the best doctor. In accordance with the "Medicine" prevention-based, integrated health "point of view, my health to natural gas, raising the natural body" health "we", "I call the **shots**.

The 21st century is the century of health-based, knowledge about health care has become everyone essential knowledge. Universal health care knowledge became an important task of the social, the school set up special health curriculum, and the establishment of universal health knowledge institutions in the community. Time, there is little spread of the disease. Everyone is healthy. The rise of the Third medicine has played a great role in promoting the development of human health. ○