

Strengthening body resistance to diseases

- Food tonics for preservation of health, e.g. drinking green bean soup in summer can prevent heat stroke and drinking mutton soup in winter can help keep out the cold.



- Tonic treatment for preservation of health, e.g. older persons, people recovering from serious illness and women after giving birth could take some tonic medicines so as to strengthen the body and prevent disease.



- Massage treatment for preservation of health, e.g. one could alleviate the tiredness of eyes and protect eyesight by massaging the acupoints around the eyes.



Prevent infectious diseases

- Keeping away from the sources of infectious diseases.



- Chinese medicines may be used to prevent infectious diseases.



Chinese Medicine Regulatory Office
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HONG KONG



Health Preservation in Chinese Medicine

According to the theories of Chinese medicine, health preservation means preserving body condition to maintain good health, prevent diseases and prolong life. The key concept of health preservation in Chinese medicine is "preventing disease before its occurrence". Here are some basic principles and methods of health preservation.



Department of Health
Hong Kong, China

Adapt to the nature

- Adapting to various geographical environment

Relative humidity 98%
temperature 27°C



In warm and humid environment, drinking herbal tea can help clear heat and eliminate dampness



Prevent getting cold in winter

- Adapting to seasonal changes



Prevent heat stroke in summer

Exercise regularly

- Suitable and regular exercises can strengthen the body constitution, regulate the vitality of human being and improve physical and mental health.



Maintain a healthy diet

- Pay attention to food hygiene

Food should be washed clean before cooking



- Precautions and avoidance of certain food

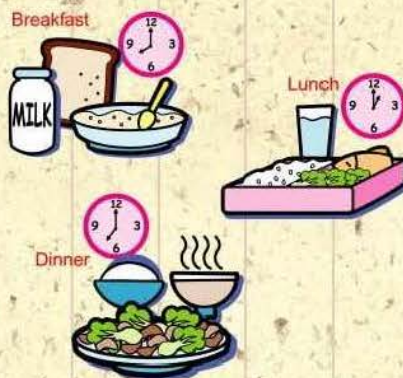


Mutton should not be eaten when having a flu

- A balanced diet



- Do have suitable amount of food at regular time



Maintain a healthy mental state

- One should avoid emotional ups and downs and learn to maintain a balanced state of mind. Some helpful practices include: listening to light music and maintaining an optimistic attitude.



Maintain a healthy sex life

- One should maintain a healthy sex life to avoid the excessive use of kidney-essence which may lead to poor health or premature ageing.

