

# 大康自然健康中心

## OPTIMUM HEALTH CENTRE

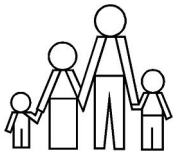
### 健康長壽之營養補充法

#### SUPER-NUTRITION FOR HEALTH, VITALITY AND LONGEVITY

- 1) A good basic supplement 其本的補充：  
B-complex (維他命B雜), Multi-minerals (多種礦物質), or, A good multivitamins and minerals (多種維他命及礦物質)  
e.g. 產品例如 Da Vinci's OMNI SPECTRA, Thorne's MULTI-ENCAP, SPL's CATALYN, Now's MULTI-MINERAL
- 2) Some additional 加強的補充：  
Vitamin C (500-2,000 mg) during the day (每天服用維他命C 500-2000 毫克)  
Vitamin E (400-800 IU) at night, right before going to sleep (睡前服維他命E 400-800 國際單位)  
e.g. Thorne's ASCORBIC ACID, Thorne's BUFFERED C POWDER; Thorne's E 500 IU; Now'S ESTER-C, etc.
- 3) Antioxidants 抗氧化劑：  
Now/SPL's PYCNOGENOL, 50-100 mg/d. Highly effective new antioxidant. (最新之高效率抗氧化劑, 每天服用 50-100 毫克)  
Thorne's COENZYME Q-10, 15-50 mg/d. Excellent results in longevity studies. (在養生學研究中有顯著效果, 每天服用 15-50 毫克)  
Gervo Vita's SOD COMPLEX, 2 tablets daily. (每天服用 2 粒)
- 4) Essential Fatty Acids 必需之脂肪酸：  
Omega 3 - Omega Nutrition's FLAX SEED OIL (亞麻籽油), Throne/SPL's FISH OIL (魚油), etc.  
Omega 6 - Efamol's EVENING PRIMROSE OIL (月見草油), SPL's BLACK CURRANT OIL (黑加侖子油), Now's BORAGE OIL (琉璃苣油), etc.
- 5) Enzymes 酵素：  
Transformation's DIGESTZYME (消化酵素), Transformation's GASTROZYME (腸胃酵素), Transformation's PUREZYME (淨血酵素), SPL's MULTIZYME, Thorne's DI-PAN 9, Throne's BIO-GEST, etc.
- 6) Probiotics 活乳酸菌：  
Transformation's PLANTADOPHILUS, Transformation's DDS-ACIDOPHILUS, A&S FLORA GROW, etc.
- 7) Glandulars 腺體方面之補充：  
Transformation's MASTERZYME (主體酵素), SPL's THYROTROPHIN, SPL's DRENATROPHIN, SPL's PITUITROPHIN, SPL's OVATROPHIN, etc.

採用: 自然療法、脊骨神經科、同類療法、針灸、營養療法、按摩、芳香療法、水療、洗腸療法、草藥療法、電腦測試及各類健康用品食物、書籍等。

Practice of: Naturopathy, Chiropractic, Homeopathy, Acupuncture, Nutrition, Massage, Aromatherapy, Hydrotherapy, colonics, Herbalogy, Computerized Therapeutic Testing, Various Health Products, Food, Books, etc.



- 8) Live Embryonic Cell Therapy 生物胚胎細胞療法：  
Gervo Vita's RNA COMPLEX PLUS, SPL's RIBONUCLEIC ACID, SPL's THYMUS PMG
- 9) Hormone enhancing precursors 加強荷爾蒙之平衡：  
Mltonin (退黑激素), Growth Hormone (生長荷爾蒙), Estrogen (雌激素), Progesterone (孕激素), Testosterone (睪丸素), DHEA (master hormone precursor 主體荷爾蒙先驅)  
eg. Now's MELATONIN, Gero Vita's BIOCEL, Gero Vita's NIGHT TIME REJUVENATOR, Professional's DHEA
- 10) Specific Anti-Aging Products 優質之抗衰老產品  
Gero Vita's DERMATEIN (黛美婷), Gero-Vita GH3, Gero Vita's ACF223 - reduce cell oxidation 降低細胞之氧化效應.
- 11) About once every four weeks, consider taking a set of natural immune function enhancers for four to six days. 每隔四星期服用一次一系列之免疫系統天然加強劑，為期四至六天：  
Da Vincci's DMG (Dimethylglycine) - enhances interferon production. 增強干擾素之製造  
Throne's Squalene Shark Oil - activates cells of the immune system. 鯊魚油 - 增強免疫細胞之活動  
Da Vincci's SHARK CARTILAGE - contains highly active mucopolysaccharides. 鯊魚骨 - 含黏多糖成份  
Echinacea - a Swiss herb, enhances overall immune function. 西草藥之一種，加強免疫系統之功效  
SPL's FOR-TIL B12 可首烏維他命 B 12
- 12) Periodic Detoxification 定期性進行排毒：  
Colonic 洗腸水療, Constitutional Hydrotherapy 體質水療, Exercise With Oxygen Therapy 吸氧運動, Liver Flush 清肝, Kidney Flush 清腎, Dry Skin Brush 乾刷皮膚, Lymphatic Drainage 淋巴排泄, Deep Breathing 深層呼吸, Ozone Sauna 臭氧蒸氣浴.

## 健康長壽之七大秘訣

### Seven Secrets of Immortality

1. 每晚睡眠時間要有七至八小時  
Sleep seven to eight hours a night.
2. 早餐是不可缺少的 (無論多少或只是一杯果汁)  
Always eat breakfast. (No matter how little, a glass of juice, etc)
3. 減少進食零食的習慣  
Snack infrequently.

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4. 男性應保持體重於不低於標準之 5% 及不高於標準之 20% 內，  
女性應保持體重於不低於標準之 5% 及不高於標準之 10% 內  
Keep weight to between 5 percent under and 20 percent over desirable standard weight (for males) and less than 10 percent over desirable weight (for females).
5. 多做運動：如園藝，游泳，哥爾夫球，柔軟體操，輕快的步行等  
Exercise frequently: physical work such as gardening; sports (swimming, golf, calisthenics, brisk walking).
6. 盡量少進食含酒精之食物及飲料  
Consume little or no alcohol.
7. 不可吸煙  
Don't smoke.

以上之秘訣是輯錄於一項由美國加州公共健康衛生部門所主辦之調查報告。報告指出在數萬個不同之訪問對象中，那些能貫徹執行最少六項要訣達九年之久的人仕都有很良好的健康狀況及生命的質素得到改善；反觀那些祇能做到四項以下的人仕健康便沒有獲得改善。

These “secrets” are based on a U.S. survey of several thousand individuals by the California State Department of Public Health. Persons who adhered to at least six of the following rules over a nine-year period, experienced better health and an improved quality of life than those who complied with fewer than four.

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