

大康自然健康中心

OPTIMUM HEALTH CENTRE

Recommended Reading For Intelligent Health Care Consumers

尋找健康的智慧人仕必讀書籍

POLITICS IN MEDICINE AND WHY WE ARE NOT GETTING WELL

What Doctors Don't Tell You by Lynne McTaggart

The truth about the dangers of modern medicine

Read this book before you see your doctor

Every year, 1.17 million British people – a population the size of Birmingham – are put in a hospital bed by a medical procedure gone wrong.

The shocking truth is that 80% of most of the treatments we take for granted – cholesterol lowering, heart surgery, even treatments for everyday conditions like arthritis or asthma – have never been scientifically proven to work, let alone to be safe. In many instances modern medicine's 'cure' is far worse than the disease.

醫生對你隱瞞了什麼？(林內·麥克塔格特著；楊青雲編；孫若亮譯)

你知道嗎？

- 乳房X光照射與其說能診斷乳癌，不如說能導致癌症。
- 爲了怕中風而吃降膽固醇藥物，豈知卻會增加死亡的危險。
- 產前的超音波掃瞄會對產婦及胎兒造成不良影響。
- 在許多情況下，手術治療前列腺癌的效果還不如置之不理。

The Medical Mafia by Ghislaine Lanctot

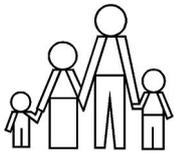
How to get out of it alive and take back our health & wealth

“...but people continue to suffer and die all the same. Why?

- Why is our state of health constantly deteriorating?
- Why does our medical system cost so much?
- Why is it maintained when everyone is so dissatisfied with it?
- Whom does it profit?”

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.



Dirty Medicine by Martin J Walker

Science, big business and the assault on natural health care

Orthodox medical practitioners, pharmaceutical companies and industrial scientists, have organized against alternative and complementary medicine in Europe and America, since the last century. Dirty Medicine traces the history of these campaigns, their proponents and institutions.

Dirty Medicine, is a frightening story of the free market, at war with the powerless. It exposes how, under the guise of government regulation, big business, science and medical orthodoxy defended their products and profits from competition.

Secrets of the drugs industry by Bryan Hubbard

A What Doctors Don't Tell You publication

Around 40,000 Britons die every year as a result of a reaction to a prescription drug. Another 150,000 are disabled or need hospital treatment after taking a drug.

Medical Armageddon by Michael L. Culbert DSc

Behind the healthcare calamity of the whole world and how to fix it

The Us-led Western healthcare system is in a shambles as killer diseases – new and old – threaten, first, the “gene pool” of the civilized First World and, not far behind, the rest of the planet. While the hour is late and the situation increasingly desperate, a new paradigm in healing is emerging – an integrative model to unite the intuitive approach of the East with the analytical methodology of the West.

Health At The Crossroad by Dean Black

- explains why conventional allopathic medicine which goes against nature is doomed to fail.

The Medical Desk Reference by Lynne McTaggart

- All the main cover stories of the first 10 years of A What Doctors Don't Tell You Publication to tell the interested public about the dangers of modern medicine.

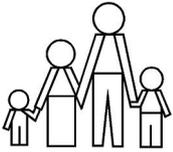
Medical Mavericks by Hugh Desaix Riordan, M.D.

Volume One & Two

- We need to learn from history in order to avoid repeating the same mistakes over and over again.

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Rabid Dogs in the East by Bruce Vaughan DC

The author of Rabid dogs in The East take us through the chiropractic profession's struggle to gain acceptance. The reader experiences the frustrations of a young chiropractic graduate who finds himself in a very hostile environment. Medical opposition in the 60s turns to inhuman, determined and illegal protectionism in America, where leading anti-chiropractic crusaders described them as "rabid dogs", "killers", "unscientific cultists" and of course "quakes". Dr. Bruce Vaughan found a similar attitude when he opened his practice in Hong Kong. Rabid dogs in the East describes the constant fight he had to build his own practice as well as a recognized profession in the British Crown Colony of Hong Kong and latterly the Special Administrative Region of China. It is a fascinating insight into life in Hong Kong as it goes through the changes from the fifties to the present day, as seen through the eyes of an American trained British chiropractor. Rabid Dogs in the East, although interspersed with humor, does not pull any punches or hide the anger that has built up over the years of antagonism.

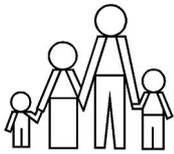
Confessions of a Medical Heretic by Robert S. Mendelsohn, M.D.

- Approximately 2.4 million operations performed every year are unnecessary and cost about 12,000 lives.
- In six New York hospitals, 43 percent of performed hysterectomies reviewed were found to be unjustified.
- Historically, when doctors have gone on strike, the mortality rate has dropped.

西醫危害健康? (袁大明、周兆祥著)

- 爲什麼我們患的九成疾病西醫束手無策?
- 爲什麼西醫每次罷工全市死亡率即下降?
- 爲什麼打預防針有害無益?
- 爲什麼西醫不斷叫病人做無謂的手術?
- 爲什麼婦孺特別多受西醫戕害?
- 爲什麼不斷有千千萬萬人死於「醫生因病症」?
- 爲什麼這些真相長期被西醫隱瞞?

這本書告訴你慘痛不公義的事實，教你如何做英明的醫療消費者保護自己。



VACCINATION 免疫針

The Vaccination Bible by Lynne McTaggart

The Real Risks They Don't Tell You About All The Major Vaccines

In this groundbreaking book, by the editors of the bestselling newsletter What Doctors Don't Tell You, you will find copious scientific evidence, now recognized by the medical profession in America, about the true risks and effectiveness of each childhood vaccine. If you are going to make a case for or against vaccination, The Vaccination Bible will help to make your choice truly informed.

Universal Childhood Immunization by Raymond Obomsawin

Issues – Ethics and Alternatives

- Statistics that shows vaccination and antibiotic are not the reason why diseases disappear.

Vaccination Social Violence and Criminality by Harris L. Coulter, Ph. D.

The Medical Assault on the American Brain

“...this thoroughly documented expose of the dangers of childhood vaccinations will shock our complacent society. If Dr. Coulter is correct --- and his evidence is as compelling as it is alarming --- parents, children and civilization itself are paying dearly for our uncritical acceptance of inadequately tested medical “advances.” This book will no doubt start an acrimonious but timely debate about the unknown benefits and hidden costs of childhood vaccination programs.” --- Bernard Rimland, Ph.D., Founder, Autism Society of America; Director, Autism Research Institute

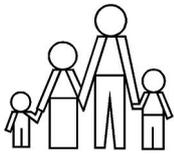
免疫針危害健康 (周兆祥著)

- 預防疫苗的防病效率奇低
- 打免疫針反而削弱身體免疫功能
- 打免疫針往往引發其他病症
- 預防疫苗本身含有劇毒
- 打免疫針風險大會傷腦甚至死亡

這本書提供久被隱藏的資料，幫助你決定是否讓子女打針，教你不打針如何應付各方壓力，並且用自然方法防止疫病。

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HOMOEOPATHY 同類療法

Homoeopathic Guide To Family Health Published by Rajendra

- Homoeopathy made as simple as A,B,C.
- Symptoms classified in a simple manner – as you see them, as you feel them.
- An alphabetical index which takes you to your problem and its medicine instantly. So you can be your own medical adviser.
- Separate chapters on children's illnesses, emergencies, diet.
- Facts on the workings of the human body, smoking, high blood pressure.
- Most of the human ailments covered – abscess – acidity – acne – anaemia – angina pectoris – arthritis – asthma – backache – bleeding – difficult menstruation – trachoma – urticaria – burns – colds – tonsillitis – cough – fevers – diarrhoea – cramps – diabetes – dysentery – epilepsy – flatulence – frigidity – and a hundred others.
- Thoroughly illustrated.

Catching Good Health with Homeopathic Medicine By Raymond J. Garrett & TaRessa Stone

A Concise, Self-Help Introduction to Homeopathy. What it is, How to Use it at Home, Dozens of Examples of Cures, Where to Buy the Medicines & How to Find a Homeopathic Doctor.

Who Is Your Doctor And Why? By Alonzo J. Shadman, M.D. with comments by Linda Clark

Including the famous 190-page “pointers to the common remedies” --- A listing of hundreds of common ailments and the homeopathic remedies you can use for their home first aid treatment.

More Magic of the Minimum Dose by Dr. Dorothy Shepherd

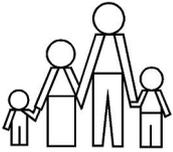
A further selection of case histories demonstrating the efficacy of homeopathic therapy

同類療法 I 健康新抉擇 (維登·麥凱博著)

生命力是上天賜給的禮物，但西方醫學卻讓我們相信身體可以被切割成不同的器官來處理，生活中充斥著否定疾病的作法與想法。爲了抑制病痛而吞下一顆顆化學合成藥丸，彷彿將飛彈送入體內，所經之處無堅不摧。有感於現代藥品的副作用與療效極限，從七十年代開始，重視身心整體健康、有兩百年歷史的同類療法又受到了重視而日益普遍。

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學習同類療法，其實是在學習一種生活與思考的方式，學習重新看待自己、重新理解疾病的訊息，把重心放在身心平衡與體質的轉變上，這種尊重個人獨特性、充滿活力的治療方式與理念，值得大眾了解。

同類療法 II 改善你的體質 (維登·麥凱博著)

你會抱怨為何自己一直小病纏身、難以斷根嗎？每個人自出生起即各自有不同的星座，也有不同的天生體質類型。上天賜予我們一副充滿活力的軀體，但也同時在肉體與靈魂中植入密碼，你的體質、性情與可能滋生哪些疾病，遺傳因子已替你畫下藍圖。

有兩百年歷史的同類療法著重在先天體質的改善，其人性化的治療方式，和強調心理、生理比肉體重要的主張，為人們提供了健康的新視野，得以明瞭疾病與體質的關聯。時下否定疾病的心態和抑制症狀的治療方式，只會導致病毒潛入更深的體內，代代相傳變得愈來愈複雜與難纏。惟有發揮同類療法的精髓，讓每一種生命體質的人都能勇敢表達自己，盡情展現生命力，才能徹底轉變體質，擁有真正健康的品質。

SHOPPING FOR HEALTH

Discovering Natural Foods By Roy Bruder, Ph. D.

Explore the new world of natural food products...

How to select, evaluate and use them for your personal and family benefit.

Take you through the store and tells you what's what from one who knows. As a nutritionist I recommend this book as an enjoyable aid in learning the facts about natural foods. --- John A. Scharffernbera, M.D.

The Safe Shopper's Bible By David Steinman & Samuel S. Epstein, M.D.

A consumer's guide to nontoxic household products, cosmetics, and food.

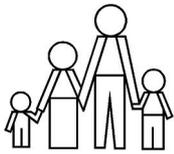
The Pill Book published by Bantam Books

The illustrated guide to the most-prescribed drugs in the United States.

Newly revised and expanded with a 32-page color section featuring the most commonly prescribed pills and complete information on drug interactions and side effects.

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CHILD CARE 兒科寶典

How To Raise A Healthy Child In Spite Of Your Doctor by Robert S. Mendelsohn, M.D.

One of America's leading pediatricians puts parents back in control of their children's health.

Learn how to treat and diagnose at home:

- Everyday colds and flus
- Childhood illnesses
- Strep throat
- Vision and hearing problems
- Allergies
- Emotional problems
- Skin ailments
- And everything else you'll need to know about major symptoms and illnesses

WHOLISTIC DENTISTRY 整全牙科護理

Whole Body Dentistry by Mark A. Breiner, D.D.S.

Could problems in your mouth be affecting your health?

You are probably familiar with the basics of dental wellness - perhaps you had a cavity filled, a tooth extracted, or a root canal performed, and once the problem was treated you did not think about it again. But the consequences of these traditional procedures can often have significant impact on your health.

HOW FOOD AFFECTS OUR HEALTH 食物對健康的影響

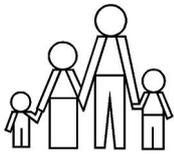
Tracking Down Hidden Food Allergy by William G. Crook, M.D.

This book will tell you how to easily identify food allergy. It contains:

- Cleverly illustrated, easy-to-follow instructions to help you carry out elimination diets.
- Food sources, shopping tips, menus and recipes.
- All sorts of other information that will help you understand and manage food allergies.

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。

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- Coloring book style drawings that will delight your child and make things easier for you.

Death By Diet by Robert R. Barefoot

“If the doctors of today do not become the nutritionists of tomorrow, then the nutritionists of today will become the doctors of tomorrow” --- Rockefeller Institute of Medical Research

The Body Ecology Diet by Donna Gates with Linda Schatz

Recovering your health & rebuilding your immunity

Must reading for anyone with Digestive Disorders, Candidiasis, Chronic Fatigue, Cancer, A.I.D.S., and Multiple Sclerosis.

OTHERS 其它:

Your Body’s Many Cries For Water by F. Batmanghelidj, M.D.

You will learn how to use water to:

- Prevent and reverse premature aging
- Eliminate pains including heartburn, back pain, arthritis, colitis pain, anginal pain, migraine headaches
- Cure asthma in a few days, naturally and forever
- Cure hypertension without diuretics or other medication
- Lose weight effortlessly and naturally, without strict dieting

Health & Light by John N. Ott

- The right kind of light can add years to your life. The wrong kind can make you ill--perhaps even kill you.
- What do you know about light -- and the role it plays in our physical and emotional well-being?
- Do you know that hyperactive children may simply be spending too much time indoors under the wrong kind of artificial lighting?
- Do you know that some forms of arthritis may be the result of exactly the same condition in adults?
- Do you know that wearing pink-tinted glasses might lead to serious health problems?
- Do you know that the right kind of sunlight actually cures skin cancer?
- This is the book that tells you what you need to know – about health & light!

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What if everything you thought you knew about AIDS WAS WRONG? By Christine Maggiore

A concise and convincing case that AIDS is nothing like what we have been told. Using simple, straightforward language, this book deconstructs popular myths about AIDS and fortifies its scientific data with powerful accounts from HIV positives who, like author Christine Maggiore, defy the HIV=AIDS=Death paradigm by living in wellness without pharmaceutical treatments and without fear of AIDS. This is vital information for anyone who has tested HIV positive and important reading for everyone who has ever lived or loved in fear.

The Field --- The Quest For The Secret Force Of The Universe by Lynne McTaggart

This is the story of a group of frontier scientists who accidentally discovered the importance of The Zero Point Field, an ocean of microscopic vibrations which appeared to connect everything in the universe like some invisible web.

The Field takes a step beyond Fritjof Capra, suggesting a plausible scientific theory which explains everything from the workings of DNA and cell communication to homeopathy and ESP. It could even answer some of the big questions: what is human consciousness and what happens when we die.

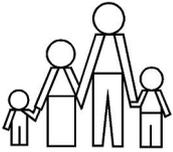
The Last Hours of Ancient Sunlight by Thom Hartmann

Sunlight warms the Earth with life. As our culture moved from ancient hunting/gathering times to the technological era, we discovered ancient sunlight -- captured millions of years ago by plants and compressed into oil deep under our soil and oceans. Now, as our planet's oil supplies are projected to last no more than 30 to 50 years, and species and cultures are dying off at an unprecedented rate, we confront difficult choices.

In this passionate yet thoroughly researched work, author Thom Hartmann proposes that the only lasting solution to the crises we face is to relearn the lessons of our ancient ancestors -- who lived sustainably for thousands of generations. When you touch this new yet ancient way of seeing the world and hearing the voice of all life, you discover that you, personally, hold the power of personal and planetary transformation. In that breathtaking moment, we see both a possible future for the survival of humanity, and the fulfillment of our highest dreams and aspirations. --This text refers to an out of print or unavailable edition of this title.

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綠色健康生活

自然療法知多 D (袁大明自然療法醫生著)

用最通俗的文字，介紹最新的自然療法，讓你明白每個人都有與生俱來的疾病自癒力量，避免用藥和少用藥，即使用藥也盡量用天然藥，或採用物理治療方法，同時介紹有益於人健康的飲食法等。

勇闖健康新境界 (袁大明自然療法醫生著)

這是一本絕不尋常的書，你一邊閱讀，一邊會闖進了一個全新的健康知識領域，發現一直以來所信奉的某些健康常識，例如多喝牛奶對身體有益，原來已經過時落伍，不再切合時宜。

令你更加意想不到的，是當一個人生病時，並不一定需要打針吃藥，一些強調符合自然之道的醫療方法，可能會更高明，更徹底地把病治好。

洗腸風雲 (袁大明自然療法醫生著)

結腸癌是香港第三號癌症殺手。清洗及重建受破壞的結腸功能，是邁向健康身體重要的一步。本書讓你認識洗腸如何能夠幫助回復健康，保持青春。

自然療法錄音帶

教您如何選擇適當的醫療 (袁大明自然療法醫生主講)

- 迷信西方對抗式醫療的惡果，
- 你是否真正健康？
- 怎樣選擇優質醫療服務？
- 如何減少醫療意外，避免無謂的檢驗和開刀手術？
- 如何成爲一位精明的醫療服務消費者，保障自己的權益？
- 問多一點，長命點的病人原則。

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發燒是友?是敵? (袁大明自然療法醫生主講)

- 解釋甚麼是發燒恐懼症
- 醫學史上對發燒觀念的演變
- 近年科學實驗證實發燒對恢復健康的重要性
- 抑制發燒造成的惡果
- 正確處理發燒的方法

同類療法 (袁大明自然療法醫生主講)

- 為何擁有二百多年歷史的西方醫療同類療法近年來在歐美等先進國家復興?
- 為何皇室三代以來及荷里活明星都樂於採用同類療法?
- 什麼是同類療法?
- 同類療法有什麼獨特、優勝之處?與其他醫療系統有什麼不同?
- 同類療法的實效科學實驗證明?
- 為何同類療法的效用、醫學範圍及安全性可謂老少皆宜?

健康飲食法 (袁大明自然療法醫生主講)

- 四大類食物均衡飲食足夠嗎?
- 你是否感覺百病叢生, 屢醫無效?
- 你是否經常感覺精神不足, 飯後渴睡, 辦事力不從心, 晚間不能入夢, 醒後不感清醒?
- 你是否經常在減肥仍不成功?
- 為什麼計算卡路里熱能減肥經常失敗?

克服不治之癌症 (袁大明自然療法醫生主講)

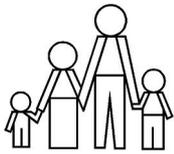
- 讓你明白癌症的真正成因
- 為什麼大多數治癌的方法都失敗?
- 教你克服癌症的五個主要步驟, 成功率高達 93%
- 癌症再不是人類最大的殺手

健美瘦身 (袁大明自然療法醫生主講)

- 認識肥胖的原因
- 認識各種減肥的方法

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.



■ 讓妳能夠選擇最適合自己的減肥健康法

VCD1. 講座題目：「認識 SARS 的真面目，誰是真正的殺人兇手」 日期：二零零三年五月十一日

地點：上環文娛中心「身心靈健康開放日」

VCD2. 講座題目：「捍衛你健康自由的選擇」

日期：二零零三年四月十二日

地點：尖沙咀功德林素菜館「週綠雅聚」

VCD3. 講座題目：「齊來克服健康的障礙」

日期：二零零四年一月十八日

地點：上環文娛中心「身心靈健康展」

綠色生活貼士 252 (周兆祥著)

二百多年來，物質文明一方面令人類生活質素得到大大的改善，同時亦帶給地球自然生態災難性的打擊。科學家已經提出了嚴重的警告：人類若不改過陋習，很快就會走上自我毀滅的道路！本書的宗旨，正是希望人們在自我毀滅的道路上臨崖勒馬。

周兆祥博士是本港環保團體「綠色力量」發動人，為推動環保，提倡綠色生活，幾年來不遺餘力，身體力行。他在本書中提供了 252 項綠色生活貼士，涉及衣、食、住、行等方面，都是一些積極可行的措施。究竟實行起來「易不易」？

告訴你：易，易，易！

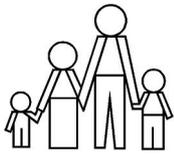
無非是有心 (周兆祥著)

我們長期低估自己的能力，白白浪費天賦的感應與創造本能，結果活在了無生氣的消極世界裡，渾渾噩噩虛渡此生。

這本書教你如何發揮念力，運用來溝通天地、治病祝福，追尋平安自若的存在境界，體驗到宇宙的奧秘，做個「有心」人。

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。

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自家教育 (約翰·霍爾特著 周兆祥譯)

- 「自家教育」是怎麼一回事?
- 爲什麼要自己教子女?
- 子女不上學怎樣可以不惹官非?
- 父母家長可以怎樣教子女?
- 爲什麼子女不上學, 人生特別有前途?
- 爲什麼自家教育才是綠色的教育?

這本書爲你介紹廿一世紀最新的教育大潮流, 幫助你反思此時此地教育的失敗癥結, 指出改革的方向。

卡爾·威特的教育(卡爾·威特著; 劉恒新譯)

把一個低智兒童培養成聞名全德國的奇才, 這是證明《卡爾·威特的教育》一書神奇和偉大的最好例子。

廢除電視 (周兆祥著)

這本書討論電視的根本問題在哪裡。

周兆祥提出了廢除電視的主意, 引起各方很大回響, 這本書的第一版成爲了討論電視問題的必讀資料。

古老陽光的末日(湯瑞士·哈特門著; 馬鴻文譯)

陽光是地球生命的來源。石油的發現, 將巨大的「古老陽光」庫藏打開了一扇大門。然而, 現代人類的興起, 卻將原本深藏地底的「古老陽光」帶到了「末日」前夕。地球的存續與繁榮端賴我們掌握多少陽光的能量。請救救我們的 HOME 吧!

生活簡單就是享受(愛琳·詹姆絲著; 吳達譯)

你是否被生活搞得頭痛、胸悶、失眠, 心裡也愈來愈煩躁? 請試試書中 100 個讓你生活簡單自在的妙法!

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。

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