



HEALTH

The way of health preservation in China

【the versatile Traditional Chinese Medicine】

(HZCU-Group1-Health)

Reporters: Charlotte & Jovia & Valentina



The famous traditional Chinese medicine

The way in traditional Chinese medicine



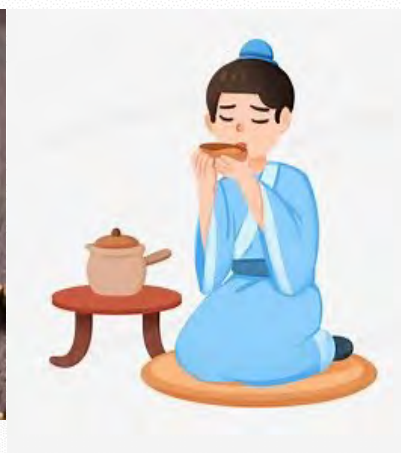
Herbal packs

Cupping therapy

Acupuncture



The origin of Chinese Traditional Medicine



The
origin of
Chinese
Traditional
Medicine



Shen Nong's Herbal Classic

Shen Nong personally tasted hundreds of herbs to discern their medicinal or toxic properties, categorize their effects, and compile them into a book.

As a medical student, our daily routine involves...

About Our Course: Health Promotion and Health Education



Drawing the Bow
左右开弓似射雕



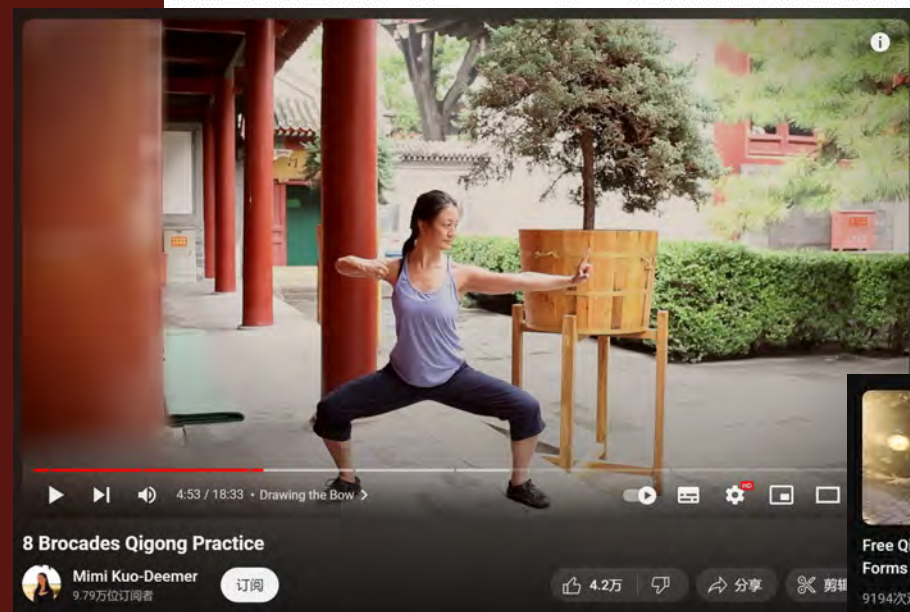
Stomach and Spleen
调理脾胃须单举

Eight Brocades Qigong Practice

Our way of staying healthy

Using traditional Chinese medicine culture to promote health
is not magic, but a **way of life**.

It belongs not only to the Chinese but to the whole world.



8 Brocades Qigong Practice

480万次观看 · 9年前



Free Qigong Course! The 18
Forms (shibashi) Qigong...
9194次观看 · 3个月前



Qigong for the Water Phase &
Winter - A Series of 5 Classes
2956次观看 · 4个月前



Qigong for the Metal
Element: Nourishing...
2.6万次观看 · 5个月前



Differences between taichi
and qigong!
3万次观看 · 11个月前



@winglow7615 6年前 (修改过)

Any form of qigong can get you qi. Once you feel the qi, you can direct it to anywhere in your body, initially with your palms, then by the mind. I do it to my eyes. My vision has improved a great deal. I can read fine print. My glasses are same for 30 years. I do it to my ears. My hearing has no problem. Annual physical exam found no problem. I also watch my food intake, maintain normal weight, exercise and avoid stress. I am 81.



685



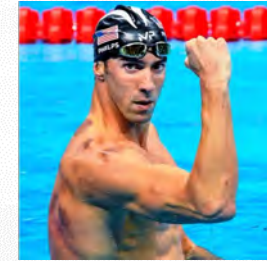
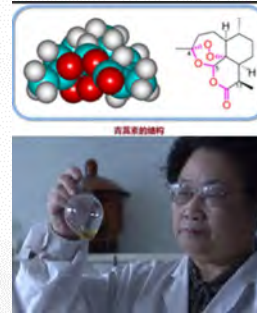
回复



64 条回复

Part3 The Relationship between Chinese Traditional Medicine and the World

Unity between Traditional Chinese Medicine and Western Medicine



1949

1960

1997

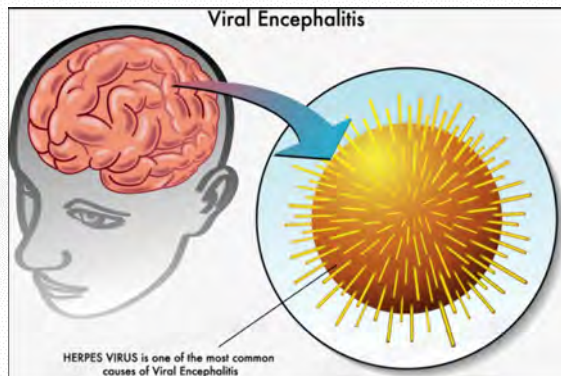
2015

2016

2018

2019

- Successfully treated Viral Encephalitis



- The NH held a hearing of 1000 people
- Chinese medicine acupuncture and moxibustion into commercial insurance

- Registered as a drug in countries such as Russia, Cuba, Vietnam, Singapore, and the United Arab Emirates



"Let's strive for a healthier world
together. Here's to good health for all!"

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Thanks !

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