

食療

能夠分享是一種福氣!以下彙集有識人仕提供資料，以助參考。年紀大了，身體毛病接踵而來。增加醫學常識，對己對人都有用。

1. 洋蔥浸紅酒 <<http://www.philcheung.com/Health/RWO.htm>> Red wine & onion
2. 自己CPR的方法 <<http://www.philcheung.com/Health/HAS.htm>> The beat goes on
3. 心臟病發、中風前兆 <<http://www.philcheung.com/Health/HSS.htm>> Heart attack, stroke warning signs
4. 中風辨認常識 <<http://www.philcheung.com/Health/STR.htm>> Stroke identification
5. 聖心減肥良方 <<http://www.philcheung.com/Health/SHM.htm>> S.H.M. Diet program
6. 十大營養食品 <<http://www.philcheung.com/Health/10N.htm>> Top 10 Nutritious Food
7. 治口臭食療方 <<http://www.philcheung.com/Health/BBS.htm>> Bad Breath Remedy
8. 豬腳薑醋製法 <<http://www.philcheung.com/Health/GV.htm>> Pig's feet with ginger, vinegar
9. 清心養血之良食 <<http://www.philcheung.com/Health/HBDD.htm>> Healthy Food for Heart & Blood
10. 珩記祖傳祕方鹹檸檬 <<http://www.philcheung.com/Health/SHSL.htm>> Salted Lemon Tea
11. 鼻敏感效湯 <<http://www.philcheung.com/Health/hayfever.htm>> Hay fever remedial soup
12. 果菜療能一覽表 <<http://www.philcheung.com/Health/WGFY.htm>> What's Good For You
13. 療能食物對照表 <<http://www.philcheung.com/Health/WGFX.htm>> Cross-reference List
14. 肉桂之天然食療 <<http://www.philcheung.com/Health/CINN1.htm>> Cinnamon's Health Benefits
15. 小紅莓防尿道膀胱炎 <<http://www.philcheung.com/Health/CRAN.htm>> Cranberry's Health Benefits
16. 吹風筒的妙用 <<http://www.philcheung.com/Health/HDRY.htm>> The Amazing Blow Dryer
17. 蜂蜜加肉桂粉的神奇 <<http://www.philcheung.com/Health/CINH.htm>> Honey plus Cinnamon
18. 沒事多喝檸檬水 <<http://www.philcheung.com/Health/LMNA.htm>> Ice Lemonade
19. 人過中年不悲哀 <<http://www.philcheung.com/Health/AMAH.htm>> Life after Middle Age
20. 醫生之食療介紹 <http://www.philcheung.com/Health/Food_files/frame.htm> Food values from doctors
21. 心肌梗塞急救法 <<http://www.philcheung.com/Health/HAET.htm>> Myocardial infarction first aid
22. 枸杞消除疲勞 <<http://www.philcheung.com/Health/WOLF.htm>> Chinese wolfberries for relaxation
23. 紅棗保肝補氣 <<http://www.philcheung.com/Health/JUJU.htm>> Jujubes-Chinese red dates
24. 遠離糖尿病不難 <<http://www.philcheung.com/Health/DIAB.htm>> Diabetes Mellitus Discussion

25. 健康身心之最佳時間 <<http://www.philcheung.com/Health/TIME.htm>> Right Timing
26. 世衛評選的最佳食品 <<http://www.philcheung.com/Health/JUNF.htm>> The Healthy Food
27. 十大垃圾食物 <<http://www.philcheung.com/Health/JUNK.htm>> The Top 10 Junk Food
28. 蒜頭蒸飯, 老薑蜜糖 <<http://www.philcheung.com/Health/GARC.htm>> Garlic, ginger, honey on rice
29. 沒有阿茲海默的世界 <<http://www.philcheung.com/Health/ALZH.htm>> Alzheimer Prevention
30. 練太極可抗疫 <<http://www.philcheung.com/Health/MOVM.htm>> Tai Chi stops shingles
31. 飯後熱飲 <<http://www.philcheung.com/Health/WWAM.htm>> Drink warm after meals
32. 食物防春季過敏 <<http://www.philcheung.com/Health/ALGY.htm>> Ready for the allergy season
33. 香蕉的神奇 <<http://www.philcheung.com/Health/banana.htm>> (a) 熟香蕉抗癌
<<http://www.philcheung.com/Health/BANATNF.htm>> The Amazing Bananas
34. 慢性腸炎克隆氏病 <<http://www.philcheung.com/Health/CDDS.htm>> New What is Crohn's Disease?
35. 十大助排毒之食品 <<http://www.philcheung.com/Health/EXCR.htm>> Excellent Toxin Removal Food
36. 腸道照顧好, 百病不來找 <http://www.philcheung.com/Health/INTEST_1.htm> Intestines Health
37. 腸道簡易運動 <http://www.philcheung.com/Health/INTEST_2.htm> The Exercise for Intestines
38. 延年益壽十則 <<http://www.philcheung.com/Health/LLTA.htm>> (The Recipes for Living Longer)
39. 排汗和排尿的差別 <<http://www.philcheung.com/Health/SWET.htm>> Updated Sweat, no sweat
40. 補健清湯 (排毒,通血) <<http://www.philcheung.com/Health/SASP.htm>> Soup to lower cholesterol
41. 膽固醇的常識(Cholesterol) a) American Heart Association
<<http://www.americanheart.org/presenter.jhtml?identifier=4500>> b) Harvard School of Public Health
<<http://www.hsph.harvard.edu/nutritionsource/fats.html>> c) 降膽固醇療方二例
<<http://www.philcheung.com/Health/CLTS.htm>>
42. 林燕妮治老花妙方 <<http://www.philcheung.com/Health/ESEJ.htm>> The Eyesight Enhancing Juice
43. 治失眠良方 <<http://www.philcheung.com/Health/SLPL.htm>> How To Sleep Fast
44. 五大防癌水果 <<http://www.philcheung.com/Health/FFCR.htm>> Fruits Prevent/Fight Cancers
45. 慎食非季節性水果 <<http://www.philcheung.com/Health/OSFR.htm>> Beware of off season fruits

46. 清洗蔬果勿用鹽 <<http://www.philcheung.com/Health/WFRS.htm>> Don't Wash Fruits With Salt
47. 少林十巧手 [手部運動] <<http://www.philcheung.com/Health/SLSK.htm>> (Hand Exercise for Health)
48. 食療歌 <<http://www.philcheung.com/Health/MDFD.htm>> (Healthy Food Poem)
49. 羅漢果的食療功效 <<http://www.philcheung.com/Health/GMFR.htm>> (Grosvenor Momordica Fruit)
50. 游離基是什麼？ <<http://www.philcheung.com/Health/FRRL.htm>> What are Free Radicals Updated
51. 金雞獨立養生法 <<http://www.philcheung.com/Health/SOIL.htm>> Stand on one leg [English] <http://www.philcheung.com/Health/SOIL_e.htm> New
52. 氣功按摩十八法 <<http://www.philcheung.com/Health/QG18.htm>> (Body Massaging Qigong)
53. 多吃蔬果能防癌嗎？ <<http://www.philcheung.com/Health/FVEC.htm>> (Fruits/veggies Effect Cancers?)
54. 中風急救黃金一小時 <<http://www.youtube.com/watch?v=w5QNYwbbQvE>> (東華三院 MaBelle 合辦節目)
55. 簡易膝蓋保健 <<http://www.philcheung.com/Health/KNEE.htm>> Updated The simple knee maintenance
56. 十四個徵兆預示長壽 <<http://www.philcheung.com/Health/14PL.htm>> Signs that predict longevity
57. 心血管淤塞救命良方 <<http://www.philcheung.com/Health/BVCG.htm>> Black fungus dredges blood vessels
58. 肝炎養生保健之道 <<http://www.philcheung.com/Health/HPTS.htm>> Hepatitis - what to watch out for
59. 抗新流感漢方蔬果汁 <<http://www.philcheung.com/Health/FLUJ.htm>> (Herbalist's Juices for Influenza)
60. 馬鈴薯鮮汁療法 <<http://www.philcheung.com/Health/POTJ.htm>> (The Amazing Potato Juice)
61. 打嗝放屁去濁氣 <<http://www.philcheung.com/Health/FART.htm>> Burping/Farting Is Healthy
62. 每天大笑不會老 <<http://www.philcheung.com/Health/LAUG.htm>> Laugh to keep healthy - New
63. 生活常識小秘密 <<http://www.philcheung.com/Health/TRVL.htm>> Little secrets in daily life - New
64. 靈芝治「未病」 <<http://www.philcheung.com/Health/RSHI.htm>> (Lingzhi's [Ganoderma] effects)
65. 素食不正確更糟 <<http://www.philcheung.com/Health/VGER.htm>> (Vegetarian's Mistakes)

66. 增強記憶力食物 <<http://www.philcheung.com/Health/MYBS.htm>> Upd Top 10 Memory Boosters
67. 栗子是[腎之果] <<http://www.philcheung.com/Health/CHSN.htm>> Chestnuts good for elders
68. 糖尿病飲食和食療 <<http://www.philcheung.com/Health/DBDT.htm>> (Diabetes helpful diets)
69. 熱門健康食物排行 <<http://www.philcheung.com/Health/RANK.htm>> Healthy Food Ranking New
70. 過量糖份危害健康 <<http://www.philcheung.com/Health/SUGR.htm>> Sugar can ruin your health
71. 睡眠的正確姿勢 <<http://www.philcheung.com/Health/PSLP.htm>> Proper Sleeping Position
72. 減壓運動最好 <<http://www.philcheung.com/Health/STRS.htm>> Exercise to relieve stress
73. 改觀的不良食物 <<http://www.philcheung.com/Health/JFRA.htm>> (Junk Food Re-assessment)
74. 快餐店膳食選擇 <<http://www.philcheung.com/Health/EFF1.htm>> Choosing Fast Food
75. 20 種抑癌的蔬菜 <<http://www.philcheung.com/Health/VFCR.htm>> Best anti-cancer vegetables
76. 珍珠奶茶健康隱患 <<http://www.philcheung.com/Health/BUBT.htm>> Health risks of bubble tea
77. 如何維護腸道健康 <<http://www.philcheung.com/Health/GLLL.htm>> Intestines Health Care
78. 五杯熱水完全排毒 <<http://www.philcheung.com/Health/5GWW.htm>> Drink hot water to detoxify
79. 心肌梗塞小提要 <http://www.philcheung.com/Health/HA_SCE.htm> Myocardial infarction tips
80. 被忽略的癌症狀 <<http://www.philcheung.com/Health/IGNS.htm>> Ignored cancer symptoms
81. 藥補不如食補 <http://www.philcheung.com/Health/FASM_pps.htm> Food as medicine
82. 醋豬腳護顏補身 <<http://www.philcheung.com/Health/PIGT.htm>> Trotters rich in collagen
83. 保青春、防蒼老 <<http://www.philcheung.com/Health/YGAG.htm>> Keep young or keep aging
84. 暴殄營養之天物 <<http://www.philcheung.com/Health/WSFD.htm>> Wasted Treasures of Food
85. 避免洗腎的秘方 <<http://www.philcheung.com/Health/KDRR.htm>> A dialysis patient's story -
86. 日用品治療用途 <<http://www.philcheung.com/Health/HHRM.htm>> Useful Household Items
87. 烤蕃薯具強藥效 <<http://www.philcheung.com/Health/YAMB.htm>> (Baked sweet potatoes)
88. 平穩降血脂食物 <<http://www.philcheung.com/Health/8LLF.htm>> 8 Lipid-lowering foods
89. 專家推薦長壽食品 <<http://www.philcheung.com/Health/10LF.htm>> Top 10 food for longevity

90. 夏天運動提防中暑 <<http://www.philcheung.com/Health/HSTK.htm>> Beware of Heat Stroke
91. 食物之糖份含量 <<http://www.philcheung.com/Health/SGCT.htm>> Food sugar content
92. 白蘿蔔食療功效 <<http://www.philcheung.com/Health/RDSH.htm>> Radish's Health Benefit
93. 3低1高的健康飲食 <<http://www.philcheung.com/Health/3L1H.htm>> The 3L1H healthy diet
94. 使癌細胞多休眠 <<http://www.philcheung.com/Health/PCCS.htm>> Make cancer cells sleep
95. 人生哲學 50 課 <<http://www.philcheung.com/Health/90LP.htm>> The 50 Life Lessons
96. 老中醫點評水果 <<http://www.philcheung.com/Health/CMVF.htm>> Herbalists' view on fruits
97. 有助減肥的良食 <<http://www.philcheung.com/Health/8FEF.htm>> Foods help cutting fats
98. 睡覺的訣竅 <<http://www.philcheung.com/Health/KSLP.htm>> The Knowledge of Sleeping
99. 有損大腦的陋習 <<http://www.philcheung.com/Health/BRDH.htm>> Brain Damaging Habbits
100. 損肝的主要原因 <<http://www.philcheung.com/Health/LVDH.htm>> Liver damage causes
101. 五大致癌的食物 <<http://www.philcheung.com/Health/5CCF.htm>> Top 5 cancer-causing foods
102. 薑的好處多得很 <<http://www.philcheung.com/Health/GING.htm>> The Benefits of Ginger
103. 楊桃可毒害腎病人 <http://www.philcheung.com/Health/STRF_e.htm> Star Fruit Can Be Poisonous
104. 五樣好東西 <<http://www.philcheung.com/Health/5KGT.htm>>