

自我保健推拿食療

**Chinese Medicine:
massage, prevention,
and herbal soup DIY**

自我推拿保健

Massage DIY: Introduction

- 自我保健推拿 =
- 應用中醫推拿手法作自我推拿
- 促進健康、預防、緩解、及治療疾病。

自我推拿保健

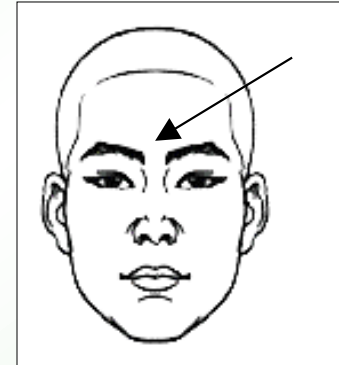
Massage DIY: Remarks

注意點：

1. 必須明確診斷，排除危症急症
2. 配合其他中西醫治療
3. 配合其他護理方法

頭面部推拿保健

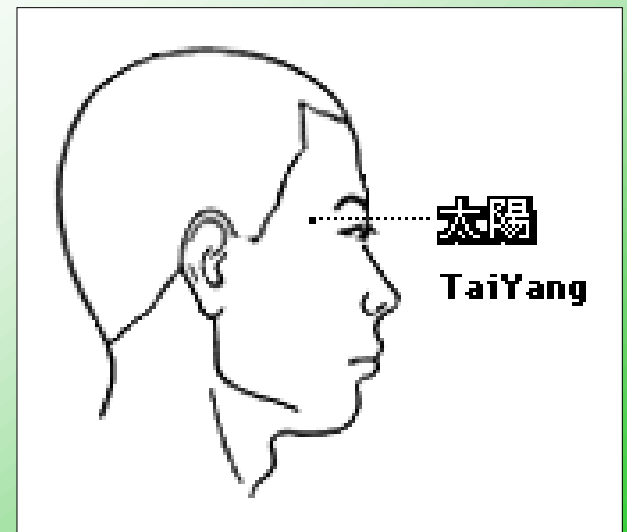
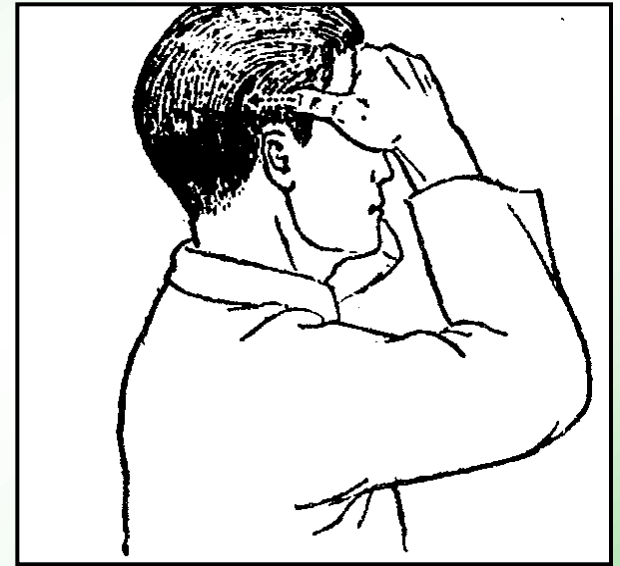
Massage DIY: Head and face



印堂穴

- 一. 抹額
- 操作：抹額頭約30次
- 功效：安神醒腦
- 應用：失眠、頭痛、頭暈、精神不振等

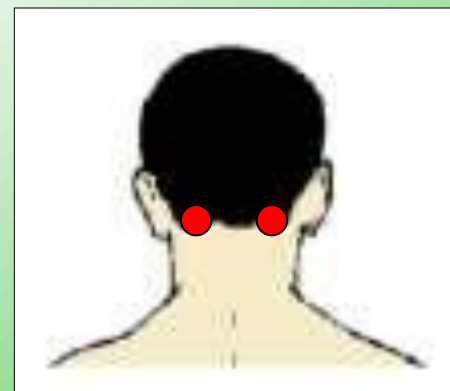
- 二. 抹顳
- 操作：約30次，酸脹為宜
- 功效：醒腦明目
- 應用：頭痛、外眼眼疾



- 三. 按揉風池
- 操作：約30次，酸脹為宜
- 功效：怯風開竅、清利頭目
- 應用：頸痛、頭痛、感冒初起



風池穴

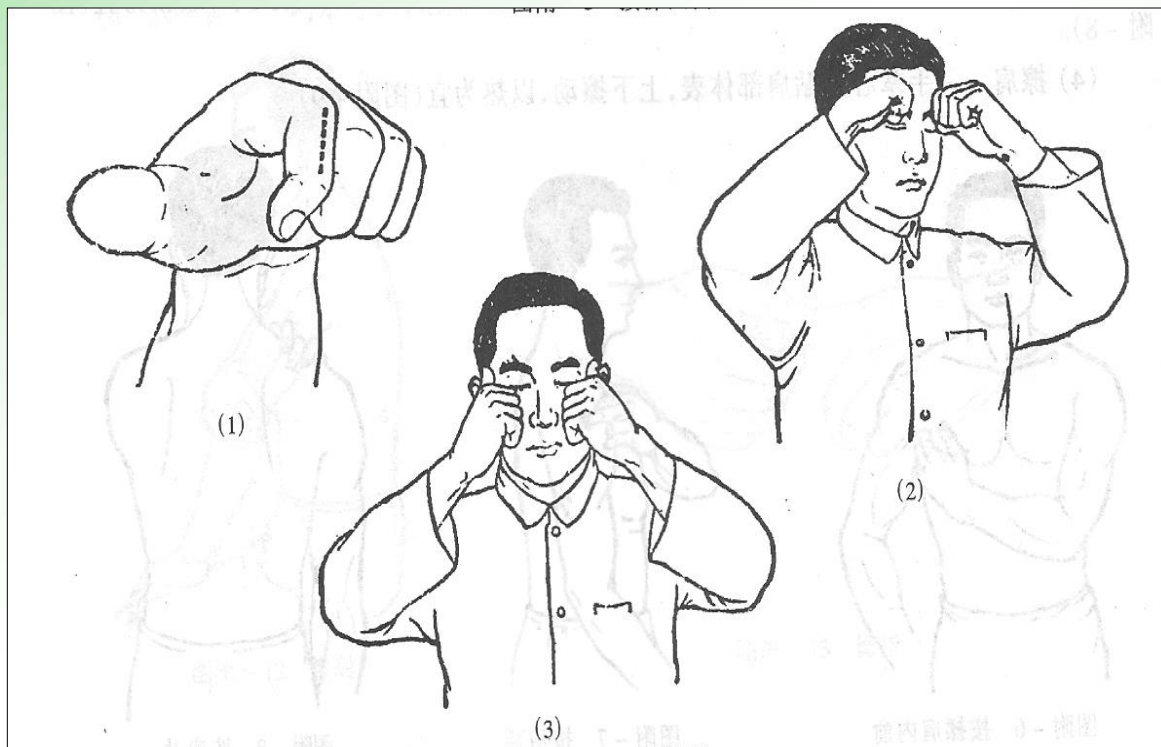


五官推拿保健

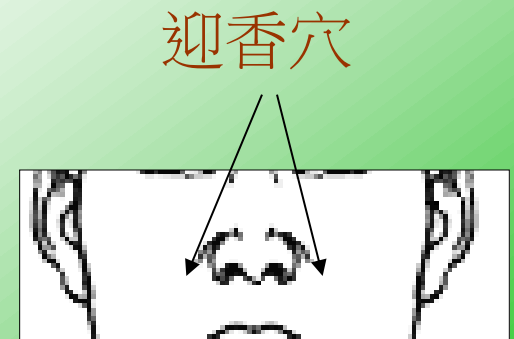
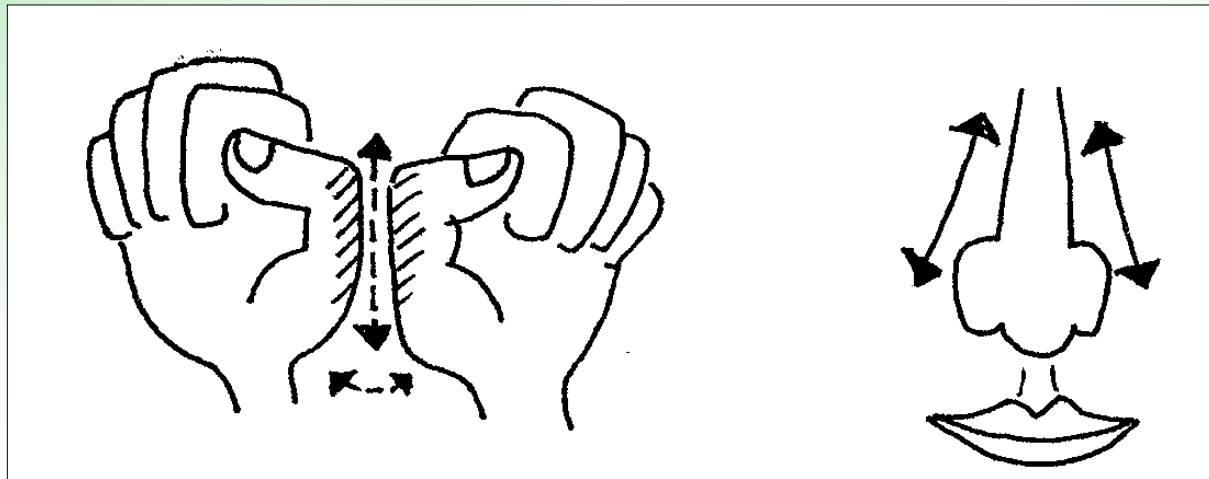
**Massage DIY: Eyes, nose &
ears**

一. 刮眼眶

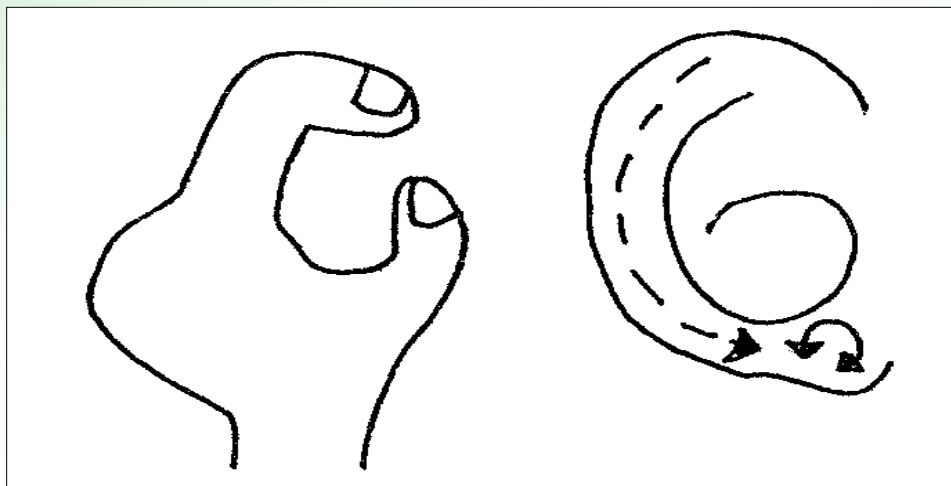
- 操作：自內而外，先上後下，酸脹為宜
- 功效：養睛明目
- 應用：視物疲勞



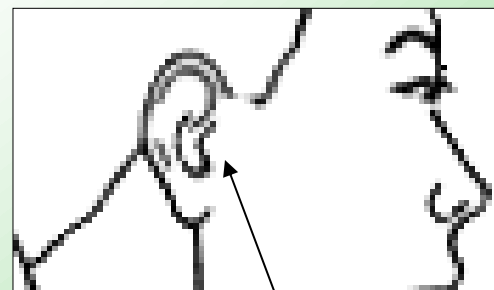
- 二. 擦鼻梁
- 操作：摩擦及按壓20次
- 功效：怯風宣肺開竅
- 應用：預防感冒、鼻敏感



- 三. 摩擦耳、按耳孔
- 操作：(1)自上而下按摩耳廓10次 (2)按摩耳珠10次，至耳部感覺發熱 (3)按壓耳孔10次
- 功效：聰耳開竅
- 應用：增強聽力、舒緩耳鳴



食指及拇指夾持耳廓按摩



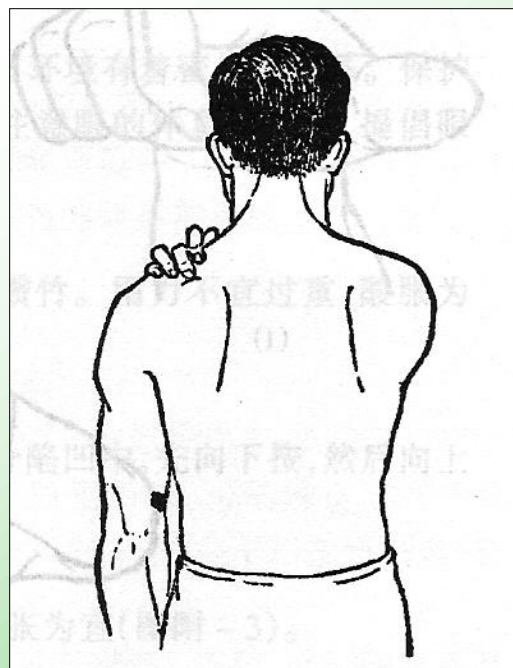
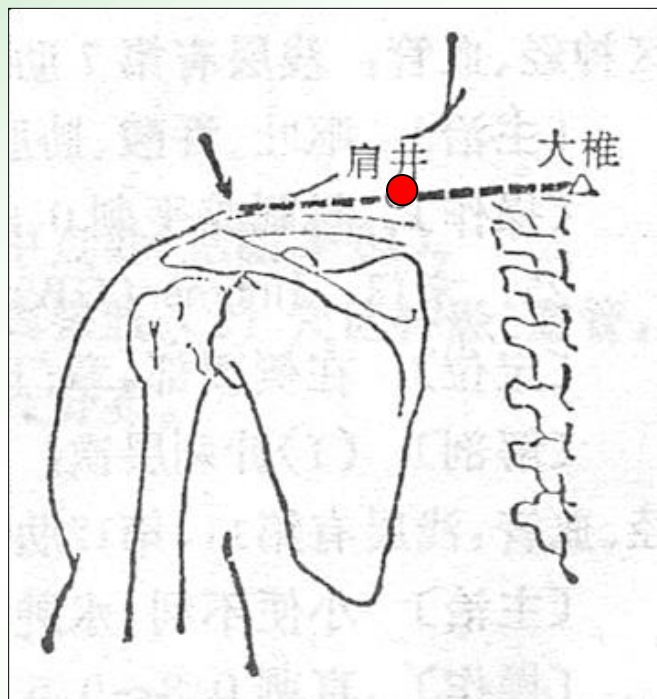
耳門、聽宮、聽會

上肢推拿保健

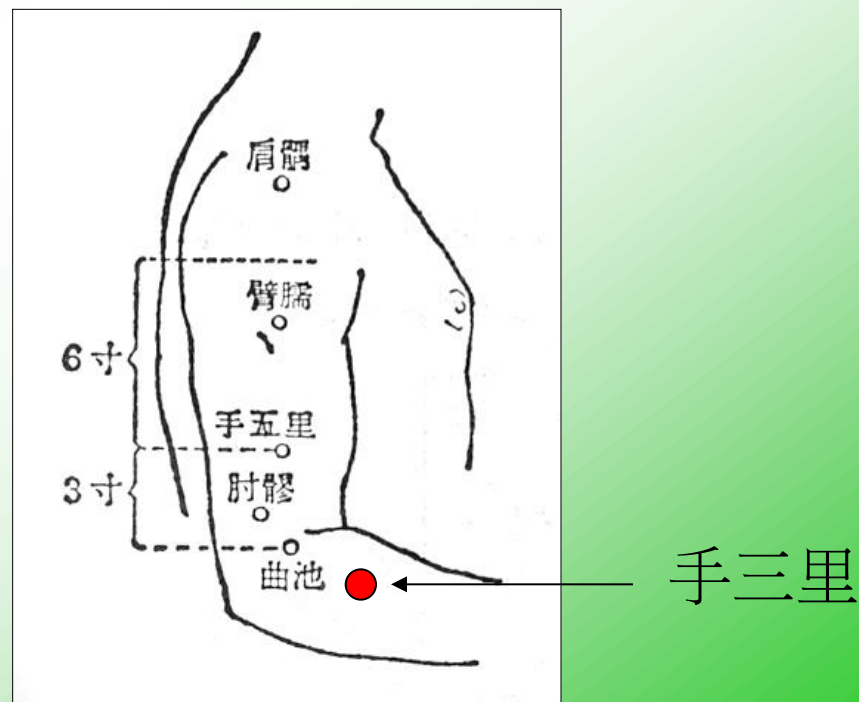
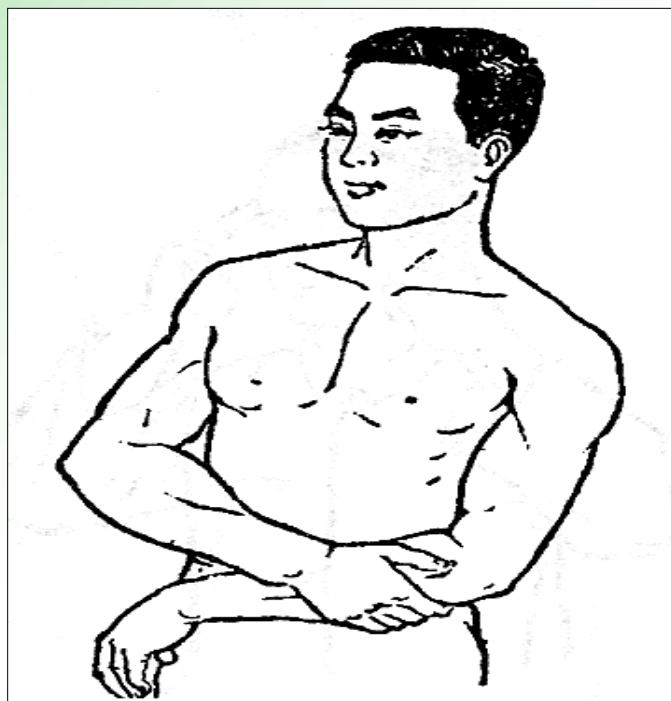
Massage DIY: Upper limbs

一. 按肩

- 操作：持續按揉肩井穴，酸脹為宜
- 功效：舒筋通絡止痛
- 應用：頭痛頸痛，肩背疼痛



- 二. 按肘
- 操作：按曲池(及手三里)穴，酸脹為宜
- 功效：舒筋活絡，疏風清熱
- 應用：網球肘，咽喉痛，高血壓



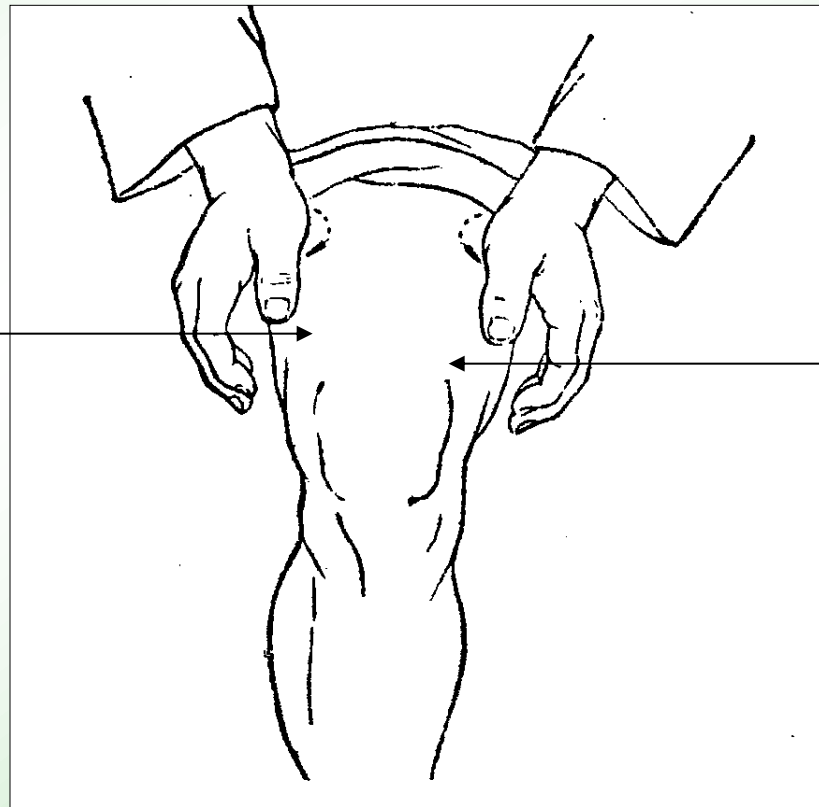
下肢推拿保健

Massage DIY: Lower limbs

一. 按揉大腿

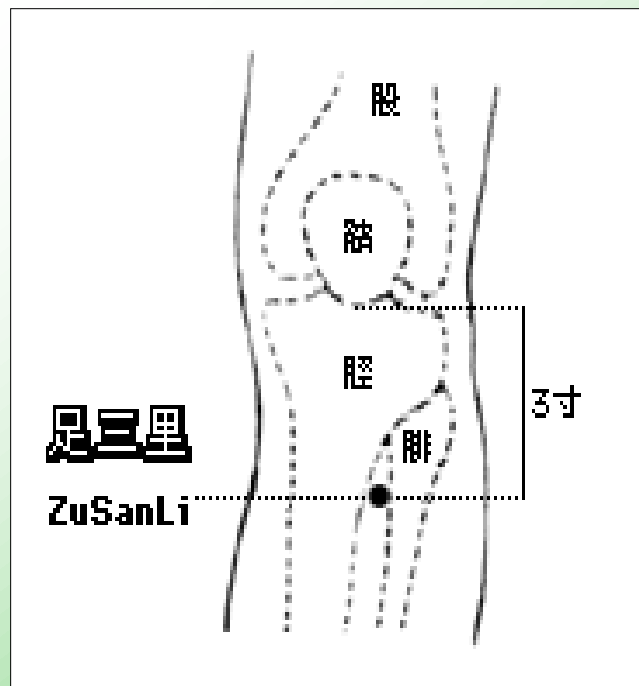
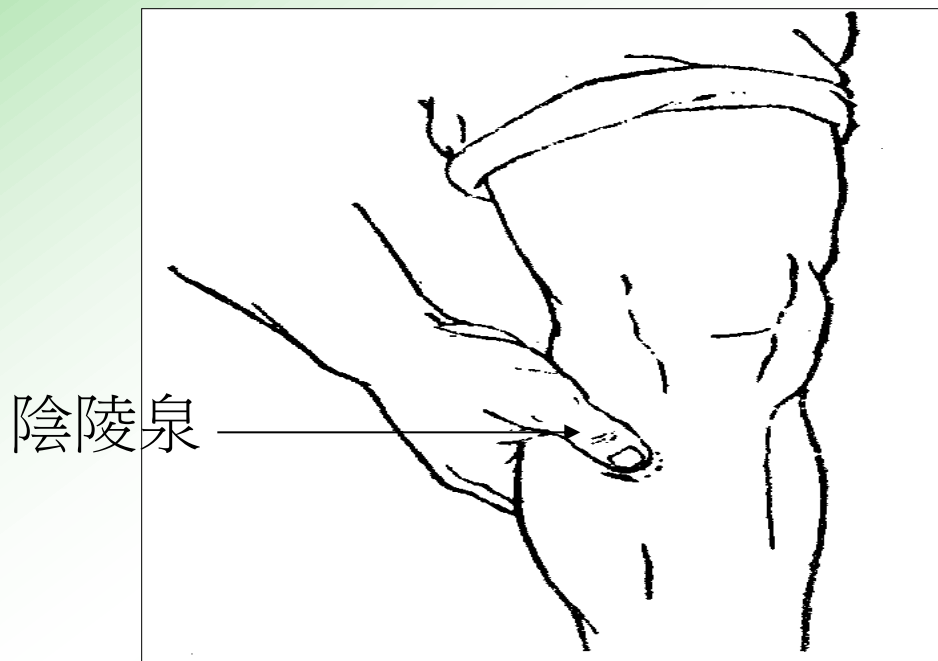
- 操作：自上而下，用力按揉，酸脹為宜
- 功效：舒筋活絡
- 應用：腿膝酸痛無力

梁丘



血海

- 二. 按揉足三里及陰陵泉
- 操作：用力按揉，酸脹為宜
- 功效：舒筋活絡、健脾祛濕、強身保健
- 應用：腿膝酸痛無力、腹痛泄瀉

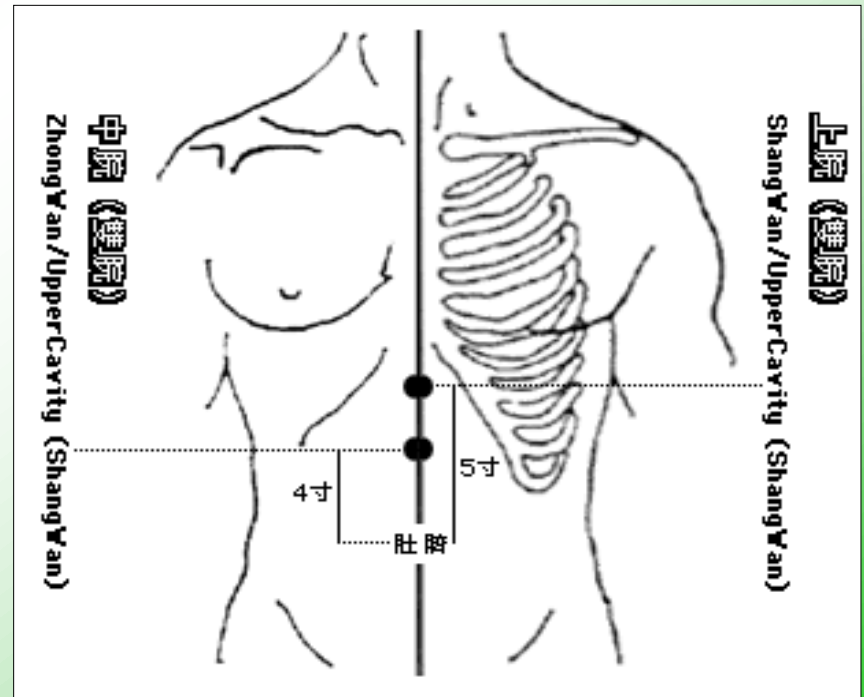
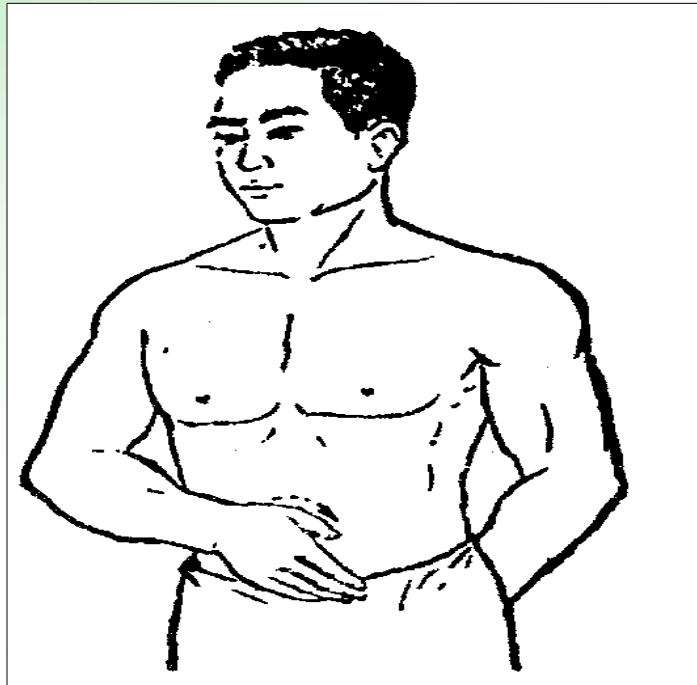


腹背推拿保健

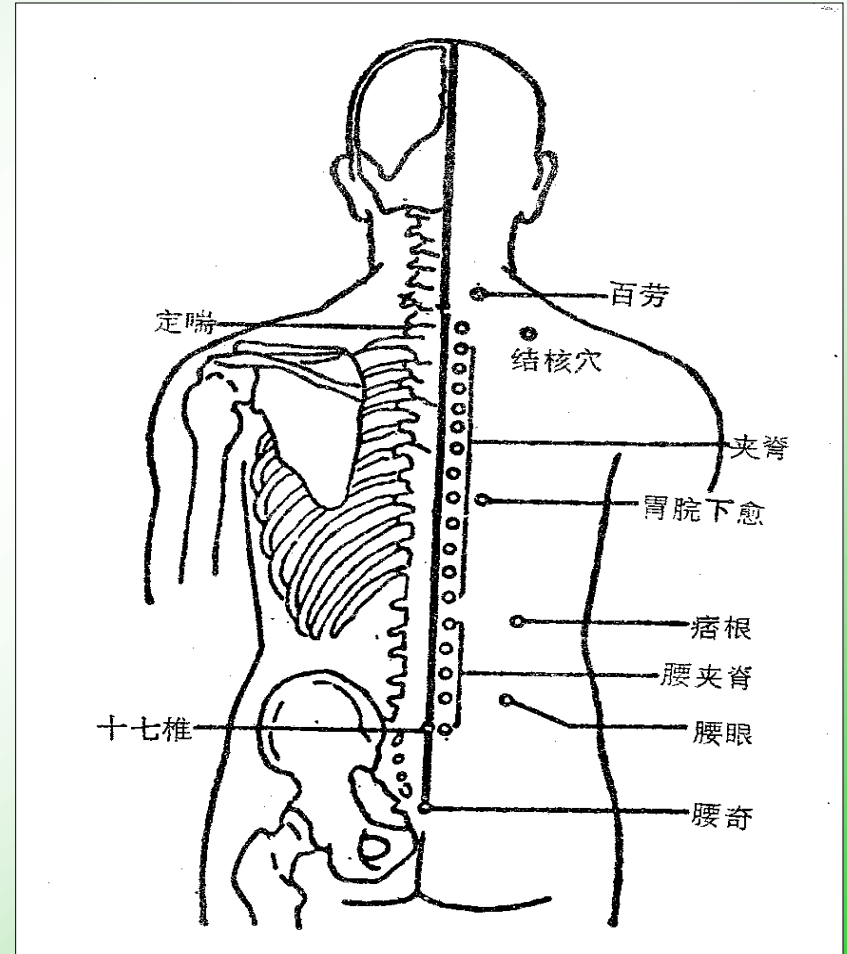
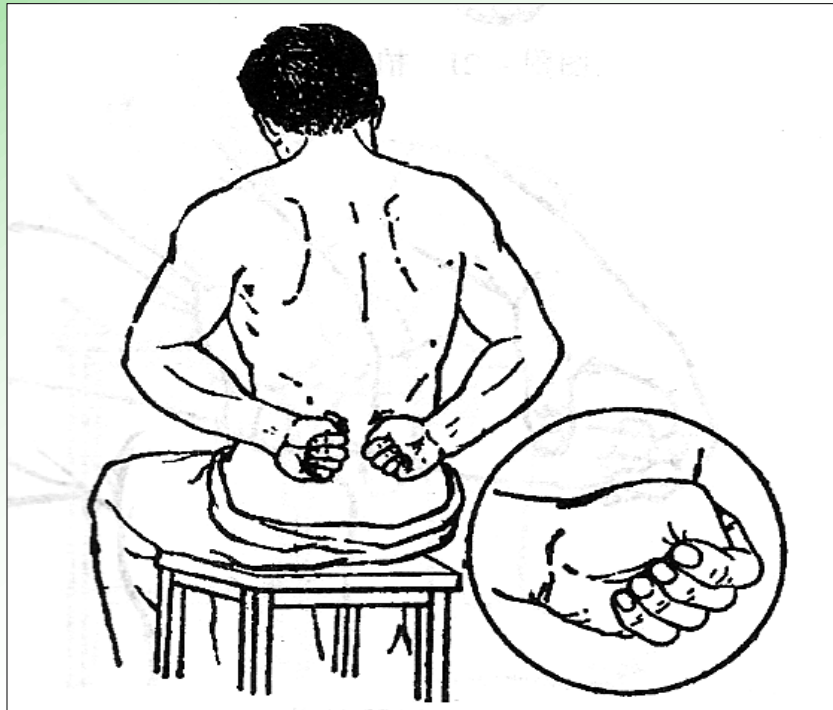
Massage DIY:
Abdomen & back

一. 揉中脘

- 操作：向下推按或順時針旋轉揉2-5分鐘
- 功效：健脾益胃
- 應用：胃脹胃痛、噯氣反酸



- 二. 揉腰眼
- 操作：旋轉用力按揉，酸脹為宜
- 功效：補腎強腰
- 應用：腰痛



ANY

QUESTION ??