

# 健康 身體 衛生

## HOW TO BE HEALTHY: BASED ON CHINESE MEDICAL WISDOM

*"In caring for life, the wise must adapt themselves to the fluctuations of cold and heat in the four seasons, live peacefully and practise temperance in joy and anger, balance between, yin and yang, strength and gentleness. Hence no outward evil can impair their health and they will enjoy long lives". The Yellow Emperor's Inner Classic, IOOBCE to 200CE.*

*"It is man himself, not Heaven who governs his life, and he who abuses himself dies young, while he who takes good care of himself enjoys a long life".*  
Gao Lian, Ming dynasty.

"A treasured friendship can replace regret and hatred and heal the old wounds of the mind. Such a friendship can provide sincere help, consolation and encouragement. These can be magic weapons for elimination of grief and anxiety. When your life is free from anxiety and grief, you will find food tasty, sleep restful and recreation enjoyable." Xu Xiangcai

"When faced with something exasperating, one should calmly consider which is more important, anger or health. This comparison will enable one to gradually eliminate one's anger." Cao Tong, Qing dynasty.

"The less one eats, the broader his mind and the longer his life span; the more one eats the narrower his mind and the shorter his life span."  
Zhang Hua,  
Jin dynasty 265-420

