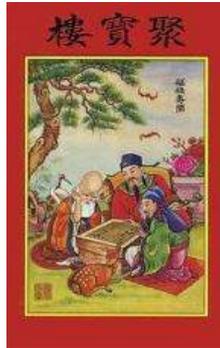


**CHINESE
HEALTH HINTS**



**Adapted From
Tong Sing**

*The Book of Wisdom based on
The Ancient Chinese Almanac*

CMG Archives
<http://www.campbellmgold.com>

(2012)

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IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation which may appear herein.

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Introduction

Rule youth well, for age will rule itself.
(Chinese Proverb)

The following health hints are compiled from *Tong Sing*, The Book of Wisdom based on The Ancient Chinese Almanac:

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Health Hints

(1)

*Consult a physician at once if you have doubts about your health,
for prevention is better than cure.*

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(2)

*Treat minor ailments immediately so
that they do not have a chance to develop
into conditions which are acute or chronic or even incurable.*

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(3)

Think young in all that you say and do.

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(4)

*Adopt the Chinese diet.
Failing that, ensure that your meals are balanced and varied,
and consume more vegetables, fruit, cereals and fish,
and less red meat, animal fats, sugar, salt and
foods containing synthetic additives.*

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(5)

*Supplement your diet with Chinese-style health foods and
tonic medicines, including ageing inhibitors;
but do this only occasionally, not on a regular basis.*

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(6)

Do not eat or drink too much or too little.

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(7)

*Every day, consume one garlic clove,
preferably fresh, crushed and chopped.
[Garlic - 1,000 - 2,000 mg daily
in supplement form]*

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(8)

*Every day, before breakfast,
take a big drink of water which has been boiled.*

[Spring water, filtered water, etc.]

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(9)

*Take up a gentle form of the martial arts, such as tai chi chuan.
Failing that, take a long and gentle walk twice daily.*

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(10)

*Every day, do some deep breathing in clean air
- if you can find some clean air -
before an open window in the early morning and late evening.*

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(11)

*Be moderate and regular in all that you do
- diet, alcohol, exercise, rest, sleep, sex, work and play -
to prevent illness, injury and social friction.*

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(12)

*Avoid the vices of smoking, [drinking] drug-taking,
gambling and casual sex.*

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(13)

*Work with, not against, nature.
Avoid unnatural acts.*

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(14)

*Be clean personally and in handling food,
but do not become a hygiene crank,
for that would not help your body,
though it could upset your mind.*

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(15)

*Worry less,
laugh more and
do not miss out on sleep.*

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(16)

Avoid stressful situations as far as possible.

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(17)

*Consult the I Ching when you have a problem.
Its great wisdom may help you.*

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(18)

*Meditate when you have a problem.
This is best done in bed where,
alone and undisturbed,
you will be able to think deeply,
and also fantasize to give your mind a "holiday".*

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(19)

*Give yourself good fung shui by ensuring that your
living, working and leisure conditions are
favourable to your health and wellbeing.*

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(20)

*Keep a check on your heart by measuring your
weight [resting heart rate] and blood pressure occasionally.*

End

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29082012