

**Patient & Family Library**  
病人及家屬圖書館  
Chinese Resources  
中文資訊目錄



Complimentary & Alternative Medicine (另類療法)

**Books 書籍**

**Alternative medicine** / Isadore Rosenfld -- Taipei, TW : Dee Ten Publishing, 1999.  
(另類療法)

**Chinese herbal medicine - Chinese** -- Hong Kong: Wan Li Book, 2009.  
(中藥材食療事典)

**Chinese herbs directory** / -- Jialing, CN: rzbook.com, 2008. (本草綱目)

**Chinese medicine therapy** / Seung-kong Hung -- Taipei, TW : Savor of Books, 2007.  
(對症藥膳養生事典)

**Family massage - Chinese** : pictorial explanation step by step -- Shanghai, CN: Shanghai  
Popular Science Press, 2008. (家庭按摩:彩色分部圖解)

**From the Yellow Emperor's internal medicine - Chinese** -- Beijing, CN: 2010.  
(從《黃帝內經》中來:解密《黃帝內經》中的養生智慧)

**The green anti-aging ways to keep you young** -- Hong Kong : Ming Pao Publishing, 1999.  
(綠色養生美容 - 天然抗衰老之道)

**Holistic healthy series volume 1** / RehabAid Centre, Hong Kong Hospital Authority -- Hong  
Kong : ReHabAid Centre Hong Kong, 2004. (全人健康叢書第一冊)

**Holistic healthy series volume 2** / RehabAid Centre, Hong Kong Hospital Authority -- Hong  
Kong : ReHabAid Centre Hong Kong, 2004. (全人健康叢書第二冊)

**No more depression - Chinese** : 11 key points can help return to happiness -- Taipei, TW:  
Tohan Corporation, 2010. (不再憂鬱 - 重回快樂生活的11個關鍵)

**Traditional Chinese medicine and wellness** / Dai-Hua Tian -- Beijing, CN : People Hygiene Publishing, 2000. (中醫防病與保健)

**Way to health - yoga - Chinese** / Lin, Ram. -- Beijing, CN: China Textile Publishing, 2008. (瑜珈健康法)

**The Yellow Emperor's classic of internal medicine - Chinese** : Huangdi nei jing -- Jialing, CN: Jiling Publishing Group, 2009. (黃帝內經)

### Audio/DVDs/Videos 錄像資源

**Foot massage therapy Video** (Cantonese). Toronto, ON: Chong Tong Group Inc. (足部按摩療法)

**Heart yoga - Chinese Audio CD** -- Beijing, CN: Chinese Science Culture Audio Visual Co. (瑜珈音樂，心靈冥想 CD)

**Simple qigong therapy Video** (Cantonese). Hong Kong: Wan Li Book Co., 1989. (常見病簡易氣功療法)

**Simple qigong therapy for chronic diseases Video** (Cantonese). Hong Kong: Wan Li Book Co., 1989. (慢性病氣功療法)

**Spa comfort fruit - Chinese Audio CD** -- Guangdong, CN: Runwang Audio & Video Production Co. 2006. (健康舒壓百果音樂 CD)

**Wellness with traditional Chinese medicine (Zhong yi yang sheng) - Chinese DVD** : preventing common seniors diseases with TCM -- Guangdong, CN: Peninsula Audio Visual (中醫養生)

**Yoga elementary training - Chinese Video** (Cantonese). Hong Kong: Wan Li Book Co., 1989. (瑜珈基本功法)