

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



Healthy Living (健康生活)

Books 書籍

**100 foods that's good for your health** -- Taipei, TW : Yuen Wah Publishing, 2008.

**1000 congee recipes** -- Beijing, CN: China Light Industry Publishing, 2009.  
(粥膳養生堂1000例)

**2000 tips you need to know for daily living** -- Beijing, CN: China Changan Publishing House, 2007. (不可不知的2000個生活常識)

**3000 examples for healthy living** -- Shanghai, CN: Shanghai Popular Science Press, 2008.  
(生活中來的3000例健康篇)

**The allergy-free home - Chinese** / D'Alessio, Vittoria. -- Taipei, TW: Metropolitan Culture, 2009. (遠離過敏- 打造健康的居家環境)

**Boost your immune system naturally** : your essential guide to fighting infection & nurturing your health / Beth MacEoin -- Taipei, TW : 2007. (不生病的生活達人)

**Choice food material** : The secret of suitable food collocation -- Taipei, TW: Hanxiang Culture, 2006. (醫生沒教的1001飲食宜忌)

**Congee recipes** / Kwai-Kum Koo -- Hong Kong : South China Press, 1998. (保健粥譜)

**Doctor teaches you free from illnesses** / Toshiyuki Hattori -- Taipei, TW : 2001.  
(醫生教你如何不生病)

**Early symptoms of major illnesses**, 2000. (重大疾病的早期信號)

**Eat well, heal well - Chinese** / Chau, Simon. -- Hong Kong: Crown Publishing, 2010.  
(健康防病這樣吃)

**Energy boosters handbook** / Sarah Brewer -- Taipei, TW : Owl Publishing Taiwan, 2004.  
(增強活力小百科)

**EQ exercise with Dr. Cheung** / Yi-Kwan Cheung -- Taipei, TW: Crystal Publishing, 1999.  
(張博士EQ早操)

**Easy making medical (healthy) at home: recipes from Korean** / Kim, Yeon-soo. -- Beijing, CN: Jinghua Books, 2006. (五元錢+五分鐘=十分滋補)

**Energy boosters handbook** / Brewer, Sarah. -- Taipei, TW: Owl Publishing Taiwan, 2004. (增強活力小百科)

**Enjoy long life: leading healthy living with traditional Chinese medicine** / Ng, Siu Man. -- Hong Kong: Glory Communication, 2003. (天年共享--中醫養生與身心靈健康)

**Facts about cholesterol** / CUHK. School of Public Health. Centre of Research and Promotion of Women's Health -- Hong Kong : Wan Li Book, 2005. (認識膽固醇)

**Family diet therapy** -- Beijing, CN : 1999. (家庭食物療法)

**Family doctor: family medicine handbook 2** / Hong Kong College of Family Physicians. -- Hong Kong: Cosmos Books, 2008. (家庭醫生:家庭醫學手冊之二)

**Family herbal diet** / Pui-nar Choi -- Taipei, TW : TTV, 2000. (家庭健康藥膳)

**Family medicine** / Ben Fong -- Hong Kong : Chinese University Press, 2000. (家庭醫學)

**Family medicine handbook** / Hong Kong Medical Association -- Hong Kong : SCMP Book Publishing, 2004. (家庭醫療手冊)

**The food bible: guide to balanced diet and healthy living** / Judith Willes -- Shandong, CN : ShanDong Pictorial Publishing House, 2006. (食物聖經 - 均衡飲食與健康指南)

**Food for prolong life (Vegetable diets)** / Tak-keung Siu -- Taipei, TW : 1998.  
(養生食物: 素食)

**Free from diseases** -- Hong Kong : Next Publications, 2001. (無懼疾病)

**Hair loss started** -- Taipei, TW : Linyu Publishing, 2001. (我開始掉頭髮了)

**Health code** -- Shanghai, CN: 2008. (健康密碼)

**Health quotient - Chinese** / Tze, Wah Jun. -- Hong Kong: Ming Pao Publishing, 2003. (健商)

**High calcium DIY - Chinese** / Family Planning Association of Hong Kong. -- Hong Kong: Next Publications, 2006. (高鈣飲食DIY)

**Home emergency medical guide** / Reader's Digest Association -- Hong Kong : Reader's Digest Association, 2000. (家庭急救護理指南)

**How to read food labels - Chinese** -- Hong Kong: Wan Li Book, 2010.  
(看懂食物標籤)

**I can take care of my pain** : self-help physiotherapy / International Spinal Institute -- Hong Kong : Sing Pao Publishing, 2005. (吾痛吾理)

**Invest to healthy living – Chinese** : your investment with low risk and high return / Hong Kong Department of Health. -- Hong Kong: Cosmos Books, 2009.  
(投資健康 人生第一、二冊)

**Mayo Clinic guide to self-care** / Mayo Clinic -- Taipei, TW : CommonLife Publishing, 2004.  
(個人健康指南)

**Mental health can lead physical health, diet therapy is better than medicines - Chinese** -- Beijing, CN: New World Press, 2010. (養生重在養心，藥補不如食補)

**A new look to healthy living** / Anthony Cheung -- Vancouver, BC : SUCCESS, 1999.  
(健康新知)

**A newcomer's introduction to Canada** / Citizenship and Immigration Canada -- Ottawa, ON : Citizenship and Immigration Canada, 2002. (歡迎你來加拿大：加拿大簡介)

**Nutrient value of foods - Chinese** : most consumed common foods in Hong Kong / Guan, Deqi.  
-- Hong Kong: New Talents Press, 2008. (滋補有營 - 香港常用食材小百科)

**Nutritious recipes to prevent 4 highs - Chinese** : recipes for people with high cholesterol, triglyceride, high blood glucose level, and hypertension -- Hong Kong: Sing Pao Publishing, 2009. (至營食譜防4高)

**Oral diseases prevention and control** / Tunng-Sun Chow -- Beijing, CN : Chinese Medicine and Technology Publishing, 1999. (口腔病的家庭防治)

**Oral health and dental care for all** / Oral Health and Dental Care Editorial Committee -- Hong Kong : Chinese University Press, 1997. (口齒伶俐：口腔及牙齒保健)

**Parent-child nutrition recipes** / Yuan Xu -- Hong Kong : Ming Pao Publishing, 2000.  
(親子營養食譜)

**Physical exercise in workplace: enjoy to have a healthy body** -- Hong Kong : Ming Pao Publishing, 1999. (辦公室保健操：享受一個健康身體)

**Physical exercises and wellness** -- Hong Kong : Ming Pao Publishing, 2001.  
(運動與保健)

**Popular soups and recipes for diet therapy – Chinese** / Cheung, Kwan-sheung. -- Hong Kong: Wan Li Book, 2010. (人氣滋補王)

**Practise physical activities for health** / Heung-sang Wong -- Hong Kong : Ming Pao Publishing, 2003. (為健康而運動)

**Questions and answers about food science** / Hong Kong (China) Elderly Health Services -- Hong Kong : Cosmos Books, 2007. (飲食科學為甚麼)

**Secret recipes by Ah Lok** / Ah Lok. -- Hong Kong: Jinghua Books, 2009. (阿樂珍藏秘方)

**Self care guide** / Ching-wah Cook -- Hebei, CN : People Hygiene Publishing, 1997.  
(自我保健指南)

**Simple physical exercise and therapy kit** / Willibald Nagler -- Hong Kong : Wan Li Book, 1997. (簡易健體與康復運動錦囊)

- Soups and recipes for diet therapy – Chinese** / Guan, Zhiyi. -- Hong Kong: Ming Pao Publishing, 2009. (養生進補湯水)
- Stretching - Chinese** / Anderson, Bob. -- Taipei, TW: Bookzone, Taiwan, 2008. (伸展聖經)
- Super nutrients handbook** / Lyndel Costain -- Taipei, TW: Owl Publishing Taiwan, 2004. (優質營養素小百科)
- Take care of your body** / School of Education, Chinese University of Hong Kong -- Hong Kong : Chinese University Press, 1999. (醫療與保健)
- TCM practitioner teaches you how to eat well** -- Beijing, CN: Shidaichina.com, 2009. (中醫教你如何吃)
- Tips for home nursing** / Song-Ming Yan -- Hong Kong : Wan Li Book, 1995. (家庭醫護錦囊)
- Tips for wellness - Chinese** -- Shanghai, CN: 2006. (養生一點通)
- Tips to enjoy healthy living daily** / Chun-chou Zhang -- Beijing, CN : China Economics Publishing, 1999. (天天享受健康的訣竅)
- Vegetable diet therapy** -- Nanjing Shi, China : Jiangsu ke xue ji zhu chu ban she, 1998. (瓜果療法)
- Vegetarian diet and recipes** / Soo-san Chung -- Hong Kong : Ming Pao Publishing, 1999. (健康素食與營養食譜)
- Vitamins A to Z - Chinese** / Chinese Cookery Association. -- Hong Kong: Wan Li Book, 2007. (維他命 A - Z)
- Way to health - yoga - Chinese** / Lin, Ram. -- Beijing, CN: China Textile Publishing, 2008. (瑜珈健康法)
- Wellness tips 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)

**You on a diet - Chinese** : the owner's manual for waist management / Roizen, Michael F.; Oz, Mehmet. -- Nanjing Shi, China: Yilin Press, 2008. (身體使用手冊 2：腰部管理)

**You -- the owner's manual**: an insider's guide to the body that will make you healthier and younger / Michael F. Roizen -- New York, NY: Harper Collins, 2005. (身體使用手冊)

### Audio/DVDs/Videos 音樂 / 錄像資源

**The 18 movements of taiji qigong - Chinese VCD** -- Hong Kong: Hong Kong Department of Health, (太極氣功十八式)

**Dae Jang-geum Korean cuisine - Chinese** / Kim, Yeon-soo. -- Beijing, CN: Jinghua Books, 2006. (大長今韓國料理)

Eating for a healthy heart video kit Chinese Video (Cantonese). (飲食與心臟健康)

Exercise for all: Stretching exercise Chinese Video (Cantonese). Hong Kong: Chinese University Press, 1995. (齊齊做運動：易學易做伸展操)

Exercise for all: Warming up exercises for specific sports Chinese Video (Cantonese). Hong Kong: Chinese University Press, 1995.] (齊齊做運動：預防受傷熱身操)

**Exercises for mature adults - Chinese (Mandarin)** -- Harbin, CN: (華佗五禽戲)

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

**Healthy snacks recipes** / Hong Kong (China) Elderly Health Services. -- Hong Kong: Cosmos Books, 2007. (健康小食食譜)

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

**Illnesses from our mouth - Chinese DVD** : healthy eating -- Dalian, CN: Zhongying Yinghua Culture. (病從口入：這樣吃最健康)

**Invest to healthy living – Chinese** : your investment with low risk and high return / Hong Kong Department of Health. -- Hong Kong: Cosmos Books, 2009.  
(投資健康人生 DVD 快樂人生)

**Let's talk about health - Chinese VCD** / Hong Kong Department of Health. -- Hong Kong: Hong Kong Department of Health. (健康物語)

**Obesity - Chinese** -- Beijing, CN: [www.beidabiz.com](http://www.beidabiz.com) (常見疾病 - 肥胖症)

**Physical exercises for all - Chinese VCD** / Hong Kong Department of Health. -- Hong Kong: Hong Kong Department of Health. (普及健體運動)

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

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

**Tai Ji Quan 56 movements in Chan's style - Chinese (Mandarin)** -- Guangdong, CN: (陳式太極拳 56 式)

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

**We are what we eat (Chinese and English DVD)** / Discovery Health Channel -- Taipei, TW : King's International Multimedia, 2005. (認識消化系統 - 飲食與消化)

**Yoga and other exercises tape 1-3 – Chinese Video** (Mandarin). Toronto, ON: Fairchild TV Production, 2000. (瑜珈，腹部運動及健身球運動 1-3)

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