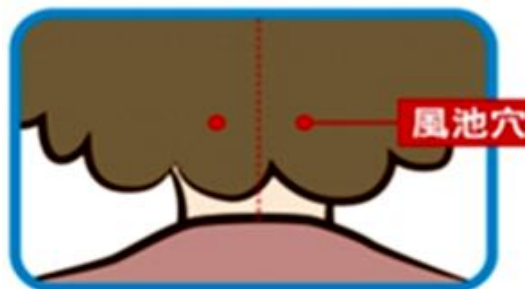


## 你知道有什麼提神的方法嗎？

現代社會許多人晚睡早起，睡眠相對不足，再加上較長時間的學習和工作，體力消耗過大，很容易大腦疲勞，導致精神不振、昏昏欲睡。

中醫認為炎熱和疲勞容易造成脾胃虛弱，脾胃虛弱會導致人體氣血供應不足，則會出現易疲勞的症狀。因此，在採用按摩療法時，應以調節脾胃功能，促進腦部血液迴圈為主，通過按摩特定穴位和反射區，達到提神醒腦的目的。以下就是為大家推薦的明目醒腦養生穴位，用腦過多的朋友們，可以多抽點時間按摩按摩，對緩解疲勞，釋放大腦壓力會起很好的作用。

- 太陽穴
- 取穴：兩眉梢後凹陷處。
- 功效：提高視覺神經，大腦中樞神經系統的興奮度，有醒腦明目之功效。



- 風池穴
- 取穴：在後枕部雙側凹陷中。
- 功效：困乏難耐時，雙眼視物模糊時，一側偏頭疼時，感冒鼻塞不通時，頸椎病壓迫椎動脈出現頭痛眩暈時，心情煩躁思維遲鈍時，輕輕按揉風池穴，均能起到立竿見影

的效果。

- 百會穴，
- 取穴：位於人體的頭部，頭頂正中心，可以通過兩耳角直上連線中點。
- 功效：醒腦明目，還可以治療頭痛，頭重腳輕，痔瘡，高血壓，低血壓，目眩失眠，焦躁等疾病。



- 足三里穴
- 取穴：位於小腿前外側膝下3寸處（食指、中指、无名指第二关节和小指第一关节宽度的和，即3寸）
- 功效：有效的提高身體免疫力，調理脾胃健康，舒經活絡，扶正祛邪是養生防病的重要穴位。

When you do not have a good sleeping quality or enough time to sleep, you can use the acupressure to help or you may choose to drink **COFFEE** to refresh yourself. So, let's talk about the benefits and disadvantages of it!

**Caffeine**, the most widely consumed psychoactive substance in the world, is the best known ingredient of coffee. Its beneficial effects on the human body have been researched quite well, but coffee as a whole is a complex beverage with a thousand different substances. Some studies argue that decaf and caffeinated coffee may have the same health effects and suggest that it's not the caffeine that is responsible for most of coffee's health benefits.

## 10 HEALTH BENEFITS OF COFFEE

- **Coffee boosts your physical performance.** Have a cup of black coffee about an hour before workout and your performance can improve by 11-12%. Caffeine increases adrenaline levels in your blood. Adrenaline is your body's "fight or flight" hormone which helps you to prepare for physical exertion.
- **Coffee may help you lose weight.** Coffee contains magnesium and potassium, which helps the human body use insulin, regulating blood sugar levels and reducing your craving for sugary treats and snacks.
- **Coffee helps you focus and stay alert.** Moderate caffeine intake, 1-6 cups a day, helps you focus and improves your mental alertness.
- **Coffee lowers risk of death.** Studies have shown that coffee drinker's overall risk of premature death is 25% lower than of those who don't drink coffee.
- **Coffee reduces risk of cancers.** One study has shown that coffee may decrease the risk of developing prostate cancer in men by 20 %, and endometrial cancer in women by 25 %. People in the test group drank four cups of coffee a day. Caffeine may also prevent developing of basal cell carcinoma, the most common type of skin cancer.
- **Coffee reduces risk of stroke.** Reasonable consumption of coffee (2-4 cups a day) is associated with lower risk of stroke.
- **Coffee reduces risk of Parkinson's disease.** Studies have shown that regular coffee drinking decreases risk of Parkinson's disease by 25 %. There's evidence that coffee causes activity in the part of the brain affected by Parkinson's.

- **Coffee protects your body.** Coffee contains a lot of antioxidants, that work as little warriors fighting and protecting against free radicals within your body.
- **Coffee may lower risk of Type II diabetes.** Caffeine decreases your insulin sensitivity and impairs glucose tolerance, therefore reduces your risk of type 2 diabetes.
- **Coffee brightens your mood, helps fight depression and lowers risk of suicide.** Caffeine stimulates the central nervous system and boosts production of neurotransmitters like serotonin, dopamine, and noradrenaline, which elevate your mood. Two cups of coffee a day prevents risk of suicide by 50 %.

## 6 DISADVANTAGES AND RISKS OF COFFEE DRINKING

- **Bad coffee can be toxic.** Bad quality coffee can have a lot of impurities in it, which can cause sickness, headache or a general bad feeling. This can happen if your coffee is made from beans that have been over ripped or otherwise ruined. Even one ruined bean can make your cup toxic. If you invest and buy high quality, speciality coffee you don't have to worry about this.
- **Coffee can kill you.** Yes, if you drink 80-100 cups (23 litres) in a short session. This dose is lethal and will amount in 10-13 grams of caffeine within your body. Before you reach this point, however, you'll be vomiting most of it out since 23 litres of any liquid is a lot. Even drinking 23 litres of water can kill you.
- **Coffee can cause insomnia and restlessness.** Again, it's the caffeine working here. Your recommended maximum amount of caffeine is 400 milligrams, roughly the amount that you'll get from 4 cups of coffee. If you're caffeine-sensitive, be careful with coffee. You are probably already aware what amount and what kind of coffee suits, or doesn't suit you. The amount of caffeine that is safe for human consumption is actually written in our DNA.
- **Don't drink more than one cup a day if you're pregnant.** Studies on coffee's effect on a fetus have been controversial, but one thing is sure: if you drink coffee when pregnant, caffeine will also reach the fetus, and your baby is highly sensitive to caffeine. So, if you're a heavyweight coffee drinker and can't stop drinking it while pregnant, at least reduce your coffee intake to one cup a day.

- **If you have high cholesterol please choose filtered coffee.**

Coffee beans contain cafestol and kahweol, two ingredients that appear to raise LDL cholesterol levels. Filtering the coffee traps most of the LDL, but cafestol and kahweol are found in espresso, turkish coffee, french press and scandinavian style “cooked coffee”.

- **Coffee for kids, may increase bedwetting.** One survey reported that caffeine consumption of 5-7 year old kids may increase enuresis a.k.a. bedwetting.

RELAXING TIME!!! ^ ( ~ ~ ) ^

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8	5						
	9		7		4		
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1	7	5	9	6	8	3	2	4
2	8	3	4	5	7	1	6	9
9	6	4	3	2	1	7	5	8
6	2	1	5	7	4	9	8	3
4	9	8	2	3	6	5	1	7
3	5	7	8	1	9	4	6	2
5	3	6	1	4	2	8	7	9
7	1	2	6	8	3	9	4	5
8	4	9	6	7	5	2	3	1

ANS:

COMIC CORNER!!! :-)



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