



視力保健講座

Vision Health Lecture

中醫師的養眼秘笈大公開

The Secret Tips for Eye Care from Traditional Chinese Medicine Revealed

113年11月11日(一)10:00~12:00
11/11, Monday, 10 to 12 AM

地點：學務處會議室(惠蓀堂1樓)

Location: 1th Floor, Huisun Hall,
Student Affairs Office Conference Room

參加對象：本校師生

Target audience: Faculty, staff and students

⚠️ This lecture is held in Chinese



報名資訊

想知道如何讓雙眼閃閃發光、健康明亮嗎？

Do you want to know how to make your eyes sparkle and look healthy and bright?

中醫的養眼保健秘訣就像是眼睛的護身符，讓您不再因長時間盯著螢幕而眼睛乾澀、疲勞

The secret to eye care in Traditional Chinese Medicine is like a protective talisman for your eyes, preventing dryness and fatigue from long hours of staring at a screen.

為什麼中醫說「肝開竅於目」，肝臟功能如何影響到您的視力？還有更多養眼保健技巧，從簡單的穴位按摩到日常飲食中的五行平衡，讓您每天都能輕鬆保護眼睛，預防眼睛過早老化

Why do traditional Chinese medicine practitioners say that "the liver opens to the eyes"? How does liver function affect your vision? There are also more eye care tips, starting with simple ones. Acupressure and the balance of the five elements in daily diet allow you to easily protect your eyes every day and prevent premature aging of the eyes.

在輕鬆愉快的氛圍下，帶您進入中醫的神奇世界，從古老智慧中學習如何用呵護我們的靈魂之窗！找到最適合自己的護眼方法

In a relaxed and pleasant atmosphere, we will take you into the magical world of Traditional Chinese Medicine, learning from ancient wisdom how to care for the windows of our soul! Discover the eye care methods that are best suited for you.

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