

中医经典里的 健脾 养胃方

掌握了它们，我们的健康城池才会
固若金汤

李志刚 编著

北京卫视《养生堂》、江苏卫视《万家灯火》人气嘉宾
北京中医药大学针灸推拿学院副院长



身体健康，是给自己、
也是给家人最好的礼物
健脾养胃，最忌想当然

古老、严谨、安全、经典的
健脾养胃方，尽在其中



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前言

脾、胃是人体的主要消化器官，二者互为表里关系。胃主“受纳、腐熟”水谷，脾主运化津液气血，二者相互协调，分工合作，共同完成消化食物、分清泌浊的任务，为人体提供生长发育及维持生命活动所需的营养物质和能量，所以中医称脾和胃为“后天之本”“气血生化之源”。换句话说，一个人健康与否，与脾胃功能的好坏有直接关系。

据《脾胃论》记载：“内伤脾胃，百病由生。”如果一个人的脾胃不好，气血化生不足，身体各个器官得不到正常的濡养，就会出现功能失调或减退，接着就会滋生各种疾病，影响健康和寿命。

相反，如果一个人脾气健运、胃气充足，就能正常地受纳足够的水谷，并转化成气血精微，及时输送到五脏六腑、四肢百骸，从而使脏腑各司其职、筋骨灵活、四肢强壮有力、皮毛润泽，人因此才会祛百病而健康长寿。

因此，养护脾胃是人一生十分重要的养生手段。古代无数的医学家、养生家们在他们的经典著作中都记载了极其宝贵的健脾养胃的经验和方法，为世人所推崇和传承。本书以古代中医经典著作作为依据，从自检自查小方法、饮食习惯、健脾胃常见食物、中草药、中成药、特效穴位、小运动、常见病防治等方面详细讲述了日常调养脾胃的知识和方法。

全书内容丰富、通俗易懂、结构清晰、图文并茂，具有很强的实用性和可操作性，可以说是“一书在手，脾胃无忧”，非常适合广大养生爱好者及那些正身受脾胃病困扰的朋友们阅读。

本书由李莹莹、杨雯娟担任主编，王红丽担任副主编。第1章、第2章、第5章由武汉商贸职业学院的杨雯娟编写；第3章、第4章由武汉商贸职业学院的李莹莹编写；第6章、第7章、第8章由武汉商贸职业学院的王红丽编写。李莹莹负责本书的总体设计以及统稿工作。

由于编者水平有限，书中难免有瑕疵之处，敬请广大读者批评指正。

编者
2016年3月

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Part 1 Need to Know

Everything's so Near and Smart

1 Near—a location-based O2O (online-to-offline) platform—links consumers and nearby stores or merchants to create a “smart” business circle.

2 Where to have lunch? Which barbershop is the best? Where's the nearest garage? Near promises to come up with the answers. Merchants and consumers can communicate freely via instant messages on the platform—some can even send out special information to allow both shop owners and consumers to save time and money.

3 Hong Kong-born Tim Lee founded Qipay—an e-payment startup—which eventually launched Near and put it to the test in Wangjing, a major residential and technological area of Beijing's Chaoyang district.

4 Lee says when consumers want to seek out a cafe that can hold 10 people, stores in the area would scramble for the business as soon as they get the signal through the platform. “What consumers care about most is whether there are any new shops in the area and what discounts are on offer.”

5 According to Lee, Near connects people with similar purchase experience, consumption capacity, interests and tastes. It's designed to help subscribers make quick, better and wise decisions.

6 The app serves a community where office buildings galore, and stores and consumers are effectively linked by social networking and time-limited sales.

7 “We aim to realize that social networking is trading, which is a new concept. Through this platform, consumers, especially office workers, can interact more with shop owners, discuss and chat with each other. They can also get to know other nearby stores where they can eat, play and shop. It's not ‘ice cold’ trading, but with warmth,” says Lee.

8 Moreover, stores could provide special offers during non-peak periods. For instance,

bakeries could launch flash sales after peak sales each day at about 5 pm, while beauty nail shops could do this between 2 and 3 pm, which is the day's off-peak period, explains Lee.

9 Lee, 32, graduated from the University of Hong Kong with a bachelor's degree in information engineering. His first job was with Hang Seng Bank processing loans for small-and medium-sized enterprises before hopping to IBM Hong Kong. In 2009, he placed his bet on Beijing in pursuing his entrepreneurial dream.

10 Inspired by the success story of Square Inc—a financial services and mobile-payment company based in San Francisco—Lee set up Qipay in 2011 to provide mobile-payment solutions for businessmen. A year later, he launched his flagship product QPOS—the first smart POS (point of sale system) with an external PIN-pad.

11 Shops joining the network are users of QPOS, the number of which has reached 500,000 so far. Merchants releasing information on the platform are just like tweeting or sharing their moments on WeChat—a popular instant messaging app and social network platform on the mainland.

12 “Being different from some popular restaurant review websites like dianping.com and meituan.com, Near is restricted to only certain business circles, while topics on food and other leisure activities are posted by consumers or stores spontaneously. On this platform, shop owners can also chat freely with customers about any topic they like.”

13 Near has cooperated with Focus Media Holding, which operates the largest out-of-home advertising network in China with some 15 million clients, as well as e-commerce giant Tencent Holdings' online payment service WeChat Payment.

14 The app is now being piloted in Wangjing, with about 30 to 50 stores near Wangjing SOHO participating. “In the next six months, more than 100 business circles will be tried out, and 100 million consumers across the nation will be covered in the next year or so,” Lee says.

15 Near user Tu Yafang told China Daily: “If I plan to play badminton after work at a badminton court near my office, I would ask where I could play badminton near my office on the platform. It really saves me a lot of time. . . Such a privilege is the most valuable privilege.”

16 Jiang Yongfei of Chongqing, who opened a restaurant selling rice noodles in Wangjing, joined the platform recently.

17 “We mainly provide special offers during off-peak periods. We just send out information on the platform, for instance, providing cheaper lunch at 1 pm, when customer flow is low, so more customers are attracted to our stores during non-peak hours,” said Jiang, adding that consumers would only pay 15 yuan for lunch during non-peak hours instead of 36 yuan during the rush hour.

18 Xiong Fei, vice-president of Matrix Partners—a US-based private-equity investment firm and an investor in Qipay—told China Daily that this app has two key elements—timeliness and communicability.

19 “Every day when you open the app, you’ll see new information and then reply, giving you a fresh feeling.”

20 However, there are challenges for Near. “How to activate each business circle, how to make merchants and consumer interact well for a long period of time. We need to stimulate merchants’ initiatives step by step and make both merchants and consumers happy,” Xiong added.

I. Glossary

- location-based *adj.* 基于位置的
- O2O = online-to-offline 线上到线下
- platform *n.* 平台; 台; 站台
- link *vt. /vi.* 连接; 勾住; 联系在一起
- consumer *n.* 消费者
- merchant *n.* 商人
- create *vt.* 创造
- smart *adj.* 聪明的; 智能的
- barbershop *n.* 理发店
- garage *n.* 车库; 汽车修理站
- promise to 承诺
- come up with 提出
- communicate *v.* 交流; 沟通
- via *prep.* 经过; 通过, 凭借; 取道
- instant messages 即时消息
- send out 发送; 发出; 长出; 散布
- Qfpay 钱方 (国内技术领先的移动支付公司)
- e-payment 电子支付
- startup *n.* 启动; 新兴公司 (尤指新兴网络公司); 新开张的企业
- eventually *adv.* 最终
- launch *v.* 发射; 发动; 开展
- Wangjing 望京 (北京市朝阳区下辖社区)
- residential *adj.* 居民的; 居住的
- Beijing’s Chaoyang district 北京市朝阳区
- seek out 找出; 物色; 找到
- cafe *n.* 咖啡馆; 小餐厅
- scramble for 争夺; 勉强拼凑
- signal *n.* 信号, 暗号; 预兆, 征象; 动机; 导火线
- discount *n.* 折扣
- similar *adj.* 类似的
- purchase experience 购买经历

consumption capacity 消费能力

design *v.* 设计

subscriber *n.* 用户, 订户

app *n.* 应用程序

galore *adv.* 很多; 大量地, 丰富地 *n.* 丰富, 充足 *adj.* 丰富的

social networking 社交网络

time-limited sales 限时特卖

aim to 计划, 打算; 目标在于……

interact *v.* 相互作用; 互相影响; 互动

non-peak periods 非高峰时段

bakery *n.* 面包房

flash sales 限时抢购

peak sales 销售高峰

beauty nail shops 美甲店

off-peak period 非高峰时段

bachelor's degree 学士学位

information engineering 信息工程

Hang Seng Bank 恒生银行

small and medium-sized enterprises 中小企业

hop to 跳到; 跳槽到

bet *n.* 打赌, 赌博, 赌注

pursue *v.* 追求

entrepreneurial *adj.* 创业的, 具有企业精神的; 企业性质的

inspire *vt.* 鼓舞; 激励; 赋予灵感; 启迪

Square Inc Square 公司

financial services 金融服务

mobile-payment 移动支付

San Francisco 旧金山

flagship product 旗舰产品; 龙头产品

QPOS QPOS 是北京钱方银通科技有限公司开发的一款音频外接读卡器, 是创新的移动收付款伴侣, 连接智能手机或平板电脑后即可成为移动 POS 机, 可接受银联信用卡、借记卡付款

smart POS 智能 POS

external *adj.* 外在的; 外面的

PIN-pad 密码输入器

release *v.* 释放; 放开; 发布; 发行

tweet *v.* 推文

WeChat 微信

dianping.com	大众点评网
meituan.com	美团网
be restricted to	受限于; 受制于
post <i>v.</i>	张贴
Focus Media Holding	分众传媒
out-of-home advertising network	户外广告网络
client <i>n.</i>	客户
giant <i>n.</i>	巨人
Tencent	腾讯公司
WeChat Payment	微信支付
pilot <i>v.</i>	试验; 试点
SOHO	Small Office and Home Office 小型办公室或家庭式办公室
try out	试验
or so	大约; 左右
badminton <i>n.</i>	羽毛球
badminton court	羽毛球场
privilege <i>n.</i>	特权
rice noodles	米粉
customer flow	客流量
be attracted to	被吸引
non-peak hours	非高峰时间
vice-president	副主席
Matrix Partners	美国经纬创投公司
private-equity	私募股权
investment firm	投资公司
investor <i>n.</i>	投资人
element <i>n.</i>	元素
timeliness <i>n.</i>	及时性
activate <i>v.</i>	使活动, 起动, 触发; 使开始作用
stimulate <i>v.</i>	刺激; 激励
initiative <i>n.</i>	主动性; 主动精神; 倡议; 主动权
step by step	逐步地

II. Learning Guide

Near—a location-based O2O (online-to-offline) platform—links consumers and nearby stores or merchants to create a “smart” business circle.(P1)

基于位置的线上到线下平台 Near 将消费者和附近的商店或商家联系在一起, 营造一个“智能”商圈。

Hong Kong-born Tim Lee founded Qfpay—an e-payment startup—which eventually launched Near and put it to the test in Wangjing, a major residential and technological area of Beijing's Chaoyang district.(P3)

香港出生的蒂姆·李创立了创方公司——新兴的电子支付公司，创方公司最终发布了 Near 并选择在北京朝阳区人口和技术最密集的望京地区试运行。

Lee says when consumers want to seek out a cafe that can hold 10 people, stores in the area would scramble for the business as soon as they get the signal through the platform.(P4)

李说，当消费者们想物色一家可以容纳 10 人的咖啡馆时，该地区的商家们通过平台一收到信号就会去抢这单生意。

What consumers care about most is whether there are any new shops in the area and what discounts are on offer.(P4)

消费者们最关心的是该地区有没有新商店，有什么折扣。

The app serves a community where office buildings galore, and stores and consumers are effectively linked by social networking and time-limited sales.(P6)

这个应用程序服务办公楼云集的社区，商家和消费者通过社交网络和限时促销被有效地联系在一起。

For instance, bakeries could launch flash sales after peak sales each day at about 5 pm, while beauty nail shops could do this between 2 and 3 pm, which is the day's off-peak period, explains Lee.(P8)

李解释说，例如，面包房会在每天下午 5 点以后推出限时抢购，美甲店可以在下午 2 点到 3 点推出限时抢购，这些都是非高峰时段。

Inspired by the success story of Square Inc—a financial services and mobile-payment company based in San Francisco—Lee set up Qfpay in 2011 to provide mobile-payment solutions for businessmen.(P10)

受到 Square 公司成功的鼓舞（Square 公司是一家位于旧金山致力于财政服务和移动支付的公司），李于 2011 年创办了致力于为商家提供移动支付解决方案的钱方公司。

A year later, he launched his flagship product QPOS—the first smart POS (point of sale system) with an external PIN-pad.(P10)

一年以后，他发布了他的旗舰产品 QPOS——第一台带有外置密码输入器的智能销售网络终端。