



生命驾校系列丛书

驾驭生命 远离疾病

彭措·编著

大中医全息立体养生保健全书

世界上最珍贵的礼物
人类第一本生命驾照

生命驾照

THE DRIVING
LICENSE FOR
LIFE



中国水利水电出版社
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内 容 提 要

本书为中国首家“生命驾校”——北京中慈诚信生命驾校的指定用书。它立足于“中医养生哲学”，博采东西方现代文明精华，提出“大中医”等现代“全息”思想，旨在校正人们的观念误区，梳理生活节律规则，进一步明确正确的养生方法，从而系统地解决人们所面临的各种养生问题。

本书适合所有关心自我、关爱他人身心健康的读者阅读。

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序 言
PREFACE

造福人类的系统工程

——生命驾校的缘起、必要性和价值

试想：一部汽车要想安全行驶，最关键的环节是“大修厂”还是“驾校”？

“大修厂”是汽车出事故以后进行拼接修理的地方，是抢修的一个

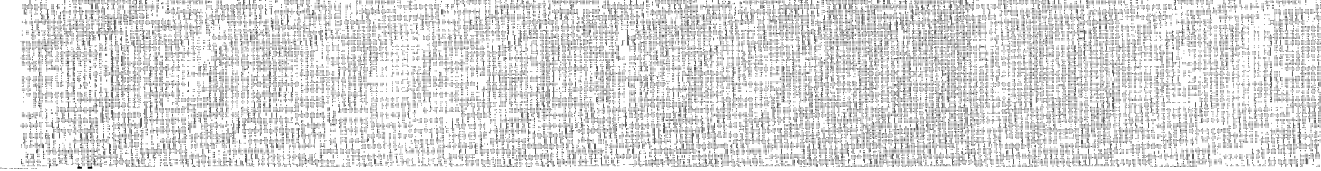
是随心所欲。难怪“七老八十半辈子，活着，已经稀奇；腰酸腿疼半条命，有命，且算不易”。

“生命驾校”无疑填补了整个人类生存链条上的一个严重缺失。

事实上，人们总是盲目地把“医生”当做“教练”，把“医院”当做“驾校”。这种观念的错位和职能的越界，导致多少条本来可以为社会创造更多的价值的鲜活的生命，却倒在工作台、手术台或抢救室，撒手而去；多少本来可以为幸福的家庭带来无限欢乐的社会财富，却化成了一堆堆药物和悲伤的泪水，白白流走……

由于“生命驾校”这个关键的环节缺乏，医院被迫充当了两个角色——大修厂兼驾校，医生也充当了两个角色——修理工兼教练。结果，本来纠正日常操作就可以解决的问题却要“大修”，调理可以解决的问题却要“换零件”，最终把一个个“生命之车”弄得支离破碎。更让人难过的是，许多心脑血管疾病专家，兢兢业业地工作，却死于心脑血管疾病；治疗糖尿病的专家得了糖尿病；精神科的医生自己却有了严重的心理障碍……为什么？其实原因很简单，因为“修好车”和“开好车”是截然不同的。汽修厂再高级的技师也要先去驾校向教练学习驾驶





则就是事故频发。

三、生命驾驶技术

了解了机械常识，懂得了交通规则，还需要熟练地掌握驾驶技术，才能保证上路安全。

据说“生命之书”的抄本原在巴黎，其成书在2000多年前。中国





1. The first part of the document is a list of names and their corresponding addresses. The names are listed in the first column, and the addresses are listed in the second column. The names are: John Doe, Jane Smith, and Bob Johnson. The addresses are: 123 Main St, 456 Elm St, and 789 Oak St.

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1. The first part of the document discusses the importance of maintaining accurate records of all transactions and activities. It emphasizes the need for transparency and accountability in financial reporting.

2. The second part of the document outlines the various methods and techniques used to collect and analyze data. It includes a detailed description of the experimental procedures and the statistical analysis performed.

3. The third part of the document presents the results of the study. It includes a series of tables and graphs that illustrate the findings of the research. The data shows a clear trend of increasing activity over time.

4. The fourth part of the document discusses the implications of the findings. It suggests that the results have significant implications for the field of study and may lead to further research in this area.

5. The fifth part of the document concludes the study. It summarizes the key findings and provides a final statement on the importance of the research.



1. 空气中的毒素

随着工业化时代不断的推进、汽车尾气的排放、矿山开发、煤炭的燃烧与使用等，让人们赖以生存生活的空气中弥漫着数不清的毒素。

2. 水源在污染

随着城市化进程的不断推进、加快，用水量的剧增，大量的生活废



水、工业废水最后都要重复使用，再加上氯气的使用（用于自来水消毒），水源的枯竭和污染正日益严重。

3. 食物污染

最可怕的是食物链的污染。我们吃的食物含有大量农药残留物、化肥残留物、食品添加剂、防腐剂等，还有转基因食品，人们吃的鸡鱼肉蛋也含有各种病菌、抗生素和生长激素等。如此严重的污染，毒素的堆积，已经造成人体 60 兆亿的细胞无法透过气来。

4. 日化污染

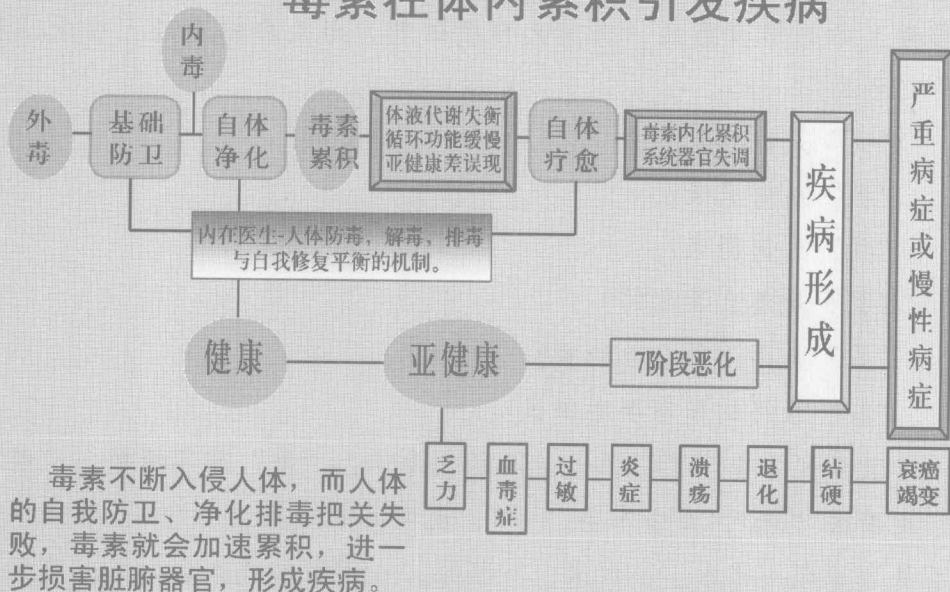
我们洗衣服用的洗衣粉含有大量毒素，房间里使用大量的油漆、建材装修，甚至毛毯、家具等都有大量甲醛超标的现象存在。

5. 心灵毒素

疑虑、焦虑、恐惧、怨恨、嫉妒、愤怒等，会制造大量的“生物化学毒素”，这些内毒的杀伤力更大。

总之，人体内毒素横行，给人体排毒解毒器官带来了沉重的压力，

毒素在体内累积引发疾病



重则引发器官病变、癌变，失去作用。作为血液净化的中心、解毒的核心——肝脏，每天过滤大约 1500 升血液，过滤分解大约 400 亿个细菌。

了，而我们真正想要得到的心里宁静、儿女教育、家庭温暖、邻里和谐，却越来越少！

世界上大多数国家在这种“老鼠赛跑”的机制驱动下，拼命地发展高科技武器，无限制地制造汽车，无限制地修筑高速公路，无限制地扩大城市面积、修建高楼。几十层、上百层的高楼，如雨后春笋一般在大城市里涌现出来……

与此同时，多少山脉不见了，多少河流不见了，多少森林不见了，多少绿地不见了！接下来，楼要消耗，车要消耗，人要消耗，所有的机器建筑设施都要消耗。为了满足这些无限制的需求，煤快挖空了，油快抽干了，水快枯竭了，弄得人类赖以生存的地球早已伤痕累累、奄奄一息……

人类赖以生存的绿色家园，正在以惊人的速度被人类自己无情地吞噬，智慧光明的生命本体，正在被追逐名利的铁蹄疯狂践踏！

再发展下去，地球上将没有人类居住的空间，到处都是汽车、公