新世紀自然養生行爲之探討

Study on Natural Health Promotion Practices in the 21st Century in Taiwan

中文摘要

「21 世紀自然養生風」應是臺灣在此新世紀初，時機成熟所應追求的趨勢與遠景。在國民所得超過 14,000 美元的當下，人們有衣食足而後求養生、長壽的餘裕；面臨富裕後所帶來不當生活型態爲主的病態，應提倡實行自然養生與自然醫學的新國民生活運動。「綠生活->百齡壯年->醫院無病房」這個簡稱爲「三->四->五」的口號，是今日全民健康努力的方向。林氏「鼎」的自然醫學理論架構加上美國威瑪研究機構的新起點八項生活計畫（NEWSTART Lifestyle Program, Weimar Institute, 1978）是實踐綠生活的好方式，容易藉此達到百齡壯年的目標。本研究目的爲探討威瑪研究機構對「新起點」所期許的八大項目，瞭解農村老年人有關自然養生行爲實施現況，並就「新起點」做出新世紀的闡釋。

英文摘要

'Health through Nature, a trend of the 21st Century' becomes the tendency and vision for the people in Taiwan at this moment of the beginning of the new century. At the income of GNP $14,000, the affluence satisfies the livings and offers opportunity to seek for regimen and longevity. But the affluence also brought about the diseases due to bad lifestyle.

'Natural Health' or 'Health through Nature' becomes the key to solve the problems and restore our health. The '3->4->5' (Green life practices-> Healthy life, one hundred years old-> Hospital without wards) slogan is for our new social movement. The 8 items proclaimed in the 'NEWSTART' by the Weimar Institute seems appropriate to carry out the 'Tripod' theory proposed by Dr. C.K.Lin.