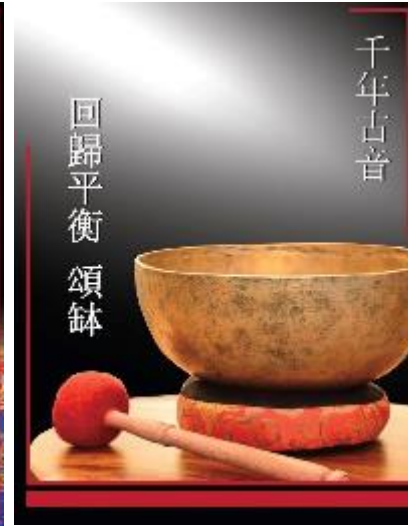
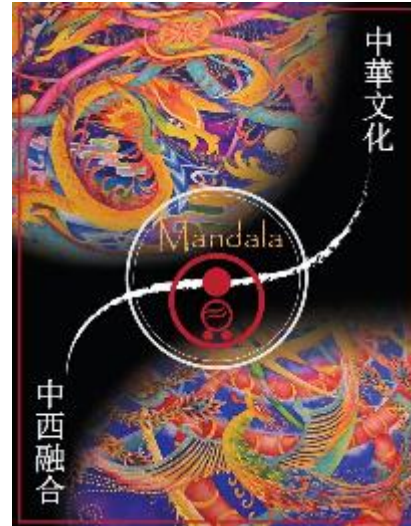


## 斷食/辟穀體驗營 (斷食/辟穀的科學)

## FASTING RETREAT (The Science of Fasting)



Theme:

Freedom to Eat and Not Eat

Organizer:

fasting village®

Date:

28 February – 1 March 2020

Location:

Kadoorie Centre, University of Hong Kong, Shek Kong, Yuen Long

Option:

Full Fasting (Bigu), Intermittent Fasting and Non Fasting

Activities:

The science of fasting, Gao's Qigong, Self-message, Mandala, Pastel Nagomi Art, Singing-bowl music

Fee:

HKD 3500 (including accommodation) and HKD 2000 (day camp)

Registration:

WhatsApp Ms Hoi: 60997391 or

<https://forms.gle/1r8KR6uzbw3w1LYn6>



In 2016, Nobel Prize winner, Japanese scientist Yoshinori Ohsumi, revealed his study of the secret of how a one-day starvation can bring about better health. His research also helped unveil the mystery of fasting – a holistic treatment method known and long-standing in human history.

According to records of countless examples in China since ancient times to date, fasting impacts on our health in enhancing vitality, promoting physical strength, preventing diseases, extending life-span, and boosting both cognitive and body functions.

Under modern medical and scientific research, the principles of the effect of fasting on our health are established. Fasting plays an important role in sustaining hormone regulation and maintaining efficacy of cell metabolism.

In general, intermittent fasting and full fasting exert positive influences on metabolic syndromes, including high blood sugar, high blood pressure, high triglycerides, central obesity, and general chronic diseases.

在2016年，日籍的大隅良典博士獲得了諾貝爾獎，他的獲獎研究便是一日飢餓能帶來健康的秘密。他的研究也幫助解答了斷食和辟穀這歷史悠久的治療、養生和靈修方法之謎。

根據從古到今在中國無數辟穀實例的紀錄，辟穀具有養生強身、防病治病、延年益壽、開發智慧、提高身體功能的效果。

在現代醫學和科學的研究下，斷食和辟穀帶來成效的原理慢慢地被發現，這主要和調節身體激素及保持細胞健康代謝有關。

綜合來說，斷食和辟穀對新陳代謝綜合症狀，包括高血糖，高血壓，高甘油三酯，中央型肥胖，一般慢性病等等都有特別的療效。



fasting village® is launching its 1st season of **intermittent fasting/full fasting retreat** on February 3 – March 1, 2020 at Kadoorie Centre, University of Hong Kong in Shek Kong. It offers a getaway from urban humdrum to immerse into nature's beauty and peacefulness. Registration has commenced. You are welcome to WhatsApp Ms Hoi at 6099 7391. The quota is 40 and the fee is HKD 3500 (including accommodation) and HKD 2000 (day camp).

fasting village®, under the flagship of Joyful Wholeness®, is a specialized organ that provides organization and logistics for fasting retreats. Joyful Wholeness® was founded in 2015. Its staff is a group of practitioners with long-term rich experience in fasting. As early as 2013, it already started to organize fasting retreats in Hong Kong. More than 1,000 participants have benefitted from the experience.

fasting village® 's vision is to promote fasting, enhance health awareness and, possibly to inspire and nourish the new generation to adopt fasting as part of a healthy lifestyle.

fasting village® 現籌備在2月28-3月5日再在遠離煩囂、環境優美寧靜的石崗香港大學嘉道理研究中心舉辦2020年第一季的**斷食/辟穀體驗營**，名額四十，現開始接受留位，有興趣者可以WhatsApp 許小姐：6099 7391。三天體驗營收費是港幣3500（連住宿）或港幣2000（日營）。

fasting village® 是圓樂堂® (Joyful Wholeness®) 下專門籌辦斷食/辟穀營的團隊。圓樂堂® 於2015年成立，其成員是一班有多年斷食/辟穀經驗的修習者，早於2013年已開始在香港舉辦辟穀營，至今已有超過1000人次參加。

fasting village® 的願景是將斷食/辟穀推廣給更多注重健康的朋友，讓這不費力的活動成為新一代的健康生活新模式。







## Introduction to Gao's Health Enhancing Fasting Retreat

Gao's Health Enhancing Practice is conceived by Qigong Teacher Gao Shiyin. Teacher Gao is in his 80s and was born in a family of traditional Chinese medicine and martial arts. He devoted himself to human body science and created Gao's Health Enhancing Practice, including Gao's Method of Energy-Harvesting and Fasting and Gao's Qigong, which aims to help the body adjust to an optimal state of natural balance.

### What is Energy-harvesting and Bigu-fasting?

Energy-harvesting and Bigu-fasting are often combined together as a method to promote health in ancient China. Energy-harvesting is also known as "Energy-collecting" or "Energy-conducting". It is a type of Qigong that trains our inner body energy through guided bodily movement to promote and attain good health. Bigu-fasting means abstaining from or reducing food intakes (especially grain) by sustaining energy level through Energy-harvesting. Energy-harvesting and bigu-fasting are complimentary to each other in enhancing physical health, and promoting positive impact on disease prevention, longevity and cognitive development.

## 高氏養生辟穀營介紹

高氏養生法是由現居於河南鄭州的高士銀老師所創。高老師現年八十多歲，出生於中醫，武術世家，一生潛心研究人體科學，開創一系列養生方法，其中包括高氏採氣辟穀法及高氏養生功，目的是幫助人體達到自然平衡。

### 採氣辟穀是甚麼？

採氣和辟穀常常并稱，是古代養生家的一種養生方法。採氣又稱服氣、行氣，即以内氣鍛煉為主的氣功，往往配合導引動功，達到健體養生的效果。辟穀，又稱斷穀，斷食，即不吃或少吃糧食。同時服藥餌、採氣為助，以至達到養生強身、防病治病、延年益壽、開發智能等效果。採氣與辟穀是相輔相成的。



## Introduction to Gao's Health Enhancing Fasting Retreat

In modern China, Bigu-fasting can be classified into 3 types: Full Fasting, Almost Fasting and Half Fasting.

Food Intake	Full Fasting	Almost Fasting	Half Fasting.
Water	yes	yes	yes
Ginger water, honey	No	yes	yes
Cereals and miscellaneous grains,	No	No	No
Fruits	No	small quantities allowed	small quantities allowed
Dry nuts e.g. peanuts, walnuts, red dates	No	No	small quantities allowed

This last method is beneficial to all body constitutions.

Before and after bigu-fasting, supplement foodstuff such as Goji berries, red dates, sesame, Huang Jing and Wolfiporia can be eaten.

### Gao's Method of Energy-harvesting and Bigu-fasting

Combined with Gao's Qigong, Gao's Method of Energy-harvesting and Bigu-fasting is a practice of purifying the mind and body, quieting the mind and detoxing the body through Energy-harvesting and Bigu-fasting. The method can apply and will be good for Full Fasting, Almost Fasting and Half Fasting. During the process our digestive system and weight control are improved, which in turn upgrades the quality of the practice and gradually leads to better and overall health. People who have diabetes, hypertension or chronic illnesses may try Gao's Method of Energy-harvesting and Bigu-fasting under the guidance of experienced qualified instructor.

## 高氏養生辟穀營介紹

在近代中國，辟穀分為全辟、近全辟和半辟。

進食	全辟	近全辟	半辟
水	可以	可以	可以
薑糖水和蜂蜜	不可以	可以	可以
五穀雜糧	不可以	不可以	不可以
瓜果	不可以	小量	小量
花生米、核桃、紅棗、胡桃、杏仁等	不可以	不可以	小量

半辟這種方法對於一般體質者都可以運用。

其他在辟穀前後食用的保益藥餌包括有枸杞、紅棗、芝麻、黃精、茯苓等。

### 高氏採氣辟穀法

高氏的採氣辟穀法，是以高氏養生功為基礎的一種淨化身心的方法，可採用于全辟、近全辟和半辟上。並通過採氣辟穀，有助靜心及身體排毒，減輕體重，改善消化功能，以利於進一步提高修習的效果和逐步改善整體健康狀況。糖尿病，血壓高和一般的慢性病患者亦可在有經驗的高氏導師指導下試行。



## What is intermittent fasting?

Intermittent fasting means one only eats within a restricted time range, and drinking only water the rest of the time during the day. The most common intermittent fasting mode is “816 fasting”, i.e. 8 hours of eating and 16 hours of fasting within 24 hours. In other words, one either only eats breakfast and lunch or, lunch and dinner a day.

A large number of researches concluded that positive health changes or anti-aging effects can be obtained through proper fasting. These changes and effects include:

- Enhance memory and concentration;
- Lower blood pressure and lower heart rate;
- Reduce atherosclerosis;
- Increase muscle and liver sensitivity to insulin;
- Reduce fatty liver; and
- Accelerate fat breakdown

A sample menu for intermittent fasting :

Intermittent Fasting Ketogenic Meal 間歇斷食生酮餐單	Day 1 第一天	Day 2 第二天	Day 3 第三天
Morning drink 早上飲料		Bulletproof coffee / green tea (organic coffee or green tea, raw butter, coconut oil) 防彈咖啡／綠茶 (有機咖啡或綠茶、生牛油、椰子油)	Bulletproof coffee / green tea (organic coffee or green tea, raw butter, coconut oil) 防彈咖啡／綠茶 (有機咖啡或綠茶、生牛油、椰子油)
Lunch (12 noon) 午餐 (12時)	Fried poached egg, rice with lard and stir-fried chives 煎荷包蛋豬油撈飯配炒九菜 花	Scallop, shrimp, salmon with shredded cauliflower 帶子蝦三文魚椰菜花飯	Cabbage, bacon, Dragon fruit, smoked duck breast with fired konjac 椰菜煙肉炒蒟蒻烏冬配火龍果煙 鴨胸
Dinner (7 pm) 晚餐 (7時)	Lettuce wrap with corn and minced pork 粟米粒免治豬肉生菜包	Grapefruit and black vinegar chicken salad 柚子蜜黑醋雞沙律	

## 間歇斷食是什麼一回事？

間歇斷食是指在限定的時段進食，其他的時間祇喝清水。最普遍的間歇斷食模式為816斷食，即24小時內有8小時進食、16小時斷食，如是者，一天只進食早餐和午餐或午餐和晚餐。

現大量的研究報告指出適當的斷食可為身體帶來健康的改變或防衰老的功效，這些改變和功效包括：

- 增強記憶，提高專注力
- 降低血壓，降低心率
- 減少動脈粥樣硬化
- 增加肌肉和肝臟對胰島素的敏感性
- 減少脂肪肝
- 增加脂肪分解

間歇斷食的樣本餐單：



## Intermittent Fasting / Full Fasting Retreat ~Schedule~

**Theme: Freedom to eat and not eat**

### DAY 1

0900 Registration and Measurement of Health Index  
1000 'Freedom to eat and not eat' theme sharing 1  
1100 Qigong lesson - Gao's Qigong Part 1  
1200 Full Fasting Group - energy-harvesting  
1200 Intermittent Fasting Group and Non-Fasting Group - lunch  
1300 Mandala and Pastel Nagomi Art  
1500 Qigong lesson - Gao's Qigong Part 2  
1600 Self-massage  
1730 Walk at sunset  
1800 Full Fasting Group - energy-harvesting  
1800 Intermittent Fasting Group and Non-Fasting Group – dinner  
1900 Singing bowl music  
2000 Meditation  
2100 Day 1's activity is completed

### DAY 2

0700 Morning exercise and meditation  
0800 Morning walk and measurement of health index  
0800 Non-Fasting Group - breakfast  
0900 'Freedom to eat and not eat' theme sharing 2  
1030 Qigong lesson - Gao's Qigong Parts 1 and 2  
1200 Full Fasting Group - energy-harvesting  
1200 Intermittent Fasting Group and Non-Fasting Group - lunch  
1300 Mandala and Pastel Nagomi Art  
1500 Qigong lesson - Gao's Qigong Part 3  
1600 Self-massage  
1730 Walk at sunset  
1800 Full Fasting Group – energy-harvesting  
1800 Intermittent Fasting Group and Non-Fasting Group - dinner  
1900 Singing bowl music  
2000 Meditation  
2100 Day 2's activity is completed

### DAY 3

0700 Morning exercise and meditation  
0800 Morning walk and measurement of health index  
0800 Non-Fasting Group - breakfast  
0900 Qigong lesson - Gao's Qigong Parts 1, 2 and 3  
1030 Mandala and Pastel Nagomi Art  
1200 Full Fasting Group - energy-harvesting  
1200 Intermittent Fasting Group and Non-Fasting Group - lunch  
1300 Qigong lesson - Gao's Qigong Parts 1, 2 and 3  
1345 Meditation  
1400 Self-massage  
1500 'Freedom to eat and not eat' theme exchange  
1700 Three-day retreat is finished



斷食/辟穀體驗營  
~日程表~  
主題: 吃與不吃的自由

第一天

0900 入營登記 及 量度健康指數  
1000 '吃與不吃的自由'主題分享一  
1100 高氏養生功第一節  
1200 辟穀組 - 採氣服氣  
1200 間歇斷食組及非斷食組 - 午膳  
1300 曼陀羅 及 和諧粉彩  
1500 高氏養生功第二節  
1600 自我推拿調理  
1730 黃昏散步  
1800 辟穀組 - 採氣服氣  
1800 間歇斷食組及非斷食組 - 晚膳  
1900 頌鉢音樂  
2000 靜坐  
2100 第一天活動完畢

第二天

0700 晨練 及 靜坐  
0800 清晨散步 及 量度健康指數  
0800 非斷食組 - 早餐  
0900 '吃與不吃的自由'主題分享二  
1030 高氏養生功第一 及 第二節  
1200 辟穀組 - 採氣服氣  
1200 間歇斷食組及非斷食組 - 午膳  
1300 曼陀羅 及 和諧粉彩  
1500 高氏養生功第三節  
1600 自我推拿調理  
1730 黃昏散步  
1800 辟穀組 - 採氣服氣  
1800 間歇斷食組及非斷食組 - 晚膳  
1900 頌鉢音樂  
2000 靜坐  
2100 第二天活動完畢

第三天

0700 晨練 及 靜坐  
0800 清晨散步 及 量度健康指數  
0800 非斷食組 - 早餐  
0900 高氏養生功第一，二 及 三節  
1030 曼陀羅 及 和諧粉彩  
1200 辟穀組 - 採氣服氣  
1200 間歇斷食組及非斷食- 午膳  
1300 高氏養生功第一，二 及 三節  
1345 靜坐  
1400 自我推拿調理  
1500 '吃與不吃的自由'主題交流  
1700 三天營完結

現籌備在2020年2月28—3月5日在石崗香港大學嘉道理研究中心舉辦2020年第一季的斷食/辟穀體驗營。

名額四十，現開始接受報名留位，有興趣者可WhatsApp 許小姐查詢：6099 7391。





We are lutes, no more, no less. If the sound box is stuffed full of anything, no music.

*If the brain and the belly are burning clean with **fasting**, every moment a new song comes out of the fire.*

The fog clears, and a new energy makes you run up the steps in front of you....

~Rumi

More information about our fasting camps:

[https://www.mindfulnessinbiz.org.hk/wp-content/uploads/第四季斷食辟穀營活動\\_2019及健康指數報告.pdf](https://www.mindfulnessinbiz.org.hk/wp-content/uploads/第四季斷食辟穀營活動_2019及健康指數報告.pdf)