



International Conference on Health, Healthcare and Eco-civilisation 养生保健与生态文明国际研讨会

Venue: Keyworth Centre, Keyworth Street, London South Bank University
London SE1 6NG

地点: 伦敦, 伦敦南岸大学吉沃斯街吉沃斯中心, 邮编: SE1 6NG

Dates: 5-6 September 2015

日期: 2015年9月5日至6日

The Conference will provide a dynamic forum for scholars, researchers, practitioners and policy-makers to generate diverse cross-cultural, comparative and interdisciplinary perspectives in health and wellbeing; to examine the close relationship between public health and environmental conditions and changes; and to explore possible contributions that Chinese Medicine makes to personal wellbeing in the twenty-first century.

研讨会将为专家、学者、医疗工作者和决策者提供一个充满活力的论坛, 在健康与养生方面开拓跨文化、多方比较和跨学科等多种视角, 研究公众健康与环境条件及其变化的密切关系, 并探索二十一世纪中华医药学在个人养生方面可能做出的各种贡献。

The conference programme will also include free consultations with highly regarded practitioners from China and Europe. The consultations will afford the participant with an invaluable opportunity to learn more about how Chinese medicine ideas of self-care may be of benefit. Demonstrations of health-enhancing activities such as *tuina* massage, Tai Chi, and Chinese tea culture will be staged alongside.

研讨会的日程安排也包括中国和欧洲知名医疗专家提供的义诊。义诊将为参与者提供宝贵的机会, 了解中医自我保健理念可能带来的裨益。同时, 还有其他健康维护的现场演示, 包括推拿按摩、太极、中华茶文化等。

The goal of the Conference is to facilitate insightful and constructive engagements among sub-specialities across the fields of health and wellbeing and environmental studies, and across Chinese and Western medical traditions, to help develop an understanding of health and wellbeing in relation to environmental challenges of the contemporary world.

研讨会旨在促进健康、养生和环境研究中的各个分支之间, 以及中医与西医传统之间深刻而有建设性的交流, 从而加深人们在当今世界环境挑战下对健康和养生的了解。



5 September 2015

2015年9月5日

08:30 – 09:00 Registration / coffee & tea
报到 / 咖啡、茶水

09:00 – 09:40 **Opening remarks**
主题致辞

His Excellency Professor XU Jialu
President of China Academy of Culture
Vice Chairman of the Standing Committee of the 9th and 10th NPC
许嘉璐教授阁下
中国文化院院长
中华人民共和国第九届、第十届全国人民代表大会常务委员会副委员长

His Royal Highness The Prince of Wales
威尔士亲王殿下
(Video Address)
(视频演讲)

Dr Michael DIXON
Chair, Council of the College of Medicine; Chairman, NHS Alliance
迈克尔·狄克逊博士
英国医学院理事会主席；英国国民保健服务联盟主席

LAN Huasheng
Executive Director, China Academy of Culture
Chairman of The Board / Managing Director, Shenzhen Dasheng Agriculture
Group Co. Ltd
兰华升
中国文化院执行董事
深圳市大生农业集团有限公司董事长兼总经理

Professor David PHOENIX
Vice Chancellor, London South Bank University
大卫·菲尼克斯教授
英国伦敦南岸大学校长

(Moderator: Professor Paul IVEY, Pro-Vice Chancellor, LSBU)
(主持人：保罗·艾维，伦敦南岸大学副校长)



1. Culture context and health

一、文化情境与健康

How does the cultural context influence understandings of health, and how health is managed and health care delivered in Chinese and/or European cultural contexts?

文化情境如何影响对健康问题的理解？在中国和/或欧洲的文化情境下健康问题是如何应对的，保健措施又是如何实施的？

(Moderator: Jane WILLS, Professor of Health Promotion, LSBU)

(主持人：珍妮·威尔斯，伦敦南岸大学健康与社会护理学院教授)

09:50 – 10:50

Wang Xinlu 王新陆	Cultural differences in health maintenance between China and the West 中西方健康维护的文化差异
Ian Appleyard 黄易安	Threat and opportunity: Acupuncture and science 威胁和机遇：针灸与科学
Martin Palmer 彭马田	Religious and spiritual values and the integrity of TCM 宗教、精神价值与传统中医的完整性

10:50-11:20
Tea break
茶歇

11:20-12:20

Zhang Huamin 张华敏	Cultural self-awareness and the promotion of Chinese Medicine 文化自觉与弘扬中医药
Hugh MacPherson 休·麦克佛森	Longer-term outcomes associated with acupuncture for chronic neck pain: The impact of traditional Chinese medical diagnosis, treatment and lifestyle advice 针灸治疗慢性颈痛有关的更加长期的效果：中医诊断、治疗和生活方式建议的影响力



Paul U. Unschuld **Health care and economics: The transformation of health care delivery**

文树德 **system in Germany**

保健与经济：德国保健实施系统的转型

12:20-13:00 Q/A and discussion

问答、讨论

13:00 – 14:00 Lunch

午餐

2. Health of older people

二、老年人的健康

As China and Europe are experiencing major demographic changes and an aging population, do their responses differ?

中国与欧洲正在经历人口构成的重大变化和人口老年化，那么其应对方式是否不同？

(Moderator: Nick PAHL, Chief Executive, British Acupuncture Council)

(主持人：尼克·帕尔，英国针灸协会会长)

14:00-14:40

Wang Yanping Advantages of Chinese Medicine in interventional treatment of elderly

王燕平 illness

中医药干预老年病的优势

Gerhard Litscher The Sino-European high-tech acupuncture network – A contribution to

格哈德·李彻 the modernisation of TCM in view of the demographic changes of the
21st Century

中欧之间高科技针灸网络——在二十一世纪人口变化的视域下对传统中医
现代化的一项贡献



14:40-15:10

Tea break

茶歇

15:10-15:50

Song Chunsheng

宋春生

Wisdom on wellbeing in Chinese Medicine for elderly males

老年男性中医养生智慧

Zhang Zhibin

张志斌

Mental cultivation and elderly health – Wellbeing and healthcare with regard to elderly healthcare

精神修养与老年健康——养生保健与老年保健

15:50-17:00

Q/A and discussion

问答、讨论



6 September 2015

2015年9月6日

3. Public health, healthcare and disease prevention

三、公众健康与促进健康和疾病预防

In the context of a rise in lifestyle-related diseases and communicable diseases, what can be learned from Sino/European responses?

在与生活形态相关的疾病和传染性疾痲上升的背景下，我们可以从中国和欧洲各自的应对方式中学到什么？

(Moderator: Gerhard LITSCHER, Head of the Research Unit of Biomedical Engineering in Anesthesia and Intensive Care Medicine, Medical University of Graz, Austria)

(主持人：格哈德·李彻，奥地利格拉茨医科大学麻醉与重症监护生物医学工程研究中心主任)

9.30-10.10

Nicola Robinson
尼克拉·罗宾逊

What is needed for an integrated approach to health?
采用整合方式对待健康需要什么？

Dai Jingang
代金剛

The application of *daoyin* technique in Chinese Medicine to wellbeing and healthcare
中医导引法在养生保健中的应用

10:10-10:40

Tea break
茶歇

10:40-11:20

Jane Wills
珍妮·威尔斯

How is rising obesity tackled in China and Europe?
如何解决中国和欧洲肥胖人口数量增加的问题？



Duan Junguo

段俊国

The thinking of “prognostic treatment of non-diseases” in the prevention and control of chronic diseases and the application of eye diagnosis in Chinese Medicine

慢性病防控中的“治未病”思维与中医眼诊应用

11:20-12:30

Q/A and discussion

问答、讨论

13:00-14:00

Lunch

午餐

4. Sustainability, health and environment

四、可持续性、健康和环境

Sustainable, secure and fair stewardship of food, water, biodiversity, energy, materials, and other ecosystem functions is a priority – are these issues addressed similarly in China and Europe?

我们需要优先考虑可持续地、安全、公平地管理食品、用水、生物多样性、能源、物质材料以及其他生态系统功能。那么中国和欧洲处理、解决这些问题的方式是否相似？

(Moderator: SONG Chunsheng, Administrative Deputy Head, Principal Researcher, Graduate School, China Academy of Chinese Medical Sciences)

(主持人：宋春生，中国中医科学院研究生院常务副院长、研究员)

14:00-15:00

Cao Hongxin

曹洪欣

“The oneness of man and nature” in relation to wellbeing and healthcare

天人合一与养生保健

Thomas Lundeberg

托马斯·兰德伯格

A novel technique for the assessment of volatile organic compounds in the environment and in human breath

评价环境和人类呼吸中挥发性有机化合物的一项新技术



Wang Aiping

王爱萍

Application of the *fengfu* point [Du16] for treating and preventing diseases

风府穴防病治病的作用

15:00-15:30

Tea break

茶歇

15:30-16:30

Cui Meng

崔蒙

Eco-environment and healthcare

生态环境与健康维护

Ma Bo-Ying

马伯英

Chinese Medicine is a good theory and practice of pan-ecological medicine

中医学是优质的全生态医学理论及其临床实践

Wang Xijun

王喜军

The ecology of medicinal plants and healthcare

药用植物生态与健康维护

16:30-17:30

Q/A and discussion

问答、讨论

17:30-17:45

Closing remarks

总结致辞

His Excellency Professor XU Jialu

许嘉璐教授阁下



Contributors

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