

## Traditional Chinese Medicine

The use of Acupuncture and Chinese herbs began before recorded history, over 5000 years ago, and has treated every health problem known to man with a high rate of success and no adverse side effects.

A major principal in Chinese Medicine is that anything that is good for you can also be bad for you. A perfect illustration of this is the old Chinese saying, "Water can float the boat; water can also sink the boat." Too much water, food, exercise, etc. will create imbalances in the human body and lead to illness and disease; too little of these 'good' things will also cause imbalances leading to health problems. The Chinese Medicine concept is to strive at all times to keep one's body (and life) in *Balance*. In our modern world this can often be very difficult. Our fast pace and other factors have caused us to lose connection with our common sense and rely on outside information too much, so we no longer listen to our body. When the body is in a state of imbalance for too long, it is unable to 'self-correct' without outside assistance. And many people are still suffering after trying all kinds of traditional treatments and don't really know where to turn.

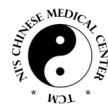
The goal at this clinic is to assist every patient possible in regaining good health, and educating them on how to stay healthy and have a good quality life. Once a patient understands how the body works, and what creates imbalances and illness, they are equipped to maintain a much higher level of health than ever before. Our Physicians and friendly staff are ready to assist you on the road to true health.

## Ni's Chinese Medical Center...

was established by Bo-Shih Ni and has been serving the central Florida area for over 25 years. The physician's of Ni's Chinese Medical Center practice at superior levels due to Dr. Ni's training of ancient healing wisdom, something not found in American schools. Dr. Ni's knowledge is so extensive that he is a treasured professor not only in the U.S. but also in China and Taiwan.

Acupuncture, Chinese herbs, and Food as Medicine are utilized to expedite healing and provide lasting results. The goal is to restore balance to the internal system. Once balance has been obtained, our Physicians teach their patients winning strategies to maintain it. This knowledge is frequently sought out by local groups, therefore; our Physicians conduct monthly seminars and are available for speaking engagements. Visit our website, [www.drboni.com](http://www.drboni.com), for current events.

# HEALTHY EATING



## Ni's Chinese Medical Center

1250 W. Eau Gallie Blvd., Suite L  
Melbourne, FL 32935  
Phone: 321-757-9731

## Ni's Chinese Medical Center

*Board Licensed Acupuncturists*

Melbourne (321) 757-9731

[www.drboni.com](http://www.drboni.com)

# Guidelines for Healthy Eating



Eating for health, eating for pleasure - they should be one and the same. Choose the best foods, prepare them with care, slowly savor every bite.

## General guidelines:

1. Eat a large variety of foods. Include many **vegetables** daily.
2. Buy the freshest whole foods available; avoid boxed, canned, frozen, and fast foods as much as possible.
3. Eat the quantity suitable to the level of activity in your day. If you do hard, physical labor all day, more food (and liquid) is usually required. Less activity, less food.

## Meals: (For the average person)

- ◆ The largest meal of the day should be breakfast; incorporate lots of proteins at this time.
- ◆ Also eat a hearty lunch (without overeating) to supply the needed energy to finish the activities of your day.
- ◆ Eat a **very light dinner**, with less protein. Most people are quite inactive (physically) after dinner and so a large meal, unused because of inactivity, will turn to fat.

- ◆ Some people do best by eating 4-5 smaller meals daily, which also keeps the metabolism actively burning fats and maintains a more even energy level.
- ◆ **Never eat after 7pm on a regular basis.** If you are really hungry after dinner, eat a small amount of fruit or vegetable; to avoid waking during the night to urinate, do not drink any liquids after 7pm unless necessary and then only in small quantities (this includes water). If you work past 7pm, take a light dinner meal with you to work.
- ◆ After your evening meal, walk for at least 15 minutes to facilitate the digestive process.

## Liquids:

- ◆ Drink only when you are thirsty. Only someone working hard in the hot sun all day, like a roofer or farmer, would need more fluids. Stagnant water in the body creates arthritis, headaches, heart conditions, and many other serious health problems (see brochures on *High Blood Pressure and Heart Disease, Migraines, and Arthritis.*)
- ◆ Be very moderate in the use of any alcoholic beverages and those containing caffeine (coffee, teas, colas) and sugars (sodas, juices, etc.)
- ◆ Extreme and constant thirst (and extreme hunger) for no apparent reason can be the body's warning sign of a health problem—have the doctor check you.

## Desserts, sweets, chocolates:

1. Depriving oneself all the time can bring on binges. Allow yourself to have your favorites here and there in very small quantities to avoid binging on sweets. A couple of bites slowly savored can be very satisfying - so share dessert with someone.
2. When you have a craving for something sweet, eat a small serving of fresh fruit instead of refined sugars. Berries would be the best choice since they have the least amount of sugar.
3. Strong cravings for sweets can be a warning sign also - have the doctor check you.



Balance is the key. Eat and drink the amounts **your** body actually needs. Change old habits that are not in balance with your lifestyle and level of activity. In time you will reap the rewards of increased health and stamina.

