

王志建医师

1987年获上海中医药大学学士学位  
 擅长以现代生物力学及解剖学角度配合  
 针灸治疗疑难杂症  
 返老还童气功协会医疗顾问长  
 95.8 城市频道健康乐活特约讲员  
 U 周刊保健 DIY 特约撰稿人



# 拉河车 奇妙的能量 贮存运动法

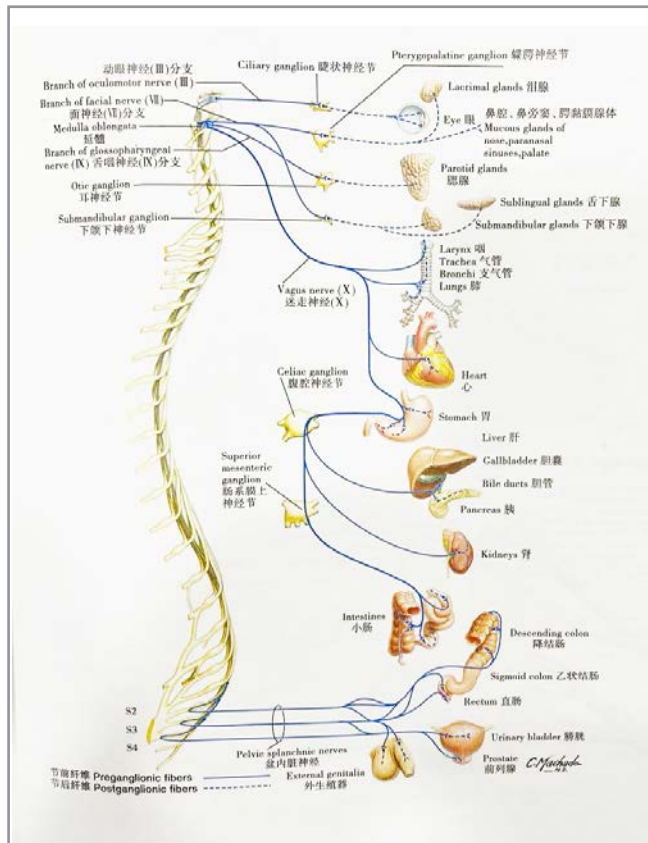


老还童呼吸法中拉河车是我很喜欢的一个方法，当你很专注在跑的时候，不喘不累，人非常轻松，浑然不觉得在跑步，跑的过程中，口津，汗液慢慢从体内涌出，通体舒泰，是一个动中有静的气功修炼法。

在学习呼吸法之前我每周会与几位好朋友跑五公里，每次跑得气喘吁吁，大汗淋漓，过后会累，要休息一下。学习拉河车后，再与朋友用拉河车方法跑同样五公里。虽然也会出很多汗但不喘不累，而且过后精神很好，不会累。其中的原理一直不是非常明了。

今年6月，去深圳大学医学院，随原林教授学习人体筋膜学的一些新理论，恍然大悟，现跟大家分享。人体虽然有多种系统，但从作用来看，大约分成两类，一类是功能系统，既是在运作的，随时会消耗掉的细胞，另一类是支持储备系统，就是人体的干细胞，用油灯比喻，火苗就是功能系统，灯油就是支撑储备系统，你的灯油多少决定了灯可以点的时间，人体内的干细胞数量也决定了人的寿命及生活质量，人死古人称油尽灯灭，要返老还童，古代的丹家称为添油接命。

如图；在人体内有一套自主神经系统，由交感神经和副交感神经组成，交感神经让人体兴奋，相当于主管人体内的功能系统，副交感神经让人体安静，相当于主管人体的支持储备系统，副交感神经兴奋时会分泌乙酰胆碱，乙酰胆碱能开启干细胞的钙离子通道启动干细胞分裂，人体内脏干细胞分裂越多，内脏功能越健康，也就越长寿，怎样才能兴奋到副交感神经呢？



副交感神经有四粒神经核(如图)。三粒位于脑干部,第一粒为动眼神经核,主管眼部,兴奋时人会流眼泪,第二粒为上下涎核,主管口腔腺体,兴奋时会分泌很多口水,第三粒为迷走神经背核,主管胸腔腹腔脏器,兴奋时可增强这些脏器的蠕动,第四粒位于骶髓,称为骶核,主管盆腔脏器,兴奋时可增强盆腔脏器的蠕动。

在深圳大学学习期间,有一天早上在拉河车时突然明白了,拉河车如此轻松舒服的原理,原来,当我们用喉轮带心轮,从下而上内脏器官随呼吸而牵拉,迷走神经背核兴奋,提肛时盆腔脏器被挤压牵拉,骶核兴奋,拉河车要求口水很多,说明上下涎核兴奋了,瞪眼能刺激到动眼神经,本来跑步是一种交感神经兴奋,消耗身体能量的运动,所以跑步后会感觉累,而拉河车通过吸气喉轮带心轮提肛瞪眼把一个消耗能量的运动转变成副交感神经兴奋的运动,副交感神经兴奋能促进内脏干细胞分裂,是一个添油接命,储备能量的运动,怪不得跑完后不喘不累,身体舒服,多奇妙,真是感叹,古代丹道养生家们的智慧,也感谢良安老师把这方法,无保留的教授给我们,感恩,特此与大家分享。

人体是处于动态平衡状态中,当机体内在某个系统处于失衡状态,表现出不适,我们称为疾病,当系统回复平衡的状态,我们称为康复了,真正能痊愈疾病的,是我们自身,外在的力量只是一种媒介,返老还童呼吸法通过有效的呼吸法,持之以恒的练习使身体内在系统趋向平衡稳定,许多的疾病、不适在不知不觉中便改善了。

人体由无数的细胞组成,每个细胞生活在各自的筋膜组织中,周围好象沼泽地氧气 O<sub>2</sub>、二氧化碳 CO<sub>2</sub>、白血球、淋巴细胞、巨噬细胞、各种养料,各种细胞排出的废物充满周围。细胞每时每刻要把氧气,营养吸收进去,把二氧化碳、代谢废物排出....

如果出现细菌、病毒、异物及细胞老化,巨噬细胞,淋巴细胞等就会过来吞噬清理,并通过淋巴管及静脉系统排出。细胞所处的周边环境非常重要,有什么样的环境就有什么样状态的细胞。如果我们能够为细胞提供良好稳定的大环境,当无数的细胞健康时,人体也就处于一个健康状态。

返老还童呼吸法通过各种特别的呼吸法,增强身体的摄氧能力,同时把 CO<sub>2</sub> 排出,整套功法中持续的微微汗出,亦把许多水溶性的废物排出体外,通过出汗,毛孔疏通了,也增强了体表的防护能力。

许多呼吸系统的疾病因此改善,机体的复原功能也上升了。

呼吸法的呼吸及运动大量刺激到消化道,便秘的有效率达 51%。学员们反应大便顺畅了,每天 1-2 次,消化系统的通畅可以让许多水溶性及固态的代谢废物排出,不会长期滞留在大肠而让人体再吸收,引起自身中毒。

在周围朋友中,许多人练习呼吸法后,睡眠质量提高了,心情变好了,态度更友善了,(睡眠时人体副交感神经兴奋,人体处于清理修复的状态)。失眠及忧郁症的有效率达 46% 及 61%,老师也特别强调,喝好的水、及补充足够,正确均衡的营养。

返老还童呼吸法。改善了人体的基本功能,充足的氧气均衡全面的养份进入细胞、新陈代谢废物、毒素、异物、二氧化碳,通过呼吸、汗水、尿液与粪便排出,每一个细胞处在一个非常健康自由的环境中,久而久之,身体的疾病不适,逐渐减轻以致消失。他提供了一个在中医与西医之外的另一个医疗辅助系统,无需花费,只需付出早上的时间,为大众提供了另一种可能。



# La-He-Che (拉河车)

## A Unique Exercise to Develop Innate Potential

The la-he-che sequence is an essential component of the Total Rejuvenation Breathing Technique. It promotes greater endurance and stamina in every individual. How it works is by eliminating toxins through perspiration in a synchronised movement that combines strength and stillness.

A testimonial by one successful practitioner says, "I had a habit of running five kilometers with my friends every week and each time we would all end up breathless and perspiring profusely.

Fatigue would often set in and our recovery time was slow. However since I began to learn the "lahe-che" sequence, I realised that the same five kilometer run was energising rather than exhausting and we were hardly tired.

It didn't seem logical to me until I accompanied Professor Yuan Lin to the Shenzhen University Medical School to study some new theories about the tendons and meridians present within the human body. This is what I learnt:

The human body is made up of a few "systems". However in terms of use, there are two main types. The first is a

functional system where cells can be expended while you work. The other supports the storage of stem cells in the body. Using the analogy of an oil lamp, the first spark is the functional system while the oil lamp stores energy to support the first.

Your oil lamp determines how long the lamp can be lit. A person's longevity and quality of life hinges upon the number and quality of stem cells within the body.

The ancients likened death to the extinguishing of the flame. Hence, the ability to reverse ageing can be alluded to extending the lifespan of oil.

The human body is composed of the autonomic nervous system which is the result of two subsystems: the sympathetic nervous system and the parasympathetic nervous system. The sympathetic nervous system makes you feel excited and controls the functional systems of the body. The parasympathetic nervous system allows one to calm down and is tantamount to the the storage support system of the body.

When one is excited, the parasympathetic nervous system will emit hexyl chloride. Acetylcholine can activate the calcium ions, thus causing the stem cells to divide. The more the stem cells can divide within the organs, the healthier they will be and the healthier one will be.

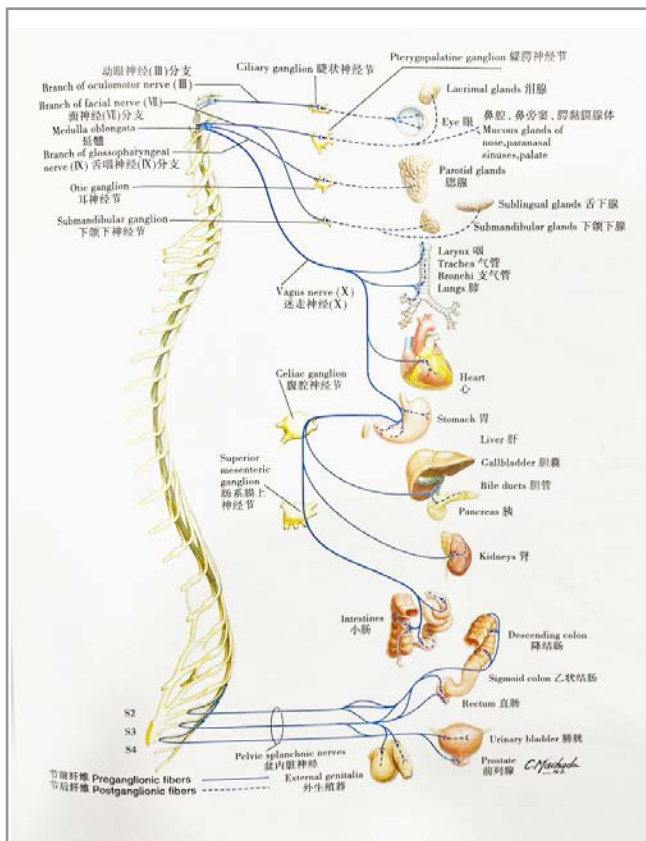
The parasympathetic nervous system has four nuclei (refer to the diagram). Three are located in the brain. The first is the oculomotor nucleus which controls the eye area and while excited, a person will shed tears.

The second is the salivary nucleus and it controls the oral glands. When excited, it stimulates the production of saliva.

The third is the dorsal nuclues of vagus and it controls the chest and abdominal viscera. When excited, it can strengthen the movements of these organs.

The fourth nucleus is found in the bone marrow and is commonly referred to as the sacral nucleus. It controls the pelvic organs. When excited, it can fortify the pelvic region.

I had an epiphany one morning where I was studying at Shenzhen University. The reason why la-he-che is so relaxing is this: when the throat chakra is used to pull the heart chakra, the organs are led by one's breathing so the dorsal nucleus of vagus is stimulated. While raising the





anus, the pelvic organs are pulled and the sacral nucleus is stimulated. La-he-che (拉河车) usually requires one to have a lot of saliva which indicates that the salivary nucleus has been stimulated.

Staring can stimulate the oculomotor nucleus. Jogging is an exercise that can activate the sympathetic nervous system and the consumption of physical energy makes one feel tired.

La-he-che (拉河车) allows the throat chakra to align the heart chakra. Together with the raising of the pelvic region and the staring exercise, it transforms an energy-consuming exercise into one that excites the sympathetic nervous system which in turn promotes the division of the stem cells within the organs. It thus becomes an exercise sequence that promotes the storage of energy and the extends the “oil lamp”.

Instead of feeling exhausted at the end of my exercise, I feel most comfortable and relaxed. We are grateful for the wisdom of ancient health philosophers as well as our teacher Tsai Liang An who has unreservedly taught us this wonderful technique.

We are thankful and hence would like to share this knowledge with everyone.

The human body is normally in a state of kinetic equilibrium. When a particular bodily system loses its stability, and is ill at ease, disease forms.

When it returns to equilibrium, we call that a ‘recovery’. However, our real recovery comes from within ourselves, and external energy is just an intermediary.

The Total Rejuvenation Breathing Technique has an effective breathing methodology that with continuous practice, enables the internal body system to move towards a state of equilibrium and stability. As a result, many illnesses and discomfort will see ease and you will enter into a state of health.

The body is made up of countless cells, and every cell lives within its own fascia, surrounded by oxygen, carbon dioxide, white blood cells, lymphatic cells, macrophages, different nutrients, and cellular debris. In every living moment, the cells have to absorb oxygen, nutrients and emit CO2 and metabolic waste.

Should bacteria, viruses, dying cells and foreign elements surface, the macrophages and lymphatic cells will swallow them and clear them through the lymphatic and venous systems. The environment around the cells

is very important, as it determines the conditions for the cells to live in. When we can offer a good and stable living environment for the cells, they will become healthy, and the human body will stay healthy.

Through various special breathing methods, the Total Rejuvenation Breathing Technique strengthens the body’s oxygen intake, and at the same time, discharges carbon dioxide. The perspiration sustained through following the set of exercises also enables water-soluble wastage to be discharged from the body. In the process, pores are unclogged, thus increasing their ability to defend the external body surface. As a result, a lot of respiratory illnesses are improved and the recovery functions of the body are fortified.

The effectiveness of the breathing method and exercise in stimulating the digestion tract and constipation is about 51%. One noticeable comment from practitioners is that their bowel movements are regulated where it used to be unpredictable.

A smooth-moving digestion system will allow many water-soluble and solid metabolic waste to be discharged. The poorer alternative is to see left long-term stagnation of waste in one’s large intestines which can cause toxic poisoning within the body.

Amongst my friends, many have improved sleep quality after practising the technique, and their improved mood also makes them friendlier. The effectiveness for improving insomnia and depression is about 48% and 61% respectively. Our teacher also emphasizes the need to drink quality water as well as the importance of a responsible diet.

Besides improving the basic functions of the human body, sufficient oxygen intake also facilitate the ability for cells to absorb nutrients while allowing metabolic waste, toxins and carbon dioxide to be discharged through sweat, urine and stool. All these enable the cells to live in an optimal environment.

Diseases of the body will hence resolve by themselves and you will notice the difference as you bask in the glow of good health.

The technique offers an alternative complementary therapeutic system that is free. All it takes is some investment of time in the morning!