



Benjamin Liu, M.D., Ph.D.  
劉北星 博士

“三趣生活” 健康管理  
和呼叫中心及企业通信

“3H Life” for Calling Center  
& Enterprise Communication

刘北星 博士

Dr. Ben Liu, MD, PhD

情绪疲倦睡眠能量管理  
脑身心健康教育培训

“三趣生活”

[3hLife.blog.sohu.com](http://3hLife.blog.sohu.com)

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# 刘北星博士及其“三趣生活”简介



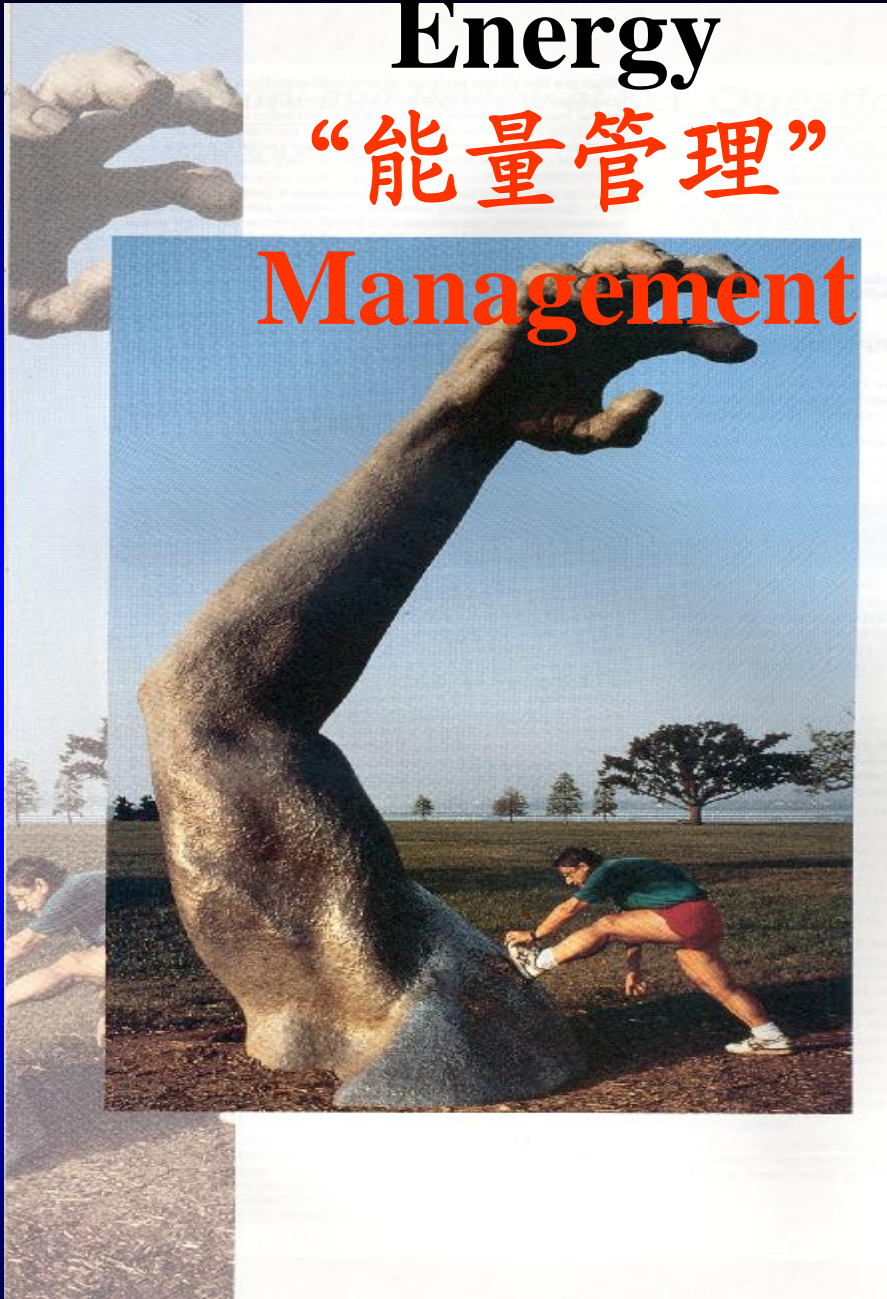
- 刘北星博士 (Benjamin Liu, MD, PhD) 是美国医学生理学博士 (Univ. of Arizona)、美国生物电技术研究干细胞、猝死及抗衰老的临床、基础医学博士后 (UCSD, U of Iowa, U of Louisville), 和眼外科医师 (原北京协和医院及美国雪莉眼科中心 Shirley Eye Center), 及脑身心情绪睡眠能源能量健康教练。是减压抗失眠品牌 “Dance with Stress (与危机共舞)”、脑身心健康品牌 “3H Life (三趣生活)”、及抗疲劳抗衰老品牌 “ageSlowing (缓龄促能)” 的创始人; 长期从事医学教育、管理、培训、咨询、和教练等工作, 并参与中美医学、教育、文化的交流。

- 籍 “人脑身心能源能量管理” 的 “三理” (讲理、管理、调理) 课程及与之配套的评估、监测、和调理的软件和硬件, 星博士想帮大家过上一种 “诚实的心、健康的体、快乐的灵” 的幸福健康 “三趣生活”。

- 星博士的电子邮箱: [1654131106@qq.com](mailto:1654131106@qq.com)
- 星博士的博客网址: [3hlife.blog.sohu.com](http://3hlife.blog.sohu.com) 三趣生活







# Energy

## “能量管理”

## Management

## “3H Life”

### 三趣生活

- 1) **Honest Mind;**
- 2) **Healthy Body;**
- 3) **Happy Spirit.**

*Harmony is the key.*

和谐：诚实、健康、快乐

## 4 Levels of Energy Management

- 1) **Mental Focus; +**
- 2) **Emotional Balance; +/-**
- 3) **Physical Energizing.**
- 4) **Spiritual Alignment;**

“Me vs. We”

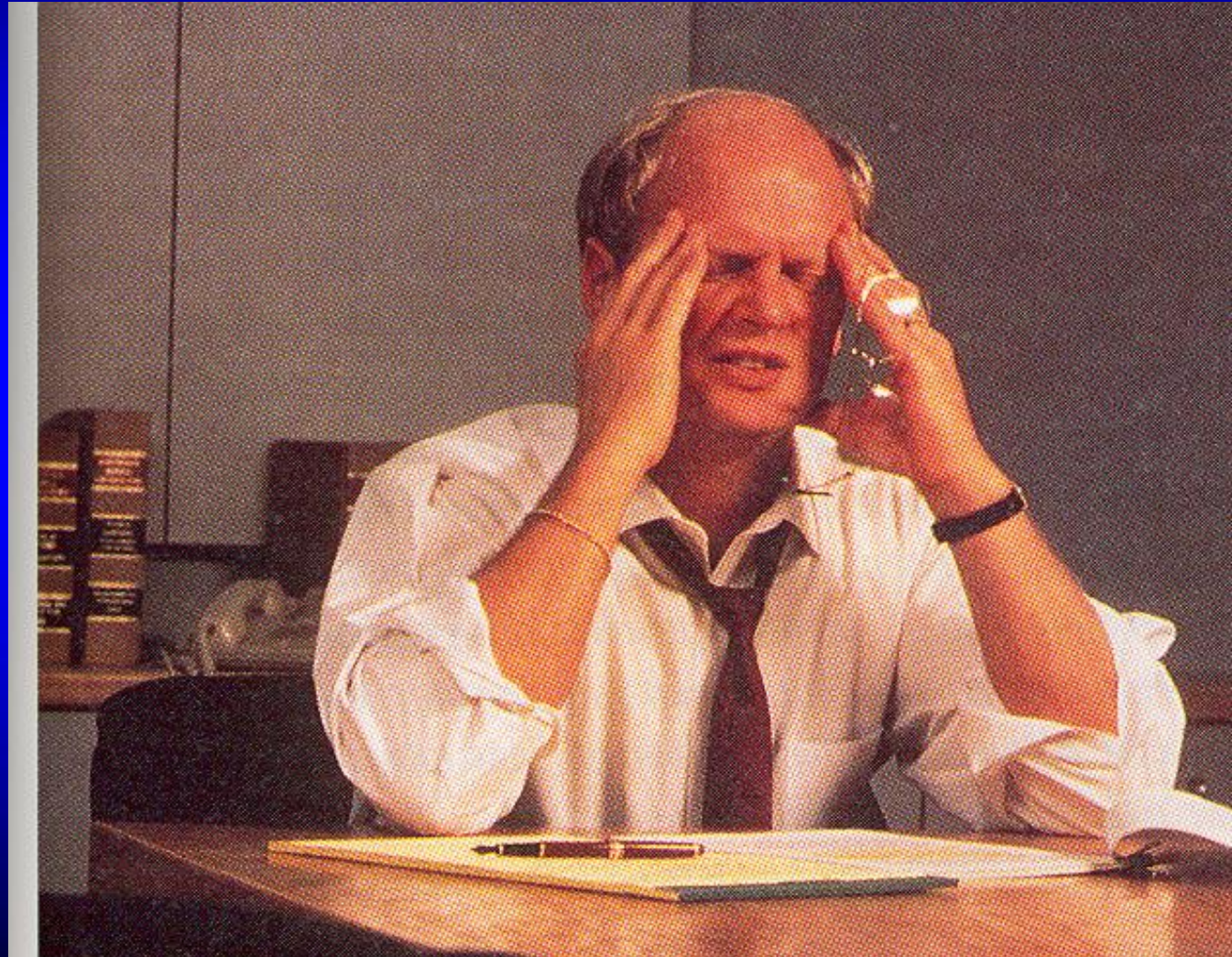


3STEPID

“3hlife.blog.sohu.com” 百度搜狐谷歌



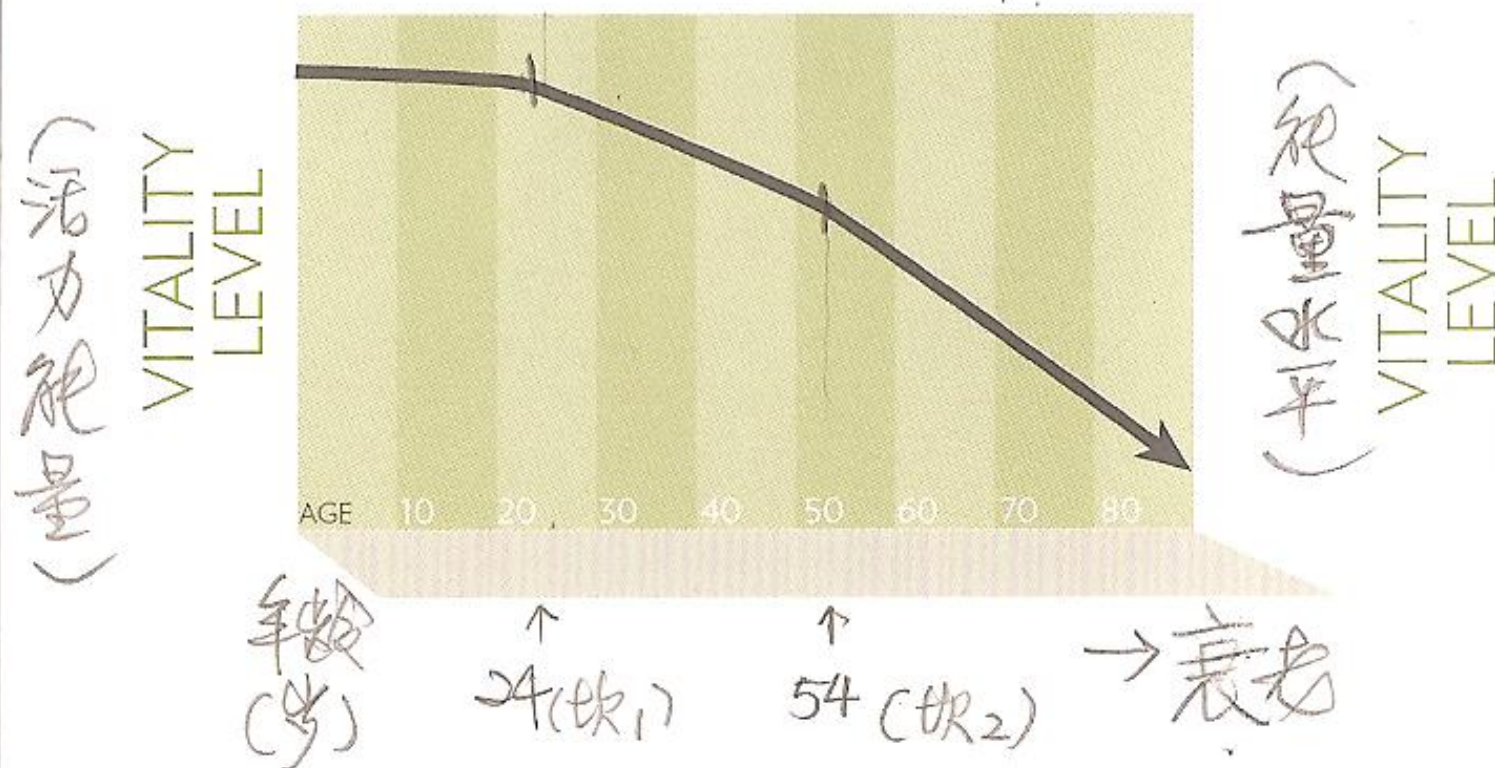
**Do you feel tired, old & stressful?**  
**您现在常感到自己累、倦、疲、老吗?**







Vitality generally decreases with age. Our bodies' ability to effectively generate and utilize energy declines, which may rob us of youthful vitality.



We can evaluate your  
age-related oxidative stress levels  
想评估自己的过氧化和衰老状况吗？

Please contact us now !  
请速与我们联系！

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百度、搜狐或谷歌上查：  
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能，象形字“熊”。



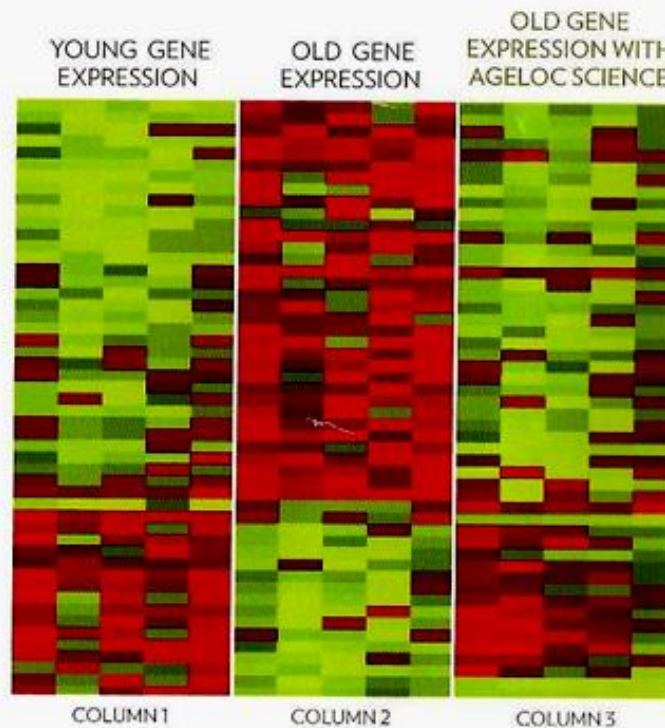


# 能量失衡压力过大导致早衰， 青春基因表达高科技可缓龄！

## Vitality ageLoc Reset and Slow the Aging Process



FIGURE A: VITALITY YGC HEATMAP



92%

COLUMN 3 SHOWS HOW AGELOC SCIENCE RESET 92% OF THE GENES TOWARD A MORE YOUTHFUL GENE EXPRESSION PATTERN.

### FIGURE A DESCRIPTION

This heatmap illustrates gene expression of three groups from a pre-clinical test with one of the ageLOC Vitality ingredients: young (column 1), old (column 2), and old with ageLOC science (column 3). Each row represents one of 52 genes comprising the mitochondrial Youth Gene Cluster. Columns 1 and 2 show that each of the 52 genes became more or less active during the aging process. In column 3, the YGC activity pattern of the old with ageLOC science group has been reset to a gene expression pattern similar to the young group in column 1.<sup>1</sup>



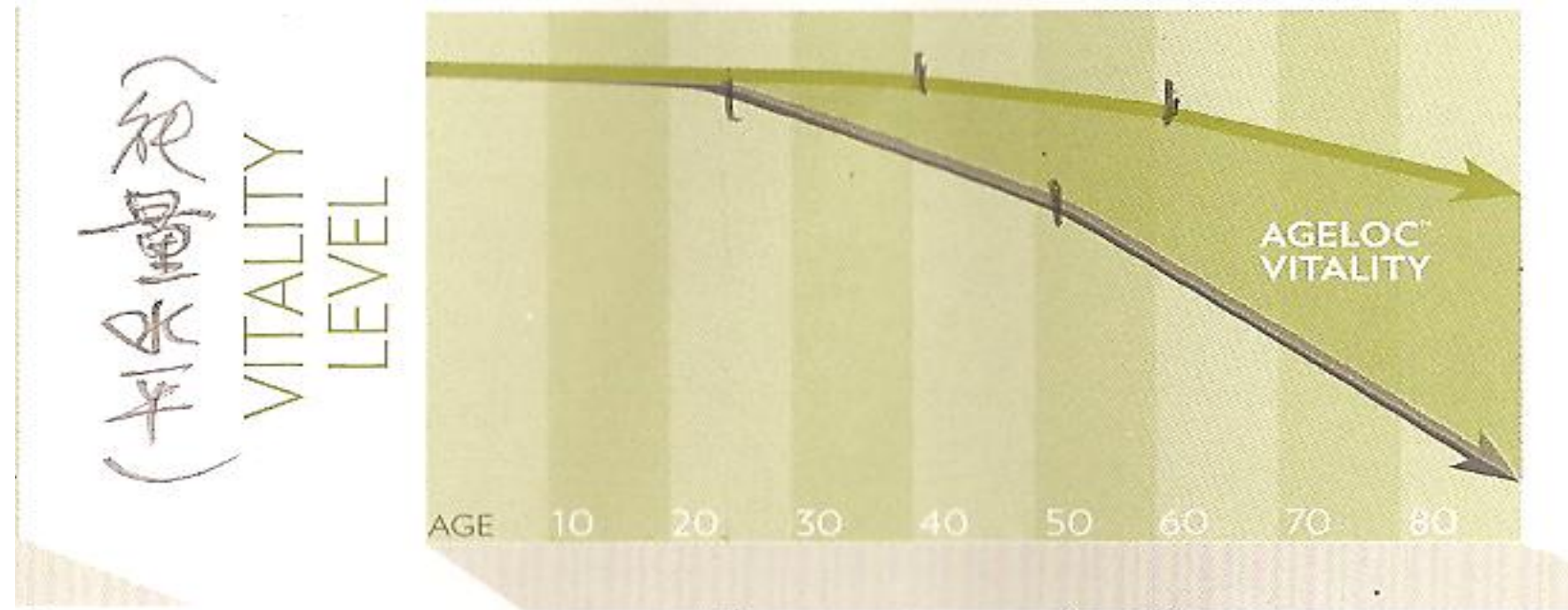
<sup>1</sup> Transcriptional Biomarkers of Mitochondrial Aging and Modulation by Cordyceps Sinensis Cs-4. Gordon Research Conference, Biology of Aging, Determinants of Health-Span: From Cells to Humans, August 22-27, 2010. Les Diablerets Conference Center, Les Diablerets, Switzerland.





dies'  
rgy  
y.

ageLOC Vitality targets the sources of age-related vitality loss, to help you feel more like you did when you were young.\*



衰老

↑ 24    ↑ 40    ↑ 54    ↑ 61    缓龄 7岁

Neurobiol Aging 2009;30:507-514.

Life gained due to good health: evidence from two LIS

# Stress depresses the immune system

能量失衡压力过大抑制免疫力，削弱抵抗力

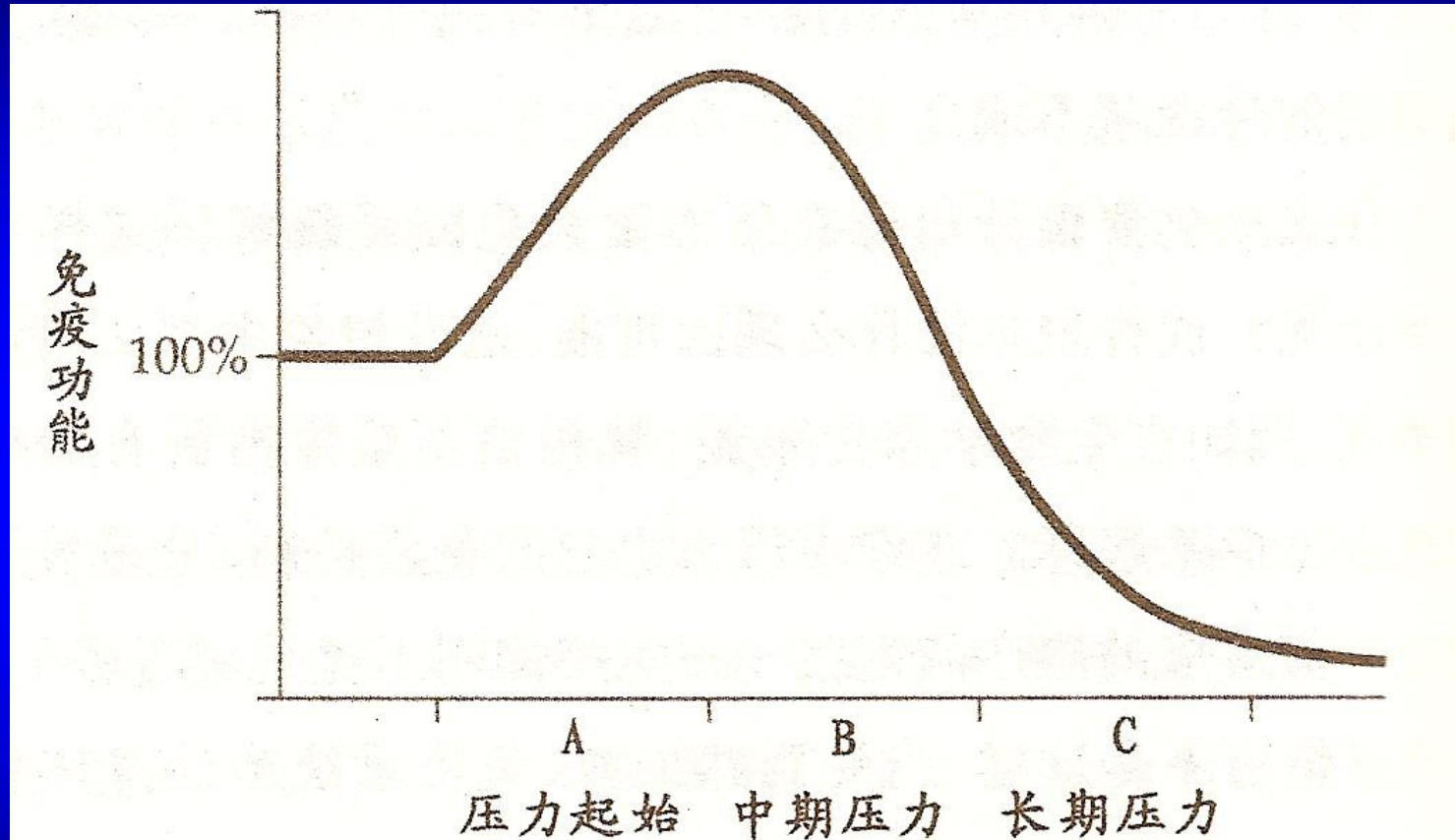


图 16 压力可短暂刺激免疫系统



We can evaluate your  
energy and stress levels

您想评估自己的能量和压力状况吗？

Please contact us now !

请速与我们联系！

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百度、搜狐或谷歌上查：

“三趣生活”



# Dance with Stress

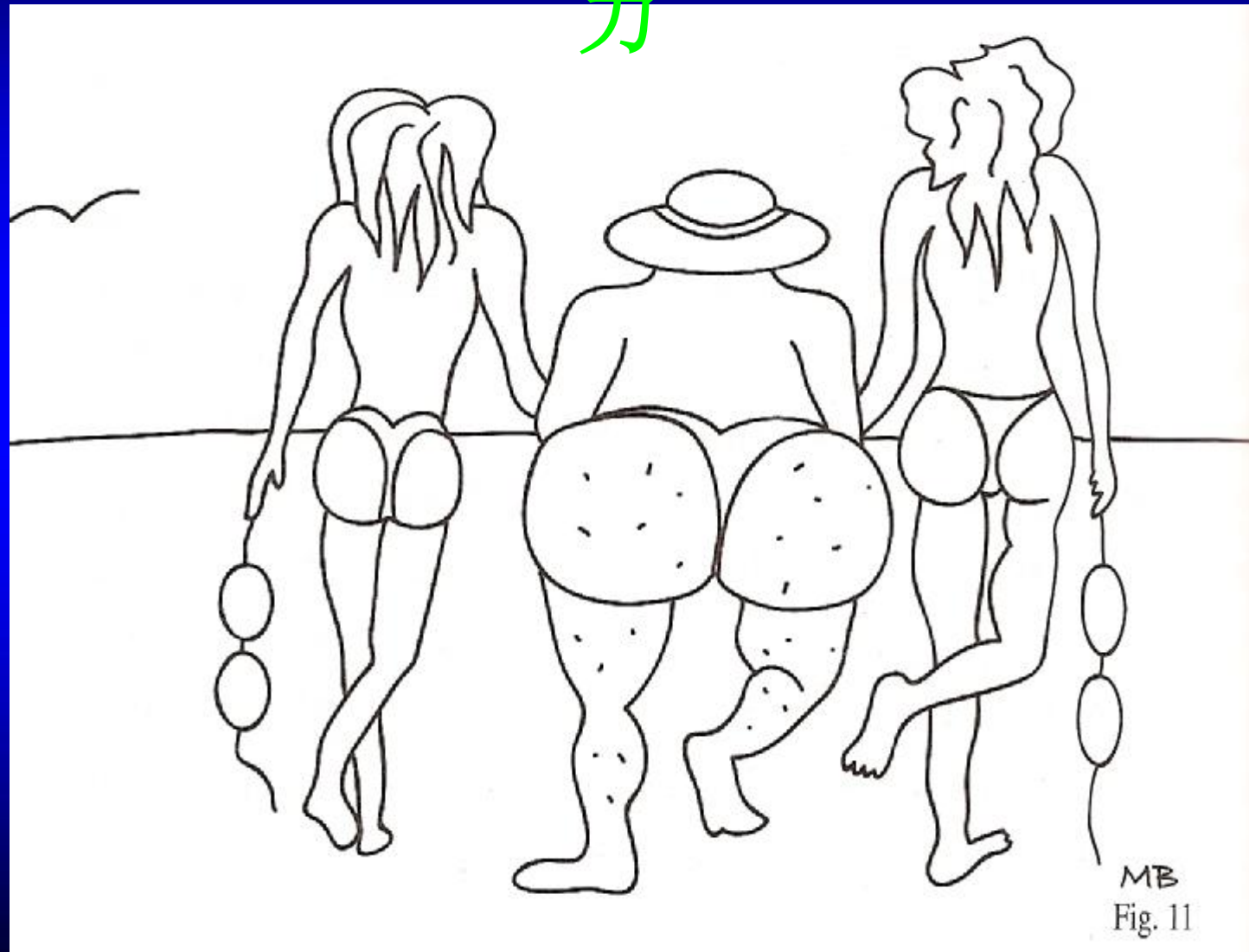
与“危机”共





[www. GreatWall-Tour. com](http://www.GreatWall-Tour.com)

# “三趣生活旅游” 能缓解压力



MB  
Fig. 11



# 星博士在美国工作 Dr. Benjamin Liu participated in Developing MCI Research and Therapies

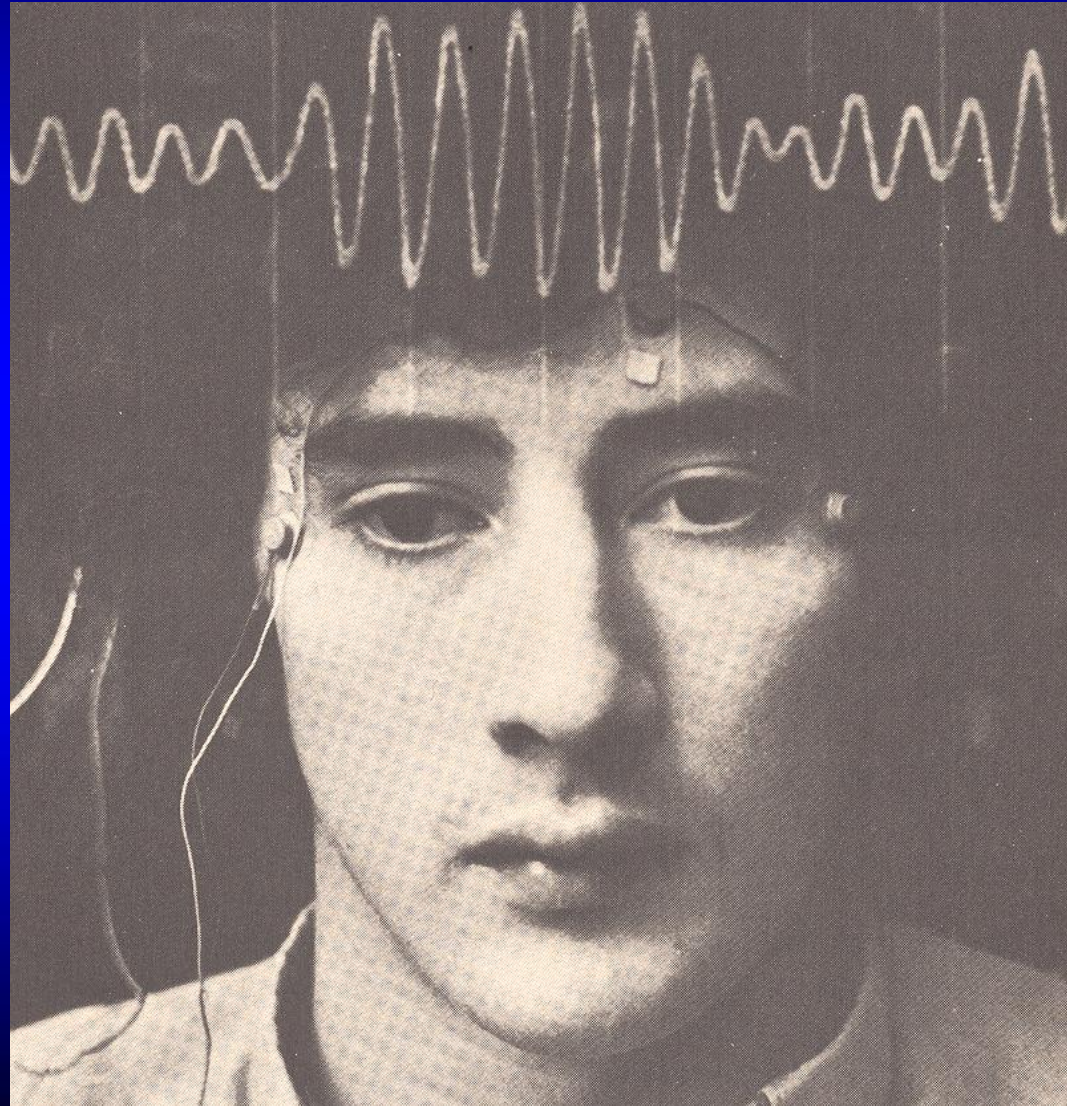


3TEPID



# Stress Impairs Brain Waves

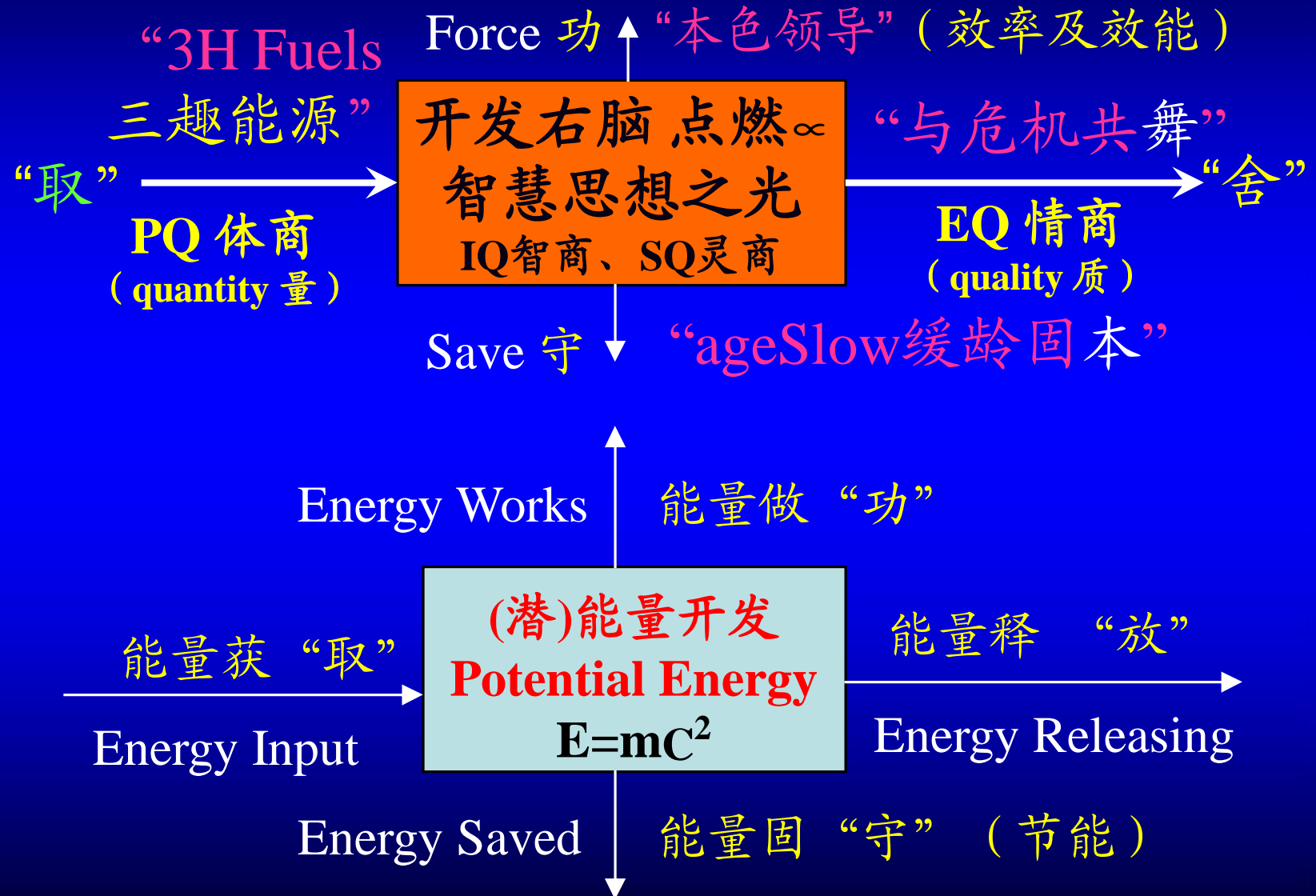
## 能量失衡压力过大紊乱脑电波



# 星博士“三趣生活”能量管理流程图

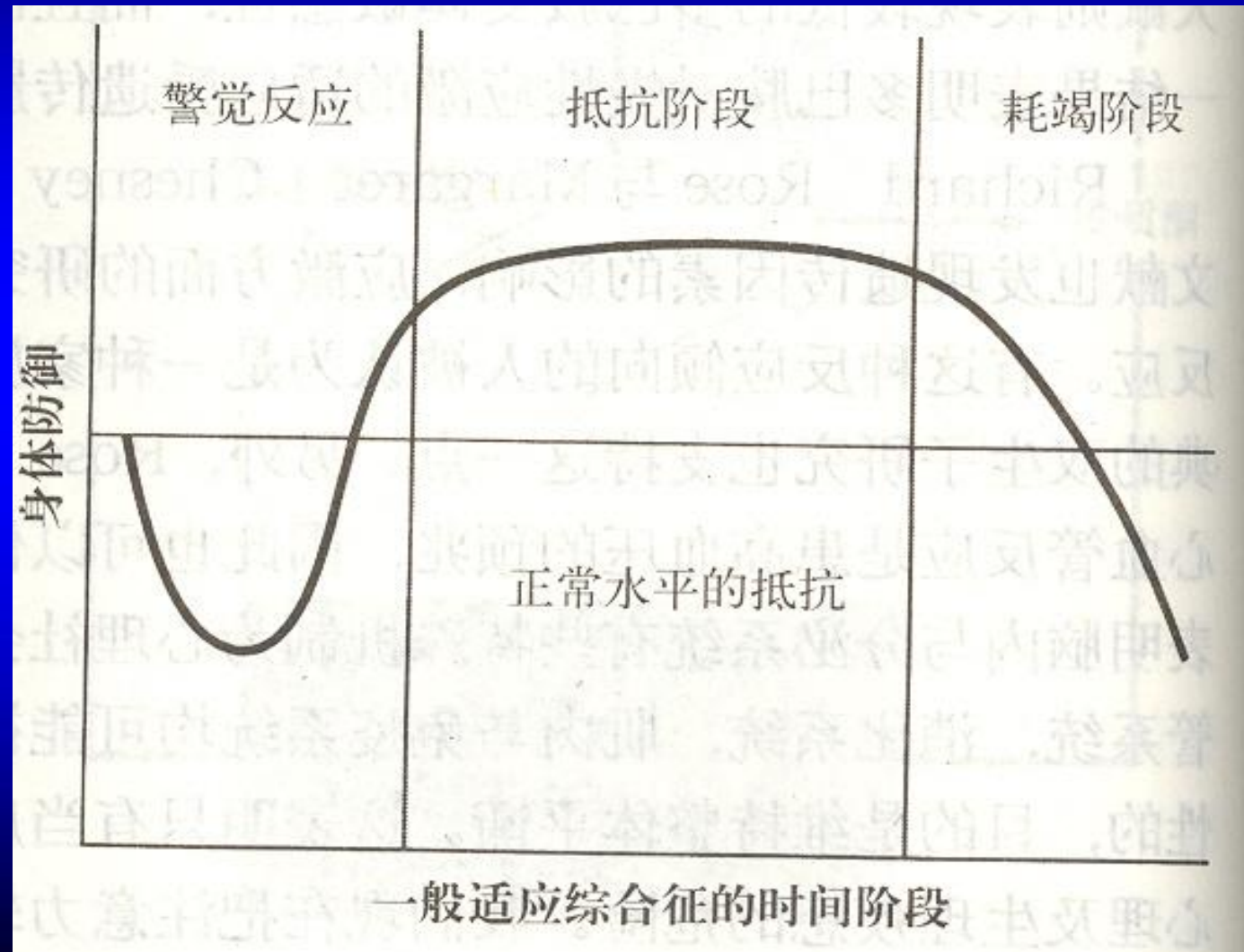


## “3H Life” Energy Management





人和事业上坡后都会下坡，我们能帮您的  
是尽量延长您的年龄和事业平台期！





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Bye, 谢谢, 熊 (雄) 起! 再叙 ;)





您觉得累吗？您觉得老的快吗？  
您需要我们及时有效的帮助吗！  
**Do you need our helps on stress and aging ? !**

如果您的答案是肯定的，  
请您尽快与我们联系。

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“三趣生活 3H Life”



刘北星博士 **Body and Mind Wellness Workshops**