



### CHARITY TRANSPARENCY DEDICATION AWARD

Proudly presented to

Singapore Buddhist Free Clinic

Ms Theresa Goh  
Chairperson  
Charity Council

Mr Desmond Chin  
Commissioner of Charities  
Ministry of Culture, Community and Youth

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### 荣获慈善团体 透明度奉献奖

佛教施诊所配合时代的变化逐渐转型，在各个层面不断改进营运框架，已趋向企业管理模式。2024年11月14日获颁 慈善团体透明度奉献奖。官方的肯定，是一剂强心针，我们将再接再厉，继续执行良好的监管措施，争取更高荣誉，不负社会大众的期望与支持！

### Charity Transparency Dedication Award

In response to evolving societal needs, SBFC has progressively transformed its operational model, adopting corporate management practices across all levels. On 14 November 2024, we received the Charity Transparency Dedication Award. This official recognition serves as a strong affirmation of our efforts and inspires us to continue implement good regulatory measures. We remain committed to maintaining this honour, living up to the trust and support of the public.

### 各所地址 CLINICS LOCATION

- 总所 Main Clinic (附设肿瘤治疗中心/辅导中心)  
48 Lorong 23 Geylang Singapore 388376  
询问电话 Tel: 6848 4306 (内科/针灸)  
询问电话 Tel: 6309 0595 (肿瘤治疗中心)
- 红山分所 Redhill Branch  
Blk 131 Clarence Lane #01-20 Singapore 140131  
询问电话 Tel: 6473 6638
- 宏茂桥分所 Ang Mo Kio Branch  
Blk 348 Ang Mo Kio Ave 3 #01-2096 Singapore 560348  
询问电话 Tel: 6453 9466
- 裕廊分所 Jurong Branch  
Blk 320 Jurong East St 31 #01-74 Singapore 600320  
询问电话 Tel: 6563 0063
- 三巴旺分所 Sembawang Branch (附设肿瘤治疗)  
Blk 503A Canberra Link #01-13 Singapore 751503  
询问电话 Tel: 6555 6705
- 杜弗分所 Dover Branch  
Blk 23 Dover Crescent #01-388 Singapore 130023  
询问电话 Tel: 6255 2049
- 淡滨尼分所 Tampines Branch (附设肿瘤治疗/辅导服务)  
Blk 156 Tampines St 12 #01-09 Singapore 521156  
询问电话 Tel: 6226 2880

### 社区服务 Community Service

- 星期一 Monday 油池林邦景居委会 Yew Tee Lim Bang View RC
  - 星期二 Tuesday 勿洛北凤山民众俱乐部 Bedok North Fengshan CC
  - 星期四 Thursday 巴西立东民众俱乐部 Pasir Ris East CC
  - 星期六 Saturday 西海岸乐龄中心 SASCOWest Coast AAC
  - 农历廿七日(上午) 27th day of lunar 光明山普觉禅寺 鼓楼 KMSPKS Drum Tower
- 中医义诊服务 TCM Consultation  
8:30am—12:00pm, 1:30pm—5:00pm
- 辅导服务 Counselling Service 9:00am—4:00pm  
需要预约 by Appointment 68413370
- 星期日及公共假期休息 Closed on Sundays and Public Holidays



48 Lorong 23 Geylang  
Singapore 388376  
Tel: 67487292  
Email: admin@sbfc.org.sg  
UEN: S69SS0009J



MERIT TIMES

十一月号 November 2025  
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《福田》承担着与大众一起耕耘，共享福乐之使命。  
The Mission of Merit Times is to jointly cultivate good merits and share the resulting blessings.

言谈悦人心 布施好品德  
知足并感恩 宁静无烦恼

(摘自佛说吉祥经)

Pleasant words delight the heart  
Generosity reflects one's good character.  
Be content and grateful  
Live peacefully, free from worries.  
(Excerpted from the Auspicious Sutra)



昼夜六时恒吉祥  
Auspiciousness at all times,  
day and night

### 保健讲座剪影

### 从颈椎到腰腿的保健护理

肩颈酸痛，腰腿无力是现代常见的痛症，2025年8月24日下午，我们请了王睦平与陈政心两位医师教大家如何预防这些疼痛的发生。讲座在光明山普觉禅寺举行，出席听众非常踊跃，无相殿座无虚席！

杏济堂武医伤科创办人，徒手治疗师学院院长王睦平医师，从现代人不能或缺的手机谈起，提醒我们要从改变生活习惯开始，避免“屏幕脖”，告别颈椎疼痛。

陈政心医师是中医应用科学博士，他以生动活泼的方式，说明什么是劳损性腰腿痛，什么是退化性腰腿痛，以及骨质疏松症、椎管狭窄症等，并现场示范。



陈政心医师(右一)与助手示范与讲解膝盖骨为什么会疼痛



主席广声法师赠送纪念品予王睦平医师



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在王医师指导下大家一起做颈椎运动



肩颈的训练



陈政心医师(坐者)示范保健操



主持人梁萍代听众发问

BUSINESS REPLY SERVICE  
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# 饮食与健康

脾胃主管饮食的消化吸收，是维持人体生命活动的重要器官，与营养状况以及抵抗疾病的能力有密切的关系。

## 生活能量来源

人类为了维持生命，需要能量供给机体活动，活动时又会消耗能量，能量的来源从食物而来，食物经过人体加工后才会被充分吸收化为能量。任何食物，不论五谷杂粮，还是鱼肉、鸡蛋、蔬菜，都是由蛋白质、糖类、脂肪、水、无机盐、维生素、粗纤维、矿物质等营养成分组成，食物中如果缺少任何一种营养成分，都会造成营养不良或疾病。除了水和无机盐可以不经过消化而直接为人体吸收利用，其他营养成分，都需要经过消化以后才会被人体摄取。

## 注意营养均衡

所以，饮食要有规律，三餐定时定量，营养均衡，不偏食，进食时把食物嚼得十分细碎，经过胃肠的消化，身体会吸收所需要的营养物质，不需要的成分会排出体外。如果营养状况良好，精神就会饱满，气血旺盛，防御机能强则不易生病。

## 不要暴饮暴食

我们在大饥大渴时，最容易一次吃得过饱或饮水过多。但暴饮暴食，会使脾胃难以适应，造成不良后果。如果饥渴难耐时，应缓缓进食与饮水，可避免身体受到伤害。如果饮食量过大，会使胃的负担忽然加重，易引起胃痛、呕吐、腹胀、嗝气，给健康造成危害。因此宜少食多餐。

## 注意劳逸结合

此外，要注意生活的作息，早睡不熬夜，适当休息，睡眠好则体力恢复快，精神充沛，再配合体育的锻炼如散步、慢跑、打太极拳、练气功等，适当的运动能加强肠胃蠕动，增强消化液的分泌，促进食物的消化和营养的吸收。劳逸的结合则身体强健，健康永相伴。

## 保持精神愉快

当出现厌食时或由于人体暂时不需要饮食时，勉强进食会伤脾胃，就需要在饮食方面作适当调整，加强体力活动，保持精神愉快，烹调色香味美的食物，诱发食欲，轻松进食。

裕廊分所 辜丽娥



# Diet and Health

The stomach and spleen handle digestion and absorption, making them vital for sustaining life. Keeping them healthy is closely linked to our nutritional status and our ability to resist illness. Food Is Your Fuel

Energy for daily life comes from food which must be digested and absorbed before it can be fully used. All foods, whether grains, meat, eggs, or vegetables, are made up of essential nutrients such as proteins, carbohydrates, fats, water, minerals, vitamins, and fibre. A deficiency in any of these can lead to malnutrition or illness. With the exception of water and minerals, which can be absorbed directly, most nutrients must be broken down through digestion before the body can use them.

## Adequate Nutrition

Eating regularly and in moderation, with three proper meals a day. Avoid being picky, chew thoroughly, and allow your body to absorb what it needs. When nutrition is adequate, you will feel more energetic, with strong immunity and better resistance to illness.

## Don't Overeat

Extreme hunger or thirst often leads to eating or drinking too much at once. Overloading the stomach can cause pain, bloating, nausea, or indigestion. Instead, eat slowly, sip gradually, and try smaller, more frequent meals.

## Balance Work and Rest

Good health is not just about food but also on lifestyle. Avoid staying up late and ensure adequate rest so the body can recover. Gentle exercise such as walking, jogging, tai chi, or qigong helps digestion and nutrient absorption. A balance between activity and rest keeps the body stay strong.

## Keep Your Spirits Up

Forcing yourself to eat when you have no appetite can harm digestion. Instead, adjust your diet, increase physical activity, and maintain a cheerful mood. Preparing food that looks, smells, and tastes good can awaken the appetite and make mealtime enjoyable.

Timeless recipe for health: A Balanced Diet, Proper Rest, Regular Exercise, and a Positive Mindset.

Written by Jurong Branch's physician, Koh Lee Ngoh  
Translated by Florence Koong

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## 我们需要您的支持 落实使命！

## We need your support to carry out our mission!

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Heartfelt thanks to your benevolence!

## 捐献 56 周年纪念贺仪 Donation for SBFC 56th anniversary From 01 Nov 2025 - 31 Dec 2025

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## 红山分所 筹募翻新费用

位于 Clarence Lane Blk 131 的红山分所经过二十多年的岁月洗礼，设施已经破损陈旧，正在进行整体翻新、更换电线家具，重新间隔诊室等，以期让公众享有安全舒适的就医环境。翻新费用约需25万元，恳请各界鼎力支持，慷慨乐助。不胜感谢！询问电话：6748 7292



## Support the Renovation of Our Redhill Branch

Redhill Branch at Clarence Lane Blk 131 has been serving the community for over 20 years. Its facilities have become worn and outdated. To continue caring for everyone in a safe and welcoming space, the Branch is undergoing a comprehensive makeover — from rewiring and new furniture to reconfiguring the consultation rooms.

The renovation is estimated to cost about S\$250,000. With your generous support, together we can make it happen. Thank you from the bottom of our hearts!

For enquires please call 6748 7292

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