

作者介绍

孟宪忠，山东济南人，现任中国针灸学会理事、国家中医药管理局科技推广项目——孟氏中药拔罐疗法首席专家、拔罐疗法国家标准化起草委员会委员、山东针灸学会常务理事、山东孟氏拔罐研究所所长、脂欣康胶囊等多种健康产品的主要研制人，科学健康理念的倡导者。多年来一直从事健康事业的研究、普及、推广工作，特别在拔罐疗法的挖掘、继承、发展、应用方面成绩卓越，临床经验丰富。他将拔罐疗法与中医药养生保健和科学的健康理念即心理疗法充分结合，形成了独具特色的“孟氏整体疗法”，深受患者的欢迎。



孟宪忠在全国多家广播电台、电视台常年主持健康类节目，特别在山东四个省级广播电台连续11年每天主持节目两个小时以上，接待患者超过20万人次，他对健康事业的热情和执著，深受老百姓的认可和尊重。

孟宪忠所长曾多次到葡萄牙、加拿大、美国、德国、法国、希腊、西班牙、马来西亚、韩国等多个国家进行学术交流和讲学。

主要著作有：《孟氏中药拔罐疗法》《心脑血管病防治手册与脂欣康胶囊研究》《科学的健康理念》《免疫力与健康》，正在出版的著作有《中华拔罐大全》《古今中外名医谈健康》《中药渗透疗法》等。同时在国内专业刊物上发表论文十多篇，并获省、市级科技成果奖两项。

Brief Introduction About the Author

Director Meng Xianzhong, who was born in Jinan, Shandong, is the trustee of China Association of Acupuncture & Moxibustion, Chief-expert of Meng's Chinese Herbal Cupping Therapy, Member of State Cupping Therapy Standardization Draft Comity, Standing trustee of Shandong Association of Acupuncture & Moxibustion, Director of Shandong Dr. Meng's Cupping Therapy Research Institute. At the same time, he is the main manufacturer of Zhixinkang Capsule and other health-care products, advocator of scientific health notion. He has been engaged in the research, popularization and promotion of health enterprise, especially in the research of Cupping Therapy. He has been gained outstanding achievements in the aspects of excavation, inheritance, development and application of traditional cupping therapy, and has great clinical experience. He combined the cupping therapy with health protection of Traditional Chinese Medicine, scientific health notion, and psychotherapy, formed the unique Dr. Meng's Integrated Therapy, and is warmly welcomed by a lot of patients. Director Meng has been taken charge the health programs at several broadcasting stations and TV stations all over the country, especially at four provincial broadcasting stations for 11 years continuously, more than two hours everyday, and has received more than 200,000 patients totally. He has been recognized and respected by the common people for his passion and perseverance to health career.

Director Meng also had academic communication and lectures in Canada, American, Germany, France, Greece, Spain, Korea and other countries.

Main Works:

Dr. Meng's Chinese Herbal Cupping Therapy, Prevention and Treatment Handbook of Cardiovascular and Cerebrovascular Diseases & Research of Capsule Zhixinkang, Scientific Health Principles, Immunity and Health; A Complete Work of Chinese Cupping Therapy, Famous Doctors Talking About Health in Ancient and Modern Times All Over the World, and the Treatment of Chinese Herbal Infiltration are in press. At the same time, more than ten papers had been published in professional publications both in China and overseas, two items of science and technology awards from province and city had been obtained.



孟宪忠所长 (左) 和世界针灸学会联合会终身名誉主席王雪苔 (右) 及马来西亚针灸学会会长

Director Meng Xianzhong, Professor Wang Xuetai, Life Honour Chairman of World Acupuncture and Moxibustion Society, and Director of Malaysia Acupuncture and Moxibustion Society



孟宪忠所长 (右) 和世界针灸学会联合会主席邓良月

Director Meng Xianzhong and Professor Deng Liangyue, Chairman of World Acupuncture and Moxibustion Society



孟宪忠所长 (右) 和中国中医科学院针灸研究所所长朱兵
 Director Meng Xianzhong and Professor Zhu Bing, Director of Acupuncture and
 Moxibustion Branch of China Traditional Chinese Medicine Institute



孟宪忠所长 (右) 与中国针灸学会李维衡会长
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