

Chapter 199

The sunrise in the morning and the warm sun in winter are very comfortable. I squint and smell hard, huh! The smell of the sun is really very comfortable. If you have time to take a recliner and lie by the wall facing the warm sun, you will feel comfortable all over. This is just an idea. In a few days, Zhang Fan understood a lot of internal medicine ideas and ideas under the guidance of dilibel. This is not self-taught. It is the experience accumulated by countless predecessors.

The human body is a complex. It is wrong to consider it with a single idea. Many diseases in Chinese surgical books clearly say that after conservative medical treatment is ineffective, surgical treatment is recommended! And now?

Sometimes the diagnosis and treatment of a patient is not only a test for the patient itself, but also a heart repair for the doctor. If you can grasp this rare opportunity, the doctor will definitely grow rapidly. If you don't have the heart or the doctor's mentality, you really come to muddle along and take the doctor's career as a means to support your family or get promoted and rich.

After a few days of study, Zhang Fan applied his experience to tangyuan. First of all, at six o'clock every morning, before dawn, Zhang Fan went to the hospital and asked the nurse to wake up the sleeping dumplings. It doesn't matter how upset she was. Zhang Fan threatened or praised. Anyway, it's just a purpose and took the dumplings to run.

Zhang Fan usually gets up in the morning and runs around the hospital for a few laps, but now he hobbles around the hospital with his former model. For fat people, running is the most hateful sport. Tangyuan gasped and breathed the cold air with a hot throat. He said to Zhang Fan, "Doctor Zhang, let me go. I won't lose weight. That's it, really! I can't run! You killed me!" Tangyuan is really uncomfortable. Her lungs and throat are burning. Her heart will jump out of her throat and her legs will be soft. Really, she feels that taking another step will kill her.

"Look, it's only 500 meters away. You think, one more step, you can go back to the stage, put on beautiful clothes, and everyone cheers for you under the flash. Come on! Come on!" Zhang Fan kept encouraging tangyuan.

"Well! I refuel!" The tearful and runny glutinous rice balls made great efforts to move forward, not for the good intentions of other doctors. She insisted, even if she burned through her lungs with coarse gas.

This kind of exercise can not be carried out blindly. There must be scientific movement. First, we should create as many activity opportunities as possible. Human beings have obtained living conditions with hunting and farming in the process of evolution for tens of millions of years, so the genetic quality of

human body is suitable for the life with physical activity. In today's society, it has become a luxury for ordinary people to do some physical work. One day's copywriting work is sometimes too tired to move your fingers. Can you keep your body healthy for a long time?

Therefore, Zhang Fan is forcing Tangyuan to change her living habits and first improve her physical strength. The improvement of physical strength is the premise to ensure health. At noon, Zhang Fan asked her to run errands with the nurses in the Department to get medicine. In the evening, Zhang Fan took Shaohua for a walk with tangyuan. Anyway, I just try my best to make Tangyuan exercise. Tangyuan is losing weight. Zhang Fan is using what he has learned. Sometimes it is not easy for a young doctor to find a good patient.

Moreover, in the amount of exercise designed by Zhang Fan for Tangyuan, the proportion of medium intensity continues to increase. What is the medium amount of exercise intensity? Simply put, other bad explanations are calculated according to the heart rate. The medium intensity physical strength is that the heart rate is about 100 to 120 times per minute during activity.

Weight loss must be gradual, and the amount of exercise and diet must be combined. It is unscientific to lose weight by exercise alone, and it is not feasible to lose weight by diet alone.

Although the total weight can be reduced by controlling the diet alone, when this method reduces fat, muscle and other fat free tissues are also losing. Therefore, after simply limiting the diet to make the weight loss reach a certain level, the speed of weight loss is very slow or unchanged. If you want to further reduce weight, you can only reduce the number of diets again.

This has become a vicious circle and has caused great damage to health.

When you lose weight, your diet is very particular. Don't think that food restriction is simply limiting the main food of cereals. Cereals contain high starch, which can maintain the level of blood glucose. It won't lead to the rise of blood glucose soon after eating, and it won't lead to hypoglycemia soon after hunger.

How to limit food? It's very simple. Try not to use fat and viscera in proportion. The intake of protein depends on some high-quality proteins such as lean meat and fish. Then reduce the total amount of food combined with exercise.

Tangyuan is sticking to it. Zhang Fan is sticking to it. He records the weight change, heart rate and respiratory pulse of Tangyuan every day. Dilibel doesn't let Zhang Fan do anything else. Treating Tangyuan well is Zhang Fan's only task at present.

Surgical treatment pays attention to a slow in and fast out, and we should be cautious before surgery. After surgery, we should quickly enter the recovery state, but internal medicine is not. It pays attention to a system and a perfect system, especially endocrine. A system can involve many systems, which should be considered in all aspects.

Zhu Bing was discharged from the hospital with a long scar on his chest. He left his beloved post. Combined with his life experience, dedication and old face, the police promoted him to be the deputy of the Economic Investigation Detachment. The first leader will retire next year. Although Lao Lu is not very willing to make Zhu Bing his son-in-law, his daughter has a non marriage attitude. Lao Lu has nothing to do with his daughter.

Ma Wentao also came back from the capital and brought a lot of money. The matter between him and the Qin girl is settled. There is no way to say such a thing. Even if Ma Wentao doesn't know what to do, they'll have to prove it after the new year.

Miss Qin family supports Ma Wentao's business plan very much. Their money at this level can't make them eager, but how to increase their comprehensive strength. You can imagine the impact of a nationwide medical system on a country.

Ma Wentao began to purchase a large number of land, and the shares were initially set with Zhang Fan, who accounted for 20% plus the decision-making power of medical treatment. The rest is the capital that Ma Wentao is going to operate.

Even if his father is a senior official, he can't eat alone, otherwise he won't work long. This team leader and that team leader should be taken care of, but this share is for jurisdiction, not for people. People go to tea cold, and these people also understand.

And Ma Wentao had the opportunity to urge Zhang Fan, "our medical aircraft carrier is about to set sail, but what about the sailors? You can't hire temporarily! "

"What should I do?"

"Why should I teach you? It seems that it's more than 20 percent! " Ma Wentao is about to run away.

"You don't have to worry. You just have to build this platform. There will never be no sailors at that time." Zhang Fan said definitely.

"Well, I hope you're not bragging!"