??????????? keji

2007?2???2007???????????????????????73.4???????????8???????????38.4??????????????????????28?????????????????????????????????????

?? ????????

????????/???????????????????5????????????????????????????????

2002???5??????????????

???3???
????? ??

??????????????????????????
???

???

??

??

??????????????????????????????5???

???9???0?(?????)???????6??????????????????????????????

??

??

?????????????

????????/??

???

??

???40????????????

????????

???

???

??????????????????????

??

???

??

???

??30??

??????????

???????/????????30??????????????????????4??

??

???

??

??

??????4??

???

???

??????????

1???Askmen.com??

???

2?????

????????????????????????????????DHA??B?????B2?B5?B6??????????????????????????????????

3?????

??1988??4????????6????????

4?????

??

5?3R??

??(relaxation)???(reduction)???(reorientation)???3R??