WHAT IS CLAIMED IS:

1. A health care system for performing a healthcare work on a user, wherein the user has a body part having an acupoint, comprising:

a health care body for carrying the body part and including a pair of base plates each having paired positioning blocks;

a positioning medium configured to be disposed on the health care body and to position the body part on the health care body so that the health care body and the body part have a first positional relationship therebetween;

a length adjustment device mounted between the pair of base plates, wherein the body part is an upper or lower limb and has an upper body part and a lower body part, either of the upper and lower body parts has two ends, and at least one of the two ends has a protruding feature to be positioned by the paired positioning blocks;

an acupoint work piece configured to be disposed on the health care body, to have a second positional relationship with the health care body or the acupoint and to perform the health care work via the acupoint; and

a computer device configured on the health care body, and configured to control and/or monitor the acupoint work piece to perform the health care work under the second positional relationship.

2. The health care system as claimed in Claim 1, wherein the body part further includes at least one positioning point, by which the positioning medium is configured to establish the first positional relationship.

3. The health care system as claimed in Claim 1, further comprising a position adjustment device configured between the health care body and the acupoint work piece for adjusting a position of the acupoint work piece with respect to the health care body to establish the second positional relationship between the acupoint work piece and the health care body, or between the acupoint work piece and the acupoint.

4. The health care system as claimed in Claim 1, wherein the length adjustment device is configured for adjusting the apparent lengths of the pair of base plates of the health care body to fit a length of the body part, and wherein the health care body has a longitudinal axis, and the apparent lengths are adjustable along the longitudinal axis.
5. The health care system as claimed in Claim 1, further comprising:

a cloud database connected to the computer device through a first internet, and allowing the user to access therefrom knowledge and a healthcare scheme or a medical treatment related to an acupuncture or moxibustion; and

a service center connected to the computer device through a second internet, and allowing the user for a consultation related to acupuncture or moxibustion, or a confirmation of the user's own choice of a medical-level act.
6. The health care system as claimed in Claim 1, wherein the computer device further comprises:

a microphone and a lens for a consultation by, an inquisition on the symptom of, or a confirmation from the user an act related to acupuncture or moxibustion;

a screen of a touch type or non-touch type;

a personal health care history record module for recording a personal health care history of the user; and/or

a control module for coordinating the health care body and the acupoint work piece to perform the health care work.
7. The health care system as claimed in Claim 1, wherein the computer device further comprises a symptom treatment module for allowing the user to click or enter a current discomfort symptom, and a cloud database for providing a specific treatment scheme or a specific acupoint to receive the healthcare work.
8. The health care system as claimed in Claim 1, wherein the health care system further comprises a cloud database, and the computer device further comprises: a feedback/report module for allowing the user to feedback/report a user satisfaction or a problem encountered in use to the

cloud database after receiving the health care work on a specific acupoint suggested by the cloud database; and a screen and keyboard and/or mouse for allowing the user to search and confirm a symptom or its treatment method through the cloud database.

9. A health care device for performing healthcare work on a user, wherein the user has a body part having an acupoint, comprising:

a health care body for carrying the body part and including a pair of base plates each having paired positioning blocks;

a positioning medium configured on the health care body and configured to position the body part on the health care body so that the health care body and the body part has a first positional relationship therebetween;

a length adjustment device mounted between the pair of base plates, wherein the body part is an upper or lower limb and has an upper body part and a lower body part, either of the upper and lower body parts has two ends, and at least one of the two ends has a protruding feature to be positioned by the paired positioning blocks; and

an acupoint work piece configured on the health care body, configured to have a second positional relationship with the health care body or the acupoint and configured to perform the health care work via the acupoint.

10. The health care device as claimed in Claim 9, wherein the length adjustment device is configured for adjusting the apparent lengths of the pair of base plates of the health care body to be adapted to a length of the body part, and wherein the health care body has a longitudinal axis, and the apparent lengths are adjustable along the longitudinal axis.

11. The health care device as claimed in Claim 10, wherein:

the user has a shank part and a thigh part, the shank part has a heel end and a first knee end, the thigh part has a buttock end and a second knee end, the first knee end has a lateral tuberosity and the second knee end has a medial tuberosity;

the length adjustment device has a first part and a second part for respectively carrying

thereon the lateral tuberosity and the medial tuberosity;

the health care device includes a shank supporting base plate and a thigh supporting base plate respectively form with the first and second parts a combination shank supporting platform and a combination thigh supporting platform; and

the length adjustment device is configured to adjust the combination shank and thigh supporting platforms at the same time according to a ratio of 16:19.

12. The health care device as claimed in Claim 10, wherein:

the health care device includes a shank supporting base plate and a thigh supporting base plate;

the user has a shank part and a thigh part, the shank part has a heel end and a first knee end, the thigh part has a buttock end and a second knee end, the first knee end has a lateral tuberosity and the second knee end has a medial tuberosity;

the length adjustment device is mounted between the shank supporting base plate and the thigh supporting base plate; and

the length adjustment device includes a pair of positioning block for respectively positioning the lateral tuberosity and the medial tuberosity.

13. The health care device as claimed in Claim 10, wherein:

the health care device includes a shank supporting base plate and a thigh supporting base plate;

the length adjustment device includes an adjustment base plate, an operating rod and a trapezoidal functioning piece;

the trapezoidal functioning piece includes two side inclined surfaces for respectively engaging with the shank and the thigh supporting base plates;

the two side inclined surfaces are configured respectively to have distances X and Y with the operating rod; and

the health care device is configured for X and Y to be kept in the specific ratio.