WHAT IS CLAIMED IS:

1. A health-care device, comprising:

a device body;

a work piece having an operating end and a working end, wherein the working end has a tip and performs a health-care work on a specific part or an acupoint on a body part of a user, wherein the health-care work is one selected from a group consisting of an electrical stimulation, a light stimulation, a thermal stimulation, a non-invasive or a non-contact acupoint stimulation mode, a microwave stimulation, a magnetic stimulation, an acupuncture, a moxibustion, and a combination thereof;

a work body connected to the device body and having an upper part and a lower part, wherein the operating end engages with the lower part for the user to maintain a specific working relationship between the working end or the tip and the specific part or the acupoint via operating the work body;

a device positioning piece connecting thereto the device body for positioning the device body on the body part to maintain a specific positional relationship between the working end or the tip and the specific part or the acupoint;

a bottom fastener connected to the device positioning piece, wherein the device body is a lower housing, the lower housing is

fastened to the bottom fastener and has an external thread, and the bottom fastener has a first bottom surface located completely below the device body; and

a lower fastening piece having an internal thread screwedly engaging with the external thread, wherein the lower fastening piece has a minimum inner diameter, the work body has a characteristic maximum outer diameter, and the minimum inner diameter is smaller than the characteristic maximum outer diameter

wherein each of the lower housing and the bottom fastener has a central opening to pass therethrough the working end, and the work body has a second bottom surface below which an upper surface of the operating end is arranged.

2. The health-care device as claimed in Claim 1, wherein the work body is an upper housing connected to the device body, so that when the specific working relationship between the working end or the tip and the acupoint is maintained, the health-care work is performed on the specific part or the acupoint via the work piece.

3. The health-care device as claimed in Claim 1, further comprising:

a working level sensor, a circuit board electrically connected to the working level sensor, a battery electrically connected to the circuit board, a USB charging socket electrically connected to the circuit board, an upper housing for accommodating the circuit board, the battery and the USB charging socket, an assistant positioning piece for assisting in

positioning the working level sensor, and an upper fastening piece to fasten the work piece, the working level sensor and the assistant positioning piece to a bottom of the upper housing and protrude the working end downward from the upper fastening piece.

4. The health-care device as claimed in Claim 1, wherein the device body and the work body are one-piece formed.
5. The health-care device as claimed in Claim 1, wherein the device positioning piece has an end configured with an elastic piece for clamping thereto the body part.
6. The health-care device as claimed in Claim 1, wherein the operating end and the working end are one-piece formed.
7. The health-care device as claimed in Claim 1, wherein the work body has an operating piece and a work piece driving medium connected with the operating piece.
8. The health-care device as claimed in Claim 1, wherein the device body has an internal thread.
9. The health-care device as claimed in Claim 1, wherein the work body includes a first phase work piece driving medium and a second phase work piece driving medium, and the second phase work piece driving medium is configured within the first phase work piece driving medium.
10. The health-care device as claimed in Claim 9, wherein the bottom fastener has a total height in a range between 10% and 35% of a total height of the health-care device in a non-operating state, and the bottom

fastener has a central opening for a user to align the central opening with the acupoint.

11. The health-care device as claimed in Claim 9, further comprising:

a positioning piece for positioning the work piece at a bottom of the second phase work piece driving medium.

12. The health-care device as claimed in Claim 10, further comprising:

a first operating medium operating the first phase work piece driving medium to rest the work piece at a first working position; and

a second operating medium operating the second phase work piece driving medium to rest the work piece at a second working position.

13. A health-care device, comprising:

a device body;

a work piece having an operating end and a working end, wherein the working end has a tip and performs a health-care work on a specific part or an acupoint on a body part of a user, wherein the health-care work is one selected from a group consisting of an electrical stimulation, a light stimulation, a thermal stimulation, a non-invasive or a non-contact acupoint stimulation mode, a microwave stimulation, a magnetic stimulation, an acupuncture, a moxibustion, and a combination thereof;

a work body connected to the device body and having an upper part and a lower part, wherein the operating end engages with the lower part for the user to maintain a specific working relationship between the working end or the tip and the specific part or the acupoint via operating

the work body;

a device positioning piece connecting thereto the device body for positioning the device body on the body part to maintain a specific positional relationship between the working end or the tip and the specific part or the acupoint; and

a bottom fastener connected to the device positioning piece and having a first bottom surface located completely below the device body,

wherein each of the device body and the bottom fastener has a central opening to pass therethrough the working end, the work body has a second bottom surface below which an upper surface of the operating end is arranged.

14. The health-care device as claimed in Claim 13, wherein the device body is a lower housing, the lower housing is fastened to the bottom fastener and has an external thread, the health-care device further includes a lower fastening piece having an internal thread screwedly engaging with the external thread, the lower fastening piece has a minimum inner diameter, the work body has a characteristic maximum outer diameter, and the minimum inner diameter is smaller than the characteristic maximum outer diameter.

15. The health-care device as claimed in Claim 13, wherein the specific positional relationship is maintained through a direct contact between the working end or the tip and the specific part or the acupoint, and the device positioning piece is a flexible piece configured to be fastened to

the body part or a mechanical piece configured to be fixed on the body part.

16. A health-care method, comprising:

providing a health-care device including:

a device positioning piece having an opening;

an assembly detachably configured on the device positioning piece, having a working end and an operating end, and performing a health-care work on a specific part or an acupoint on a body part of a user, wherein the health-care work is one selected from a group consisting of an electrical stimulation, a light stimulation, a thermal stimulation, a non-invasive or a non-contact acupoint stimulation mode, a microwave stimulation, a magnetic stimulation, an acupuncture, a moxibustion, and a combination thereof; and

a bottom connecting piece connected to the device positioning piece, and having a first bottom surface located completely below the assembly, wherein each of the assembly and the bottom fastener has a central opening to pass therethrough the working end, and the assembly has a second bottom surface below which an upper surface of the operating end is arranged;

aligning the opening of the device positioning piece with the specific part or the acupoint on the body part of the user;

attaching the assembly on the device positioning piece; and

operating the operating end by the user to secure a specific

working relationship between the working end and the specific part or the acupoint.

17. The health-care method as claimed in Claim 16, wherein:

the assembly further includes:

a work piece having the operating end and the working end, wherein the device positioning piece includes the opening to pass therethrough the working end; and

a work body having an upper part and a lower part, wherein the lower part engages with the operating end; and

the bottom connecting piece connecting the work body to the device positioning piece, and the opening is located at a center of the bottom connecting piece.

18. The health-care method as claimed in Claim 16, further comprising:

fixing the device positioning piece to the body part of the user.