

## 養生有理 美麗有序

根據香港政府統計處2014年7月31日發表的《香港的女性及男性—主要統計數字(2014年版)》，本港女性平均壽命達到86.6歲，而男性則為80.9歲，香港人可謂相當長壽。

【皇帝內經】《素問篇》記載：「……上古之人，其知道者，法於陰陽，和於術數，食飲有節，起居有常，不妄作勞，故能形與神俱，而盡終其天年，度百歲乃去。」這可有提示健康長壽的法則？

究竟香港人的長壽及健康之理念是如何？健康、美麗和養生之間又有何關係呢？今期題目可謂恢宏，且聽「傾情·聚」主持人協理副校長傅浩堅教授及校友事務處總監李惠儀博士訪問四位嘉賓：黃岳順教授、李韞玲校友、陳國基校友及余尚豐校友，深入淺出，從中、西醫、生活與哲學角度娓娓暢談和分享。

## The Essence of Health and Beauty

According to figures released in *Women and Men in Hong Kong – Key Statistics (2014 Edition)* by the Census and Statistics Department of HKSAR, the average of life expectancy of women in Hong Kong is 86.6 and that of men is 80.9. In other words, people in Hong Kong live long. So, what are the keys to longevity and health? Hosts of Let's Talk Associate Vice-President Prof. Frank Fu and Director of Alumni Affairs Dr. Melanie Lee have invited Associate Vice-President Prof. Ricky Wong (Prof. Wong), health and beauty expert alumna Lee Wai-ling (Ling), well-known plastic surgeon alumnus Dr. Chan Kwok-ki (Dr. Chan) and Chinese Medical Practitioner alumnus Kenic Yu Sheung-fung (Kenic) to share with us the essence of health and beauty.



黃岳順教授為浸大協理副校長及生物系講座教授，專研分子生物學、中藥的功能基因組學及中草藥的分子鑒定。近期的研究焦點為人參的分子藥理與血管新生。

*Prof. Ricky Wong (Associate Vice-President and Chair Professor of Department of Biology)*

李韞玲校友(人稱玲姐)畢業於中國語言文學系，現為寧勵國際有限公司(Ling Lee 無添加)及麗仁行負責人，致力發掘、研製並推廣天然護膚和養生產品，出版專書共十八本；亦是D100數碼電台「天然美李韞玲」節目主持。

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陳國基校友於浸大取得運動科學哲學博士，現為私人執業整形外科專科醫生及浸大體育系運動及休閒管理社會科學碩士課程講師。

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## 長生不老 是福還是折磨？

提到養生，必與長壽掛鉤；大家對長壽的理解，亦各有觀點。中醫診療中心創辦人余尚豐醫師從中醫學角度提到，相傳人可活至一百五十歲，甚至三百歲而無上限，老年退化是可以透過養生而延緩，所謂養生亦即中庸、平衡的生活，凡事不能太過、太多，飲食有節，定時定量。生活作息亦要依四季天時，因為道生萬物，所以要順應天道。余醫師所言天道，正正體現中醫學之源【易經】中之天人合一，自然之道的哲理。陰陽、五臟六腑、奇經八脈，意義深遠而出落簡單，自然而人性化不過。他亦言在中醫角度，健康長壽的要旨在精神和情志上都需兼具良好狀態。

而西方醫學體系，自有其科學角度，論現代人長壽，整形外科專科醫生陳國基醫生解釋，一是因為現代生活環境比較豐裕而衛生，二是時代醫學進步，過往很多細菌感染的疾病已得到治療。反觀現代社會，人類慢性疾病越來越普遍，如長期食藥或臥床，所以長壽絕不等同健康。

協理副校長黃岳順教授補充說，醫學研究顯示，新生代的壽命有機會高達一百二十歲，就算現代人較長壽，但卻被受老化疾病如癌症所困擾，長命而未必有生活品質。所以單有長壽而沒健康是沒意思的！

天然護膚和養生產品專家李韋玲校友亦表示贊同，認為若然長壽卻體弱，且需依賴藥物，那麼長壽就會變成折磨。協理副校長傅浩堅教授則認為「有諸內，形於外」，開朗心境，積極心態能令人更趨向健康。

提到治療，余醫師認為不能不講人體內的平衡，所謂陰陽五行，其淵博自不能三言兩語可詮釋。但他以「辨症論治」解說，展示同一症狀，可代表不同病因，比如說失眠多夢的症狀，有可能是心血少，有可能是肝火問題，要「養血安神」還是「疏肝安神」亦是兩種不同又不能混淆的治療藥方，這不但表達出中醫之「治病先治本」，及「個人化」治療理念，亦解釋了所謂「有病醫病，無病養生」之道。而陳醫生直言在西醫角度，病即是病，以科學研究為本，治理亦是理性地針對症狀為主，比如糖尿病就針對血糖而授藥，感冒就針對症狀，如使其發燒，止頭痛或止咳等。綜合各嘉賓所言，長壽絕不等同健康，養生是為了延緩老化，並爭取更好的生命體質和生活質素。

## Longevity – a Blessing or a Suffering?

Most people will associate health with long life. In Chinese Medicine, legend has it that people can live up to 300 years. Kenic explains that from the perspective of Chinese Medicine, balance is the key to health. Regularity without excess and live our life according to seasonal change are the ways to keep harmony with the universe, thus staying healthy. We should also maintain physical and emotional well-being at the same time.

Well-known plastic surgeon Dr. Chan shares his viewpoints on longevity from the perspective of modern medicine. He says that modern people can live longer because of the improvement of living condition and hygiene and the advancement of medicine. Deadly diseases are now curable. However, people nowadays suffer more from chronic illnesses, which means they need to be on long-term medication or be bed-ridden. Living long is not equivalent to living healthily.

Prof. Wong adds that medical research shows that modern people can live up to 120 but they may suffer from aging disease such as cancer. Therefore, longevity without quality of life is meaningless.

Health and beauty expert Ling agrees with Prof. Wong that it is painful to live long with a fragile body sustained by medication. Prof. Fu remarks that a happy and positive mind will give one a healthy appearance.

When talking about curing illness, Kenic explains that Chinese Medicine emphasises in-depth diagnosis before curing as the same kind of illness may be triggered by different causes and therefore should be cured differently. In other words, it is important to get to the root of the problem. Dr. Chan shares that modern medicine focuses on curing the diagnosed symptom by specific medications. In short, health does not necessarily comes with longevity. It is more important to lead a quality life.



## 養生有理 各施各法

玲姐對健康食療素有心得，她信奉大自然為健康哲學，非常認同飲食均衡之道。她分享了自己「不擇食，八分飽」的信仰，飯後她會稍休，並順時針揉肚八十圈以幫助消化，其後她會到附近公園急步行並舒展筋骨，至微出汗，又用心感受身處的自然變化，如鳥聲、四時花香、月色圓缺等。她不主張過食，或強烈的運動；她相信勞動的好處，亦會親身料理家務。玲姐對「自然、平衡、人性化」的理念亦可見於她如何選擇健康食物。她深深相信尋常中自有天然而有益效之食品，如牛蒡、魔芋、夏枯草和黑豆等等，卻並不追捧貴價藥材，更反對殘害其他生命以滋養人類，所以她不要燕窩，尤其是血燕。

## Keeping Health – Different Theories, Same Goal

An expert on healthy eating, Ling suggests that natural and balanced diet is the key to staying healthy. She suggests that we should only be 80% full when eating and can massage our tummy clock-wise 80 times after meal. She will walk in the park and do some stretching and light exercise after dinner. She does housework so as to keep herself energetic. As for food, she recommends something natural such as burdock, konjac, common selfheal and black beans and objects to the in-take of expensive ingredients such as bird's nest, the collection of which is detrimental to the swallows.

玲姐之側隱正是余醫師所言的「佛心」吧。余醫師指出中醫亦不主張殺生以製藥救人，除非藥材並無他品可替代，否則絕對以一般天然藥材為先。談到食療，他亦強調要依據不同人的個別體質，並需配合四季天時，方用之得法有療效。

黃教授亦同意飲食要節制，而食療則要取之自然。他指出西方醫學健康長壽之道，就是限制熱量攝取和把持低糖法則，因低糖能減低胰島素分泌，並減慢新陳代謝以達更長壽。此外，他亦奉行不揀飲擇食，甚麼都不能多吃，一切以均衡為主。黃教授從科學角度研究人蔘多年，證明其中確實有療效成份，有助提升年老者的細胞。但在缺乏臨床數據可證明，不知究竟用量和食用時間要維持多久之時，他並不主張過分追求「補健品」。

陳醫生認為吃七成飽已足夠活動能量，但他對碳水化合物比較抗拒，認為容易致肥，反而適量脂肪與蛋白質更有飽足感。他相信人天生有不同體質，有些人確是比較能多吃而不易長胖。見陳醫生健康身型沒半點脂肪，原來運動亦是他的一個重要的健康習慣，他著重肌肉鍛鍊、強化骨質和保持新陳代謝，喜歡游水、踏單車及負重鍛鍊等帶氧運動。

Kenic echos Chinese Medicine will only use medicine derived from animals as the last resort. When it comes to eating, he suggests that the healthiest way is to eat according to individual body condition and seasons.

Prof. Wong also shares that eating right, balanced and natural is important. Modern medicine points out that control on calorie and sugar in-take can lower the level of insulin and slow down metabolism, thus contributing to a longer life. Having conducted research on ginseng for many years, Prof. Wong finds that ginseng does contain elements that promote the regeneration of cells. But without empirical evidence on the amount one needs to take to feel the impact, he suggests that we should not blindly believe in taking health supplements.

Dr. Chan regards that the keys to staying healthy is to eat up to 70% full and restrict the in-take of carbohydrates. Exercise such as swimming, biking and weight training also helps.







## 美麗有序 表裡兼備

健康以外，「美麗」也是許多人最關心的議題，大家對美麗的定義又是如何呢？

陳醫生是城中著名整形醫生，對於美麗，他說是沒有絕對標準，是會因時代文化、社交群組，甚至個人主觀所影響，比如時下整形最普遍的割雙眼皮手術，眼皮割多高，亦有不同喜好，但他強調做什麼也要講究比例，所以整形醫生需要有相當的藝術和審美能力。

陳醫生續說美麗雖然沒有絕對標準，但卻有兩個宏觀傾向。人對美麗的認知是被受大眾影響甚深的，即越多人認為美麗，你越會認同那是美麗。此外，人傾向喜歡年輕而覺得年老是不美麗的，即臉上肌肉鬆弛、皮膚皺紋等。以整形醫生身份總結，他認為人的臉孔天生有既定的比例，整容確能改善，但切忌抱人有我有的心態。

對於美麗，玲姐亦有清晰的見解，她認為美麗會受到時代趨向影響。所謂時尚，一個人的整體觀感來自其衣著、打扮、健康感和容貌等；亦來自一己的內心態度，即是內外兼具方為美麗，所言甚是。分享美顏心得，她說過不亦樂乎，認為現代人的皮膚接觸太多化學物質，以至產生依賴性，她推崇自然溫和的護膚品，更強調人需要感受自己，才可以自救、自愈。在場她介紹了椿花油、蘆薈、黑豆，以至海寧草等，還有常用木梳梳頭刺激頭皮護髮的小貼士等，一切自然溫和。

余醫師的角度則是，美麗等同健康，諸如臉色紅潤，或白中透光澤；頭髮黑而潤澤等，其實這些表徵都反映了體內器官的健康和良好狀況，而其中亦有先天「品賦」的影響。余醫師更提到「腹有詩書氣自華」，亦是一種「有諸內，形於外」的深度美。

黃教授站在男士立場，亦大表贊同，認為美麗散發自心中，尤其是才華和信心，都是一種美麗的表現，他相信人的外表已定並難以大改變，反而人的心態和素質卻可以大幅調整，心靈美麗便會人見人愛！

## Being Beautiful - In and Out

Beauty is another topic of common interest. Yet, different people have different definitions of "being beautiful". From the angle of a plastic surgeon, Dr. Chan says that there is no absolute standard in being beautiful as it varies according to cultures and social groups and bears a certain degree of subjectivity. For example, different clients have different requirements for a simple eyelid surgery. A plastic surgeon therefore needs to have aesthetic sense and does everything according to proportion.



Dr. Chan further explains that while there is no absolute standard in beauty, there are some macro views on beauty. People tend to find someone beautiful if many others say so and prefer young faces with firm skin and without wrinkles. He reminds that there is a natural proportion in our face and therefore it is dangerous to always desire to look like others.

Ling shares that while dressing and grooming count a lot in being beautiful, it is also important to develop a good attitude and internal beauty. She suggests using natural cosmetics such as Tsubaki oil, aloe vera, black beans and henna. She also suggests combing our hair with a wooden comb frequently to keep our hair healthy.

Kenic says that from Chinese Medicine perspective, health and beauty is represented by having a fair complexion and glossy hair, which is a health indicator of internal organs. It also has something to do with hereditary factors. He believes that being knowledgeable will also make a person attractive.

Prof. Wong also agrees that beauty beams from the heart. Having talents and confidence is also an expression of beauty. He thinks that while one cannot change their appearance, they can develop their internal beauty and make themselves adorable.

## 依「序」按「理」 享「壽」人生

若然美麗有「序」，你會以甚麼作優先呢？外觀容貌？氣質素養？人生態度和哲理取向？還是千金難求的健康身體？而這些元素又有多少互相影響、互相平衡呢？

席上，黃教授引用了南京大學博士生導師、營養學專家鄭集先生的著作《鑒証長壽：百歲教授的養生經》中的十大養生之道，也很適合總結議題，讓大家參詳，祝大家都能享「壽」人生，現列出如下：

## Live Long Live Well

Concluding the discussion on health and beauty, Prof. Wong shares 10 tips of staying healthy from a book he read:

一. 思想開朗，樂觀積極，穩定情緒 1. Be cheerful, positive and emotionally stable	六. 戒煙、少喝酒 6. No smoking and control alcohol intake
二. 生活要有規律 2. Develop good and regular habits	七. 節制性慾 7. Control sexual activity
三. 堅持體力勞動，和體育鍛鍊 3. Exercise	八. 不忽視小病 8. Pay attention to minor illness
四. 注意休息睡眠 4. Have enough rest and sleep	九. 注意環境衛生，多接觸陽光及新鮮空氣 9. Live in clean condition, have sunshine and fresh air
五. 注意飲食衛生，勿暴飲暴食 5. Eat healthily and avoid over eating	十. 注意勞動保護，防止意外傷害 10. Protect yourself from injuries

