

伍丽贞 编著

秀女性图书架 营养饮食

# 女性 滋补

年轻美丽  
是吃出来的



食谱中英文对照



上海锦绣文章出版社 上海故事会文化传媒有限公司



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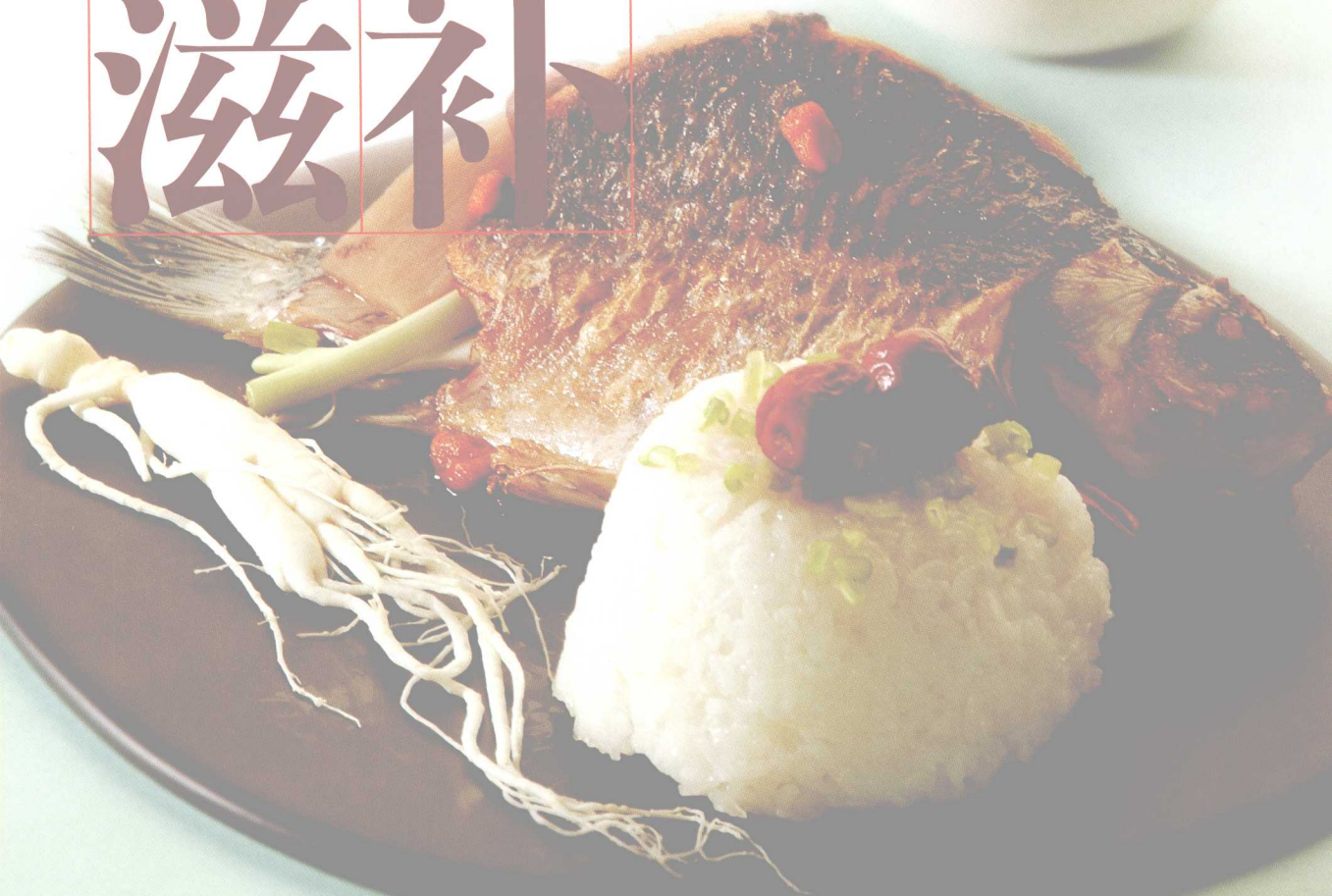


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# 女性滋补

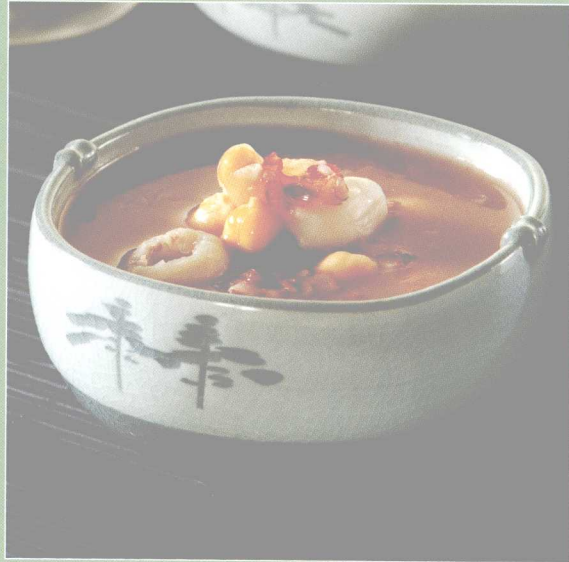
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# 前言

2004年春，为了参加“家传菜”比赛，勾起了不少儿时回忆。舂药的铜盅、研末的研船、切药的铡刀、诊症用的小脉枕……历历在目；药材的四性、五味、归经，仍犹在耳；在众多的家传菜中，选了一道外表平平无奇、却充满内涵的“猪手菜”参赛。是日虽然高手云集，仍能以其含高度骨胶原突围而出，获得冠军，家中各人欣喜不已。虽然获奖是一件开心的事情，但最值得高兴的是，一直流传在我家的“滋补菜式”得到认同和肯定。

我家与中草药结下不解之缘，故每天日常饭菜和羹汤，都会夹杂着一两味中药。家父更认为每种药材和食材，皆有其独特功用、寒凉温热和味道，若能多点认识和了解，选择适合自己体质的药材和食物，灵活配搭，用简单调味和烹煮，应用在日常餐饮中，调整、补充和滋养身体的机能，便能达到养生保健的功效。一直以来，我家的日常餐饮习惯，都是秉承着这个理念，而我家的年长女性们，外貌比真正年龄年轻十岁，体质没有受到女性生理机能的困扰，健康愉快地步入更年期，居功至伟的应该是我家“滋补”饮食的习惯。

在家人和友人们不断鼓励和这次获奖的鼓舞下，我把记忆里的家传滋补菜式，和一些根据这个理念而创新出的菜式辑印成书。希望能给各位带来一些“认知药材和食物的宝贵来滋补养生，保持健康”的启发和灵感。快快把握机会，积极地寻找

# PREFACE


你的中医师，请他为你判别体质，然后知宝滋补，调养出一副强健体魄，从而散发健美女性的动人气息。

最后，在此多谢各位至爱亲朋，尤其是家人和启蒙老师蔡校长，没有他们的支持和鼓励，便没有这本书的出现！

伍丽贞

The Traditional Family Cooking Competition in spring of 2004 brought me back many childhood memories. The tools for pounding, grinding and cutting medical herbs as well as the pillow for inspection, the four natures, five flavors and functions of medicines were all vivid in my mind. Among the various traditional family dishes, I chose to make the plain but nutritious Pork Trotter dish in the competition. My family members were very delighted when I won the 1st prize of the competition by this dish, which was rich in bone collagen, among many strong competitors. Being the champion was undoubtedly a happy thing, but the happiest point was that my family's nutritious and healthy dish was approved.





There has been a strong relationship between my family and Chinese medicine. Therefore, in our daily meal, there should be at least one to two dishes made up of Chinese medicine. My father even believes that every medicine or ingredient has its own special function, temperature and taste. If we can know them more, choose the most suitable food and medicine according to our physical condition and combine them in our meals flexibly, we can control our fitness and thus improve our health and prolong our lives. This nutritious and healthy principle has been the foundation of my family's eating habit and its contributions are so great that every woman in my family looks 10 years younger, is free from the special female diseases and enters menopause cheerfully.

With the encouragement of my family, friends and being the champion of this competition, I write down the nutritious and healthy dishes passed down in my family. I have also created many dishes based on this healthy concept in this book. I really hope that this can inspire you to treasure the value of medicines and ingredients to keep yourself healthy and prolong your life. Grasp the opportunities to go to your Chinese doctor and ask him or her to tell you your health condition so that you can treasure the valuables and choose the suitable dishes in order to be physically fit and show the charm of a fit and beautiful woman.

At last, I'd like to thank my friends and family members, especially my family and Principal Choi. Because of your encouragement and support, I can have this book written.

*Aniter Ng*

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# 懂得保养人生更幸福

KNOW THE WAYS OF REGIMEN MAKES YOU BE HAPPIER

食物与药材同样源于大自然，故亦有药材的四性五味归经等特点，除了有本身营养价值外，亦有药材滋补人体脏腑的功用。只要我们懂得选择适合自己体质的药材和食物，灵活配搭，用简单调味烹煮，应用在日常餐饮中，便能调整、补充和滋养身体的机能，达到养生保健的功效，亦可使食物成为服药治病以外的辅助品。我们进食这些食物的目的是帮助身体快些康复或舒缓疾病带来的不舒服，但我们记住，不能把它们视作药物般来治病，亦不能因它有益人体而长期服用，否则会因饮食失衡而出现毛病。

Foods, like medicines, are originated in nature. The four natures, five flavors and functions of medicines can also be found in foods. Nutritious in nature, like medicines, they can strengthen humans' organs. If we can choose medicines and foods that suit our physical conditions, mix them flexibly, cook them in simple ways and put them in our daily meals, they can supply us with energy and make us fit. They are also supplementary medicines. Remember, our aims to take these foods are to help ourselves recover faster or be more relaxed when we are ill, but not to regard them as medicines to cure illnesses. Long-term intake of them is never encouraged as this will make you sick due to imbalance diet.



# 重要日子女性的困扰

## Special Days-Women's Worries

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现代女性一身兼任妻子、母亲、媳妇三职，职业妇女更需担任更多不同的角色。女性在担任不同职务时，受各种心理因素的影响，家庭妇女会觉得她们的角色缺乏成就感，而职业女性却往往因工作繁忙，而忽略家人的需要，产生内疚感。青春期和年老的女性，同样需要面对转变，前者向成年期迈进，开拓新生活，而后者是由高峰期退下，由灿烂归于平淡。所以一般来说，女性较容易患上情绪病。

身体的不适，会令人情绪不安，尤其是在面临一些重要的日子，如：考试、比赛、结婚，甚至出外旅游，精神上增添担心和焦虑，情绪的压力足以令我们身体不适，如：工作过于劳累、过度的运动量、惯性便秘、甚至长时间坐着，都会令白带分泌量增多，使阴部潮湿，产生搔痒。在月经前期，工作繁忙、心情紧张，会出现头晕头痛、心跳失眠、腹痛腹泻、腰部酸痛、四肢肿胀，月经异常等不适现象。太多的情绪压力亦会令暗疮加剧生长。一些更年期的女性，有感青春不再，心情变得忧郁，容易暴躁，致使经期紊乱、潮红潮热，无故面红耳赤，全身发热出汗，心跳加快，十分难受。如果我们能够积极面对，就医治疗，再辅以食物调理舒缓，

Modern women hold the position of wife, mother and daughter-in-law, working women even play more roles. Women are psychologically affected when they lead different roles. While household women are dissatisfied with their roles, working women are guilty as they are too busy at work and thus neglect the needs of their families. Both young and old women need to face changes. While young women enter adulthood and start their new lives, old women retreat from their peaks, say goodbye to the splendid days and return to ordinary lives. Generally speaking, women are more vulnerable to emotional illnesses.

Physical problems can bring insecurity, especially when one has his or her special events like having an examination, a competition, a wedding or even travelling. Worries and anxiety can lead to pressure which is indicated by symptoms like an increase amount of whites, vaginal becomes wet and itching as a result of being exhausted due to overwork, over-exercise and keep on sitting for a long period of time, as well as frequent constipation. Heavy workload and tension before menstruation can lead to dizziness, headache, rapid heartbeat, insomnia, stomachache, diarrhea, waist soreness, swollen hands and feet and irregular periods. Great pressure also stimulates the growth of acne. When some women reach menopause, they are aware that they are no longer young, so they are depressed and easy to get angry, thus they suffer from irregular periods, hot flushes, faces and ears turn red and hot suddenly, sweating and feeling hot as well as rapid heartbeat. All these make them sad. So, if we can face these problems positively, go to see the doctor and

便能使身心得到适当调节，取得平衡，令生理和心理都达至舒坦。

除了上述种种因素外，影响着我们的，还有周围环境气候，若我们能利用四季气候时令的特点，适当地选择食物和药材来滋补调养，便会事半功倍了。

春天，梅雨纷纷，是湿气重的季节。常见毛病有：白带分泌较多、四肢肿胀、炎症湿疹等等，可选择去湿气、促进水分代谢，性味甘平的食物和药材，如：冬瓜、红豆、绿豆、黑豆，薏仁、肇实、茯苓、紫苏等。

夏天，是一年里最热的季节，酷热的天气令人胃口欠佳，消耗多吸收少，常见毛病有：皮肤炎、中暑、尿道炎等，最好选择消暑清心火、增进食欲、甘平清淡的食物和药材，如：冬瓜、苦瓜、扁豆，淮山、肇实、山楂、薏仁。

秋天，干爽偏燥阴寒，常见毛病有：皮肤干燥、眼睛干涩、咳嗽、关节疼痛等等，最好选择滋润养阴，益气温阳的食物和药材，如：雪梨、甘蔗、莲藕、黑白木耳，黄芪、党参、麦冬、川贝。

冬天，气温由凉转为寒冷，是固守元气、进补的最佳时机，多吃一些温补的食物和药材，如：羊肉、糯米，人参、鹿茸、肉苁蓉等，帮助血液循环，加速新陈代谢，一方面可以御寒，另一方面可以加强体质，迎接春天的来临。

choose suitable foods as supplementary treatment, we can be both physically and mentally healthy.

Other than the above reasons, the environments and climates also affect us very much. We can do more with less if we can make use of the characteristics of the four seasons, different climates and timing to choose the best food and medicine to keep us fit and healthy.

Spring is a wet season with gentle and frequent rain. Common illnesses found are increase in the amount of whites, swollen hands and feet, eczema, etc. Sweet medicines that can adjust water level in body like winter melon, red bean, green bean, black bean, Yi Ren, Fu Ling and perillid can improve metabolism of water.

Summer is the hottest season in a year. People lose appetites in this extremely hot weather. Illnesses like dermatitis, heat exhaustion and urethritis are commonly found as a result of absorption more than consumption in summer. In this case, you'd better choose winter melon, cucumber, lentil, Huai Shan, haw and Yi Ren, which are sweet and light, to make you feel cooler and increase your appetite.

Autumn is cool, dry and gloomy. To get rid of illnesses like skin and eye dryness, cough and joint pain, try food and medicines like pear, sugar cane, lotus root, black and white fungus, Huang Qi, Dang Shen to moisturize your body and make you warm.

Weather turns from cool to cold in winter and it is a golden opportunity to have more nutritious food and medicine to keep you warm. Mutton, glutinous rice, ginseng, the hairy antlers of a young stag and Cistanche salsa can improve blood circulation, metabolism so that you can strengthen your health as well as keep yourself warm to welcome the arrival of spring.

# 女性的疑问和困惑是什么？

## What are the doubts and worries of women?

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由于女性具有特殊的生殖器官，除了具备与男性一样的生理功能外，还有“经、带、胎、产”等特点。这些特点是正常的生理现象，但有时可能是异常的病态，如：生殖系统发育不健全、经期护理不当和产后失调等都易产生妇科病和困扰，如果我们能够认识何谓“经、带、胎、产”的话，懂得去护理和调养，便会减少这方面的困扰。当然，女性亦会出现一些特殊而个别的异常生理，这并不等于是正常和病态，所以一旦遇有疑惑时，切勿怕麻烦、羞于启齿或讳疾忌医，应该积极地请教医生。

### “什么是“月经”？”

“月经”是青春期至成熟期女性的子宫周期性出血，行经第一天至下次来潮第一天为一个周期，每个周期约为28天（四周），故名“月经”。25-35天均属正常。若周期少过24天属“月经先期”，迟过36天为“月经后期”。月经来潮前或行经时，有局部或全身轻微不适，如：腰部酸痛、轻微腹胀、乳房胀痛、头痛等，不会影响日常工作，但抵抗力会比平时弱，而由于子宫充血和子宫口较松弛的

The physiological functions of women's reproductive organs are the same as men's. However, they have some characteristics that men's don't have, they are "periods, whites, pregnancy and produce". Though these are normal, if they are not properly treated, women's illnesses, such as unhealthy growth of reproductive system, diseases brought by improper treatment during periods and disorder after giving birth to a baby, can be resulted and worry women very much. If we can understand what are "periods, whites, pregnancy and produce" and know how to treat and take care of our body, our worries can be put away. It is usual that women meet some personal and special illnesses, this is not abnormal. Go to your doctor when you have doubts, don't be shy and feel troublesome, do not hesitate.

### "What is 'period'?"

"Period", which is also known as menstruation, is found when a woman reaches adolescence and mature period. It is the periodic bleeding of the uterus. A cycle is counted from the first day of menstruation to the ends at the first day of the next menstruation, usually there are 28 days (4 weeks) in a cycle, so it is called "period". Periods last for 25 to 35 days are normal. Periods which are shorter than 24 days are called "short menstrual intervals", periods which are longer than 36 days are called "long menstrual intervals". Before or during periods, women may feel uncomfortable in some parts or even the whole of their bodies. Illness like waist soreness, swollen abdomen, breast soreness and headache will not affect everyday working, but women's resistance to illnesses