

菓菜健康美容百寶箱

THE TREASURE OF FRUIT & VEGETABLE FOR HEALTH & BEAUTY CARE



現代出版社出版

果菜健康美容百寶箱
THE TREASURE OF
FRUIT & VEGETABLE FOR
HEALTH & BEAUTY CARE

鄭華編著

(再版本)

現代出版社出版

京新登字 010 号

责任编辑:高 巍

果菜健康美容百寶箱

*

(新加坡) 鄭華編著

*

現代出版社出版

*

(北京安外安華里 504 號 郵編 100011)

各地新華書店經銷

北京遠益印刷有限公司承印

*

開本 889×1194 1/16 12 印張

1995 年 2 月第一版 1995 年 2 月第一次印刷

*

版權所有，翻印必究

ISBN7-80028-252-X/R·004

訂價: 190.00 元

目 錄

果菜健康美容百寶箱

再版的話	7
前言	9
鄭華院長簡介	11
促銷格言	15
果菜健康美容的起源、發展、現況與實惠	16
果菜健康美容百寶箱輔導理念	20
水果與蔬菜的效用如下：	24
水果蔬菜的功效	26
蔬菜和水果的營養意義	52
那些人需要多飲果菜飲料	56
果菜飲料須知	
(A) 製作過程必須注意的事項	64
(B) 製作器具的應用	69
(C) 製作材料的切法與處理	70
果菜健康美容之器具及護膚品	
(A) 果菜健康美容之器具	71
天然果菜產品療養系列之起源	72
天然果菜產品系列中有	73
鄭華果菜護療與保養產品之系列	74
水果蔬菜與美容的關係	78
1. 預防暗瘡之果菜汁	80
2. 減輕敏感皮膚之果菜汁	82
3. 預防面頰發紅之果菜汁	84
4. 減退黑斑、雀斑之果菜汁	86
5. 減少乾性、皺紋之果菜汁	88
6. 預防眼眵肉粒之果菜汁	90
7. 預防毛孔粗大之果菜汁	92
8. 減少皮膚油性之果菜汁	94
9. 消除凹洞疤痕之果菜汁	96
10. 減少粉刺之果菜汁	98

11. 使皮膚雪白之果菜汁.....	100
12. 預防皮膚粗糙之果菜汁.....	102
果菜與美髮的關係.....	104
④果菜有益於髮質	
1. 預防與護理油性頭髮之果菜汁.....	106
2. 預防與護理頭髮乾裂分叉之果菜汁.....	108
3. 預防與護理頭皮屑之果菜汁.....	110
4. 預防與護理白髮之果菜汁.....	112
5. 預防與護理脫髮之果菜汁.....	114
減少疾病，增加抵抗力之果菜汁	
1. 預防減輕傷風感冒之果菜汁.....	116
2. 減輕喉嚨痛之果菜汁.....	117
3. 預防口腔炎之果菜汁.....	118
4. 預防便秘之果菜汁.....	119
5. 有益於抽煙與喝酒人士之果菜汁.....	120
6. 預防心臟病、高血壓之果菜汁.....	121
7. 有助於減肥之果菜汁.....	122
8. 有益於增胖之果菜汁.....	123
9. 有助於牙齒健康之果菜汁.....	124
10. 有助於兒童發育期之果菜汁.....	125
11. 有益於喜愛肉食者之果菜汁.....	126
12. 有益於女性之果菜汁.....	127
動物性食物與植物性食物對人體的影響.....	128
動物性食物與植物性食物之蛋白質、脂肪成份之比較.....	130
動物性食物與植物性食物之影響與作用.....	132
減少疾病改善性格之天然植物.....	137
生菜果汁可以攝食“生”的蔬菜.....	143
果菜汁洗淨髒污衣服法.....	145
附錄一.....	155
附錄二.....	158
附錄三.....	160
果菜百寶汁.....	162
特制果菜調味品.....	163
果菜健康小點.....	164
果菜健康美容百寶箱家庭輔導情況.....	166
為什麼水果和蔬菜對我們有益.....	170
鄭華座右銘.....	172
祝賀語.....	173

CONTENTS

PREFACE TO THE SECOND EDITION	8
PREFACE	10
BRIEF INTRODUCTION TO GEN HWA, THE PRINCIPAL OF GEN HWA COMPREHENSIVE BEAUTY INSTITUTE.....	13
OUR MOTTO.....	15
THE ORIGIN, DEVELOPMENT, PRESENT SITUATION AND PRATICAL BENEFITS OF FRUITS AND VEGETABLES.	18
THE TREASURE OF FRUITS AND VEGETABLES FOR HEALTH AND BEAUTY CARE-COUNSELLORS' CONCEPT.....	22
THE COMPOSITION AND EFFICACY OF FRUITS AND VEGETABLES.	26
THE NUTRITIVE VALUES OF VEGETABLES AND FRUITS	54
THE TYPES OF PEOPLE WHO REQUIRE TO TAKE FRUIT AND VEGETABLE BEVERAGES MORE OFTEN.....	56
POINTS TO NOTE ON FRUIT AND VEGETABLE BEVERAGES:	
(A) Precautions in the process of making the drinks.	64
(B) Appliances and items used.	69
(C) The proper methods of cutting and handling of ingredients.....	70
EQUIPMENT AND SKIN CARE PRODUCTS FOR FRUIT AND VEGETABLE HEALTH BEAUTY	71
THE BIRTH OF SERIES OF CONVALESCENT FRUIT AND VEGETABLE PRODUCT	72
THE NATURAL FRUIT AND VEGETABLE PRODUCTS FOR THE PRESERVATION OF HEALTH ARE LISTED BELOW	73
THE TREATMENT AND PREVENTATION SERIES FROM VEGETABLE AND FRUIT PRODUCT OF GEN HWA	74
THE RELATIONSHIP BETWEEN FRUITS/VEGETABLES AND BEAUTY:	79
(1) Fruit and vegetable juice for the prevention of acne.	81
(2) Fruit and vegetable juice which reduces cutaneous sensibility.	83
(3) Fruit and vegetable juice for the prevention of cheek fervescence and rubefaction of check.	85
(4) Fruit and vegetable juice for reducing black spots and freckles.	87
(5) Fruit and vegetable juice for reducing dryness and wrinkles.	89
(6) Fruit and vegetable juice for the prevention of eye warts and verruca.	91
(7) Fruit and vegetable juice for the prevention of enlarged pores.	93
(8) Fruit and vegetable juice for treating oily skin.	95
(9) Fruit and vegetable juice for removing pits and scars.	97
(10) Fruit and vegetable juice for reducing comedones.....	99
(11) Fruit and vegetable juice for whitening the skin.	101
(12) Fruit and vegetable juice for the prevention of rough skins.	103

THE RELATIONSHIP BETWEEN FRUITS/VEGETABLES AND HAIR CARE. . 105

(A) Fruits and vegetables are good for healthy hair texture.

- (1) Fruit and vegetable juice for oily hair. 107
- (2) Fruit and vegetable juice for the prevention of fragmentation and splitting of hair. 109
- (3) Fruit and vegetable juice for the prevention of dandruff. 111
- (4) Fruit and vegetable juice for the prevention of white hair (Canities). 113
- (5) Fruit and vegetable juice for the prevention of falling hair (Alopecia or baldness). 115

FRUIT AND VEGETABLE JUICES WHICH STRENGTHEN BODY RESISTANCE TO DISEASES :

- (1) Fruit and vegetable juice for the prevention of cold. 116
- (2) Fruit and vegetable juice for the relieving sore throats. 117
- (3) Fruit and vegetable juice for the prevention of oral inflammation. 118
- (4) Fruit and vegetable juice for the prevention of constipation. 119
- (5) Fruit and vegetable juice for those who smoke and drink. 120
- (6) Fruit and vegetable juice for the prevention of heart diseases and hypertension. 121
- (7) Fruit and vegetable juice for slimming. 122
- (8) Fruit and vegetable juice for putting on weight. 123
- (9) Fruit and vegetable juice for healthy teeth. 124
- (10) Fruit and vegetable juice for the growth of children. 125
- (11) Fruit and vegetable juice for reducing craving for meat. 126
- (12) Fruit and vegetable juice for women. 127

THE EFFECTS OF FAUNA FOODSTUFFS AND FLORA FOODSTUFFS ON THE HUMAN BODY

- (i) Comparison of protein and fats contents between fauna foodstuff and flora foodstuff. 130
- (ii) The influence and effect of fauna foodstuff and flora foodstuff on the human body 132

NATURAL FRUITS AND VEGETABLES WHICH IMPROVE TEMPERAMENT. 138

VEGETABLE AND FRUIT JUICE ENABLE GOOD ABSORPTION

METHODS OF CLEANING STAINED CLOTHES WITH FRUIT AND VEGETABLE JUICE

CHILDREN SHOULD NOT OVER TAKE FOOD DURING CELEBRATION OF FESTIVALS. 156

FOOD WHICH ARE INADVISABLE FOR CHILDREN. 159

VEGETABLES - HEALTH TREASURE. 161

TREASURE OF FRUIT AND VEGETABLE JUICE

SPECIALLY PREPARED FRUIT AND VEGETABLE CONDIMENTS

HEALTHY SNACKS

THE TREASURE OF FRUIT AND VEGETABLE FOR HEALTH AND BEAUTY CARE - COUNSELLING SESSIONS

GEN HWA'S MOTTO

果菜健康美容百寶箱初版，在短短的一年內被搶購一空，反應熱烈，廣受歡迎，這是我個人預料不到的事。在初版時，從準備資料，到編寫校對，盡管費時費力，耗資十餘萬元，但我決不言悔，只希望編寫得完善，能把那益智內容，傳授給羣衆，把健康帶給社會，讓大家明瞭果菜對健康的重要，懂得如何應用果菜達到健康美容，進而達到健康的快樂生活，這則是我個人最大的心願。此書初版後，很快地被需求者所擁有，甚至於供不應求，爲了讓人人擁有健康與光采，我們唯有再版，以供需求。更希望人手一本健康隨身，正如此書之格言所說：“擁有果菜健康美容百寶箱，照顧您一家大小的健康”。

現代的人們，十分重視健康，對果菜健康美容，深感興趣，且具信心，也可說是對我編著此書的回饋。誠然，這是一件令人感到欣慰之事，這也令本學院深感殊榮，畢竟此書受羣衆認同，被社羣所接受，使我多年來提倡果菜健康美容事業，並沒有白費心機！爲了使果菜健康美容容易推廣，在再版時，摘錄了一句格言“喝杯果菜百寶汁，健康光采永不失”，希望這句話能成爲大家的口頭禪，喚醒我們重視果菜健康美容，把健康與光采帶給羣衆，造福社會。

本院在珍珠坊開設果菜健康美容中心，除了提供健康輔導服務外，同時也將培訓果菜營養專員，派遣她們深入各家各戶，指導家庭成員，改善飲食習慣，重視果菜營養。所謂：預防勝於治療，滋養勝於發生，養身勝於補身。希望通過家庭輔導，能灌輸健康理念，把果菜健康美容知識傳授給他們，同時也希望此再版本，能成爲家戶戶的健康寶鑑，作爲他們日常生活中的健康指南，隨時參考的寶貴資料。

我國政府在推行國民保健計劃時，鼓勵國民多吃蔬菜水果，少吃醃制食品；一些先進的歐美國家，也十分重視多吃果菜來滋養身體，改善體質。由此可見，蔬菜水果對人體是多麼的重要！因此，毫無疑問的，本書的再版，不但正合時宜，而且在推動健康活動方面，也扮演着一一定的角色。

此書再版時，除了更正修訂外，更不惜耗巨資，禮聘著名攝影師，進行拍攝工作，更換一些圖片，使圖片更生動。在拍攝過程中，所做的準備功夫，所費的各種構思，都費盡心思，毫不馬虎！之後，再經過一番挑選，始大功告成。

此書在短期內售清，能榮幸地再版，乃有賴於讀者們之錯愛，這更令我深感欣慰，而矢言再版時，力求盡善盡美，以回報讀者們。也希望此書再版後，能給更多羣衆們，帶來健康幸福，讓我們過着健康快樂的美好生活。

此書能順利再版，我要感謝參與此書的全體工作人員，讀者們之熱烈支持以及督印此書的維新企業。在此，讓我再次衷心地向他們致以萬分謝意。

PREFACE TO THE SECOND EDITION

In the first publication of this book, the readers' fervent response was well reflected in the fact that all the copies were snapped up within a short period of one year. This was something beyond my personal expectation. Though publishing the book entailed a lot of hard work into tedious preparation of materials, formulation of ideas, photography, writing, revising and editing, and not to mention the enormous expenses of over hundred thousands dollars on other finishing jobs, I have no regrets in doing so. My deepest desire is to let everyone becomes aware of the importance of fruit and vegetable nutrition on one's health and beauty, so that everyone learns to be more responsible for their own health and be able to engage on a life-time of healthy living. Due to a greater demand from my readers and in order to allow more people to appreciate the knowledge within the book, I have little choice but to launch this second-edition. Hopefully, all my readers will align with the slogan [For taking better care of all your family's health and welfare, read THE TREASURE OF FRUITS AND VEGETABLES FOR HEALTH AND BEAUTY CARE].

I wish to express my gladness in seeing more and more people incorporating fruit and vegetable nutrition into their search for wholesomeness. It is indeed heart-warming to see that my book has been very well-received by the public, and it goes to show that all my years of advocacy of fruit and vegetable nutrition for health and beauty have been worth every effort! It is little wonder that our motto says "For your robust health and radiant youth, drink mixed fruit and vegetable juice". My vision is that this principle will be applied to everybody in every households, offices, schools and even the restaurants so that together we can build a healthy nation upon achieving the full benefits of the Nature's great resources — fruits and vegetables.

Recently, I have set up a Fruit and Vegetable Nutrition Centre to promote better health services. In addition to our health and beauty service, we also provide company and household counselling programmes as well as training courses for fruit and vegetable nutrition specialists. Our purpose for training these pool of specialists is to serve as a vehicle for spreading our health concept which bases on fruit and vegetable nutrition. We believe that this branch of knowledge will eventually penetrate into everybody's lifestyles and eating habits. This book is so written as a guide for anyone who wants to tap on the potentials of fruits and vegetables for his own well-being.

In the move to promote healthier lifestyle, our Government encourages people to eat more greens and less processed foods. Other developed countries like the United States also greatly emphasize on the nutrition of fruits and vegetables for the fitness of the body. In conjunction with the Government's effort in educating its people on healthy eating attitudes, this book is certainly a timely masterpiece.

In this second edition, concentrated efforts are made to improve the quality of the presentations in the book. We have gone a long way to engage professional photographers who painstakingly captured shots which most vividly put our ideas across. We owe the successful completion of this book to much hardwork, meticulous efforts and relentless spirit.

The complete selling of the first-edition was not possible if not for the tremendous support given by my readers. For this, I feel it is imperative on our part to produce a more excellent book which may bring forth good health and happiness to all mankind.

Last but not least, sincere thanks and appreciation to all my working staffs, Wee Sin Enterprise and all my friends who were involved, directly or indirectly, in the supervision to the birth of this book.

擁有豐滿光澤，雪白細膩的肌膚是人人所渴望的。女人有美好的肌膚和均勻的體態，更是令人羨慕不已，同時更能使自己充滿信心，且無時無刻展現其獨特的個性美。

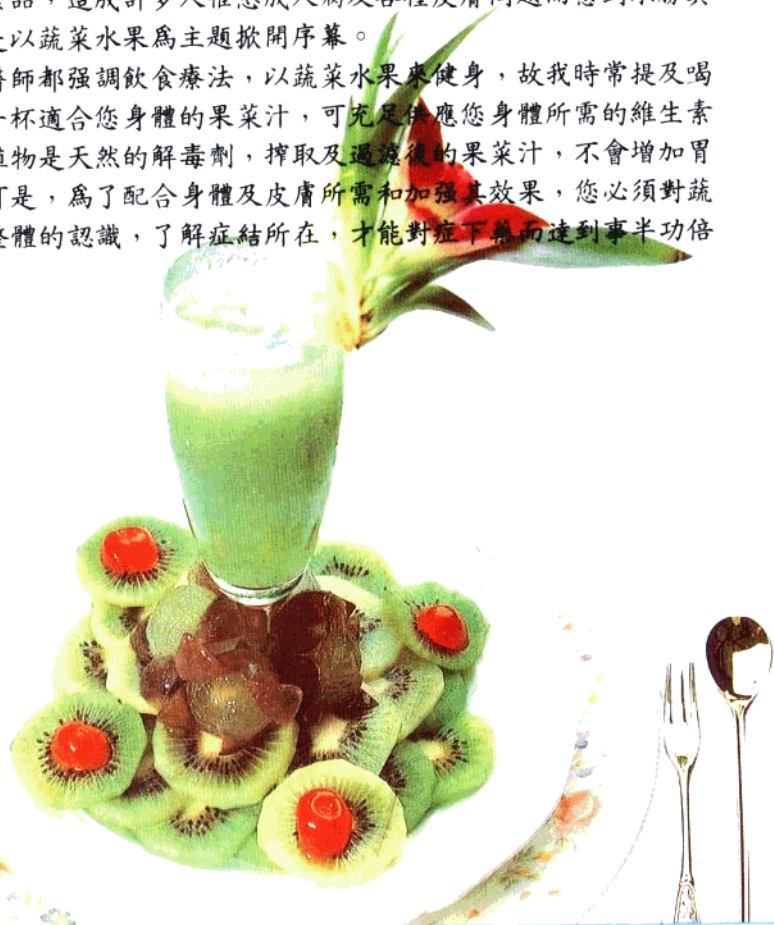
常言道“三分姿色，七分打扮”。女人如果擁有了上天賜賦的三分姿色而沾沾自喜，不加以保養，那日子一久，原有的姿色却逐漸褪色變得黯淡無光，失去原有的美。

其實，不論男女老少，要保持原有肌膚的美麗，健康的身體，大可不必傷透腦筋，因為只要在平日飲食上多注意營養攝取的均衡即可。

本書主要是談到蔬菜水果對人體的重要性，同時內服外敷雙管齊下，以經濟簡單的方法達到健康美麗之效。我不是果菜健康美容的開山始祖，但在美容界我却是率先積極的提倡果菜健康美容。

我國社會繁榮，經濟發達，人們豐衣足食，但並不說飲食生活豐富就等於健康。事實上，隨着工業社會的進步，市面上的食品都太精制且缺乏營養價值，導致人們很難攝取均衡的營養。目前，由於大量的食用現代化加工食品，造成許多人罹患成人病及各種皮膚問題而感到不勝其煩。本書就是以蔬菜水果為主題掀開序幕。

現今的醫師都強調飲食療法，以蔬菜水果來健身，故我時常提及喝果菜汁。飲一杯適合您身體的果菜汁，可充足供應您身體所需的維生素和礦物質。植物是天然的解毒劑，搾取及過濾後的果菜汁，不會增加胃腸的負擔，可是，為了配合身體及皮膚所需和加強其效果，您必須對蔬菜水果有着整體的認識，了解症結所在，才能對症下藥而達到事半功倍之效。



PREFACE

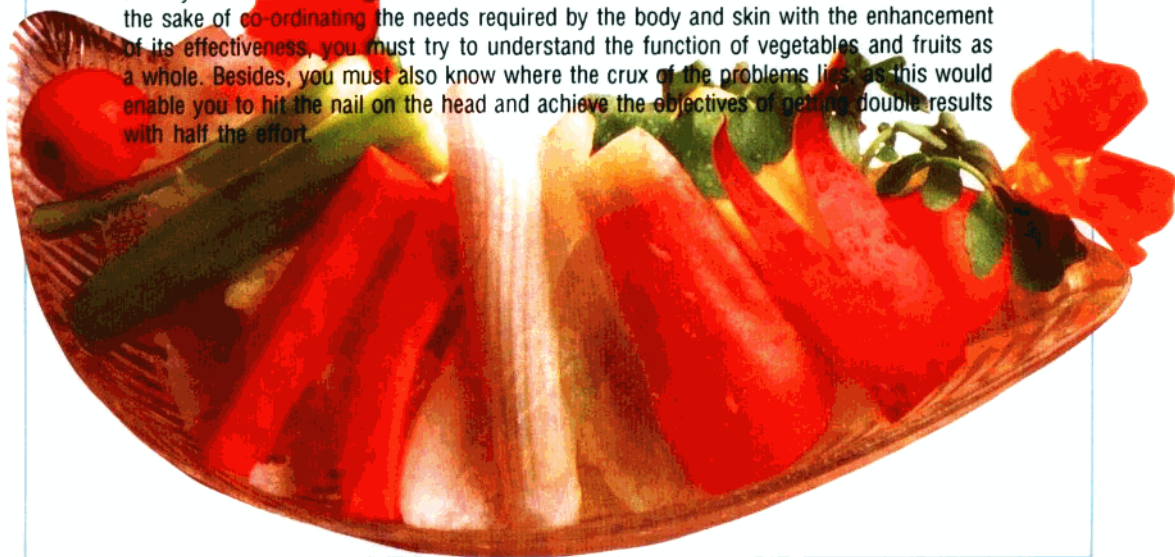
To have a smooth and snow-white complexion couples with toned and radiant skin is something each and every individual desires and would anxiously aspire after. Any woman with beautiful skin and an evenly balanced figure will certainly evoke the people around her green with envy. This, in turn, will enhance her self-confidence tremendously as her individuality is exuded distinctively at all time.

As the saying goes "The beauty of a woman depends three parts on inborn beauty while seven parts on make-up". Therefore, she should not rest content with the good-looks endowed upon her by neglecting the basic skin-care, otherwise, as time passes her original good-looks or beauty will lose its lustre, becoming dull and dim, if not haggard. As a matter of fact, regardless of sex and age, it is not necessary for us to rack our brains in order to retain the original beauty of the skin, as well as the health of the body, as long as we know how to pay specific attention to our daily balanced diet.

This book is designed primarily to deal with the subject of the status of fruit and vegetable nutrition in our daily lives. Only simple-to-follow and economical methods are applied, with a view to reaping the benefit of maintaining health and beauty through correct consumption of juices and external application of the remaining portion on the skin. Though I am not the founder of the knowledge fruits and vegetables for health and beauty care, nevertheless in the field of cosmetology, I could acknowledge in all modesty, to be the pioneer in active advocacy of fruits and vegetables for health and beauty.

Presently, Singapore is enjoying economic prosperity and being a booming society, its people are well-off in many ways. This, however, does not mean to say that the nation is also making a healthy living? (In actual fact, the Government see the need to educate the people on healthy lifestyles with the recent move in campaigning for "Better health, Better living".) The root of the problem lies, undoubtedly, with the flooding of attractively packaged but low-nutrition processed food in the markets. So, unless the consumers selectively include fresh foods, such as raw fruits and vegetables, in their diets, they risk their health by being more susceptible to skin disorders and some other diseases.

Present-day doctors unanimously emphasize the use of food therapy in strengthening our body by intake of vegetables and fruits. This is the reason why I keep on encouraging people to drink fruit and vegetable juice. A glass of fruit and vegetable that suits your body constitution can sufficiently provides the vitamins and minerals required by your body. Plants have natural detoxifying properties, and the residues of the vegetables which have already been filtered out will not add burden to the stomach and intestines. However, for the sake of co-ordinating the needs required by the body and skin with the enhancement of its effectiveness, you must try to understand the function of vegetables and fruits as a whole. Besides, you must also know where the crux of the problems lies, as this would enable you to hit the nail on the head and achieve the objectives of getting double results with half the effort.



鄭華院長簡介

鄭華綜合美化學院院長
亞洲太平洋美容美髮學會名譽理事長
國際美容美髮鑒定學會考試主席
海外大學整體美教授
新加坡廣播電台特約節目主持
麗的呼聲特約節目主持
七大雜誌、周刊專欄作家
[美化人生錄像帶] [果菜百寶箱全科]之創始人。
正華控股私人有限公司之董事主席



鄭華綜合美化學院院長鄭華是當今新加坡美容界名字響當當的女強人。她多才多藝，成功地屹立在獅城的美容領域里。鄭華院長不但在我國美容界擁有崇高的地位，且桃李滿天下，聲名遠播海外。

她經常是許多國際美容大會的評判、主持兼主席。此外，她主持的廣播電台——“美麗人生”、麗的呼聲——“錦綉人生”以及七大週刊、雜誌的美容專欄及聯絡所所主辦的美容專題講座，都受到大眾的歡迎。

鄭華院長也受邀拍攝了新加坡第一部美容專輯錄像帶“美化人生”，特別為各階層人士介紹美化人生的方法，由她負責編、導、示範、親述及講解等等。在這個專輯中，鄭華院長將告訴你如何照顧各類皮膚和髮質，此外也教導你如何將自己打扮得更出色。

“美化人生”錄像帶，內容包羅萬象，是鄭華院長在美容史上成功的一大杰作。

最近，鄭院長曾到歐洲各國及意大利去考察，並在大學的研究所研究最新的美容美髮新科技，如今她為女性們帶來了最新頭髮髮質的護理，特殊髮質的處理以及損害皮膚組織的認識，如斑點、疤痕、眼疣、肉粒、疙瘩、硬皮、活細胞填補、色素痣等損害皮膚構造之試驗與補救法。

眾所周知，鄭華院長的“果菜健康美容法”聞名遐邇。院長坦言，多年來不斷飲食果菜汁，的確受到太多的實惠。同時，她認為平衡的攝食果菜，能促進體內的新陳代謝和血液循環，這不但對於皮膚的柔嫩光滑有所助益，對於身體的健康也有很大的影響。

非常健談與幽默的鄭院長也表示，因為廿年來從不間斷地食用果菜，所以很少生病，儘管工作多麼忙碌，睡眠時間不長，仍然精力充沛。

鄭院長不但努力於“美化人生”，對於兒童教育也非常積極。她認為幼兒幼時教得好，長大壞不了。為了培育下一代而努力，因而開創幼兒教具培訓中心及幼兒身體健康皮膚疾病中心。她不遺餘力，深入研究，傳授大眾，成為幼教專家。在培訓幼童的同時，鄭院長也沒忘記母親亦需要有關的輔助，因此，也設有“母親教室”之類的活動，並設有兒童身體及皮膚保健護理之課程及服務。

鄭院長有今日輝煌的成就，並不是一蹴而就的。她的辛勤努力，勤學苦研及勇於創業的精神，是值得我們學習的。因此，鄭院長可說是名副其實，一枝獨秀的美容專家。

而今，鄭院長應朋友、出版社的邀請，在百忙中抽出寶貴的時間投入這本果菜健康美容書籍，誓將成冊面世。此書之完成，不愧是一部集果菜之大成，更開了新加坡美容界先河的巨著。一般果菜書籍只着重喝，而本書則強調內外雙管齊下，除了喝果菜汁，還可利用果菜渣外敷，以達到物盡其利之目的，充份吸收果菜中的營養素至極點；其功效之廣，真可說是美容、美髮、健身及療養的“百寶箱”。



鄭華院長與員工合影

BRIEF INTRODUCTION:

PRINCIPAL OF GEN HWA

Chairman of the International Beauty and Hairstyling Society Qualifying Examinations

Honorary Director of the Asia Pacific Beauty and Hairstyling Society

Professor of Overall Beauty, Overseas University

Guest Compere with the Singapore Broadcasting Corporation

Guest Compere with Redifussion Singapore

Columnist of seven major magazines



Gen Hwa, the Principal of Gen Hwa Comprehensive Institute, whose name figures prominently in the current Singapore beauty circle, is a remarkably outstanding personage. She is talented in many ways, and has successfully stood towering in the realm of the Lion City. Principal Gen Hwa holds in esteem not only an unique position in the fields of cosmetology in our country, but also finds mental recompense from the fact that numerous students who had been painstakingly trained by her over the years, are now spreading out far and wide, if not omnipresent. This, in turn, enables her name to be held in high repute overseas.

More often than not Principal Gen Hwa used to perform the role either as judge or host or chairman in many beauty conventions. Besides, she is greatly welcomed by the public in her hosting of SBC's "Beauty Life", Redifussion's "Splendid Life," as well as the beauty columns in the seven major weekly publications and magazines, and last but not least, the topical beauty lectures sponsored by community centres.

Principal Gen Hwa had also been invited to participate in the filming of the Singapore's first specially edited beauty videotape "Beautifying Life," in the process of the filming, she was responsible for the editing, directing, demonstrating, narrating, explaining and so on. Doubtless this was done particularly for the purpose of enlightening the people on the right way to achieve the beautified life. In this program Principal Gen Hwa is going to tell you how to take care of the various types of skin and hair textures. In addition, she will also teach you how to apply make-up, with a view to improving your looks and thereby becoming more attractive.

The videotape "Beautifying Life", with an all-embracing contents, is the successful masterpiece of Principal Gen Hwa in the beauty world history.

Recently, Principal Gen Hwa made a trip to some countries in Europe and Italy on a tour of investigation. There, she carried out research on the latest beauty and hairstyling techniques at the research laboratories in the various universities. She has now brought back with her for the ladies the latest tend-and-protect techniques for different hair texture, treatments for peculiar hair texture and the knowledge to identify what harms the skin tissues, such as spots, scar, eye warts, pimples, hard skin, live cell fill-in and pigmented mole etc. Because they are harmful to skin structures, experiments were being carried out and remedial measures are found.

It is popularly acknowledged that Principal Gen Hwa's "Fruits and vegetables health beauty method" is renowned far and near. She says, with refreshing frankness, that constant consumption of fruits and vegetables over the years has really brought upon her many practical benefits. At the same time she is of the opinion that balanced consumption of fruits and vegetables can promote metabolism and blood circulation in the body. This will help the skin to become soft and shiny, and also have great effects on the health of the human body.

As brilliant conversationalist, Principal Gen Hwa expresses that she seldom falls ill because she has effectively consumed fruits and vegetables during the past twenty years, and that although work is busy and pressing, and the hours of sleep are short, she remains very lively and energetic round the clock.

Principal Gen Hwa not only works hard on "Beautifying Life" but also plays an active role in the promotion of children education. She holds that if kids were brought up well when young, they will not go astray when they become adults. For the sake of cultivating the future generations, she has started preschool education and training-centres, and also an infant health and skin disease center. She works tirelessly, researches thoroughly and spreads the knowledge incessantly, and is also known as a preschool educationalist. While working hand in hand with the training of the infants, Principal Gen Hwa has not lost sight of the assistance required by the mothers, and "Mothers' Class" was set up as a result.

The extraordinary achievements which Principal Gen is enjoying today were not obtained overnight. She is diligent and industrious, unceasing to learn and has the courage to do pioneering work. Such inspiring examples in any point of view, deserve our emulation. This being the case, Principal Gen Hwa is worthy of the title as a super beauty specialist.

At present, while she is in the midst of pressing affairs and many claims on her time, she still managed to find time to commit herself to this book known as "Fruit and Vegetables for Health and Beauty Care" in response to the invitations extended by friends and publishing company. Let it be known that this book is not only the pioneer work of its kind in Singapore but is also a well collected work on fruits and vegetables with special emphasis on drinking of the juices. However, Principal Gen Hwa being a beauty specialist herself has made it expressively clear in her book as to how the two-prong method (drinking internally and applying externally) works, or to be more exact, by achieving dual effects at the same time. In other words, by drinking the juices you are able to absorb the most nutritious contents of the fruits and vegetables. With the pulps you can apply them on to the skin in order to do away with your skin troubles. And finally, to put it within reasonable bounds, this book of hers can be considered as a treasure chest for hairstyling, skin beauty, health care and recuperation.



促銷格言 Our Mottos

「擁有果菜健康美容百寶箱

照顧您一家大小的健康」

(For taking better care of all your family's health and welfare,
Read "The Treasure of Fruit and Vegetable for Health and Beauty Care.")

「喝杯果菜百寶汁

健康光采永不失」

(For your robust health and radiant youth,
drink mixed fruit and vegetable juice.)



果菜健康美容的起源、 發展、現況與實惠

起源，發展現況

果菜健康美容的運用，據說起源於秦始皇時代。當時三宮六院中的后妃爲了美容與健康的因素，多以果菜來達到減肥與美顏的效果，以贏取秦始皇的歡心。由於實際功效高，加上果菜易於取得，所以利用果菜來達到健康美容的方法，也很快的流傳到民間，普受大眾所採用。

到了唐朝時代，果菜健康美容的方法開始外傳到西域，並受到西域人士的歡迎。第二次大戰期間，由於動物大量死亡，肉類廣缺，於是人們便以果菜取代肉類，不知不覺中，果菜健康美容的功效更普遍受到重視。

今天，由於工商業的發達，都市生活緊張與忙碌，人們飲食不定時且不注意營養成份。大量攝取動物性脂肪、蛋白質：如鷄、鴨、魚、肉、海鮮、蛋等。而減少植物性的食物：如豆類、蔬菜、水果等。不均衡的飲食習慣，久而久之造成皮膚漸枯、衰老；體質弱，抵抗力不夠，血液酸性過高，血液循環不順暢，體溫增高，形成種種皮膚疾病，如青春痘、暗瘡、膿疱、黑頭、白頭、黑斑、凹洞、眼疣、肉粒、毛孔粗大、狐臭、白斑等。身體健康方面，由於大量攝取動物性脂肪、蛋白質，造成胆固醇過多，形成各種疾病如：心臟病、肥胖、便秘、動脈硬化、肝臟、高血壓、癌症、腎結石、腸胃消化不良、胃潰瘍、糖尿病等等。

預防以上各種疾病的方法，除了個人生活起居應注意之外，均衡的飲食是最基本的步驟。例如：一，減少吸取動物性的脂肪及蛋白質。二，多吸取蔬菜中的維他命、礦物質。三，減少酸毒，改善血質與體質，增強身體、皮膚的抵抗力，促進身體健康，使皮膚光滑潤澤。

