

# AMIGOS

By HKMC

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## AMIGOS

By HKMC

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## 熟齡男團 THE SENIORS 成員 Michael 突破界限 敢創退休新玩法

Michael, a member of a golden agers group, THE SENIORS,  
dares to push the limits to live retirement life creatively

最近在香港按揭證券有限公司 (HKMC) 的宣傳片中經常看到一位外型出眾，喜感十足的銀髮藝人，演出甚為令人眼前一亮。作為熟齡男團 THE SENIORS 其中一員的 Michael，退休後到底如何開拓演藝事業，突破年齡界限？

In the recent promotional videos of the Hong Kong Mortgage Corporation Limited (HKMC), we often see a silver-haired artiste with a characteristic look, full-on comedian flair, and mind-blowing performance. As a member of the golden agers group named THE SENIORS, how did Michael kick-start his career in the show business after retirement and overcome the limitations of age?





Michael 出道前全無演出經驗，他的「退變」顯示出人生下半場有無限可能。

「我年輕時做倉務，後來老闆想我轉做銷售。我不太擅長面對客戶，覺得有壓力，加上年紀大了，就決定提早退休。」

退休後隨遇而安，享受人生，也投身各類兼職，並利用餘暇，參與為長者送飯等義務工作。機緣巧合下加入電視台任臨時演員，再轉做特約演員，及後更獲得拍攝廣告及電影的寶貴機會，跳出框框夥拍巨星同場演出。



退休後，Michael 成為特約演員，並獲得拍廣告及電影的寶貴機會。

After retirement, Michael became a contract actor and seized the invaluable opportunities to appear in commercials and movies.

Before his debut on screen, Michael had no performance experience. The bold transformation he made after retirement has proven that there are endless possibilities in the second half of one's life.

"When I was young, I focused on warehousing tasks, but my boss wanted me to switch to the sales team later on. As I'm not very good at dealing with customers, I felt quite stressed out. On top of that, I was getting on in years. That's why I decided to retire early."

After retirement, Michael just went with the flow and enjoyed his life. He devoted himself to various part-time jobs and utilised his spare time to participate in voluntary works, such as delivering meals to the elderly. He ended up joining a TV station as an extra by chance and then became a contract actor. From then on, he seized the invaluable opportunities to appear in commercials and movies, stepping out of the box to collaborate with superstars on the same screen.



## 退變精彩人生

他憶述當年與周潤發同場拍攝《賭城風雲》，有幸見證他一開拍便瞬間入戲的專業精神，從中學習不少。「發哥平常跟場務、其他演員玩得盡情，但一拍攝便立刻很認真，的確是個專業演員。」

外型可塑性甚高的 Michael，曾演活多個不同角色：老闆、校長、造琴師、甚至流浪漢等他都能輕鬆駕馭。對於難度最高的挑戰，Michael 卻有另一番體會：「動物才是最難合作的『演員』。試過跟一隻八哥犬做對手拍了輯分上、下集的廣告。牠本來很乖，第一次拍攝時，只要餵牠吃東西便可以了。」想不到下一次拍攝，短時間內牠竟已極速增磅。「我抱了一會後，已忍不住問導演，可否先放低一會，因為牠實在太重了。」

## Retirement turns out to bring a wonderful life

Recalling his experience shooting the movie From Vegas to Macau with Chow Yun-fat, Michael feels fortunate to have witnessed Chow's professionalism and have learned a lot from him - Chow literally got into the character as soon as the camera started rolling. "He got along with the production assistants and other actors very well, but once the camera started rolling, he instantly got serious. He's truly a professional actor."

With his versatile appearance, Michael has brought many characters to life on screen. Be it a boss, a school headmaster, a piano-maker, or even a homeless person, he could handle the role aptly and articulately. For the biggest challenge, Michael had a unique experience: "The most difficult 'actors' to work with are animals. I once had to

shoot a two-part commercial with a pug. It behaved very well in the first shoot. All it took was feeding it, and it'd do just fine." Unexpectedly, the pug gained pounds at a rapid rate in the second shoot. "After holding it in my arms for a short while, I couldn't help but ask the director if I could put it down briefly because it's too heavy."



作為熟齡男團 THE SENIORS 的一員，Michael 為 HKMC 退休 3 寶拍攝廣告。

Michael, a member of the golden agers group named THE SENIORS, shoots a TV commercial for "HKMC Retire 3".

## 乘著「大叔風」 建立自己的舞台

近年電影、廣告接拍不斷，Michael 自覺十分幸運。「剛開始做臨時演員時，那時電視台較流行找年輕的演員，銀髮藝人出路比較窄。」他謙稱：「可能現在流行我這種風格吧！留鬍子、肥肥矮矮、看上去像老闆那種『大叔』。很開心能做到自己喜歡的事！」

最近更為 HKMC 退休 3 寶，安老按揭計劃及香港年金計劃一連拍攝三個廣告，拍攝過程至今想起，仍令 Michael 覺得甚為有趣，亦令他對退休規劃有更深入的了解。「當初退休時並無退休金，亦無特別作退休規劃，抱著隨遇而安的心態。」他認為「HKMC 退休 3 寶」的推出對中產人士有一定的幫助，特別是有資產的退休人士，可以給他們多一個選擇。

Michael 最近為 HKMC 拍攝三個廣告，至今想起，仍令他覺得甚為有趣。

Recently, Michael has shot three commercials for the HKMC. Looking back, he finds the shoots interesting.

## Riding on the "uncle style" trend, building his own stage

Shooting movies and commercials incessantly in recent years, Michael feels extremely lucky. "When I first started as an extra, it was more common for TV stations to cast younger actors. Golden agers had limited career prospects," he says humbly. "Maybe my style is now in fashion! 'Uncle style' which is beardy, short, and chubby, looking like a boss. I'm so thrilled to be able to do something that I like."

Recently, Michael has shot three commercials in a row for "HKMC

Retire 3", the Reverse Mortgage Programme, and the HKMC Annuity Plan. Looking back, he finds the shoots interesting, and they have deepened his understanding of retirement planning. "I didn't have a pension or a retirement plan when I retired. I just went with the flow." He believes that "the launch of 'HKMC Retire 3' would help the middle class to a certain extent," especially those retirees owning assets, by providing them with another option.



## 永遠年輕的秘密

已步入熟齡的他，仍保持年輕心境，或許這也是他在行內屢獲機會的原因。「記得看智叔(廖啟智)教大家演戲，他說：最重要有赤子之心。我很同意！我也常當自己是年輕人，跟小朋友踢波，和年輕人行山、游水、聊天。平常多些運動，人便會更年輕，心境亦不會老。」

「不需要在外型上做甚麼改變，要接受自己的外型老去，心態才是最重要的。」

## Secrets to staying forever young

In his senior years, Michael still remains young at heart. Perhaps this is the reason why he secured so many opportunities in the industry. "I remember once 'Uncle Chi' (Liu Kai-chi) taught us how to act. He said, the most important part of acting is to stay innocent and pure at heart. I couldn't agree more! I often consider myself a young man; I play soccer with kids; I hike, swim, and chat with

young people. Just work out more, and you'll feel younger without aging on the inside."

"Don't need to change your appearance. Just accept your aging looks. Your mentality is the most important."



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AMIGOS By HKMC

香港按揭證券有限公司 The Hong Kong Mortgage Corporation Limited

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# AMIGOS By HKMC 為會員帶來優惠及節目 brings members privileges and programmes

## 會員尊享優惠

香港按揭證券有限公司 (HKMC) 近日於安老按揭計劃下推出「高年金定息按揭計劃」，客戶申請「高年金定息按揭計劃」，並成為 AMIGOS By HKMC (AMIGOS) 會員，每月年金金額較浮息按揭計劃可高達三成，而每月按揭保費年率只微增 0.25% (即年率 1.5%)。如有任何查詢，可致電 AMIGOS 會員熱線 (852) 2318 0828。立即掃描二維碼收看宣傳片：

## Exclusive privileges for members

The Hong Kong Mortgage Corporation Limited (HKMC) recently launched an enhanced fixed-rate mortgage plan under the Reverse Mortgage Programme (RMP). Customers who apply for the enhanced fixed-rate mortgage plan and become AMIGOS By HKMC (AMIGOS) members can enjoy a monthly payout which is up to 30% higher than that of the floating-rate mortgage plan, while the monthly mortgage insurance premium is only slightly increased by 0.25% per annum (i.e. 1.5% per annum). For enquiries, please call the AMIGOS Hotline at (852) 2318 0828. Scan the QR code to watch the promotional video now:



## 網上節目 「智迎生活 - 酒伴樂隨好友篇」

另外，AMIGOS 於今年 8 月 18 日為大家特別呈獻「智迎生活 - 酒伴樂隨好友篇」，請來資深唱片騎師陳少寶先生以及著名侍酒師袁大文先生與大家品嚐不同種類的法國酒，並搭配上經典樂曲。想重溫精彩節目，立即掃描以下二維碼收看：



## Online programme - "Live-in Style: Jazz & Wine for Amigos"

In addition, AMIGOS hosted an online programme "Live-in Style: Jazz & Wine for Amigos" on 18 August 2021. It has invited an experienced DJ Mr Chan Siu-bo and a renowned

sommelier Mr Damon Yuen to taste a variety of French wines and to pair them with classical music. To watch the marvellous programme again, scan the QR code below:



## 熟齡男團 THE SENIORS 矚目登場

早前預告 HKMC 將組成熟齡男團 THE SENIORS 宣傳「HKMC 退休 3 寶」，期待已久的宣傳片《舞動人生 自製長糧》已於 HKMC YouTube 頻道上載！THE SENIORS 由 6 位 50+ 陽光大男孩組成，為求跳出活力，早前更接受排舞師特訓，透過動感歌舞，帶出退休後都可以跳出想像空間，突破傳統界限的正能量。立即掃描以下二維碼欣賞他們令人眼前一亮的表演：



中文短片 Chinese video

## Golden agers group, THE SENIORS debuts

We announced earlier that the HKMC would form a golden agers group, THE SENIORS, to publicise "HKMC Retire 3". The eagerly-anticipated promotional video "Rock Your New Chapter!" has already been uploaded to the HKMC YouTube channel! THE SENIORS consists of six guys with sunny disposition, all aged over 50. To imbue their dance moves with

vitality, they received special training from a choreographer earlier. With their energetic performance, they bring out the idea that even retirees can deliver positive energy by jumping out of the box and going beyond the confines of traditions. Scan the QR below to watch their compelling performance now:



英文短片 English video





## 活用經驗與所長 掀銀齡網紅熱潮

### Capitalising on experiences and specialities Golden-aged KOLs go viral

社交媒體、直播平台大行其道，造就不少年青人成為網紅，即 KOL。不過，隨著智能手機的使用方法日趨簡便，銀髮族也能發揮他們的影響力，與年輕人一樣勇於接受新事物，活用自己的經驗和所長，有機會成為知識型網紅。

一班來自不同界別的退休人士，由零開始，學習編導剪接，創作獨一無二的短片。除了與身邊人分享生活趣味，也可以盡展所長，將專業知識及豐富經驗以輕鬆方法傳授給年輕人，促進兩代溝通。

Social media and live streaming platforms are all the rage, paving the way for many young people to become online influencers, also known as KOLs (key opinion leaders). However, as smartphones become increasingly easier to use, golden-agers who are open to new ideas like their younger counterparts may also capitalise on their experiences and specialities to make an impact. They have the chance to become knowledge-based KOLs.

A group of retirees who used to work in different sectors have been learning directing and editing from scratch to create unique videos. In addition to sharing their passions in life with people around them, they can give full play to their strengths and pass on their professional knowledge and profound experiences to younger generations in fun-filled ways, greatly facilitating intergenerational communications.

如何運用三至五分鐘，以短片的方式分享累積多年的寶貴經驗？編導拍攝以至後期製作都是不可或缺的技能，對銀髮族而言更是有趣的挑戰。以下一眾認真學習的退休學員親身完美示範。

## 傳承智慧樂在其中

從事室內設計 30 多年的 Toby，當初對影片製作零認識，但抱着「多學無妨」心態學習，最終製作出幽默創意兼備的實用短片。

Toby 在影片中以輕鬆的形式分享其獨特的裝修選料心得——「先仔細近觀材料的紋路和顏色，然後與其他材料放在一起，再來回作比較，模擬將來見到的景象，便能掌握真實狀況。」除此之外，影片剪接的技術亦能應用於日常生活。「我在處理自己屋苑法團事務時，為了方便溝通，有時會自製影片輔助講解。」他笑說，不論日後能否成為網紅，學習過程已是豐收。

How can you cover years of precious experiences in a short video that is only three to five minutes long? Skills in directing, filming and post-production are

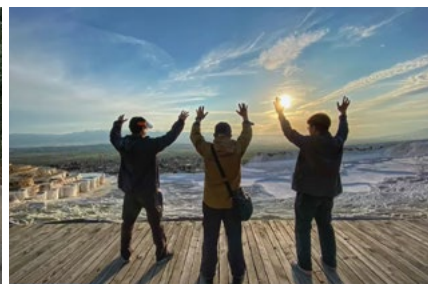
## Enjoying the process of passing on wisdom

Toby, who had been working in the interior design sector for more than 30 years, had no knowledge in video production at first. However, with the thought of "It doesn't hurt to learn something new," he succeeded in making practical videos with both a sense of humour and creativity.

In his videos, Toby shares his unique insights on picking the right materials for interior decoration in a light-hearted tone. "Take a close look at the texture and colour of the material

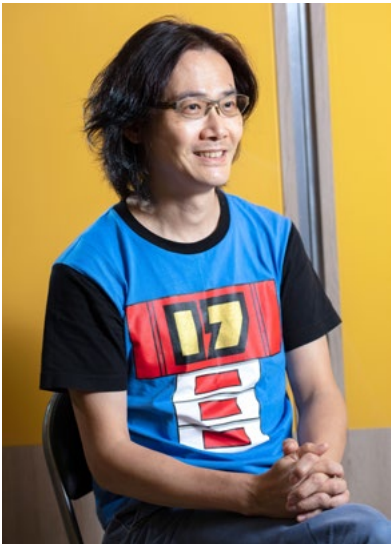
indispensable, and it is also a fun challenge for golden-agers. The following retired learners have studied attentively and they have made perfect demonstrations.

first, then put it side by side with other materials to compare back and forth. Simulate the space after the work is done. That's how you keep the end product in check." On top of that, Toby also finds film editing skills useful in his daily life. "When I handle issues for the owners' corporation of my building estate, to facilitate communication, I sometimes make videos to convey the messages," he says with a grin. Whether he can become a KOL or not in future, he still considers the learning process a fruitful endeavour.



Toby、Tommy 及 Anita 學習影片製作，甚至有機會加入知識型網紅行列，將專業知識及豐富經驗以輕鬆方法傳承。

After learning how to make videos, Toby, Tommy, and Anita have a chance to become knowledge-based influencers, passing on their professional knowledge and profound experiences to younger generations in fun-filled ways.



## 室內設計達人 Toby 55 歲

「很多人覺得退休便是躺平，但其實退休是不用為生計而做事，因此基本上是做甚麼也可以。我現在是重新回到 19 歲，那時有甚麼想做而做不到的，現在就做了。」

「學習影片製作讓我接觸新事物，現在等於多了一張刀，發展空間更大，將來亦總有機會派上用場。」

## Toby, 55, interior design guru

"Many people think that retirement life is about doing nothing. But in fact, retirees do not need to work for a living, so they can basically do whatever they want. Right now, I'm living my life like a 19-year-old again. It's time to try something I wanted but failed to do so."

"Learning to make videos exposed myself to something new. I'm now equipped with a new skill so that there is extra room for development, and this skill will probably come in handy one day."

## 用影片分享生活點滴

退休前為幼稚園園長的 Anita，退休 10 年，足跡遍及大半個地球，以往常用電腦軟件製作影片與朋友分享。後來得知現時用手機、平板電腦已能做到，便捉緊機會學習。她將旅遊、家庭生活的點滴，配以中英文金曲及不同特效，展現歡樂時刻，讓人重溫精彩一幕。

首次剪輯的影片濃縮了在土耳其乘坐熱氣球、觀賞舞蹈的旅遊精華，並以經典國語金曲橄欖樹作背景音樂，別有一番異國風情。背後其實她下了不少苦功。「年紀大，很快便忘記老師的話，但我會重看教學片段，跟着步驟反覆去試。相信只要有心學，便一定能學懂。」

## Sharing daily moments on videos

Before retirement, Anita used to be the head of a kindergarten. In the last 10 years of her retirement, she has been travelling around the world. She used to make videos on her computer frequently so that she could share them with her friends. Later on, she learned that smartphones and tablets have become powerful enough to handle such tasks, so she embraced the chance to learn the skills. In her videos, travel footages and daily moments of her family life are juxtaposed with Chinese and English oldies as well as various special effects. Not only do they show the happy occasions, but also let

one relive the magical moments.

The first video that Anita edited captures a hot-air balloon flight and a dance performance from her trip to Turkey, with the classic Mandarin song Olive Tree as the background music, showing an exotic style. She actually made quite an effort behind the scenes. "I'm getting older and I quickly forget what the teacher says. However, I would watch the instructional clips over and over again, follow the steps and try repeatedly. I believe anyone can learn as long as one is determined to do so."





## 退休旅人 Anita 67 歲

「我喜歡在家庭生活或跟朋友聚會時，拍照捕捉別人的反應，再剪輯成影片，加入音樂、圖案，跟大家分享。」

「朋友都很喜歡跟我外出，因為一定有短片送給他們。他們的欣賞令我很有成就感。另外，我也會幫以往任職的機構製作家長教育短片，例如講解如何餵食小朋友，還能獲得額外收入呢！」

## Anita, 67, retired traveller

"When I attend gatherings with my friends or family, I love to take photos and capture others' reactions. I would then make a video with the photos, put on a soundtrack and clip art, and share it with them."

"My friends are thrilled to spend some time out with me, because I always send them a video as a gift afterwards. Their appreciation gives me satisfaction. Moreover, I also make videos for the organisation that I worked for, such as educating parents on how to feed their children. I get to make some extra income on the side too!"

## 開設個人頻道教行山

退休 9 年，對電腦、相機、手機等「高科技」一向抗拒的 Tommy，一次遭子女取笑不懂電腦。為挽回面子，決心學剪接，更特地買了一部手提電腦上課。可是，學了兩堂就因追不上進度而逃學。但他仍然心有不甘，心想日後定必捲土重來。最終再開班後，他是首位報名。

作為行山隊成員，幾乎每星期也跟隊友帶領百多人遠足，故他製作的影片，亦離不開拍攝行山路徑指導網民。「首次拍片主要介紹一條走得很舒服的海濱長廊，由海洋公園出發，途經深水灣、淺水灣，沿途可以欣賞風景、玩樂及享受美食。」他還製作了其他影片涵蓋深淺程度不一的行山路徑，甚至介紹行山時嚐到的隱世美食。他興奮表示，至今已上傳幾十條短片到社交平台，未來更打算跟朋友一起創作電影。

## Starting a personal channel to introduce hiking

Tommy has retired for nine years. He has always resisted "high technologies" such as computers, digital cameras, smartphones, etc. One day, his children made fun of his computer illiteracy. That sparked his will power to learn video editing so as to save his face, and he even bought a laptop for the class. Unfortunately, just after two classes, Tommy played hooky because he couldn't catch up with the class. That said, he did not resign to his failure. He believed he would make a comeback one day - he turned out to be the first student to enrol in the class when it was offered again.

As a member of a hiking team, Tommy takes over a hundred

hikers on trails with his teammates almost every week. Therefore, his videos are also related to introducing hiking trails to the netizens. "The first video I made was about an easy walk on a seaside promenade which starts at Ocean Park, passing Deep Water Bay and Repulse Bay. One can enjoy the gorgeous sceneries, have fun, and enjoy good food along the way." He went on to make a number of videos covering hiking routes of varying difficulties, and even introduced the hidden delicacies tasted while hiking. Tommy says with excitement that he has uploaded tens of videos to his social media. He also looks forward to collaborating with his friends to create a movie in the future.



## 「山系 KOL」Tommy 69 歲

「以前很少跟子女溝通，現在透過新媒體，我去了哪裡，或者吃了甚麼好東西，也會立即拍片跟他們分享，大家關係變得更緊密。」

「學習期間跟同學交流，也令我結識了很多朋友，過程很有滿足感。」

## Tommy, 69, "hiking KOL"

"In the past, I rarely communicated with my children. With the new media nowadays, for anywhere I've gone or any tasty food I've tried, I would shoot a video and share it with them immediately. I found our relationship growing closer."

"I also had chances to exchange ideas with my classmates. I made many new friends and I found the process very fulfilling."

## 與時並進活出精彩

救世軍社會服務部市場及業務發展經理何美儀 (Joyce) 分享：

「我們相信退休人士的生活經驗和智慧都是有價值的，對年輕人及企業很有幫助。因此啟發我們透過『知識型網紅培育計劃』讓退休人士運用科技及網上平台分享這些知識，令退休生活更精彩豐盛。」

計劃至今已舉辦十屆，曾參與的學員共百多人，年齡由 50 至 70 多歲不等，拍片題材非常廣泛，由園藝、環保、旅遊，以至選西裝、做義工、退休心態分享等都有涉獵。「記得有學員分享入職時如何選一套合適又便宜的西裝，才發現原來很多年輕人也有興趣知道。」Joyce 長遠希望可有更多渠道分享這些冷知識，包括與企業及創科公司合作，以付費觀看影片的方式，讓退休人士可賺取收入，開展新事業。

## Keeping abreast of the times to live a brilliant life

Joyce Ho, Marketing & Development Manager of Social Services Department of The Salvation Army, says, "We believe the life experiences and wisdom of retirees are valuable and useful to young people and businesses. Therefore, we were inspired to start the 'Knowledge Influencer Training Programme' for retirees to share their knowledge with others using the latest technologies and online platforms, making their retirement lives more fruitful and exciting."

So far, 10 cohorts of over 100 students aged between 50 and 70 have participated in the Programme. Their videos cover a wide range of subject matters, including gardening, environmental protection, tourism, suit picking, volunteering, mental health after retirement, etc. "I remember

one of our students shared how to pick an appropriate and inexpensive suit for a new job. Later on, I learned that many young people found it interesting." In the long run, Joyce wishes to establish more channels for retirees to share such trivial knowledge, including cooperating with various enterprises and firms in the innovation and technology sector. By charging a fee for viewers to watch the videos, retirees may earn some income and kick-start a new career.



一眾退休人士認真學習編導剪接。

A group of retirees learn directing and editing videos attentively.





## 秋天養生先養肺 中醫推介養肺必做四件事

Top priority to boost lung health for autumn wellness  
Chinese medicine practitioner recommends  
four tips to nourish the lungs

踏入秋天，氣候轉涼，乾燥的天氣容易傷到肺部，令整個肺系統變得敏感，甚至引起感冒、皮膚乾燥、抑鬱等症狀。

肺氣（可理解為肺的重要能量）的強弱與人體免疫力息息相關。中醫認為，當肺氣虛弱，免疫力便會隨之下降，人體亦容易受到外邪入侵。因此秋天養生首重養肺，防病之餘，亦能儲存能量，對抗寒冬。

Into the autumn season, the weather turns cooler and the dry air can easily damage the lungs, making the respiratory system sensitive. It may even lead to symptoms such as common cold, dry skin, and depression.

The strength of Lung Qi (which can be understood as vital energy in the lungs) is closely related to the immune system of the human body. Chinese medicine practitioners believe that weak Lung Qi undermines immunity, making the human body susceptible to invasion by pernicious influences from the outside. Therefore, for autumn wellness, the top priority is to nourish the lungs, so as to prevent illnesses and accumulate energy to combat the cold winter.



中醫學上，「肺」並不單指負責呼吸功能的器官，它還是個系統，涵蓋鼻、咽喉、氣管、皮膚等身體組織，掌管全身「氣」和「水」的運行，確保氣血能量的供應及水分的正常代謝。

註冊中醫師李翠妍博士解釋，中醫以「嬌臟」形容肺，意思是它有「喜潤惡燥」的特性。「肺臟必須充分滋潤才能正常運作，稍一乾燥，功能便會受到干擾，而秋天氣候乾燥，與肺臟需要滋潤的特性相違背。」加上肺與人體第一道外來物屏障——皮膚屬同一個系統，當肺氣虛弱，皮膚表面的衛氣（可理解為抵抗力）便無法發揮保護作用，整個系統會變得敏感，繼而誘發各種症狀：

- 鼻、呼吸系統疾病，如鼻塞、噴嚏、咳嗽、聲沙、痰中帶血
- 皮膚乾燥、痕癢、過敏
- 大便秘結、出血
- 情志鬱結
- 全身症狀：精神疲乏、面色蒼白、怕冷、心悸胸悶、乏力、胃脹、浮腫等

要避免秋燥的不良影響，養肺是為關鍵。李博士指「養肺目的是滋潤肺臟，維持強健的呼吸系統，避免各種呼吸道疾病，並改善皮膚和情緒。」我們可循飲食、生活習慣、穴位按壓及食療四方面入手：

In Chinese medicine, the "lung" not only refers to the organ responsible for respiratory functions, but also a system covering body parts such as the nose, throat, trachea, and skin. This system is responsible for the flow of Qi and fluids throughout the body, ensuring the supply of energy by Qi and blood, while maintaining the normal metabolism of water.

Dr Jade Li Tsui-yin, a registered Chinese medicine practitioner, explains that the lungs are described as "delicate viscera" in Chinese medical terms, meaning they have the characteristics of having "an affinity to moistness and an aversion to dryness." "The lungs need to be fully moistened in order to function properly. Once they are dry, their functions are intervened. The dry weather in autumn works against the moisture-loving nature of the lungs." On top of that, the skin, which is the primary barrier against foreign substances, shares the same system with the lungs. When the Lung Qi is weak, the Defensive Qi (which can be understood as an immune resistance) on the skin can no longer serve its protective functions. The whole system will turn sensitive while inducing

various symptoms:

- Ailments related to the nose and respiratory system, such as nasal congestion, sneeze, cough, hoarse voice, and bloody phlegm
- Dry, itchy, and allergic skin
- Constipation, bloody stool
- Depression
- Systemic symptoms: mental exhaustion, pale complexion, cold intolerance, heart palpitations, tightness in the chest, fatigue, bloating, oedema, etc.

To prevent the harmful effects of autumn dryness, it is essential to nourish the lungs. "The purpose of nourishing the lungs is to keep them moistened, maintaining a strong respiratory system, avoiding various respiratory diseases, and improving the skin and mood condition," says Dr Li. We can start in four ways - food, lifestyle habits, trigger points pressing, and dietary therapy:



註冊中醫師李翠妍博士指，要避免秋燥的不良影響，養肺是為關鍵。

Dr Jade Li Tsui-yin, a registered Chinese medicine practitioner, states that to prevent the harmful effects of autumn dryness, it is essential to nourish the lungs.



梨、蜂蜜、無花果均為養肺食物。  
Pears, honey, and figs are lung nourishing foods.

## 一：適量進食養肺食物

- 梨：清熱、潤燥、化痰
- 無花果：清熱潤肺、利咽
- 蜂蜜：潤肺止咳、潤腸通便
- 蓮藕：健脾開胃、生津、安神

同時應忌食辛辣、煎炸、燥熱、燒烤的食物

## 1. Eat an appropriate amount of food that nourishes the lungs

- **Pears:** they clear heat, moisten dryness, and expel phlegm
- **Figs:** they clear heat, moisten the lungs, and soothe dry throat
- **Honey:** it moistens the lungs, stops coughing, lubricates the intestines, and eases constipation

- **Lotus roots:** they invigorate the spleen, whet the appetite, stimulate body fluid secretion, and calm the nerves

Meanwhile, we should avoid having spicy, fried, dry and hot, or grilled food.



## 二：養成良好生活習慣

### • 多喝水

平常宜多喝水，確保咽喉和氣道黏膜滋潤，避免燥邪傷肺。

### • 呼吸清新空氣

平常可多到空氣清新的地方活動。

### • 保持心境開朗

多笑可減少負面情緒，因為笑屬心（火），悲屬肺（金）；根據五行學說，火克金。此外，笑可增加肺活量，有助宣發肺氣。

## 2. Adopt healthy lifestyle habits

### • Drink more water

Drink plenty of water to ensure your throat and the mucous membrane lining your respiratory tract are kept moist to protect your lungs from the invasion of pernicious dryness.

### • Breath in fresh air

Spend more time in places where you can get fresh and clean air.

### • Keep a bright mood

Laugh more often to dissipate negative emotions, because joy is related to the heart meridian of fire nature, while sadness is related to the lung meridian of metal nature, and fire overcomes metal according to the theory of Five Elements. In addition, laughing boosts the lung capacities and facilitates the diffusion of Lung Qi.



當肺氣虛弱，整個與肺相關的系統便會變得敏感，繼而誘發咳嗽、噴嚏等症狀。

When Lung Qi is weak, the whole system governed by the lung meridian becomes sensitive, causing symptoms such as coughing and sneezing.



按壓穴位，有助調整肺氣。

Pressing pressure points helps regulate Lung Qi.



### 三：穴位按壓

按壓以下穴位，有助調整肺氣：

- 合谷

**位置：**手背第 1、2 掌骨之間，第 2 掌骨橈側的中點

**功效：**開泄肺氣，疏通腸道

- 少商

**位置：**手拇指末節橈側，指甲角邊緣

**功效：**清熱利咽

- 迎香

**位置：**鼻翼外緣中點，鼻唇溝凹陷處

**功效：**疏散風邪，宣通鼻竅

### 3. Trigger points pressing

Press the following trigger points may help regulate Lung Qi:

- He Gu

**Position:** Between the first and second metacarpal bones on the back of your hand, at the midpoint on the radial side of the second metacarpal bone

**Effects:** Promote the diffusion of Lung Qi and enhance bowel movements

- Shao Shang

**Position:** On the radial side of the last segment of your thumb,

on the edge of the corner of the thumb nail

**Effects:** Clear heat and benefit the throat

- Ying Xiang

**Position:** At the midpoint lateral to the outer edge of the ala nasi, in the nasolabial fold

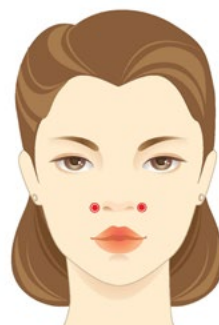
**Effects:** Dispel pernicious wind and clear the nasal passage



合谷 He Gu



少商 Shao Shang



迎香 Ying Xiang

## 四：潤肺食療

### • 沙參玉竹蘋果素湯

**材料：**北沙參 15 克、玉竹 15 克、雪耳 1/4 朵、蘋果 2 個、無花果 3 - 4 粒、南北杏各 9 克

**做法：**洗淨材料，蘋果切件，雪耳浸泡後剪開。所有材料加水，大火把水滾後轉小火煮約 1 小時。

**功效：**功效：滋陰潤肺，可改善唇咽乾燥、大便秘結及手心、足心發熱的情況，並有效舒緩情緒。

### • 枇杷羹

**材料：**枇杷 30 克、雪耳 1/4 朵、枸杞子 10 克、紅棗 5 粒

**做法：**枇杷去皮、切粒，紅棗去核。雪耳浸泡後剪開，加水煮約 1 小時至粘稠，再放入枇杷、枸杞子及紅棗，多煮約半小時。

**功效：**清肺、潤燥、生津，可改善咳嗽痰黃、咽喉乾燥等症狀。

## 4. Dietary therapy that moistens the lungs

### • Apple soup with Sha Shen and Yu Zhu

**Ingredients:** 15 g Bei Sha Shen, 15 g Yu Zhu, 1/4 head dried white fungus, 2 apples, 3 to 4 dried figs, 9 g each of bitter apricot kernels and sweet apricot kernels

**Directions:** Rinse all ingredients. Cut apples into chunks. Soak dried white fungus in water until soft and cut them into pieces. Put all ingredients in water, boil it with high heat, and then turn to low heat to simmer for 1 hour.

**Effects:** It nourishes the Yin and moistens the lungs; it can alleviate dry lips and throat, constipation, and hot sensation at the centres of the palms and soles; and it effectively calms the emotions.

### • Loquat syrup

**Ingredients:** 30 g loquats, 1/4 head dried white fungus, 10 g goji berries, 5 red dates

**Directions:** Peel the loquats and dice them. De-seed the red dates. Soak white fungus in water until soft and cut them into pieces, and then cook them in water for around 1 hour until the liquid thickens. Then, add diced loquats, goji berries, and red dates, and cook for around 30 more minutes.

**Effects:** It clears the lungs, moistens dryness, stimulates the secretion of body fluids, and alleviates symptoms such as cough with yellow phlegm and dry throat.

### 思考：

秋天氣候乾燥，最易傷肺。以下哪些關於養肺的描述是不正確的？（可選多項）

1. 養肺目的是滋潤肺臟，確保強健的呼吸系統，避免各種消化道疾病。
2. 多笑可增加肺活量，防止肺氣宣發。
3. 避免進食辛辣、煎炸、燥熱、燒烤等食物。
4. 按壓前谷、神門、大迎穴位，有助調整肺氣。

請點擊此處回答問題

### Think:

The dry weather in autumn easily makes our lungs vulnerable. Which of the following description(s) about nourishing the lungs is/ are incorrect? (You may choose multiple answers)

1. The purpose of nourishing the lungs is to keep them moistened, maintaining a strong respiratory system and preventing various digestive diseases.
2. Laughing boosts the lung capacities and prevents the diffusion of Lung Qi.
3. Avoid eating spicy, fried, dry and hot, or grilled food.
4. Pressing the trigger points of Qian Gu, Shen Men, and Da Ying helps regulate the flow of Lung Qi.

Please click here to answer the question



## 家添一點綠意 盤點五大易種室內植物

### Bring a touch of green into your home Top five indoor plants that are easy to care for

遠離煩囂，置身大自然，是不少都市人對悠閒生活的憧憬。其實香港氣候溫和，在家建構一個翠綠溫馨的安樂窩也不是難事。

除了裝飾家居、淨化空氣，室內植物還有減壓、改善專注力的效果。以下由園藝治療師推介的五款植物，簡單照顧就能健康生長，即使是零經驗的種植新手，亦能輕鬆為居室增添色彩。

Staying away from the hustle and bustle and getting close to nature is the yearning of many urbanites who long for a leisurely life. In fact, with the mild climate in Hong Kong, it's not difficult to create a verdant, harmonious, and comfortable home.

In addition to home decoration and air purification, indoor plants also have the effects of relieving stress and improving concentration. A horticultural therapist recommends the following five plants that can grow well with simple care. Even novice growers with zero experience can easily add colours to their homes.



小小植物，為居室帶來生氣，單是觀賞已覺心情舒暢。註冊園藝治療師袁嘉莉 (Alice) 更分享，植物能發揮陪伴功能。在觀賞美麗植物的過程中，人體會分泌快樂荷爾蒙，有助減壓。「日本曾有一項研究發現，長者接觸植物期間，其腦電波明顯出現變化，安多酚、血清素的分泌亦會增多。」

而心理學上亦有一套專注力恢復理論，「人有時會感疲累，難以專注，而很多大自然事物如植物，也能直接將人帶到一個沉醉狀態，跟瑜伽、靜觀作用相似，透過照顧、觸摸植物，已能達至放鬆、提升及恢復專注力的作用。」

Alice 指植物能發揮陪伴功能，有助減壓及提升專注力。

Alice opines that plants serve the function of a good companion, helping us relieve stress and improve concentration.

Small plants make a home vibrant as they are simply soothing to look at. Alice Yuen, a registered horticultural therapist, even shares that plants serve the function of a good companion. When we look at these leafy beauties,



our bodies secrete the happy hormones which help reduce stress. "A study in Japan shows that when seniors spend time with plants, their brain waves clearly change and their secretion of endorphins and serotonin also gets a boost."

There is also the Attention Restoration Theory in psychology. "Sometimes we feel tired and find it hard to concentrate. Objects from nature, such as plants, can directly take us into a state of fascination, with effects similar to yoga or meditation. By taking care of and touching plants, it can bring about the effects of relaxation, as well as enhancing and restoring concentration."

## 新手入門的盆栽推介

植物特性各異，泥土選擇、日照長短、澆水份量亦可以很考究。Alice 建議，種植新手不妨先從易種易打理的室內植物入手，以下五種是她的心水推介：



## Recommendations for novice growers

Plants have a variety of characteristics. Careful consideration should be made on soil selection, duration of sunlight exposure, and volume

of water to be provided. Alice suggests that novice growers may start with houseplants that are easy to grow and care for. Here are five of her favourites.

### 碰碰香

平常無味，但用手指觸碰後會產生怡人香氣，因此中文名為碰碰香。具觀賞及實用價值，可泡茶、作食用香料，亦可製肥皂、蚊膏等。喜好日照，泥土宜疏鬆透氣，避免過濕。

### Plectranthus

It is usually scentless, but it exudes an aromatic fragrance when you touch it with your fingers, therefore it is named "scented when touched" in Chinese. Plectranthus has both ornamental values and practical uses - it can be used to make herbal tea, edible spice, soap, and insect repellent cream. It loves sunlight and needs well-aerated soil that is not too wet.



## 紫蝴蝶

大部分時間也會開花，葉子則會隨日照活動，有陽光時打開，晚上則合起來。紫紅色的葉為天然染料，可作托染之用。種植毋須過多水分，夏天只需要約兩至三天澆水一次，在冬天更可減少至一星期一次。

## Purple shamrock

It blooms in most of the time. Its leaves move in response to sunshine, opening when exposed to sunlight and closing at night. The purple-red pigments in its leaves are natural dyes and can be used for eco-printing. Purple shamrock does not require too much water. Water it every two to three days in summer; and in winter, it can even be reduced to once a week.



## 網紋草

葉面有白色或紅色的細緻網紋，為秘魯、哥倫比亞、厄瓜多爾等地的熱帶雨林植物。泥或水種皆可，毋須特別打理，較少病蟲害。每天需日照數小時散射光，要避免日光直曬。

## Nerve plant

Its leaves have accented veins in white or red, and it is native to the tropical rainforests in Peru, Colombia, Ecuador, etc. Nerve plant can be planted in soil or water, and doesn't need special care as it attracts fewer pests and seldom carries diseases. Just a few hours of diffused sunlight every day is enough. Keep it away from direct sunlight.



## 狼尾蕨

屬長綠草本附生蕨類，較有趣是根部長有絨毛，並會逐漸向上發展，甚至露出泥面，成為景觀一部分。適合溫暖半陰環境，需多澆水，宜日照散射光。

## Squirrel's-foot fern

It is an evergreen herbaceous epiphytic fern. It is rather interesting because its rhizomes are covered in fuzz and tend to grow upward until they are exposed above the soil, becoming part of its whole look. It thrives in a warm environment with partial shade; it requires frequent watering and diffused sunlight.



## 文竹

形態優美，多用於點綴居室，但種植文竹，必須定期修剪枝葉，才能保持其生長形態。種植環境宜溫暖潮濕，忌暴曬，每天日照一至兩小時便足夠。

## Asparagus fern

With its elegant form, asparagus fern is mainly used to decorate homes. However, its leaves and branches must be pruned regularly to keep it in shape. It prefers a warm and humid environment. It should be kept away from excessive sunlight, just one to two hours of sunlight each day is enough.

## 室內種植成功要訣

Alice 建議，如果想進一步提升種植成功率，請留意以下秘訣：

- **注意通風**

通風不良可影響植物氣體交換，繼而引發病蟲害、發霉等，故一般建議將植物放置窗邊。

- **薄肥多施**

掌握植物不同生長期對肥料的需要，寧可不施肥，也應避免施肥過多。

- **緊記隔離**

剛帶回家的新植物應分開擺放兩星期至一個月，以免病菌和害蟲感染舊有植物。

- **適量澆水**

超過一半種植失敗的原因均為澆水太多，建議以泥土濕潤度作參考指標，泥乾才澆水。

## Tips on growing indoor plants

As suggested by Alice, please pay attention to the following tips if you want to boost your chance of success in growing houseplants.

- **Mind the ventilation**

Poor ventilation may hinder gas exchange in plants, causing pest and mould problems, etc. Therefore, it is generally recommended to put your plants next to windows.

- **Prefer weak fertiliser and frequent applications**

Understand how much fertiliser your plants need in different phases of their growing cycle. It's always preferable to not fertilise at all rather than over-fertilise.

- **Quarantine newcomers**

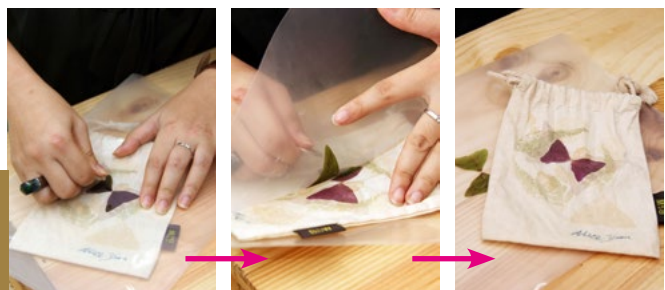
New plants that have just been brought home should be kept away from other plants for two weeks to a month, in order to protect existing plants from being infected with germs and pests.

- **Water properly**

Over half of the planting failures are caused by over-watering. It is recommended to check the moisture level of the soil as a reference, and water the plant only when the soil is dry.

紫蝴蝶的葉為天然染料，可作托染之用。

The pigments in purple shamrock's leaves are natural dyes and can be used for eco-printing.





# AMIGOS

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