



Opinion

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Book Review 'Rahsia Dan Imej Wanita' (Malay Version)



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Opinion

Written by Ghafar Nin and Merina Haji Ibrahim, this book states that a healthy body is a requirement for active women. The creators of the comet have long been utilizing natural plants for body care. But by blending the technology elements in its manufacture, the commodity output of these natural materials is increasingly favored to meet the needs of modern, active women. Therefore it is not surprising that today's modern-day women especially in urban areas prefer commodities made from natural materials. Starting from facial skin care, hair, even reaching the most personal parts. The natural ingredients for cosmetics are derived from pure natural seagrass. According to medical experts in Malaysia, we should be selective in choosing this cosmetics. Not necessarily the costly cosmetics are suitable for our skin. Even the skin becomes damaged. That's why expensive cosmetics do not take into consideration to buy it in the hope that the expensive ones are good. Many are well aware of the need for active women's beauty treatments. Treating beauty is not just about treating the beauty of body and skin from outside but also from inside. For that purpose active and inactive women need to find appropriate medicines and do not have side effects.

For facial treatments, one can choose the type he wants only. The good is the kind of natural plant because its properties are amazing. You should be aware that the parts of your body are increasingly growing day out of normal size. Therefore you should give care to your thighs, abdomen and waist. This treatment in addition to refreshing the body, also helps reduce fat deposits under the surface of the skin. This body care should certainly be balanced with exercise and balanced diet. Every woman wants to be healthy, beautiful and youthful. If a woman is good at guarding her, she is indirectly caring for her household and her career. To achieve such a resolution, we must first look at the aspect of the

food. Food is a basic necessity for human life. In keeping with modernity, a little bit of daily food content we have chemicals such as preservatives, seasoning, sweeteners, developers, growers and other chemicals, make food known as modern. This modern-day sophistication provides the enjoyment and convenience of professionals who are always busy with their respective duties. Because of the busy moments of today's many women choose to eat out of their own cooking. As is known, modern processed foods contain many nonviological chemicals and high fat content. In this position the balance of food is low. As a result, normal body balance will be disrupted. Not to mention the overwhelming workload that demands a woman to work overtime to stress the physical and mental. Ultimately, the body cells are unable to perform optimum physiological tasks.

Unnoticed the presence of modern fast food has changed the pattern of food of society. It is no exception for young women executives who make a lot of money and prioritize the care of both external and internal health. Thus it is possible that obesity, weak, fast, sick or bones and other diseases can easily come and disrupt the lives of modern women today. Should women today think of what they need to do to keep themselves healthy. Particularly balanced diet should be taken in order to improve self health, while improving the quality of human resources in national development. To make you uncomfortable with various health problems, you are advised to always meet a traditional doctor or village member to maintain internal health by consuming medicines that are not mixed with ingredients that leave side effects. Some foods such as wheat ore, yeast, sour milk or yoghurt, honey and fruit juice have an influence on the health of the body and the specific aspects of the treatment of certain diseases.



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