

## 《香港兴起怪异“食日”减肥法》

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#### Worrying new 'health' fad sees Chinese women replacing food with staring into the sun to lose weight

A new 'health' trend in Hong Kong sees women staring straight at the sun in the belief that it will replace their need for food and even improve their vision and sleep quality, reports Oriental Daily.

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The women, between 20 and 30 years old, reportedly head to the Sam Ka Village beach in Lei Yue Mun every evening and take off their shoes before setting their phone timers and stand to stare at the sunset - some using an umbrella or a tissue to protect their skin.

????????????????20?30??



The concept of 'sun gazing' or 'sun eating' revolves around consuming the sun's solar energy instead of food and that by doing so it can reduce the body's needs.

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