

Laebcou Ciengx Ndang Mbouj Hab Daihliengh Gwn Bouj Nyinh Yaem

立秋养生不宜大量滋阴进补

Haeuj daengz laebcou yienz-naeuz suenq dwg yamq haeuj seizcou lo, hoeng, ngamq hainduj haeuj laebcou duenh seizgan ndeu mbwn lij haemq ndat, hoengheiq mbaeqdoh lij haemq daih, vunn-raeuz caengz gamjdaengz raen liengz saek di, dauqfanj gamjdaengz gig oemndat. Caiq gyahwnj vunnraeuz youq ndaw ciet seizhah gwn huqgyoet lai, goengnaengz aendungx gemjnyieg lo, dangh-naeuz daihliengh gwn huqbouj, daegbied dwg gwn gijgwn nywnx caeuq ciengx yaem daiq lai, rox gyanaek fudanh aendungx, dungxsaek ciengzgeiz cawqyouq “hawnyieg” yienghsiengq, yaepseiz souh mbouj ndaej, couh yinxhwnj siuvaq goengnaengz ok luenh.



Ndigah, seizcou gwn bouj wng habdangq gwn di gijgwn roxnaeuz gij yw cangq mamx, siu ndat, leih caep haenx, mboujfuengz lai gwn di gijgwn lumj cuk duhheu, cuk mbawngaeux, cuk lwglimz, cuk makcauj cehmbu, cuk maenzcienz daengj.

Vih yawhfuengz seizcou hawq-sauj, ndaej habdangq gwn di

lwgmak ndeu, ndawde daih'it sien senj gwn makleiz caeuq oij, daihngaih dwg lwgcid, gyoiijhom, makbizbaz. Danhfanz boux mamx haw caep naek siq lai, boux bwt caep baenzae youh myaiz niu cix mbouj hab gwn gij lwgmak neix.

Aeu daezsingj daihgya dwg, seizcou gwn bouj wng cit bouj bingz bouj guhcawj. Boux baenz yiengz haw mbouj ndaej gwn gijgwn roxnaeuz yw raeujndat, lumj noh-yiengz, nohma, yinzsinh, loegyungz, naenggo' gviq, mboujnex gig yungz-heih gyanaek hawqsauj. Linghvaih, seizcou gwn bouj aeu yawj vunn bae gwn, boux baenz ndang haw caeuq boux baenz binghmenhsingq, ceiq ndei youq canghyw cijdauj lajde bae gwn bouj.



Yiengzcoeng Ndaej Fuengz Bingh Caemh Ndaej Yw Bingh

洋葱可防病又可治病

Ciuq gohyoz caekdingh, moix 100 gwz gyaeujcoeng hamz miz 40 hauzgwz gai, 50 hauzgwz linz, 1.8 gwz diet, 8 hauzgwz veizswngghsu C, lij hamz miz huzlauxbaeg doxgaiq, veizswngghsu B, caeuq nizgwzsonh dem.

Yiengzcoeng gawq dwg meih byaek habbak ndei gwn ndeu, gwn de caemh ndaej yw binghnyouhdangz, hezcij sang, dungxsiq, din hwnj gyak, fungcaep hoh in, ninz mbouj ndaek, ced haenz, ok nyouh mbouj ndaej daengj bingh.

Baihlay gaisau song cungj gwn yungh yiengzcoeng fuengfap:

1、Caz gyaeujcoeng hinggep: Aeu 10 gwz gyaeujcoeng, 3 gwz hingndip, di dangznding ndeu. Sien swiq gyaeujcoeng, hingndip seug ronq baenz gep, caeuq dangz itheij dwk rekmenq gya di raemx ndeu cawj goenj 10 faen cung, raenz aeu raemx de swnh ndat gwn, ndaej yw dwgliengz.

2、Cimq laeuj: Aeu aen gyaeujcoeng hung baenz gaemxgienz nei bingzfaen guh 8 faenh, dwk roengz 500 daengz 750 gwz laeujmakit nding bae cimq 8 ngoenz le, moix donq caengz gwn haeux gaxgonq dungx byouq seiz gwn faenh gyaeujcoeng ndeu, caemhcaiq ndoet cungj laeuj neix 60 daengz 100 gwz. Aen dan neix ndaej gig yizdaujsu iemqok, gyangqdaemq hezdangz, daezsang siliz, vanjgaj naetnaiq.



Bouxlax Seizcou Gwn-ninz Caeuq Daenjbuh

秋季老人的起居和穿衣

Haeuj cou le, mbwn ciemh ngoenz ciemh liengz, haethaemh dohraeuj doxca haemq daih. Ndigah, bouxlax youq gwnninz caeuq daenjbuh fuengmienh aeu gangj gohyoz, gwnninz hab “ninz caeux hwnq romh”, daenjbuh hab “cin gop cou gyoet”.

Seizcou gwnninz aeu guh daengz ninz caeux hwnq romh. Aenvih ninz caeux ndaej diuzleix heiqyengz bouxvunz, hwnq romh ndaej hawj heiqbwt mbehai, fuengz heiqbwt yup haeuj daiq lai. Seizcou habdangq hwnq romh, ndaej hawj vunn siuj baenz lwed saek, doiq yawhfuengz uk saek lwed miz itdingh yi. Itbuen daeuj gangj, seizcou gyanghaemh 9 daengz 10 diemj cung haeujninz, gyanghaet 5 daengz 6 diemj hwnqcong haemq habngamj.

Seizcou fuengz cou gyoet. Ngamq haeuj seizcou, ndathwngq caengz siu sat, rumzliengz youh daeuj daengz, mwh mbwn raemhrwnh bienq gyoet seiz, aeu habdangq dem daenj buhvaq, swheij gamjdaengz liengz danh mbouj gamjdaengz gyoet couh ngamj, gaej daenj dwk nanwtntw raeujrubrub, swheij gamjdaengz cwxcaih couh ndaej.

Seizcou Baenzlawz Yawh-fuengz Bingh Saidiemheiq

秋天呼吸道疾病的预防

Seizcou aenvih dienheiq bienqvaq daih, vunnraeuz ciengzciengz gamjdaengz mbouj cwxcaih, binghdoeg swngzgei ciemq haeuj ndang bae hawj vunn baenzbingh, ndawde ceiq ciengz raen couh dwg saidiemheiq baenzbingh. Conhgyah genyi naeuz:

1、Bouxlax lienhdang aeu aenq rengz bae guh, ndaej bae youzbyaij, dwk daigizgenz daengj. Linghvaih, seizhah caeuq seizcou bouxlax ndaej yungh raemxgyoet daeuj swiq naj, hawj rengz ndang cugciemh dingj ndaej bingh, gemjsiuj baenz cihgi' gvanjyenz, menhsingq heiqguenjiemz, binghfungcaep. Haethaemh haeujsim dem gemj buhvaq, mienxndaej dwgliengz. Geih gwn gijgwn youz nywnx, bouxlax aeu caenliengh gaj ien.

2、Lwngyez caengz haeujhag goengnaengz rengz dingj bingh lij caengz caezcienz, ndigah doiq dienheiq haemq minjganj, haethaemh dienheiq bienqvaq daih seiz, yungzheih baenz dwgliengz. Cawjranz aeu haeujsim hawj lwngyez dem gemj buhvaq, hawj lwngyez lai gwn di haeuxcab, cuk haeuxfiengj, mandouz, byaekheu, lwgmak, gyaeqgaeq daengj, fuengz gijgwn daiq dandog gvaqbouh.

Seizhah Yaek Ninz Gaxgonq Geih Yungh Raemxgyoet Mad Diemx

夏季睡前忌用凉水抹席

Seizhah, mizmbangj vunn haengj yungh raemxgyoet mad diemx caiq haeujninz, nyinhnaeuz yienghneix ninz haemq liengzangj. Gizsaed, yienghneix guh bouxvunz yungzheih ndaej bingh.

Aenvih seizhah mbwn aeng, ok hanh mbouj dingz mbouj duenh, aenmbonq mbouj hawqsauj, caiq gyahwnj hoengheiq mbaeqdoh daih, danghnaeuz caiq yungh raemxgyoet daeuj mad diemx, aenmbonq couh engqgya dumzmbaeq. Linghvaih, mwh bouxvunz ok hanh seiz, congghwn mbehai, nengzmtw caeuq sign wng yungzheih ciemq haeuj ndaw ndang bae, hawj vunn ndaej bingh. Ndigah, seizhah yaek ninz seiz geih yungh raemxgyoet mad diemx.

Lwghaemz Yw Bitfiengj

苦瓜治疗痱子

Seizhah, daegbied dwg gwn cuk haeuxyangz muh raemx haenx gvaq le, naengnoh lwngyez couh hwnj bitfiengj deihdedded, humzhaenz dangqmaz, cawjranz gig simnyap. Neix bang mwngz gaisau aen dan iq ndeu, yw daengz couh ndei.

Aeu aen lwghaemz geq ndeu ma, buqhai cawz ngveih le dwk di bungzsa he haeuj ndaw lwghaemz bae. Bungzsa gig vaiq couh yungz youq ndaw lwghaemz, yungh faiqmienz yub aeu raemx ndaw lwghaemz led giz bitfiengj, gvaq geij diemj cung bitfiengj couh mbouj haenz caemhcaiq gag siu bae caez.

