Seizcou Ciengx Ndang Baenz-lawz Ciengx Dungx Hoh Dungx

秋季养生如何养护胃

Daih' it, bauj raeuj. Haeuj daengz seizcou le, aeu daegbied haeujsim bauj raeuj aendungx, gibseiz dem daenj buhvaq, hwnz ninz aeu haeujsim hoemq denz ndei, fuengz aendungx deng liengz le baenz dungx in roxnaeuz bingh gaeuq fukfat haeuj naek.

Daihngeih, gwnndoet. Gyoengq conhgyah vixok, gwnndoet seiz wng guh daengz baihlaj geij diemj: It dwg gwn raeuj、unq、cit、byaekheu、singjsien guhcawj, guh daengz dinghseiz dinghliengh, gwn siuj gwn lai donq. Ngeih dwg gaej gwn gijgwn daiq gyoet、daiq ndat、daiq geng、daiq manh、daiq niu. Sam dwg nyaij mienz menh ndwnj, gemjsiuj gijgwn cocauq gig nemmuek aendungx. Seiq dwg haeujsim gijgwn veiswngh, saek-dimz gij veizswnghvuz roggyaiq ciemqhaih nemmuek aendungx. Haj dwg caenhliengh gwn gijgwn cingsaeq、yungzheih siuvaq、yingz-yangj lai haenx.

Daihsam, caem ciengx. Conh-gyah nyinhnaeuz, cingzsi bouxvunz、simdaiq bouxvunz caeuq fatseng nem fazcanj baenz dungx in、cibngeihcijcangz biux naeuh miz gvanhaeh maedsaed. Ndigah, aeu gangj simleix veiswngh, baujciz simcingz vaiqvued caeuq cingzsi onjdingh, gaej gaenjcieng、you-caeuz、fatheiq daiq lai. Doengzseiz, aeu haeujsim guhhong caeuq yietnaiq doxgiethab, fuengz naet-

naiq gvaqbouh yingjyangj veiyenz ndeidingh.

Daihseiq, yindung. Boux dungxsaej miz bingh aeu gaengawq aenndang swhgeij guh habdoh yindung lienhndang, daeuj daez-sang rengzndang dingj bingh naengzlig, hawj bingh siuj fukfat, baujciz ndang cangq.

Boux Baenz Ganhyenz Gwnndoet Mizmaz Gimqgeih

肝炎者有哪些饮食禁忌

1、Boux baenz ganhyenz cien-geiz gimq laeuj, ciujcingh ndaej hawj sibauh aen' daep gipsingq dengsieng, conjanhmeiz swng hwnj, hawj ganhyenz binghcingz engq haeuj naek, cauhbaenz lauz suek daep、ciujcinghsing ganhyenz caeuq daep ndongj.

2、Noix gwn hing、coeng、manh. Aenvih gij huq neix cungj dwg doxgaiq manhget, gyanaek aen' daep caepndat, ganhyenz engq haeuj naek.

3、Gaej gwn gijgwn ciencaq. Gwn gijneix yungzheih baenz dungxraeng, doengzseiz yungzheih seng caep seng ndat, doiq ganhyenz hoizfuk fouz leih.

4、Gwn gijgwn ndaw ranz gag ndaem guhcawj, caenhliengh mbouj gwn gijgwn cawx ma haenx. Aenvih gijgwn daj baihrog cawx ma lainoix cungj cuengq miz ywnyumxsaek caeuq ywfuengzmwt. Doengzseiz, gwn gijgwn ndaw ranz gag ndaem hix aeu caenhliengh swiq seuq, mienxndaej uq miz nungzyoz sonj-haih aen' daep.

5、Gipsingq vuengzbiu ganh-yenz dwg baihndaw caepndat hoengh lai, wng geih gwn byaekgep、nohyiengz、nohgaeq、youzbatgak、dinghyangh、hozceu daengj.

6、Boux daep ndongj aenvih megcingx gauhyaz cix hawj megcingx mbouj doengz cingzdoh hoetiet, danghnaeuz mbouj haeuj-sim gwnndoet, gij megcingx neix yungzheih dekleg, siuhvadau yungzheih ok lwed, yaeuhfat aen-daep maezgae, youqgaenj seiz rox oksaeh. Ndigah, boux baenz ganhyenz ciengeiz gaej gwn gij noh gengndongj、gij noh miz ndok、gij noh miz cenx caeuq byaekheu miz nyinzsei lai haenx, aenvih gij doxgaiq neix yungzheih sienghaih megcingx hoetiet.

Gva Mak Byaekheu Hix Ndaej Fuengzbingh Ywbingh

瓜果蔬菜也能防病治病

1、Niuj sieng: Aeu mbaw byaek-ohswnj roxnaeuz mbaw byaekgienjsim ma swiq seuq daem yungz oep gizin, ndaej fuengz gizin gawhfoeg.

2、Rwi ndat: Deng rwi ndat seiz, aeu raemx siujsuhdaj led gizde, caemh-caiq lai baez nu gizde.

3、Bak haeu: Nyouq mbaw faex-dinghyangh, bak nyaij byaekginzcai singjsien, heiqhaeu gag siu bae.

4、Saekwk: Gwn song geng ciengq makgam.

5、Dungxraeng: Gwn geng raemx siujsuhdaj ndeu. Naengh gamjdaengz saej in, ndaej gwn di raemxhing ndeu, ronq hing baenz sei dwk roengz geng bae cuengq roengz raemxndat bae cimq le gwn.

6、Ngunh ci: Nyaij di hing gep ndeu.

Bouxlaux Baenz Hezyaz Sang Gwnndoet Aeu Haeujsim

老人高血压饮食应注意

Bouxlaux baenz hezyaz sang gwnndoet wng citdamh di, gaej gwn ndaengq lai, gwn gyu lai rox hawj sailwed giet ndongj caeuq hezyaz swng sang, moix ngoenz gwn gyu gaej mauhgvaq 5 gwz. Siuj gwn huqdiemz. Gaiq ien gimq laeuj. Hab lai gwn duhhenj、makyungz caeuq gak cungj byaekheu mbawloeg nem bya、cijvaiz、nohcing、gyaeqgaeq、duh caeuq gij huq aeu duh guh haenx.

Linghvaih, youq canghyw cijdauj lajde senj gwn yw gyangq hezyaz, dinghgeiz gamcaek hezyaz, danghnaeuz hezyaz gaenq doek roengz cingqciengz, hix wnggai youq canghyw cijdauj lajde genhciz gwn yw gyangq hezyaz, mbouj ndaej seizbienh gag luenh dingz yw.

Makyungz Fuengzbingh Yw-bingh Cib Daih Goengyauq

番茄防病治病的十大功效

Gij makyungz bingzseiz raeuz gwn haenx, miz cib daih fuengzbingh ywbingh goengyauq.

1、Ndaej fuengz aiz dingj aiz. Yenzgiu ndaej rox, gij nding makyungz ndaej mizyauq dwk yawhfuengz cenzlezsen baenz aiz、siuhvadau baenz aiz、daep baenz aiz、bwt baenz aiz、yujsen baenz aiz、rongznyouh baenz aiz、rongzva baenz aiz caeuq naengnoh baenz aiz.

2、Yw binghnaengnoh. Mak-yungz hamz miz lauxbaeg nding doxgaiq caeuq veizswnghsu A、veiz-swnghsu C, ndaej giep diemjraej、meijyungz、dingj nyieglaux、henhoh naengnoh, ndaej yw cinhgin、naengnoh ganjyenj.

3、Ndaej hawj hezcij、hezyaz doekdaemq. Ndaw makyungz soj hamz miz veizswnghsu C、luzdingh、gij nding de caeuq gojsonh, ndaej gyangqdaemq danjgucunz, hix ndaej yawhfuengz doenghmeg souhyiengh giet ndongj. Linghvaih, ndaw makyungz hamz miz daihliengh gyaz caeuq genjsingq gvangvuzciz, ndaej coi naz ndaw lwed baiz ok rog ndang daeuj, miz gyangq hezyaz、siu foeg cozyung, doiq boux mak miz bingh miz haemq ndei bangbouj ceihyw cozyung.

4、Ndaej dingj nyieglaux. Gij nding de mboujdanh dwg yw hwnjsaek gunghyez dienyienz sizbinj, engq youqgaenj dwg de dwg cungj yangjva doxgaiq gig ak ndeu. Hawj ndang vunz boujcung gij nding makyungz, ndaej hawj ndang vunz dingj ndaej gak cungj aenvih swyouzgih yinxhwnj baenz bingh doiqvaq lauxvaq nyieglaux.

5、Yw ganhyenz. Makyungz ronq baenz naed le aeu ma beuzgeng ndeu、mwnh byaekginzcai、mwnh lauxbaeg nding、lauzmou gak buenq beuzgeng, gyaux roengz haeuxcuk goenj bae log cug, dwk di gyu、veicingh ndeu gwn, yw ganhyenz yaugoj gig ndei.

6、Yw lwedhaw. Aeu makyungz、makbingzgoj gak aen ndeu, 15 gwz lwgraz, baez dog gwn liux, ngoenz gwn baez daengz song baez, ciengzgeiz genhciz gwn, ndaej yw lwedhaw.

7、Yw fatndat. Aeu raemx mak-yungz caeuq raemx sae' gva gak buenq boi heuz gwn, moux diemj cung gwn boi ndeu, ndaej doiq ndat.

8、Yw biux naeuh. Boux baenz siuhvasing biux naeuh mbaeu, ndaej aeu raemx makyungz caeuq raemx maenzdoengzlingz gak buenq boi heuz gwn, haethaemh gak gwn baez ndeu, lienz gwn 10 baez, giz biux naeuh couh ndei.

9、Cangq dungx siu cwk. Gij youjgihsonh ndaw makyungz, ndaej coi

raemxdungx iemqok, siuvaq lauz caeuq danbwzciz. Demgya veisonh nungzdoh, hawj binghdungxsaej caeux hoiz dauq ndei. Soj hamz miz gojsonh caeuq veizswnghsu, ndaej bangcoh siuvaq、nyinh saej doeng haex, ndaej yw haexgaz.

10、Ndaej siu ndat gej doeg. Makyungz singq liengz feih soemj-diemz, ndaej siu ndat seng raemx、ciengx yaem liengz lwed, doiq boux baenz fatndat hozhawq bak sauj linx sauj、nohheuj ok lwed、dungx ndat bak haemz caeuq hawhuj swng hwnj miz haemq ndei ceihyw yaugoj.