

Seizcou Baenzlawz Yawhfuengz Dwgliengz

秋天感冒的预防

Seizcou aenmbwn bienqvaq mbouj dingh, bouxvunz yungzheih baenz dwgliengz. Baenz dwgliengz miz lai cungj yenzyinh, yawhfuengz cij dwg gvanhgen. Baihlaj 8 aen hothoh iq ndaej bang mwngz yawhfuengz baenz dwgliengz.

Doeng. Gyanghaet hwnq-mbonq le, gibseiz hai doucueng sup aeu hoengheiq singjsien, doengz-seiz baujciz hoengheiq ndaw rug riuzdoeng ndei.

Swiq. Gyanghaet yungh raemxgyoet swiq naj, gyanghaemh yungh raemxndat cimq din, ciengzgeiz genhciz ndaej coicaenh lwed lae baedauq, hawj aenndang lai dingj ndaej bingh, mizyauq dwk fuengz baenz dwgliengz.

Lienh. Gyanghaet hwnq-

mbonq le, genhciz ok rog bae menhbuet yaep ndeu, roxnaeuz guh caujsauh, dwk daigizgenz, demgya rengzndang, hawj aenndang lai dingj ndaej bingh.

Riengx. Ngoenznaengz genhciz yungh raemxgyu roxnaeuz raemxkaz riengx bak, ndaej mied raeg binghdoeg ndaw bak, siucawz raemxmyaiz, baujciz congmbak seuqsak.

Daenj. Gaengawq dienheiq bienqvaq, gibseiz gya gemj buhvaq, gaej nyengh dingj youq.

Nyouq. Ra bingz meiqgeq roxnaeuz bingz laeujget ndeu ma, seiz mbouj seiz hai aen fa nyouq, ndaej daez saenz singj uk, demgiengz menjyizliz, mizyauq dwk yawhfuengz dwgliengz.



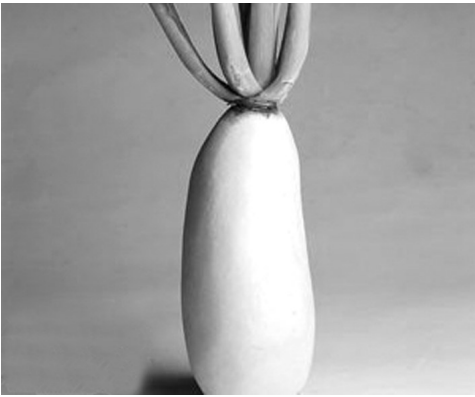
Ndoet. Gyanghaemh yaek haeujninz seiz, aeu lauxbaeg gya meiq ngauz dang gwn roxnaeuz aeu hingndip cimq caz gwn, fuengzceih dwgliengz yauqoj gig ndei.

Oenq. Gven doucueng ndaet, moix gek duenh seizgan ndeu feiz coemh meiqgeq oenq yaep ndeu, ndaej mizyauq dwk gaj raeg binghdoeg dwgliengz.

10 Fap Dingz Ae Vaq Myaiz

食疗止咳化痰法

- 1、Baenzae myaiz lai seiz, ndaej aeu rag ngaeux ma daem yungz, yungh baengzsa bausuek nyaenj aeu raemx heuz di dangzrwi ndeu gwn, moix baez boi ndeu, lienz gwn 3 ngoenz.
- 2、Aeu lauxbaeg hau singjsien swiq seuq ronq baenz gaiq, dwk roengz dangzngazmeg bae cimq 10 daengz 12 diemj cung, caj daengz lauxbaeg hawq beb le gwn dangzngazmeg caeuq raemx de. Gwn baez daengz song baez couh ndei.
- 3、Aeu 50 gwz youzhom、daep-yiengz 2 aen itheij cauq cug dwk gyu gwn.
- 4、Aeu 3 aen gyoijhom mbek naeng bae cab baenz 3 donh; 30 gwz dangznae, dwk di raemx ndeu cang vanj naengj 10 faen cung. Haemhnaengz gwn baez ndeu, laebdaeb gwn aen singhgiz ndeu couh ndei.
- 5、Aeu 150 gwz lauxbaeg nding、15 aen makdaihcauj, gya song vanj raemx baek daengz lw vanj raemx ndeu, ngoenz gwn 3 baez, lienz gwn 3 ngoenz.
- 6、Aeu ngveih gocoengz、ngveih makhuzdauz gak 60 gwz ngenz mienz, gya 15 gwz dangzrwi, moix baez gwn 6 gwz.
- 7、Aeu aen lauxbaeg hau ndeu, cab baenz gep iq 5 lizmij; 5 naed hozceu hau、3 gep hingndip、5 gwz naeng makdoengj, dwk di raemx ndeu baek le raenz aeu raemx gwn.
- 8、Aeu 5 aen makgyamj cawz ngveih louz noh, gya di begdangz ndeu aeuq buenq diemj cung gwn.
- 9、Aeu 500 gwz daeuhfouh unq, naeng makdoengj caeuq gezgwngh gak 5 gwz, caez dwk roengz gu bae dwk raemx baek gwd, cug le gwn daeuhfouh.
- 10、Aeu aen makgam daiq naeng ndeu, 15 gwz dangznae, 2 gep hingndip, gek feiz aeuq 1 diemj cung le lienz naeng gwn.



Haeujsim Yungh Ywdingz-siq Yw Lwgnyez Baenzsiq

慎给宝宝用止泻药

Vujhan Si Cunghsinh Yihyen Wzgoh cujyin yihshw Yangz Veiginz naeuz: Lwgnyez baenzsiq le, cingqcaen mbouj ndaej yungh ywdingzsiq caeux lai. Neix dwg aenvih, yinxhwnj baenzsiq yenzyinh gig lai, caengz loengh cingcuj couh luenh yungh ywdingzsiq, dauqfanj rox hoemqew binghyiengh, bingh engq haeuj naek. Lumj deng nengzbingh ganjyenj, gwn ywdingz-siq le, nengzbingh、huqdoeg caeuq gij huq wngq mbouj ndaej baiz ok rog ndang daeuj, couh rox deng supsou haeuj ndaw lwed bae, hawj lwgnyez okyienh daengx ndang dengdoeg, binghcingz engqgya haeuj naek. Ndigah, lwgnyez baenzsiq seiz, itdingh aeu haeujsim yungh ndei ywdingzsiq.

Danghnaeuz lwgnyez cijdan dwg ok haexsaw, mbouj buenx miz fatndat, cawjranz ndaej yungh diuzleix goengnaengz dungxsaej daengj banhfap, lumjbaenz hawj de gwn di yizswngghin ndeu daeuj bang dingz siq. Danghnaeuz lwgnyez dwg baenz ganjyenjsing dungxsiq, haex niunek caemhcai buenx miz ok lwed dem, couh aeu guh dingj ganjyenj daeuj ceiwy; danghnaeuz haex haemq saw, ndaej aeu di yw baujhoh nemmuck ndeu, lumj mungzdozsizsanj daengj yw hawj lwgnyez gwn.

Seizcou Bouxlaux Gaej Laepda Luenh Bouj

老人秋季勿盲目进补

Canghyw naeuz, moix bi daengz cou doeng geiqciet, cungj miz mbangj bouxlaux baenz bingh sim sailwed aenvih gwn bouj mbouj ngamj baenz haexgaz engq youqgaenj, deng soengq bae yihyen ciengjgouq.

Yenzyinh yungzheih baenz haexgaz gig lai, cawz le caeuq aenndang、cingzsi mizgven le, lij caeuq gij cozyung yw、mbangj bingh yingjyangj、swngghoz sibgvenq rwix mizgven maedsaed. Seizcou caeuq seizdoeng vunzraeuz haengj aeu yinzsinh、loegyungz、bit gaeq bya noh daeuj gwn bouj, baenzneix daih bouj rox hawj haexgaz engq gynaek.

Boux baenz haexgaz daegbied dwg bouxlaux miz gvanhsinhbing roxnaeuz bouxlaux baenz hezyaz sang haenx, aenvih mwh ok haex seiz yunghrengq aengq ok, cauhsaenz binghsimdaez raemhrwnh fatbingh, cungj cingzgvang neix youq linzcangz mwnzcinj ciengzseiz fatseng, daegbied dwg vunzbiz engq yungzheih fatseng cungj cingzgvang neix.

Ndigah, gij bouxlaux baenz gvanhsinhbing caeuq bouxlaux baenz hezyaz sang haenx, baujciz ok haex doengswnh beij gwn bouj engq youqgaenj.

Seizcou gwn bouj, gawq aeu nyinh bouj, engq aeu yungzheih siuvaq. Gaej gwn hojgoh, siuj gwn manhget, gwnndoet aeu citdamh guhcawj, lai gwn raemx、iengduh、cij daengj gijgwn hamz dansuij vahozvuz、danbwzciz、youzlauz caeuq gai、linz、diet、hwzvangzsu lai nem gijgwn dingj vaih hezsonh haenx, gawq ndaej ciengx ndang baujgen, youh mbouj yungzheih baenz haexgaz.



Seizcou Sien Diuz Ndei Aendungx Caiq Gwn Bouj

秋天先调脾胃再进补

Seizcou dauqdaej seizlawz baenz gwn bouj、baenzlawz gwn bouj cij habngamj ne? Itbuen daeuj gangj, yaek gwn bouj gaxgonq cei ndei miz aen gocwngz ndeu daeuj diuzleix aendungx, hawj aenndang swheij hab'wngq le caiq hainduj gwn bouj. Guek raeuz baihnanz dingzlai digih haeuj laebcou le duenh seizgan gig raez ndeu mbwn lij haemq ndat, hoengheiq mbaeqdoh hix haemq daih. Youq cungj cingzgvang neix lajde

mbouj hab gwn bouj, cix wng lai gwn di duhheu、duhbat、haeuxlidu、mbawngaex daengj doxgaiq, hawj heiqcaep heiqndat daj ndaw nyouh baiz okdaej, coi goengnaengz aendungx hoizfuk dauq ndei. Cunghyih nyinhnaeuz, gwn cuk ndaej huz dungx、bouj mamx、nyinh sau, ndigah, boux aendungx hawnyieg youqgaenj, aeu youq canghyw dazyinx lajde gwn di yw ndeu daeuj cangq mamx、ik heiq、huz dungx,

aeu daeuj coicaenh goengnaengz aendungx hoizfuk dauq ndei.

Doeklaeng aeu giengzdiuh dwg, bouxlaux caeuq boux baenz menhsingq veiyenz、cangzyenz haenx, aenvih goengnaengz aendungx gemjnyieg, haeuj laebcou le gaej doq sikhaek gwn bouj, mboujnex rox aenvih “haw mbouj souh ndaej bouj” cix yinxhwnj baenz mbouj siengj gwn doxgaiq caeuq baenz dungxraeng daengj bingh.