

Seizcou Gwnndoet Haeujsim Saehhangh

秋季饮食注意事项

Mwh okyienh hawqsauj aenndang gamjdaengz mbouj cwxcaih seiz, ndaej habdangq gwn di gijgwn nyinh yaem nyinh bwt ndeu, lai gwn lwgmak caeuq byaekheu nem lai bouj gwn di raemx caeuq veizswnghsu yungz youq ndaw raemx haenx. Danhseih gaej gwn gva mak daiq lai, aenvih mbwn liengz aendungx bouxvunz lij haemq nyieg, gwn huqndip huqgyoet daiq lai rox hawj bouxvunz baenz dungxsiq.

Gij noh bya yungzheih hwnjhuj cei q ndei siuj gwn,

gwnndoet wng gwn cit guhcawj. Gwn haijsenh caeuq nohring seiz, aeu haeujsim gwn singjsien di. Gwn coeng、hing、suenq、byaekgep、lwgmah daengj gij-gwn sau jndat aeu habdoh, fuengz sau jndat daiq lai hwnjhuj.

Daegbied haeujsim vei-swngh, aenvih ginggvaq seizhah mbwn ndat siuhauq, siuvaq goengnaengz ndang vunz gaenq mbouj daih ndei lo, rengz dingj bingh conghsaej haemq nyieg, danghnaeuz caiq gwn gijgwn mbouj veiswng roengzbae couh

gig yungzheih yinxhwnj baenz dungxsiq, bouxlaux、lwgnyez caeuq boux ndang haw engq aeu daegbied siujsim cij ndaej.

Seizcou mbwn liengz, vunz gwn ndaej doxgaiq lai, gwn haeuj gij ndat hix demlai, danhseih ngamq haeuj seizcou gyang-ngoengz hainduj bienq dinj, mbwn liengz vunz hix siuj yindung, gij ndat siu bae hix haemq noix. Ndigah ngamq haeuj cou aeu fuengz lanh gwn lanh ndoet, fuengz ndangnaek raemhswnh demgya daiq vaiq.



Mehmbwk Seizcou Wng Lai Gwn Caznding

秋季女性多喝红茶

Mehmbwk seizcou ngoenznaengz gwn boi caznding ndeu miz maz ndeicawq ne?

Vunzraeuz caengz ndaej gwn haeux seiz gwn cazloeg roengzbae rox gamjdaengz aendungx mbouj cwxcaih, neix dwg aenvih ndaw cazloeg hamz miz cungj doxgaiq ndeu heuhguh cazdohfwnh, cungj huq neix naengz gig aendungx, dungx byouq seiz gwn roengzbae gig aendungx engq youqgaenj. Caznding couh mbouj doengz lo, de dwg oemq gvaq cij guh baenz, cazdohfwnh youq yangjvameiz cozyung lajde couh hwnj yangjva fanjying, cazdohfwnh hamzliengh couh siuj lo, gig aendungx gihvei hix noix lo. Linghvaih, gij yangjva doxgaiq cazdohfwnh lij ndaej coi siuvaq dem, ndigah, gwn caznding mboujdanh mbouj sienghaih daengz aenndungx, caemhcai q ndaej ciengx dungx dem. Ciengzseiz gwn gij caznding dwk dangz caeuq gwn gij caznding dwk cijvaiz, ndaej siu haenz, caemh ndaej baujhoh nemmuk aendungx, doiq cei hyw biux naeuh miz itdingh yaujoj.

Gag Guh Baujgen Fuengz Seizcou Mbwn Hawqsauj

自我保健防秋燥

Baez daengz seizcou, gyoengqvunz cungj gamjdaengz naengnoh haenrwd, caemhcai q lot naeng duet gyaep, bwn-gyaeuj roz mbouj ndongqrongh, begsienj lai, naengbak hawqsauj roxnaeuz dekleg, cong hndaeng cong hbak hawqsauj youqgaenj, haex ndongj haex geng. Mbangj bingh youq seizcou mbwn hawqsauj cozyung lajde, hix yungzheih fukfat roxnaeuz haeuj naek, lumj cihgi' gvanj mbehai、feigzwhz daengj. Viheix, baenzlawz an' onj doh gvaq seizcou, gag guh baujgen fuengz seizcou mbwn hawqsauj couh yienj ndaej cibfaen youqgaenj lo.

It dwg gibseiz dem gemj buhvaq. Laebcou gvaq le, hwnzngoengz vaendoh doxca haemq daih, mbouj hab lohgangh aenndang, hix mbouj hab daenj buhvaq daiq lai daiq raeuj.

Ngeih dwg lai gwn raemxgoenj、caz cit、raemxmak、cijvaiz.

Sam dwg lai gwn byaekheu singjsien caeuq lwgmak. Lij ndaej lai gwn di dangzrwi、beghab、cehmbu daengj yw cingbouj dem.

Seiq dwg siuj gwn gijgwn ciencaq manhget.

Haj dwg yawjnaek cingsaenz diuzleix. Boux yaem haw huj daep engq hoengh, doengh mbouj doengh couh fatheiq. Ndigah, yawhfuengz seizcou mbwn hawqsauj lingh aen hothoh couh dwg yawjnaek diuzleix cingsaenz, aensim bingzhuz doiqdaih sojmiz saehcingz, hawj bouxvunz caemcingx an' onj doh gvaq seizcou.



Fap Yawhfuengz Hezyaz Sang

预防高血压的方法

1、Aek gvangq sim hailangh, hag rox gag diuzcez cingzsi sw hgeij, baujciz aensim gengangh huzndei. Naengh bouxvunz ciengzgeiz cingsaenz gaenjcieng、youcaeuz、sim fanz roxnaeuz ciengzgeiz cingsaenz fuhoz naek gvaqbouh, gig yungzheih baenz hezyaz sang.

2、Boux vunz biz baenz hezyaz sang dwg boux cingq-ciengz ndangnaek 2 daengz 6 boix. Ndigah, wng lai gwn di byaekheu singjsien、lwgmak caeuq haeuxcab ndeu, gij

haeuxbyaek neix hamz miz veizswnghsu gig lai, mbangj lij ndaej gyangq hezyaz dem, lumj byaekginzcai、lauxbaeg、gosuenq、gyoi jhom、maksanhcah、sae' gva daengj. Neix hix dwg yawhfuengz hezyaz sang cosih ndawde aen ndeu.

3、Gaiq ien gimq laeuj. Cit ien ndaej hawj hezyaz swng sang, daihliengh ndoet laeuj ndaej hawj simdaeuz、daep、mak baenz bingh bienq.

4、Boux ndaw gyog miz vunz baenz hezyaz sang gvaq haenx

aeu haeujsim sw hgeij hezyaz cingzgvang, gyagiengz bae yawh-fuengz cij ndaej. Ngoenznaengz aeu ciuqseiz ok haexnyouh, caemhcai q dawz de dangguh gienh daihsaeh ndeu daeuj doiqdaih.

5、Boux baenz hezyaz sang gaej gyangq hezyaz daiq vaiq roxnaeuz raemhrwnh dingz yw.

6、Ngoenznaengz gwnndoet gaej daiq hamz lai, moix ngoenz gwn gyu mbouj ndaej mauhgvaq 6 gwz, doengzseiz aeu noix gwn youzlauz, fuengz ndang fat biz.

Seizcou Ciengx Ntang Wng Ciengz Gwn Nohbit

秋季养生应常吃鸭肉

Gwnndoet ciengx ndang baujgen conghyah vixok, nohbit singq caepliengz, hab boux ndang ndat hwnjhuj gwn, ndigah seizcou ciengx ndang baujgen gwnndoet daih' it wng senj gwn nohbit. Nohbit hamz miz B cuz veizswnghsu caeuq veizswnghsu E gig lai, gij cihfangzsonh de cujyau dwg bubaujhoz cihfangzsonh caeuq dihdan baujhoz cihfangzsonh, yungzheih siuvaq.

Linghvaih, gij lauz ndaw nohbit caeuq youzdoenghgo wng mbouj doxdoengz, daegbied hab boux baenz doenghmeg giet ndongj haenx gwn.

Nohbit doiq smdaeuz bouxvunz hix daegbied miz ik. Moix 100 gwz nohbit hamz miz 300 hauzgwz gyaz, gyaz doiq simdaeuz bouxvunz diuq miz cezcou miz gvilwd mizgven.

Vunz gwn gyu lai hezyaz couh rox swng sang, ndigah, bingzseiz wng lai gwn di nohbit ndeu daeuj dingjlauh gij noh gij byaek wng.

