

Seizcou Cangq Ndang Miz “Seiq Fuengz”

秋季健身有“四防”

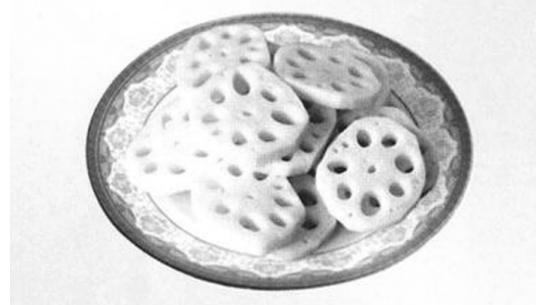
It fuengz yindung rag sieng. Aenvih noh caeuq nyinz bouxvunz youq mwh mbwn liengz seiz rox hawj sailwed sousuk, mbe' gvangq deng gaz, hoh hozdung fukdoh gemjsiuj, sinzgingh hidungj cijveih ndangnoh naengzlig doekdaemq, yaek guh yindung gaxgonq danghnaeuz mbouj guh ndei cunjbei, couh rox yinxhwnj nyinz hoh caeuq noh rag sieng. Cunjbei hozdung seizgan caeuq neiyungz aeu yawj vunz bae guh, itbuen yindung ndang loq ndat di couh ngamj.

Ngeih fuengz deng rumzliengz boq dwgliengz. Haet seizcou mbwn haemq liengz, gaej daenj buhbeu bae rog ranz yindung, wng gaengawq rog ranz aenmbwn bienqvaq daeuj dem gemj buhvaq. Mwh lienhdang seiz gaej duet buh bae lai, wng caj aen ndang loq ndat le caiq menhmenh duet buh. Lienhdang le gaej daenj buh mbaeq youq ndaw rumzgyoet soengz youq, fuengz aenndang deng liengz yinxhwnj baenz dwgliengz.

Sam fuengz yindung haenq lai. Seizcou dwg aen geiqciet ndei lienhdang ndeu, danhseih ndang vunz yaem cing heiqliengz lij dwg cawq youq laeng sousuk ciengx ndang gaiduenh, ndigah yindung gaej daiq haenq lai, fuengz ok hanh daiq lai heiqliengz sied bae lai, hab senj gij yindung hanghmoeg mbouj daiq yungh rengz mbouj daiq haenq bae guh.

Seiq fuengz mbwn hawqsauj. Seizcou mbwn hawqsauj youh haemq liengz, dwg aen geiqciet heiqaep bien vuengh bien nyieg he, bouxvunz yungzheih yinxhwnj congghoz hawqsauj, bak linx myaiz siuj, naengmak dekleg, ndaeng ok lwed, baenz haexgaz daengj. Doiq boux lienhdang daeuj gangj, lienhdang le wng lai gwn di makleiz, lwgraz, dangzrwi, raetngaenz daengj doxgaiq.

Yindung le lij aeu lai gwn raemxgoenj, lai gwn oij, makleiz, makbingzgoj, raemxcij, lwgraz, byaekheu daengj, baujciz nemmuek saidiemheiq donhgwnz cingqciengz iemqok, fuengz congghoz gawh in.



Seizcou Fuengz Ndaeng Ok Lwed Ciengz Gwn Ngaeux

秋季预防流鼻血常吃莲藕

Ciuq baudauj naeuz, boux ndaeng ok lwed wnggai ciengz gwn di gijgwn liengz lwed, nyinh yaem, siu ndat he, neix ceiqliengz ndei dwg gwn ngaeux lo.

Ngaeux diemz byoiq habbak, ndaej gwn ndip roxnaeuz cauq guh byaek gwn, gij ywyungh gyaciz de haemq sang, dwg cungj huqbouj ndei ndeu. Ngaeux hamz miz mba, danbwzciz, veizswngshu B, veizswngshu C, youzlauz, dansuij vahozvuz caeuq gai, linz, diet daengj lai cungj gvangvuzciz, noh de biz oiqliengz, gwn ndip caeuq gwn makleiz feihdauh doxlumj. Cunghyih nyinhnaeuz, ngaeux gwn ndip ndaej liengz lwed sanq cwkw, cawj cug gwn ndaej bouj sim ik mak, caemh ndaej nyinh yaem ciengx lwed. Ndaw ngaeux lij hamz miz veizswngshu K gig lai, gwn de ndaej sousuk sailwed caeuq dingz lwed, ceiqliengz hab boux ndaeng ok lwed, boux rieg lwed, boux nyouh ok lwed, boux haex ok lwed gwn.

Senj cawx ngaeux seiz wng senj aen biz hung, noh byoiq oiqliengz, raemx lai youh diemz, daiqliengz miz feihhom haenx. Doengzseiz, aenngaeux wnggai mbouj miz sieng, mbouj miz naeuh, mbouj bienq saek, mbouj miz diemj myaex, mbouj reuq suk, mbouj raek hoh, dingjsoem yied saeq yied ndei. Conghyah daezsingj naeuz, boux aendungx siuvaq goengnaengz mbouj ndei caeuq boux baenzsiq mbouj hab gwn ndip.

Bouxlaux Mbouj Hab Gwn Daeuhfouh Lai

老人不宜多吃豆腐

Gwn daeuhfouh doiqliengz ndang vunz miz ndeicawq, danhseih bouxlaux gwn daeuhfouh daiqliengz lai cix mbouj ndei lo.

Daeuhfouh hamz miz lai cungj veizlieng yenzsu ndang bouxlaux noix miz haenx, lumj diet, gai, linz, meij daengj, ndawde youhciz danbwz hix mizleih bouxlaux dungxsaej hidungj goengnaengz nyieg supsou. Ndawde swjgizsu doenghgo doiqliengz fuengzceih ndok soeng ndok byoiqliengz miz haemq ndei cozyung. Ciengz gwn daeuhfouh lij ndaej bouj ndaw ik heiqliengz, siu hwnqq nyinh sauqliengz, seng raemx gajj hozhawq, cing seuqliengz dungxsaej.

Daeuhfouh yienznaeuz ndei gwn, danhseih mwh gwn seiz hix miz gimqgeih. Danghnaeuz gwn daiqliengz lai, danbwzciz rox laengzdangj ndang vunz supsou diet, bouxlaux yungzheih baenz aek ciengq, baenzsiq; gwn daeuhfouh daiqliengz lai lij rox hawj ndaw ndang huqfeiqliengz demlai, gynaek aenmak fudanh; ndaw daeuhfouh hamz byauling haemq lai, bouxlaux baenzin caeuq bouxlaux lwed niusonh gwd gwn lai rox yaeuhfat baenzin moqliengz. Bouxlaux moix singhgiz gwn daeuhfouh 2 daengz 3 baez ceiqliengz ndei, moix baez gwn 100 gwz baedauq couh ngamj.

Boux Aendungx Baenzaiz Gwnndoet Haeujsim Saehhangh



胃癌患者

饮食注意事项

Mwh boux aendungx baenz-aiz ok lwed seiz, gwn doxgaiqliengz mbouj hab daiqliengz ndat, aenvih doxgaiqliengz daiqliengz ndat ndaej hawj sailwed mbehai, ok lwed engqliengz lai. Mbangj vunz nyinhnaeuz doxgaiqliengz gyoet ndaej dingz lwed, danhseih doxgaiqliengz gyoet ndaej yinxhwnj aendungx raemhrwnh sousuk, aendungx engqliengz in, ndigah, boux aendungx baenzaiz gwn doxgaiqliengz

geih daiqliengz gyoet roxnaeuz daiqliengz ndat.

Boux aendungx baenzaiz haeuqliengz daengz geizgyang caeuqliengz geizlaeng itbuen donh aek baihgwnz miz sim nywnx, rieg ok, dungx rwd in rwd in daengj binghyiengh, doiqliengz cungj cingz-gvang neix, wng gwn gijgwn cit di, lumj raemxoiqliengz, mba ngaeux, cuk haeuxyangz, gau maksanh-

cah, cuk haeuxfiengj, mak-daihcawj, cuk cehmbu daengj. Gaej gwn gijgwn manhget, gaej ndoet laeuj. Gijgwn nyinzsei co lai hix gaej gwn.

Ndaw gijgwn ceiqliengz ndei demgya di danbwzciz, youzlauz yungzheih siuvaqliengz ndeu, doengz-seiz hix ndaej demgya di gijgwn hamz veizswngshu B, veizswngshu A, veizswngshu C daengj cwngzfwn dem, yienghneix doiqliengz aenndang caeuqliengz binghcingz daih miz ndeicawqliengz. Linghvaih, boux aendungx baenzaiz gwn doxgaiqliengz wng gwn siuj gwn lai donq, gwn siuj ndaej gemjsiuj gig raemxdungx iemqok, mienx-ndaej dungxsaej fudanh daiqliengz naek.

Seizcou Baenzlawz Yawhfuengz Gokbak Nengz

秋天如何预防“烂嘴角”

Linzangz yingzyangjyoz yenzgiu ndaej rox, ndaw ndang noix veizswngshu B₂ dwg yinxhwnj baenz gokbak nengz aen yenzyinh ciengz raen ndeu.

Yawhfuengz baenz gokbak nengz, daih'it dwg diuzcingj gwnndoet, haeujsim gwn cai caeuqliengz gwn noh hablex dapboiqliengz, lai gwn gijgwn naengz ciengx lwed nyinh yaem, siu ndat nyinh sauqliengz ndeu. Gijgwn ciengx lwed nyinh yaem miz daep doihduz, hakgyaeqliengz, nohcinq, makdaihcawj,



duhndaem, daeuhseih, yaumuqliengz, cijvaiz daengj; gijgwn nyinh yaem nyinh sauqliengz miz byaekroem,

byaekbohcai, byaekgaiqlanz, dangzrwi, ngveih makgingq daengj. Gij huq neix dingzlai dwg hamz veizswngshu gig lai, mwh cauqliengz seiz gaej hai feizhaenq cauqliengz nanz lai, mienxndaej dingzlai veizswngshu B₂ deng buqvaih bae. Cawz yungh gijgwn diuzleix le, mbangjgiz rogsieng ndaej aeu gobyakiemjsae ma gya youz-lwgraz daem yungz baeng gizde, hix ndaej hwnj daengz nyinh sauqliengz dingz in, siu ndat geqliengz doeg cozyung.