

Dan Caz Ciengx Ndang Seizcou

秋季养生茶疗方

Caz lauxbaeg: Aeu 100 gwz lauxbaeg hau, 5 gwz mbawcaz, dwk di gyu ndeu, sien swiq lauxbaeg seuq ronq baenz gep cawj naemz, dwk di gyu ndeu diuzfeih gaej dwk veicingh, cimq mbawcaz 5 faen cung le ndingq roengz raemx lauxbaeg bae heuz gwn, ngoenz song baez, ndaej siu ndat vaq myaiz, leix heiq sek dungx, hab yungh daeuj yw baenzae myaiz lai, dungx ciengq mbouj haengj gwn doxgaiq. Lauxbaeg hau yingzyangj lai, hamz miz gai caemhcaiq baenz yw, ndaej siu ndat vaq myaiz, boiq caz gwn ndaej siu bwt ndat, vaq myaiz caep, dwk di gyu ndeu gwn gawq ndaej diuzfeih, youh ndaej cing bwt siu in.

Caz mbaw gosijsu: Hingndip, mbaw gosijsu gak 3 gwz, hingndip



ronq baenz sei, swiq mbaw gosijsu seuq, cimq raemxgoenj 10 faen cung le dang caz gwn, hab boux deng rumznit dwgliengz, boux gyaeuj in fatndat roxnaeuz boux rub myaiz, rueg ok, dungx in aek ciengq daengj dungxsaej mbouj cwxcailh baenz dwgliengz gwn.

Caz raetngaenz: Aeu 20 gwz raetngaenz, 5 gwz mbawcaz, 20 gwz dangznae. Sien swiq raetngaenz seuq dwk raemx caeuq dangznae aeuq cug; caiq cimq mbawcaz 5 faen cung le raenz aeu raemx de heuz dang raetngaenz yinz gwn. Ndaej nyinh yaem gyangq huj, nyinh bwt dingz ae, hab yungh daeuj yw boux baenz yaem haw baenzae. Raetngaenz dwg gij huq nyinh bouj gwn yw song yungh, ndawde hamz miz danbwzciz daih' iek 10% , vuzgihyenz 4% ; lij hamz miz veizswnghsu E caeuq linz, diet, gai, mej, gyaz, naz daengj doxgaiq dem. Gij yw yungh de dwg nyinh yaem nyinh bwt caeuq ciengx dungx seng raemx. Raetngaenz boiq dangznae gwn ndaej bangbouj nyinh ciengx nyinh bwt, dingz ae vaq myaiz.

Seizcou Gwn Lauxbaeg Miz Geij Daih Ndeicawq

秋食萝卜的几大好处

1、Ciengzseiz gwn lauxbaeg ndaej fuengz aiz dingj aiz.

2、Gwn lauxbaeg ndaej hawj aendungx siuvaq ndei.

3、Gwn lauxbaeg ndaej daez-sang rengz dingj bingh. Ndaw lauxbaeg hamz miz veizswnghsu C lai, de caeuq veizlieng yenzsu sinh ndaej hawj ndang vunz lai dingj ndaej bingh.



Gijgwn Hab Seizcou Gwn Haenx

适合秋季食用的食品

Seizcou, vunzraeuz ciengz-ciengz gamjdaengz bak, ndaeng, naengnoh hawqsauj, ndigah, aeu lai gwn di gijgwn seng raemx, ciengx yaem dumznyinh ndeu, siuj gwn gijgwn ciencaq, manhget. Gijgwn hab seizcou gwn haenx miz:

Beghab. Ndaej bouj bwt nyinh bwt, cing sim an saenz, siucawz naetnaiq caeuq nyinh sauq dingz ae.

Maenzcienz. Mboujlwnh sai-mbwk lauxnomj, miz bingh fouz bingh, ndang ndei ndang nyieg cungj hab gwn.

Ngaeux. Ngaeux ndip ndaej siu ndat seng raemx gajj hozhawq, ngaeux cug ndaej cangq mamx sek dungx ik lwed.

Byalae. Haeuj cou gwn byalae, mboujdanh ndaej bouj ndang, hix ndaej diuzcez hezdangz ndang vunz, cien gwn, aeuq gwn roxnaeuz cawj cuk gwn cungj ndaej.

Maklaeq. Ndaej cangq mamx ciengx dungx, bouj mak cangq ndok.

Duhdoem. Aeu duhdoem naed ngenz mienz heuz dangbyaek gwn roxnaeuz dwk raemx baek gwn, mbouj hab cauj gwn.

Makcauj nding. Ndaej nyinh yaem nyinh sauq, ik bwt bouj heiq, danghnaeuz caeuq raetngaenz, beghab, maenzcienz caez aeuq gwn, yaugoj engq ndei.

Cuk Ciengx Ndang Seizcou

秋天的养生粥



Seizcou habdangq gwn cuk, ndaej huz dungx cangq mamx, nyinh bwt seng raemx, ciengx yaem siu sauq. Mwh cawj cuk seiz, habdangq dwk makleiz, lauxbaeg, lwgraz daengj, daej ik bwt nyinh sauq.

1、**Cuk makleiz:** Aeu 2 aen makleiz, swiq seuq le lienx naeng daiq ngveih cab soiq, gya 100 gwz haeuxsuen dwk raemx cawj cuk gwn. Makleiz ndaej nyinh sauq.

2、**Cuk maklaeq:** Aeu 50 gwz maklaeq, 100 gwz haeuxsuen gya raemx cawj baenz cuk gwn. Aenvih maklaeq ndaej ciengx dungx cangq mamx, bouj mak nyangq nyinz, vued lwed dingz lwed, daegbied hab bouxlaux hwet in ga naet, hoh in daengj gwn.

3、**Cuk lwgraz:** Aeu 50 gwz lwgraz, 100 ngwz haeuxsuen, sien cauj lwgraz cug ngenz mienz, caj cuk cug le gyauz mba lwgraz roengz. Hab boux baenz haexgaz, boux bwt sauq baenzae, boux gyaeuj ngunh da raiz gwn.

4、**Cuk lauxbaeg nding:** Dwk youz cauj lauxbaegnding, 100 gwz haeuxsuen gya raemx cawj cuk. Aenvih ndaw lauxbaeg nding hamz miz huzlozbuzsu, aen ndang bouxvunz supsou le ndaej cienjvaq baenz veizswnghsu A, hab boux baenz naengnoh hawqsauj, boux naengbak deklek gwn.

5、**Cuk cagut:** Aeu 60 gwz vagut, 100 gwz haeuxsuen. Sien dwk raemx baek vagut aeu raemx le caiq dwk haeuxsuen roengz raemx vagut bae cawj cuk gwn. Doiq boux seizcou baenz rumz ndat dwgliengz, sim fanz hoz sauq, da hoengz foeg in miz haemq ndei ceihiw cozyung, doengzseiz doiq bingh sim sailwed hix miz haemq ndei fuengzceih cozyung.

Bouxjai Seizcou Aeu Lai Gwn Raemx Lai Ok Nyough

秋天男性谨记多饮水多排尿

Seizcou mbwn haemq hawq-sauj, vunz ok nyough noix, sainyough mbouj ndaej cingqcinegz cungswiq vunz couh yungzheih baenz cenzlezsenyenz. Itbuen boux vunz ngoenz gwn 2000 hauzswng h raemx, couh ndaej ok nyough daeuj cungswiq sainyough, coicaenh raemxiemq cenzlezsen baiz okdaeuj, couh ndaej yawhfuengz cenzlezsen ganjyenj lo.

Linghvaih, nyough gaep siz ciengeiz gaej nyaenx youq. Miz haujlai vunz aenvih hong nyaengq

lai cix nyaenx nyough mbouj ok, doeklaeng nyough dauqfanj lae dauq ndaw rongznyough yinxhwnj baenz cenzlezsen rengz dingj bingh doek-daemq. Linghvaih, cei ndei dwg mbouj gwn laeuj mbouj cit ien, mbouj gwn manh, lai gwn raemx.

Conhgyah giengzdiuh naeuz, naengh miz nyough dei, nyough gip, ok nyough insep, ok nyough mbouj ndaej, naetnaiq, gvanbaz swngghoz cizlieng doekdaemq daengj cingz-gvang, wng gibseiz bae yihyen genjcac ceihiw.

