

Seizcou Aeu Ciengx Bwt Guh Goek

秋季养肺为要

Bwt dwg aen diemheiq gi-gvanh youqgaenj bouxvunz, dwg gij goek heiq ndang vunz, heiq bwt hoengh roxnaeuz nyieg, gvendaengz bouxvunz gyaeu ndaej nanz mbouj nanz.

Siuj gwn manh lai gwn soemj. Seizcou, goengnaengz aenbwt bien vuengh, gwn huqmanh daiq lai, rox hawj heiq bwt engq hoengh, daengzlaeng sieng daengz heiq daep, ndigah, seizcou aeu siuj gwn coeng-hing, gyaeusuenq, byaekgep, lwgmanh, lai gwn makbingzgoj, maksiglouz, makit, makgai, mak-yengj, makbug, makcengz, mak-

sanhcach, makyungz, lwgcid.

Lai gwn cuk. Seizcou gyanghaet lai gwn di cuk ndeu, gawq ndaej cangq mamx ciengx dungx, youh ndaej hawj vunz liengzsangj. Seizcou ciengz gwn gij cuk haenx miz: Cuk haeuxsuen maksanhcah, cuk haeuxsuen makleizbit, cuk haeuxsuen nohdouq, cuk haeuxsuen lauxbaeg hau, cuk haeuxsuen ngveih makgingq, cuk haeuxsuen naeng makgam, cuk haeuxsuen bingj-lwgndae daengj.

Hab bouj gwn dang cangq ndang. Gij dang hab seizcou gwn miz: Dang lwgfaeg beghab, dang

makyungz naeng mou, dang ndoksej maksanhcah, dang maksanhcah byaleix, dang gyaeuj byalienz, dang byalae, dang byacaek lwglimz, dang daeuhfouh mbaw gaeujgij, dang daeuhfouh raetbingzguh, dang gyaeqgaeq raetbingzguh, dang byaekaeuj raetdoeng daengj.

Hab lai gwn nohbya. Seizcou dwg aen geiqciet gwn bouj ndeu, danhseih mbangj vunz lau gwn bouj le ndang fat biz, mboujfuengz lai gwn di nohbya ndeu, nohbya youzlauz noix, cihfangzsonh ndaw nohbya ndaej gyangq dangz, hoh sim caeuq fuengz aiz.



Gij Byaekheu Lawz Ndaej Siu Huqdoeg Aendaep

蔬菜排除肝脏毒素

Makyungz. Ndaw makyungz hamz veizswnghsu C caeuq gij nding makyungz gig lai. Gij nding de dingj ndaej yangjva goengnaengz haemq ak, ndaej siucawz gij swyouzgi sonjhaih aendaep. Boux aendaep goeng-naengz mbouj cingqciengz ndaej ciengzseiz gwn di dang nohbit makyungz ndeu, yienghneix ndaej nyinh yaem. Gwnfap: Ronq makyungz baenz naed le aeu ma geng ndeu, mwnh byaekginzcai, mwnh lauxbaeg nding, lauzmou gak buenq geng itheij dwk roengz haeuxcuk goenj bae log cug, dwk di gyu caeuq veicingh le gwn, yw ganhyenz yaugoj gig ndei.

Gyaeusuenq. Gyaeusuenq ndaej hoh daep, boux aendaep goengnaengz mbouj cingqciengz ndaej gwn de daeuj bangbouj ceihyw. Danhseih mbouj ndaej gwn lai, gwn lai rox sieng daep.

Lwghaemz. Ndaw lwghaemz hamz miz veizswnghsu C gig lai, daihgaiq hamz miz 120 hauzgwz veizswnghsu C, beij makdumh (80 hauzgwz) caeuq makcengz (90 hauzgwz) lij lai. Ndaw lwghaemz lij hamz miz gyaz, ndaej hawj hezyaz doekdaemq. Danhseih mbouj ndaej gwn lai, gwn lai rox sieng dungx.

Ceh gaeujgij. Ceh gaeujgij bouj mak ceiq ndei, de hamz miz lauxbaeg nding doxgaiq, gij ndaengq byaekdiemz, veizswnghsu A, veizswnghsu B₁, veizswnghsu B₂, veizswnghsu C caeuq gai, linz, diet daengj doxgaiq, ndaej hawj hezyaz doekdaemq, gyangq hezdangz, gyangq hezcij.

Seizcou Gwn Hoj-goh Miz Gaembak

秋天吃火锅有节制

Haeuj daengz seizcou le, aenmbwn cugciemh liengzsangj, ndang vunz gig hab gwn di nohyiengz nohvaiz ndeu daeuj bouj ndang. Danhseih cunghyih nyinhnaeuz, seizcou gwn bouj aeu gaengawq aenmbwn bienqvaq daeuj gwn. Seizcou ndaej faen baenz song aen bouhfaenh daeuj yawj. Coufaen gaxgonq, bouxvunz ngamq ginggvaq aen seizciet seizzah ndat-hwngq, goengnaengz aendungx caengz hoizfuk cingqciengz caezcienz, gyahwnj dienheiq lij haemq mbaeq, vunzraeuz lij caengz hab gwn gijgwn youz nywnx; gvaq coufaen le, aenmbwn cugciemh bienq liengz, youh dwg cunjbei haeuj seizdoeng lo, haemq hab gwn di gijgwn raeujndat ndeu daeuj bouj ndang, hoeng aen seizciet neix dienheiq youh haemq hawqsauj, ndaeng bak bouxvunz yungzheih baenz baez, da saep, ndigah, mbouj ndaej gwn gijgwn manhget daiq lai.

Cunghyih genyi naeuz, haujlai vunz cungj maij gwn hojgoh, danhseih aeu haeujsim gaembak, aen daengz song aen singhgiz gwn baez ndeu couh ngamj, gwn lai rox hwnjhuj, doengzseiz aeu lai gwn di byaekheu ndeu.



Seiq Cungj Banhfap Ndaej Daiqlawh Yw Daeuj Yw Mehdaiqndang Fatndat

孕妇高烧四种方法有效替代药疗

1、Mwh ngamq fatndat dwgliengz conghhoz youh haenz youh in seiz, sikhaek aeu raemxgyu gwd moix gek 10 faen cung riengx bak riengx conghhoz baez ndeu, riengx 10 baez baedauq couh raen miz yaugoj.

2、Gwn dangnohgaeq ndaej gemjmbaeu aenvih fatndat dwgliengz seiz ndaeng saek, mug rih, caemhcai ndaej cingcawz binghdoeg saidiemheiq dem. Ciengzseiz gwn dangnohgaeq ndaej demgiengz rengz dingj bingh ndang vunz, hix ndaej yawhuengz baenz dwgliengz. Youq ndaw dangnohgaeq dwk di hozceu, hingngip ndeu, roxnaeuz cawj mienh seiz dwk di hozceu caeuq hingndip ndeu, ndaej yw dwgliengz.

3、Ndingq 42 doh baedauq raemxraeuj roengz ndaw cazboi bauraeuj bae le, boux mehdaiqndang baenz fatndat dwgliengz haenz bak, ndaeng iet gvaq gwnz bak boi bae sup aeu fwi ndat, ngoenz 3 baez.

4、Mehdaiqndang baenzae seiz, ndaej dub aen gyaeqgaeq ndeu hoed yinz, dwk di begdangz caeuq heuz di raemxhing ndeu, yungh byongh boi raemxgoenj heuz gwn, gwn song daengz sam baez couh mbouj ae lo.

1、Geih dungx byouq seiz gwn.

Aenvih ndaw lwgndae hamz miz youzsonh caeuq gojsonh gig lai, mwh dungx byouq seiz gwn rox hawj lwgndae louz youq ndaw dungx nanz lai habbaenz gietsig. Danghnaeuz gietsig fouzfap baiz okdaeuj, couh rox cauhbaenz conghsaej saekdimz, yienghneix donh aek baihgwnz couh insep, rueg ok caemhcai rueg lwed dem.

2、Geih gwn naeng. Youzsonh dingzlai dwg comz youq ndaw naeng, mwh duet saep seiz, youzsonh ndaw naeng mbouj gojnwngz duet ndaej ok liux, daiq naeng gwn roengz dungx rox yinxhwnj baenz gietsig.

3、Aeu hableix dapboiq. Cunghyih nyinhnaeuz, duzbaeu caeuq lwgndae cungj dwg gijgwn caepliengz,

ceiq ndei gaej doengzcaeaz gwn. Doengzseiz, gwn laeuj gvaq hix mbouj hab gwn lwgndae, mboujnex, couh rox yingjyangj siuvaq, nanz le conghsaej deng saekdimz.

4、Aeu yawj vunz bae gwn. Doiq boux baenz binghnyouhdangz daeuj gangj, daegbied dwg boux hezdangz gamhanh mbouj ndei gwn

roengzbae cibfaen miz haih. Boux baenz dungxsiq, boux baenz haex bongh, boux ndang nyieg bingh lai, boux mehmbwk ngamq senglwg gvaq, boux rog baenz funghanz geih gwn; boux baenz menhsingq dungx in, boux baenz dungxraeng, boux gvej dungx gvaq mbouj hwb gwn.

5、Mbouj ndaej gwn lai.

Seizcou Gwn Lwgndae Aeu Haeujsim Gijmaz

秋季吃柿子有些啥讲究



Youzsonh ndaw lwgndae ndaej caeuq gij gai, sinh, meij, diet daengj gvangvuzciz ndaw gijgwn habbaenz vahozvuz mbouj yungzheih deng ndang vunz supsou, yingzyangj mbouj ndaej deng leihyungh. Youh aenvih de hamz dangz lai, gwn lai rox baenz dungx ciengq. Moix baez gwn 200 gwz couh ngamj.