

Haj Aen Niemhfueng Fuengz Bingh Dingj Nit Seizdoeng

冬季抗寒防病五个小秘方

Seizdoeng mbwn nityuyu, vunz yungzheih deng nit le yinxhwnj baenz dwgliengz caeuq ndaenghaenz.

Lajneix gaisau haj cungj fuengfap dingj nit fuengz bingh hawj daihgya:

1、Ciengz gwn raemxgoenj. Seizdoeng mbaw hawqsauj, ndang vunz gig yungzheih siuj raemx, ciengz gwn raemxgoenj, mbouj-danh ndaej baujcwnj aenndang sihyau, youh ndaej leih nyohu baiz doeg, baiz huqfeiq ndaw ndang okdaeu.

2、Ciengz gwn dang hing makcauj. Aeu 10 aen makcauj, 5 gep hingndip baek caz, haethaemh gak gwn baez ndeu, ndaej hawj ndang vunz lai dingj ndaej nit, siuj baenz dwgliengz caeuq siuj baenz



gij bingh wnq.

3、Genhciz yungh raemx- goyet swiq naj. Ndaej hawj ndang vunz lai dingj nit, siuj baenzbingh, youh ndaej yawhfuengz baenz siengfung dwgliengz.

4、Gyaeujmbonq ciengz cuengq di makgam roxnaeuz bozhozyouz ndeu. Makgam singq raeuj, gij heiq de cuengq okdaeu

ndaej giepcawz binghdoeg. Gyaeujmbonq baijcuengq makgam, ndaej yawhfuengz saidiemheiq donhgwnz baenzbingh; yaek ninz seiz gwn geij dip makgam, ndaej vaq myaiz dingz ae. Cuengq bingz bozhozyouz iq ndeu youq henz gyaeujswiz, yungh aen'oet laeuh-eiq ndeu goemq ndei, hawj gij heiq bozhos menhmenh sanqfat okdaeu, ndaej yw gyaeuj in caeuq yw ndaengsaek.

5、Yungh aenswiz mbaw gosangh caeuq vagut demh ninz. Mbaw gosangh seizdoeng caeuq vagut seizcou ndaej raeu da singj uk yw dwgliengz. Dawz daeu guh sim gyaeujswiz demh ninz ndaej hawj ukgyaeuj lingzsingj, ninz ndaek vaiq, hix ndaej fuengzceih dwgliengz.



Seizdoeng Bouxlaux Lau Nit Wng Lai Gwn Gijmaz

冬季老人怕冷可多吃什么

Bouxlaux aenvih sup haeuj caeuq baiz ok, lwed lae baedauq gemjmenh daengj yenzynh, daegbied lau nit, seizdoeng cungj gamjdaengz din fwngz gyoetgyat. Siengj gvaq ndei aen seizdoeng, cawz gyagiengz diyyuz lienhdang, demgya yingzyangj, haeujsim fuengz nit bauj raeuj le, lij wnggai miz yisiz dwk lai gwn di gijgwn raeujndat dingj nit ndeu daeu hawj aenndang "gya'ndat".

Bouxlaux seizdoeng aeu bouj diet. Bingzseiz aeu haeujsim lai gwn di nohcng, bya, bwtdaep doihduz, hakgyaeq, duh, byaekginzcai, raetrang, raetmoenggaex ndaem daengj. Hoeng bwtdaep doihduz caeuq hakgyaeq danjgucunz bien sang, gaej gwn daiq lai, moix aen singhgiz gwn baez ndeu couh ndaej. Mwh bouj gwn gijgwn diet doengzseiz, lij wnggai lai gwn di gijgwn hamz veizswnghsu C lai he dem, yienghneix mizleih aenndang supsou diet.

Caiq daeu, seizdoeng bouxlaux lij ndaej lai gwn di haijdai, byaekaeuj, gyapbangx, byaekbohcai, bya nyauh he dem.

Cawz ngoenznaengz gwnndoet le, lij ndaej dawz makhwzdauz dang saejdaeu gwn, aenvih ndaw makhwzdauz hamz miz linzcij, dwg gij yenzliuh youqgaenj habbaenz sibauh ndang vunz haenx, de ndaej demgiengz sibauh vuedsingq, coicaenh goengnaengz caux lwed, hawj vunz lai gwn ndaej doxgaiq. Linghvaih, makhwzdauz hamz miz dansuijahozvuz gig lai, hamz ndat hix lai, ndaej soengq ndat hawj ndang vunz lai dingj nit bauj raeuj.

Boux baenz gvanhsinhbing doiq rumznit swgiz gig minjganj, aenvih nitgyoet ndaej hawj sailwed naengnoh sousuk, raemhrwnh beng haen, lwed niu gwd caemhcaiq lae menh, gyanaek fudanh aen' daep, yungzheih hawj gvanhsinhbing fukfat.

Doengzseiz, rumznit swgiz lij ndaej cigciep yinxhwnj gvancang doenghmeg raemhrwnh beng haen, yinxbaenz sim noix lwed noix yangjgi, yaeuhfat baenz sim geuj in roxnaeuz gipsingq sim saek dai daengj gvanhsinhbing. Ndigah, boux baenz gvanhsinhbing seizdoeng aeu haeujsim baihlaj geij aen vwndiz:

1、Gaengawq aenmbwn bienq-vaq cingzgvang, gibseiz dem daenj buhvaq daeu bauj raeuj dingj nit. Daegbied dwg mbwnnit rumznit, givwnh raemhrwnh doekdaemq seiz, aeu lai daenj buhvaq, fuengz

Boux Baenz Gvanhsinhbing Seizdoeng Aeu Baujyangj Ndei Aenndang

冠心病患者冬季应正确保养身体

aenndang dwgliengz deng nit-gyaengi, daenj buhvaq aeu ciuqei mbaeu youh fuengbienh aen yenzcwz neix, mboujnex, buh daiq na roxnaeuz haiz daiq naek rox demgya simdaeuz fudanh, bingh engq haeuj naek. Ngoenz mbwnnit cei q ndei mbouj ok rog bae youz.

2、Hab dangq lienhdang. Ngoenz mbwn' gvengq mbouj daiq nit seiz, ndaej ok rog ranz bae lienhdang, hawj aenndang lai dingj ndaej nit.

3、Yungh raemxgyoet swiq naj, raemxraeuj caemxndang, hawj naengnoh lai dingj ndaej nit. Lij

aeu cizgiz fuengzceih dwgliengz caeuq heiqguenjiemz dem.

4、Caenhlheng baehmienx ndawranz rogranz dohraeuj doxca daiq lai. Boux baenz gvanhsinhbing gaej raemhrwnh lizhai ndaw rug ok rog bae youz cet. Itdingh aeu okbae seiz, cei q ndei sien youq ndawranz youzbyaij yaep ndeu hawj aenndang sikhab baihrog vanzging caiq okbae. Linghvaih, boux baenz gvanhsinhbing ndaw rug aeu baujciz raeujrub, danhseih gaej ndat lai, mienxndaej dohraeuj ndaw rug caeuq baihrog doxca daiq lai.

Seizdoeng Gwnndoet Ciengx Nandang Haeujsim Saehhangh

冬季养生饮食注意事项

Haeujsim 1: Ciengx mak guh goek. Seizdoeng, heiqyiengz ndang vunz sousuk, senglax hozdung ndang vunz hix miz di sousuk. Ndigah, aenmak aeu rom miz cukgaeuq ndat daeu veizciz aenndang doh gvaq seizdoeng, ciengx mak daegbied youqgaenj. Gwnndoet seizseiz aeu haeujsim diuzciengx aenmak, haeujsim bouj gwn di duh caeuq nohma, nohyiengz, nohhanq, nohbit, makhwzdauz, maklaeq, raetmoenggaex, lwgraz, lwgmaenz, lauxbaeg daengj doxgaiq.

Haeujsim 2: Gwn raeuj geih ndongj. Gijgwn niu ndongj, ndip gyoet yungzheih sieng dungx, gijgwn ndat lai rox sieng saihoz, gwn roengz dungx le lij rox rom ndat hawj ndang vunz ndaej bingh; gijgwn daiq gyoet yungzheih gig sailwed aendungx, lwed lae mbouj swnh, lwed noix couh rox yingjyangj daengz lwed bwtdaep lae baedauq, sonjhah ndang vunz gengangh. Ndigah, gijgwn seizdoeng hab raeujndat unqmboeng.

Haeujsim 3: Seizdoeng goengnaengz aenmak bien vuengh, danghnaeuz caiq gwn di gijgwn ndaengq roengzbae dem, heiq mak couh engq vuengh, sienghah aen' daep engq youqgaenj. Ndigah, seizdoeng aeu lai gwn di gijgwn haemz ndeu daeu demgiengz goengnaengz aenmak. Lumj maklangz, makgam, daepmou, daepyiengz, byaekdaeuzcaiq, byaekohswnj, raemxmeiq, caz daengj.

Singjgaeh Mbwn Nit Yaeuhfat Baenz Mbiengj Gyaeuj In

警惕天气变冷诱发偏头痛

Conhgyah naeuz, baenz mbiengj gyaeuj in, mboujdanh hawj vunzbingh youq haemz youq hoj, engq hawj cingsaenz vunzbingh deng muznyed dem. Seizdoeng dwg aen geiqciet yungzheih yaeuhfat baenz mbiengj gyaeuj in ndeu, vih hawj vunz noix baenz cungj bingh neix, vunzbingh caeuq cawjranz ndaej dai baihlaj geij aen fuengmienh bae fuengzhoh:

Haeujsim bauj raeuj aen' gyaeuj: Aenvih mbiengj gyaeuj in dwg aenvih mbwn nit lai yaeufat baenz, vunzbingh seizdoeng wng caenhlheng siuj soengz youq rogranz daiq nanz, danghnaeuz itdingh aeu okbae, wng daenj mauh bauj raeuj aen' gyaeuj.

Gaej ciepcuk dennauj densi daiq nanz: Aenvih bauj raeuj sihyau, vunzbingh soengz youq ndaw ranz seizgan nanz, vunzbingh youq mbwq couh hai dennauj yawj densi, nanz le lwgda naetnaiq gvaqbouh, daengzlaeng yaeuhfat baenz mbiengj gyaeuj in.

Guhhong yietnaiq doxgiethab: Seizdoeng, vunzbingh wng gag cuengqsoeng swheij, gemjsiuj cingsaenz gaenjieng, gaej naetnaiq gvaqbouh. Ndaej cimq raemxraeuj roxnaeuz guh di yindung soengset ndeu. Doengzseiz, vanzging vunzbingh aeu baujciz caemcingx, gwn ninz baujciz miz gvild, ciuqseiz haeujnin, gaej ngauzhwnz.