

Seizdoeng Gwnndoet Ciengx Ndang Aeu Guh Daengz “Seiq Lai”

冬季饮食养生 要做到“四多”

Bouxvunz lau nit dwg caeuq ndaw ndang noix vuzgihyenz mizgven. Ndigah, seizdoeng wng lai gwn di lauxbaeg nding, beghab, biekbya, ngaeux caeuq byaekheu, byaekhau daengj. Seizdoeng ciengx ndang seiz, itdingh aeu guh daengz “seiq lai”, cijndaej mizyauq dwk ciengx ndei aenndang.

It lai: Lai gwn di gijgwn raeuj, ndat, daegbied dwg gijgwn raeuj bouj heiqliengz aenmak. Ndae senj gwn haeuxsuen, haeuxciem, haeuxyangz, megmienh, duhhenj, duhlanhdou daengj haeux duh; byaekgep, byaekrang, gosuenq, lauxbaeg, byaekvahenj daengj doengh go byaekheu; nohyiengz, nohma,

nohcwz, nohgaeq, byalae, byaleix, byalienz, byadaiyiz, nyauh daengj noh; makgam, makyehswj, makbohloz, maklaehcei, maknganx daengj lwgmak. Bouxlaux ndang haw wng ciengz aeuq gwn gaeq-meh, nohcing, nyinzdaez caeuq cijvaiz, gienghduh daengj, daeuj demgiengz rengz aenndang.

Ngeih lai: Lai gwn di gijgwn hamz veizswngshu B₂, veizswngshu A, veizswngshu C ndeu. Veizswngshu B₂ cujyau youq laeng bwt daep doihduz, gyaeggaeq, cijvaiz, duh; gijgwn hamz veizswngshu A lai haenx cujyau miz bwt daep doihduz, lauxbaeg nding, namzgva, lwgmaenz ndaw nding daengj; veizswngshu C cujyau youq

laeng byaekheu singjsien caeuq lwgmak.

Sam lai: Lai gwn di gijgwn bouj ndat ndeu, lumj nohcing, nohgaeq nohbit, gyaeggaeq, bya, cijvaiz, gij doxgaiq aeu duh daeuj guh daengj.

Seiq lai: Lai gwn di gijgwn hamz dan’ anhsongh caeuq vuzgihyenz ndeu, lumj lwgraz, ceh godaengngoengz, yaumuj, gij doxgaiq aeu cij daeuj guh, mbaw byaekheu daengj. Bouj gai hix ndaej hawj aenndang lai dingj ndaej nit. Gijgwn hamz gai lai haenx miz cijvaiz, gij doxgaiq aeu duh daeuj guh, byuk nyauh, haijdai, byaekbyoem, ciengq lwgraz daengj.



Nohyiengz:Gijgwn Seizdoeng Ciengx Ndang Raeuj Dungx

冬季养生暖身食谱:羊肉

Seizdoeng ndwenlab cingq dwg seizciet gwn nohyiengz. Youq ndaw seizdoeng, din fwngz vunzraeuz caepcat, heiq lwed lae baedauq mbouj swnh. Gwn nohyiengz ndaej bouj mak cangq yiengz, bouj raeuj bouj heiq lwed, sek dungx cangq mamx. Vihneix, seizdoeng gwn nohyiengz, gawq ndaej dingj rumznit, youh ndaej bouj aenndang.

Nohyiengz beij nohmou unqoiq, hamz danbwzciz caeuq veizswngshu gig lai. Ndwade hamz ndat beij cungj noh wng lai, seizdoeng ciengz gwn de ndaej ik heiq bouj haw, coi lwed lae baedauq, hawj bouxvunz lai dingj ndaej nit. Gwn nohyiengz ndaej demgya siuhvameiz, baujhoh bangx dungx, yungzheih siuvaq, lai gwn de caemh ndaej daezsang rengz dingj bingh, ndawbiengz miz aen gangjap “siengj lai souhgyaeu, lai gwn nohyiengz” baenzneix naeuz.

Nohyiengz cei ndei dwg aeuq gwn, aenvih aeuq gwn noh de yungzheih naemz, heih siuvaq. Boiq maksanhcah roxnaeuz duhheu aeuq gwn ndaej siu haeugyaenq; boiq lauxbaeg hau, maenzcienz aeuq gwn ndaej bouj ik cangq mak cangq mamx, ik dungx bingz daep; boiq lauxbaeg nding aeuq gwn ndaej bouj haw ik heiq.

Seizdoeng Baenzlawz Fuengz Naengnoh Humzhaenz

冬季如何避免皮肤瘙痒



Seizdoeng baenzlawz fuengz naengnoh humzhaenz ne? Ndae daj baihlaj geij fuengmienh bae guh:

1、Aenvih seizdoeng mbwn nit, ndang vunz noix ok hanh, gaej yungh caemx ndang daiq lai, moix singhgiz caemx baez ndeu couh ngamj. Caemxndang fuengsik wnggai dwg rwed caemx cei ndei, gaej cimq roengz bat bae caemx, raemx hix gaej ndat lai.

2、Caemxndang seiz gaej yungh gij genj daiq ndaengq(daegbied dwg gij vunz naengnoh hawqsauj haenx), naengh itdingh aeu yungh genj ndaengq, cei ndei genj yungh gij genjhom cunghsing, cizlieng haemq ndei haenx. Caemx le sikhaek led di

youzciy ndeu, gemjsiuj raemx ndaw ndang fwifaf.

3、Gaej daenj gij buhvaq bwnnyungz caeuq cocauq, hawj naengnoh noix deng gig, buhvaq aeu senj cawx gij aeu faiq daeuj guh, cizlieng saeqnaeh youh gvangq unq haenx.

4、Haeujsim ndaw ranz ndaw rug gya cumx, daegbied dwg boux youq laeuzsang engq aeu haeujsim di neix. Lai gwn raemx, moix ngoenz gwn 2 swng raemx daeuj nyinh naengnoh.

5、Habliengh gwn di gijgwn youzlauz lai ndeu, siuj gwn laeuj siuj gwn gijgwn manhget, lai gwn di byaekheu caeuq lwgmak ndeu.

Seizdoeng Baenzlawz Gemjbiz Yaugoj Ceiqndei?

冬季怎么减肥效果最好?

Dapanq gizsaed cibfaen genj-danh, couhdwg gwn byaek gaej ndat lai, lai yindung couh ndaej lo. Youzlauz rom youq yenzynh couhdwg mbouj haengj yindung caeuq gwnndoet gvaqbouh song cungj.

Haeujsim gaej gwn huqdiemz, saejdaeuz caeuq siuyeh; guhbaenz aen sibgvenq mbouj louz saejdaeuz caeuq huqdiemz youq ndaw ranz; dawzaeg geizgonq gwn veizswngshu B₆ caeuq B₁₂, vanjgaj

ngah gwn, dam ninz daengj mbouj sikwngq binghyiengh; mwh cingzsi mbouj ndei seiz habdangq guh di yindung ndeu, cizgiz diuzcingj cingzsi; gajbienq gij rubrab gyan gwn gwnndoet sibgvenq rwix bae; ciengzseiz genhciz lienhndang. Hawj swheij dingh aen muzbyauh ndeu, doeklaeng dawz cansen ragraez, moix singhgiz gemjbiz 1 goenggaen baedauq couh dabdaengz gemjbiz yaugoj lo.



Seizdoeng Mbwn Nit Baenzlawz Baujyangj Naengnoh

寒冷的冬季如何做好皮肤保养

1、Gaej ciengzseiz yungh raemxndat swiq naj, roxnaeuz yungh raemxndat swiq le caiq aeu raemxgyoet swiq gvaq baez ndeu, gemjsiuj raemx ndaw ndang fwifaf.

2、Gaej yungh genj ndaengq daeuj cat swiq naengnoh.

3、Ciengzseiz nunaenx naengnoh fajnaj, coi lwed lae baedauq.

4、Moix aen singhgiz guh baez daengz song baez menmoz.

5、Gij doxgaiq hoh naengnoh aeu yungh gij huq bauj cumx guhcawj.

6、Lai gwn raemxgoenj, lai gwn lwgmak, byaekheu, cijvaiz, naeng noh, raetngaenz, raetrang, namzgva, dinghliengh gwn di nohgaeq, nohbya, daepmou, lauz cwzvaiz ndeu.