



Gijgwn Lawz Ndae Hawj Sailwed Unq 可软化血管的食物

Raetmoenggaex ndaem. Aeu raetmoenggaex ndaem gyaux dangznae gwn, ndaej gyangq hezyaz, fuengz sailwed giet ndongj. Ciengzseiz aeu raetmoenggaex ndaem caeuq gyauej-suenq、coeng itheij gwn, ndaej vanjgaij gvancang doenghmeg souhyiengh giet ndongj.

Raetrang. Ndaw raetrang hamz miz cungj hwszongh doxgaiq ndeu, ndaej hanhhaed danjgucunz canjseng, fuengz doenghmeg giet ndongj caeuq sailwed bienq byoiq, doiq fuengzceih bingh sim sailwed miz cizgiz cozyung.

Dangzrwi. Ndaw dangzrwi hamz miz veizswnghsu C、veizswnghsu K、

veizswnghsu B₂、veizswnghsu B₆、huzlaxbaeg doxgaiq lai, ndaej gajndeij sailwed gvancang lwed lae baedauq, fuengz sailwed giet ndongj.

Makcauj. Ndaw makcauj hamz miz veizswnghsu C caeuq veizswnghsu D gig lai. Veizswnghsu D ndaej fuengz naengnoh ok lwed.

Makhwzdauz. Ndaw makhwzdauz hamz miz linz gig lai, yayouzsonh hix lai, ndaej fuengzceih doenghmeg giet ndongj.

Lwggwz. Ndaw lwggwz hamz miz veizswnghsu D, ndaej demgiengz sailwed danzsingq, doiq fuengzceih hezyaz sang caeuq doenghmeg giet ndongj miz haemq ndei cozyung.

Makyungz. Ndaw makyungz hamz miz veizswnghsu D, ndaej baujhoh sailwed, fuengzceih hezyaz sang.

Maenzhau. Hamz miz dohdangz caeuq danbwzciz, lai gwn ndaej gemjsiuj danjgucunz hamzliengh, doiq fuengzceih sailwed giet ndongj gig miz leih.

Haeuxyangz. Ndaw haeuxyangz hamz miz yayouzsonh、veizswnghsu E daengj, ndaej fuengzceih sailwed giet ndongj.

Seizdoeng Ciengx Nandang Habdangq Gwn Di Huqgyoet Ndeu 养生过冬 适宜吃点冷食物

Haeuj doeng mbwn nit le, haujlai vunz cungj haengj gwn hojgoh. Mizgven conghyah daezsingj naeuz, ciengx ndang aeu haeujsim gwn bouj doxdaengh, cawz gwn huqndat roxnaeuz gijgwn ndat le, habdangq gwn di huqgyoet caeuq byaekliengz ndeu, doiq ndang vunz miz ik.

Seizdoeng yienznaeuz mbwn nit, danhseih vunzraeuz daenj buhvaq lai, noix hozdung, gij ndat ndaw ndang mbouj sanqfat okbae vaiq, gyahwnj vunzraeuz gwn

doxgaiq cungj dwg gwn huqndat, aenbwt caeuq aendungx huj hoengh, rox hawj donh saidiemheiq baih-gwnz caeuq aendungx ndaej bingh.

Siengj siucawz seizdoeng hwnjhuj, vunzraeuz mboujfuengz gwn di huqgyoet caeuq byaekliengz ndeu, lai gwn raemxgoenj liengz, yienghneix ndaej yawhfuengz baenz dwgliengz、conghhoz haenz in. Gyanghaet hwnqdaej le gwn boi raemxgoenj liengz ndeu, ndaej hawj gej doeg goengnaengz bwt daep lai ak, caemh ndaej cungswiq aenmak,

coi sup haeuj caeuq baiz ok, hawj vunz noix ndaej bingh, caemhcaiq hawj hezyaz doekdaemq roengz-daeuj, yawhfuengz sim saek dai.

Doiq boux vunz biz daeuj gangj, habdangq gwn di byaekliengz ndeu mizleih gemjbiz. Cawz haeujsim lienhdang le, habdangq gwn di byaekliengz ndeu, ndaej bik hawj aenndang gag miz raeuj, lai siu di lauz ndeu okbae, dabdaengz gemjbiz muzdiz. Gawqyienz siengj gemjbiz caeuq gwn ndei, aeu gwn di byaekliengz ndeu cij ndaej.

Seizdoeng Lai Gwn Nohgaeq Bouj Nandang Ciengx Nandang Song Mbouj Nguh 冬季多吃鸡 补身养生两不误

Gwn nohgaeq bouj ndang seiz aeu haeujsim duzboux duzhangh cozyung mbouj doxdoengz. Noh gaeqboux, bouj raeuj cozyung haemq ndei, haemq hab boux heiqliengz hawnyieg gwn; noh gaeqhangh haemq hab mehsenglw、bouxlaux ndang nyieg caeuq boux bingh nanz ndang haw gwn.

Seizdoeng yungzheih baenz dwgliengz, lai gwn di dang nohgaeq ndeu, ndaej daezsang rengz dingj bingh; boux gaeng deng liuzganj binghdoeg hwnj ndang, lai gwn di

dang nohgaeq ndeu ndaej hawj dwgliengz gemjmbaeu. Dang nohgaeq ndaej gyoep liuzganj deuz, aenvih de ndaej baiz binghdoeg ok rog ndang daeuj.

Gij yingzyangj gyaciz duzgaeq, dwg gaeqnohndaem cei ndei. Cawz nohgaeq caeuq dang de le, daep、mak、simdaeuz、aen'daw de cungj doengzyiengh miz baujgen cozyung.

Mbouj dwg naeuz vunzvunz cungj ndaej gwn gaeq bouj ndang. Nohgaeq danbwzciz lai, boux baenz nyouh doeg caeuq boux fatndat、



boux dungx ndat geih gwn. Aeu daezsingj dwg, aensoenj duzgaeq rom miz haujlai nengzbingh caeuq binghdoeg, cienggeiz mbouj ndaej gwn!

Seizdoeng Ciengx Nandang Gaej Goeb Gyauej Ninz 冬季养生不要蒙头大睡

Seizdoeng aenvih mbwn nit lai, haujlai vunz cungj haengj hoet haeuj laj denz bae goeb gyauej ninz, yienghneix guh rox yinxhwnj ndaw rug hoengheiq riuzdoeng mbouj ndei, gyahwnj ndang vunz sanqfat heiq hanh haeu okdaeuj, wyangjivadan diemheiq ok conghbak daeuj, congh-saej baiz heiq miz haih okdaeuj daengj, hoengheiq ndaw denz haemq oepsaep. Danghnaeuz goeb gyauej ninz, couh rox yingyangj daengz

saejlaux sengleix goengnaengz, haet daihngeih bouxvunz couh okyienh gyauej ngunh uk ciengq、cingsaenz naiqnuek、mbouj siengj gwn doxgaiq、geiqsingq nyiegdoiq daengj bingh-yiengh.

Ngamq haeuj doeng gyanghaet mbwn haemq nit, ngoenznaengz gwndaenj aeu guh daengz ninz caeux hwnq gvaiz, mienx aenndang deng rumznit gig. Boux baenz rumznit dwgliengz ndaej aeu 3 dug coengbieg、

200 gwz gyauejsuenq baek raemx gwn, yawhfuengz baenz dwgliengz. Boux baenz hohndok in aeu gyagiengz bauj raeuj. Naengh yaek haeujninz gaxgonq sien yungh raemxraeuj daeuj cimq din, mboujdanh ndaej vued lwed doeng meg, miz ik hohndok, caemh ndaej coi vunz ninz ndaek vaiq.

Cigndaej daezsingj dwg, ndaw rug aeu haeujsim hoengheiq riuzdoeng ndei, gaej goeb gyauej haeujninz, yienghneix cij doiq gengangh miz ik.

