

Gangjigangj Seizdoeng Gwnndoet Ciengx Ndang Gvilwd

冬季养生膳食规律

Seizdoeng byaek siuj, binjcung danduih, ciengz dwg gvaq aen seizdoeng ndeu le, ndang vunz veizswnghsu mbouj gaeuq, lumj siuj veizswnghsu C seiz, ndaej yinxhwnj bouxlaux baenz conghbak biux naeuh, goekheuj gawh in, ok lwed, haexgaz daengj binghyiengh.

Seizdoeng mbwn nit, yaem hoengh yiengz nyieg. Ndag vunz deng nit yingyangj le sengleix goengnaengz aenndang caeuq gwnndoet cungj fatseng bienqvaq lo. Ndigah, hableix diuzcingj gwnndoet, baujcwng ndang vunz supsou yingzyangj gaeuq, doiq

daezsang bouxlaux rengz dingj nit caeuq siuj baenz bingh, vaiqvued ancienz gvaq doeng gig youqgaenj.

Yingzyangj seizdoeng aeu dem ndat guhcawj, ndaej habdangq gwn di gijgwn hamz dansuij vahozvuz caeuq youzlauz ndeu. Doiq bouxlaux daeuj gangj, gaej gwn youzlauz daiq lai, danhseih danbwzciz aeu lai, itbuen ciemq cungjyezlieng 15% daengz 17% couh ngamj. Danbwzciz wng gwn youhciz danbwzciz guhcawj, lumj nohceng, gyaeggaeq, nohbya, cij, duh caeuq gij doxgaiq aeu duh guh haenx, gij doxgaiq neix

yungzheih deng ndang vunz supsou, hamz miz anghihsonh ndang vunz aeu miz haenx, yingzyangj gyaciz sang, ndaej hawj ndang vunz lai dingj ndaej nit caeuq dingj ndaej bingh.

Seizdoeng byaekheu siuj, ndaej habdangq gwn di lwgmaenz, maenz-doengzlingz daengj. Gij maenz neix mboujdanh ndaej bouj veizswnghsu, lij ndaej cing ndaw ndat, gej doeg dem. Linghvaih, seizdoeng cawz gwn byaekhau le, lij ndaej gwn lauxbaeg hau, lauxbaeg nding, ngaz duhhenj, ngaz duhheu, byaekyouzcai daengj,

gij byaek neix hamz veizswnghsu haemq lai. Cijaeu ciengzseiz vuenh binjcungj, hableix dapboiq, ndang vunz caemh mbouj siuj veizswnghsu. Bouxlaux aenvih siuvaq supsou caeuq ndaw ndang baizok yinhau yingyangj, ndaw ndang ciengz dwg siuj gyaz, gai, naz, diet daengj yenzsu, caiq gyahwnj seizdoeng ok nyouh lai, ndaej habdangq gwn di nyauh iq, byuk nyauh, ciengqlwgraz, daepmou, gyoijhom daengj. Danghnaeuz bouxvunz ndang siuj naz, mwh cau byaek seiz dwk gyu hamz di couh ndaej.

Caet Meih Cukbaujgen Seizdoeng

七款冬令保健粥



baujhoh aen' daep dem.

2、Cuk raetmoengngaex:

Aeu raetmoengngaex hau 10 gwz (roxnaeuz raetmoengngaex ndaem 30 gwz) cimq raemx byongh ngoenz. 100 gwz haeuxsuen, 3 daengz 5 aen makcauj nding cawj goenj le dwk raetmoengngaex roengz doengzcaeaz cawj cug, dwk di dangz nae ndeu gwn. Cuk raetmoengngaex ndaej nyinh bwt seng raemx, ik heiq dingz lwed, cangq uk giengz sim.

3、Cuk ceh gaeujgij:

Aeu 50 gwz ceh gaeujgij, 100 gwz haeuxsuen caez cawj cuk gwn. Cungj cuk neix ndaej nyinh bouj daep mak, nyinh bwt dingz ae, raeh da, daegbied hab bouxlaux gwn. Cuk cehgaeujgij hoh daep hix haemq mingzyienj.

4、Cuk noh makhuzdauz:

Aeu 50 gwz ngveih makhuzdauz, 100 gwz haeuxsuen caez cawj cuk gwn. Noh makhuzdauz ndaej ik mak bouj uk, dingz ae caeuq dingz ae' ngab, ciengzseiz gwn ndaej fuengz bingh' ae- ngab fukfat.

5、Cuk noh maknganx:

Aeu 30 gwz noh maknganx, 100

gwz haeuxsuen caez cawj cuk gwn. Cungj cuk neix ndaej daih bouj heiq lwed, ciengx heiq an saenz, dwg cungj huqbouj seizdoeng cei ndei ndeu.

6、Cuk nohma: Aeu 250 gwz nohma, 450 gwz haeuxsuen, di hing ndeu. Swiq nohma seuq ronq baenz gaiq iq, caeuq haeuxsuen, hing caez cawj cuk baen song baez gwn. Doiq boux nienzlaux ndang nyieg, boux heiqyiengz mbouj gaeuq, boux rih cing laeuh cing, boux yangzveij, boux yingzyangj mbouj ndei, boux seiq gen ga goet lau nit miz nyinh bouj caeuq ceiwy cozyung.

7、Cuk nohyiengz: Aeu 500 gwz nohyiengz, 15 gwz vangzgiz, 15 gwz yinzsinh, 15 gwz fuzlingz hau, 3 aen makcauj, di haeuxsuen ndeu, caez cawj cuk gwn, ndaej yw yienzheiq mbouj gaeuq, heiq lwed song haw, hwet naet ga unq, dungx hawnyieg daengj bingh, hix ndaej ik heiq bouj haw, raeuj dungx raeuj din, bouj lwed nyangq nyinz, sek dungx.

Haeuxcuk yungzheih deng ndang vunz siuvaq supsou, mbouj sieng dungxsaej, youh ndaej bouj ndang. Haet seizdoeng gwn vanj cuk ndatfwd ndeu, gawq ndaej gej dungx iek, youh ndaej yw bingh. Lajneix gaisau caet meih cukbaujgen seizdoeng hawj daihgya:

1、Cuk makcauj nding:

Aeu 10 daengz 15 aen makcauj nding caeuq 100 gwz haeuxsuen caez cawj cuk gwn. Cungj cuk neix rang diemz habbak, ndaej yw ndang nyieg, bingh ndei ndang haw, heiq lwed song sied, yingzyangj mbouj ndei, dungx hawnyieg, lwedhaw daengj bingh, youh ndaej



Seizdoeng Caemxndang Wng Fuengz Ngunh

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Seizdoeng, youq ndaw fuengz vwnhdu haemq sang haenx caemxndang seiz, aenvih naengh ndaw bat raemxndat cimq daiq nanz, gojnwngz rox raemhrwnh okyienh gyaeuj ngunh, da raiz, rub myaiz, rueg ok, hanh lae hanh roenx daengj yienghsiengq, youqgaenj seiz rox ngunh laemx youq ndaw bat raemxndat, daegbied dwg bouxlaux ndang nyieg engq yungzheih fatseng cungj yienhsiengq neix. Vih baujcwng ancienz, bouxlaux seizdoeng caemxndang wng haeujsim baihlaj geij diemj:

It, Baez fatseng caemxndang gyaeuj ngunh, wng vaiqdi byaij ok rog fuengz daeuj, danghnaeuz swheij byaij mbouj ndaej, vunz ndaw ranz ndaej bang fuz de roxnaeuz ram de okdaeuj, hawj de ninzdaengjai youq giz doeng rumz ndei haenx, gwnzndang de aeu haeujsim bauj raeuj, fuengz de baenz dwgliengz.

Ngeih, Gibseiz hawj de gwn di raemxdangz ndat roxnaeuz raemxhing ndat ndeu, itbuen cingzvang lajde, mbouj geij nanz de gag rox hoizfuk dauq ndei.

Sam, Ginggvaq baihgwnz cawqleix lij caengz raen ndei, caemhcai q rueg ok, cingzaenz mbouj ndei roxnaeuz aek mwnh aek in seiz, vunz ndaw ranz wng gibseiz soengq bae yihyen duenq yw.

Seiq, Seizdoeng caemxndang(daegbied dwg naengh ndaw bat dajcaemx) raemx mbouj hab ndat lai, gamhanh youq 32 daengz 35 doh dauqndaw couh ngamj. Mbouj hab cimq aenndang youq ndaw raemxndat daiq nanz, ndaw fuengz hix gaej maedfung daiq ndaet, aeu miz giz doeng rumz.

Haj, Boux baenz hezyaz sang, boux baenz gvanhsinhbing, boux sim bwt miz bingh cei ndei dwg rwd caemx.

Roek, Bouxlaux ndang nyieg youq ndaw fuengz caemxndang seiz, caencik wng seiz mbouj seiz heuh de han dap, yienghneix ndaej fuengz de oksaeh, caemh ndaej gibseiz bae cawqleix.

Caet, Ranzdajcaemx ndaw fuengz aeu vih bouxlaux an miz giz fwngz gaem, ndaw bat ndaej cuengq gaiq gyauhden fuengz gvad ndeu, fuengz bouxlaux laemx sieng.

Ndaengsaek Mbouj Doengheiq Roek Fap Daeuj Gaijgez

鼻子不通气 六法来解决

1、Naenx song henz giuz-ndaeng. Ndaej gaijndei lwed lae baedauq, gemjsiuj nemmuck conghndaeng cung lwed caeuq foegraemx.

2、Led hungzmeizsu yenj-gauh. Danghnaeuz nemmuck conghndaeng hawqsauj lai rox-naeuz conghndaeng deng sieng, ndaej led di hungzmeizsu yenjgauh ndeu hawj de nyinh-raeuz.

3、Yungh faiqmienz uet bae. Danghnaeuz conghndaeng miz haex daiq lai cauhaenz ndaengsaek, ndaej aeu faiq-

mienz yub raemx uet bae.

4、Sup raemxfwi nyinh conghndaeng. Cawj haeux seiz bae henz rek sup raemxfwi haeuj conghndaeng bae, hoeng aeu siujsim gaej hawj raemxfwi logsieng.

5、Aeu gaen ndat oep conghndaeng. Yienghneix guh ndaej hawj dwgliengz ndaengsaek loq ndei di.

6、Gaijbienq deihvih aen-ndang. Aen banhfap neix hab yungh youq lwgnding, mwh lwgnding ndaengsaek seiz ciengz dwg daejnauh mbouj



dingz, ndaej umj lwgnding daengj hwnj, lwgnding gig vaiq couh an'onj ninz ndaek.