

Seizdoeng Cangq Ndang Seiq Aeu

冬季健身四要

Ndat ndang hozdung aeu cungfaen.

Seizdoeng mbwn nit, dangh-naeuz mbouj ginggvaq ndat ndang hozdung couh bae lienhdang, ciengz dwg noh deng rag sieng, hoh deng niujsieng. Ndigah, seizdoeng lienhdang seiz, sien aeu guh ndat ndang cunjbei, doenggvaq menhbuat, guh dijcauh le, hawj aenndang loq ok di hanh ndeu menhcij guh yindung.

Buhvaq na mbang aeu habngamj.

Seizdoeng bae lienhdang, hainduj seiz daenj buhvaq lai di

na di, buhvaq unq gaej daiq ndaet, ndat ndang le, duet saek geu buh na bae. Lienhdang seiz danghnaeuz ok hanh lai aeu gibseiz uet hawq, vuenh gij buhvaq, haizmad dumz bae, gibseiz daenj buh daenj mauh, fuengz ndat fwifat. Linghvaih, bae rog ranz hozdung aeu guh ndei bauj raeuj, lienh sat doq sikhaek dauq haeuj ranz uet hanh hawq, rieg daenj buhvaq seuqcingh.

Vanzging aeu cwxcaih.

Seizdoeng youq ndaw ranz hozdung seiz, ndaw ranz itdingh aeu baujciz hoengheiq singisien,

riuzdoeng ndei. Doengzseiz aeu haeujsim, mwh dienheiq diuzgen daiq yaez lumj fat rumz doek nae seiz, camhseiz gaej ok rog bae hozdung. Danghnaeuz aeu okbae hozdung, wng senj youq giz miz ndit boih rumz daeuj lienh.

Lienhdang fuengfap aeu habngamj.

Aenvih seizdoeng nit lai, lienhdang aeu okrengz caemh-caiq aeu daezsang giengzdoh, habdangq ragraez lienhdang seizgan, yungh daeuj gajndeij gihnwngz caeuq siuhauq lauz ndaw ndang, fuengz lauz cwk youq daiq lai.



Nyeznomj Seizdoeng Baujgen Aeu Rox

冬季幼儿保健常识

Haeuj daengz seizdoeng, haethaemh vwnhdu doxca daih, nyeznomj yungzheih baenz dwgliengz caeuq conghhoz mbouj cwxcaih, ndigah, gij gwn, daenj, youq, byaij nyeznomj bohmeah aeu lai haeujsim cij ndaej.

1、Daenj: Aenvih vwnhdu doxca haemq daih, haethaemh aeu hawj nyeznomj lai gya daenj geu buh ndeu. Gij nyeznomj aenvih haengj doengh, ndang yungzheih ok hanh haenx, mwh de guhcaemz seiz aeu youq raeblaeng de demh mbaw gaen ndeu roxnaeuz mwh de guhcaemz sat le gibseiz vuenh buh hawj de. Doengzseiz, haiz nyeznomj wng hawj de daenj yindunghaiz mbaeumbengq guhcawj, gaej hawj de daenj haiznaeng.

2、Gwn: Lai hawj de gwn di doxgaiq hamz veizswnghsu lai haenx. Daegbied dwg gij doxgaiq hamz veizswnghsu A caeuq veizswnghsu C lai haenx, gij doxgaiq neix ndaej bangcoh yawhfuengz sanghuhgizdau ganjyenj. Gyauejsuenq, lauxbaeg, hing, byaekgep cungj dwg gijgwn demgya nyeznomj rengz dingj bingh, hoeng gojnwngz nyeznomj mbouj haengj gwn, cawjranz ndaej doenggvaq gajjbienq gwn yungh fuengfap yaeuh nyeznomj gwn. Lumjbaenz mwh cauq byaek seiz gya dwk di suenq soiq ndeu, bingzseiz cawj di raemx lauxbaeg, raemxhing hawj de gwn. Gij nyeznomj ciengz youq seizdoeng ae' gebgeb haenx, cawjranz aeu aeuq di raemx makleiz dangznae hawj de gwn. Linghvaih, danhfanz dwg yw cungj miz sam faen doeg, gaej hawj nyeznomj dawz gwn yw dangguh diuz roenloh yawhfuengz baenzbingh daeuj gwn.

3、Youq: Yienznaeuz mbwn nit, hoeng, ndaw ranz lij aeu baujcwnj itdingh seizgan daeuj hai cueng doeng rumz, baujciz ndaw rug hoengheiq riuzdoeng ndei. Moegdenz nyeznomj aeu ciengzseiz gaenz saeg dak ndit.

4、Byaij: Seizdoeng ceiq hab bae rog ranz yindung, cawjranz ndaejhoengq seiz wng lai daiq nyeznomj okbae yindung, lai hawj de dak ndit, dak ndit ndaej coicaenh aenndang nyeznomj supsou gai, doengzseiz hix ndaej demgiengz dijciz nyeznomj.

Hing Dwg Gijgwn Seizdoeng Ciengx Ndang Ciengz Yungh

生姜是冬季养生常用食物



Bouxlaux ciengz gangj: Doeng gwn lauxbaeg hah gwn hing. Gizsaed, hing hix dwg gijgwn ndaw swngghoz seizdoeng ciengx ndang siuj mbouj ndaej ndawde cungj ndeu. Cunghyih nyinhnaeuz, hing ndaej raeuj ndaw dingz rueg, gajj biuj sanq caep. Yienhdaih yozlij yenzgiu nyinhnaeuz, ndaw hing hix miz gij huq gaj nengz doenghgo, gij gaj nengz cozyung de mbouj beij coeng caeuq suenq yaez. Gij manh ndaw hing ndaej gig raemxdungx iemqok, caemh ndaej coi siuvaq; ndawde hamz veihfazyouz haemq lai, ndaej hanhhaed ndang vunz supsou danjgucunz, fuengz daep caeuq lwed romcwkw danjgucunz.

Seizdoeng haetcaez habdangq gwn di hing ndeu, ndaej gyoepsanq nitgyoet, yawhfuengz

dwgliengz. Haeuj daengz gyanghaemh, heiqyiengz ndang vunz sousuk, heiqyaem hainduj hoengh-vuengh, ndigah, wng lai gwn di gijgwn cing ndat siu heiq siu gwn ndeu, yienghneix mizleih gyanghwnz yietnaiq, lumj lauxbaeg daengj.

Gyanghaet gwn hing miz haujlai fuengsik, ndaej cawj dang gwn, hix ndaej dwk begdangz iep gwn roxnaeuz dwk roengz byaek cauq gwn.

Daih'it, gyanghaet hwnqdaej hamz hing gep: Haetnaengz hwnqmbonq le, sien gwn boi raemxgoenj ndeu, doeklaeng gvet naeng hing ronq baenz gep mbang, cuengq 4 daengz 5 gep roengz raemxgoenj bae log yaep ndeu le dwk haeuj bak bae hamz 10 daengz 30 faen cung caiq menhmenh nyaij gwn menhmenh ndwnj. Ciengzseiz genhciz, ndaej yawhfuengz baenz dwgliengz.

Daihngaih, gwn dang makcauj hing: Haetnaengz aeu 10 aen makcauj, 5 gep hingndip, di dangznding ndeu, baek raemx dang caz gwn, ngoenz baez, daegbied hab boux seizdoeng din fwngz gyoet gwn. Aeu gangjmingz dwg, hing dwg loq raeuj, gwn daiq lai rox sieng yaem hoengh yiengz, boux yaem haw huj hoengh mbouj hab gwn lai.

Daegbied daezsingj dwg, ciengeiz gaej gwn hing naeuh, gwn de rox yaeuhfat daep baenz aiz caeuq saihoz baenz aiz.

Gangjgangj Seizdoeng Gwn Lwgmaenz Ywbingh Ciengx Ndang

冬季养生食疗话红薯

Lwgmaenz ndaej yw lai cungj bingh, ndaw lwgmaenz hamz miz veizswnghsu C caeuq veizswnghsu E mbouj yungzheih deng buqvaih, doengzseiz, veizswnghsu E ndaej hawj vunz doiceiz nyieglau, veizswnghsu C ndaej hawj ndang vunz dingj ndaej dwgliengz daengj lai cungj binghdoeg. Ceiq cujyau yenzynh dwg de naengz dingj ndaej aizcwnj.

Doengzseiz, ndaw lwgmaenz hamz gyaz lai, ndaej fuengz vunz baenz hezyaz sang, caemh ndaej yawhfuengz baenz mauhfung. Gij ienghau ndaw lwgmaenz ndaej hawj

vunz doeng haex, vued lwed, hanhaed ndangnoh gaenjcien hoetsuk. Dawz lwgmaenz daem yungz nap aeu raemx de led gizsieng, ndaej yw sizcimj caeuq duzzip haeb sieng.

Yienghneix, gwn lwgmaenz aeu haeujsim gijmaz ne?

It, Seizlawz baenz gwn. Ndaw lwgmaenz hamz danbwzciz caeuq lauz gig siuj, ndigah aeu caeuq byaekheu, lwgmaek nem gijgwn hamz danbwzciz lai haenx itheij gwn cij mbouj sied yingzyangj. Ceiq youqgaenj dwg, lwgmaenz ceiq ndei dwg banngaiz gwn. Neix dwg aenvih, vunzraez gwn

lwgmaenz le aenndang bouxvunz aeu ginggvaq 4 daengz 5 diemj cung cij ndaej supsou gai ndaw maenz, banringz ndit ciuq cingqngamj ndaej coi aenndang supsou gai. Youq cungj cingzgvang neix lajde, banngaiz gwn lwgmaenz, gai doxgaiq ndaej youq donqcaez gaxgonq supsou liux, mbouj yingjyangj daengz donqcaez supsou gij gai ndaw gijgwn wng.

Ngeih, Lwgmaenz geih caeuq lwgndae doengzcaeaz gwn. Ciuq Cunghgoz Yingzyangj Hezvei conh-gyah gaisau naeuz, lwgmaenz caeuq lwgndae mbouj hab doengzseiz gwn,

siengj gwn cix ceiq siuj doxgek 5 diemj cung doxhwnj cij ndaej gwn. Danghnaeuz doengzseiz gwn, gij dangz ndaw lwgmaenz youq ndaw dungx fat oep le, rox hawj veisonh iemqok demlai, caeuq gij youzsonh nem gojgyauh ndaw lwgndae hwnj fanjying fatseng yaemz youq giet ndaek, youqgaenj seiz rox hawj dungxsaej ok lwed roxnaeuz baenz dungx biux naeuh. Danghnaeuz gamjdaengz dungx mbouj cwxcaih, itdingh aeu bae yihyen guh veiging genjcaz yawj dwg mbouj dwg dungxsaej ok lwed roxnaeuz dungx biux naeuh lo.