

Gangjgangj Seizdoeng Baujgen

冬日保健谈

Ndangdaenj: Buhvaq aeu haeujsim bauj raeuj. Danhseih naengh mbouj dwg mbwn raemh-rwnh bienq gyoet, couh gaej daenj daiq lai daiq na daiq ndaet. Vahsug naeuz: “Buh lai nit lai”, ndigah daenj buh hix aeu habngamj cij ndaej.

Haеuјnіnз: Seizdoeng hab ninz caeux hwnq gvaiz. “Ninz caeux” doiq gij vunz gyanghaemh guh’ angq daеuј gangj miz daeg-bied cizgiz yiyi. “Hwnq gvaiz” dwg naeuz seizdoeng gyanghwnz haemq raez, gaej ranz caengz rongh doq cukcak hwnqmbonq, danhseih mbouj dwg naeuz hawj mwngz laihdai ninz gvaiz. Ninz daiq nanz caeuq ninz mbouj ndaek roxnaeuz ninz seizgan mbouj gaeuq doxlumj, cungj rox hawj vunz gamjdaengz ndang naet rengz naiq, baiz ok naengzlig doekdaemq.

Vanzging: Aeu baujciz ndaw

rug、gwnz mbonq hoengheiq riuzdoeng ndei. Seizdoeng, vunz-raeuz aenvih lau nit cix baenz ngoenz baenz hwnz gven dou gven cueng, baenz hwnz denz goemq gyaеuј ninz, yienghneix guh gig mbouj ndei. Ndaw rug caeuq ndaw denz hoengheiq uqlah gawq sieng bwt sieng uk, youh yungzheih hawj vunz yinxfat baenz dwgliengz、huhgizdau ganjyenj caeuq gyaеuј ngunh、rengz naiq daengj bingh.

Yindung: Aeu ciengzseiz ok rog ranz bae hozdung. Boux yungh uk、bouxlaux caeuq lwgnyez, engq wnggai mbouj lau rumznit, lai ok rog bae dak ndit、guh dijcauh、menhbuеt. Genhciz guh diјyuz yindung, doiq boux lwed lae baedauq haemq menh、boux baiz ok naengzlig doekdaemq caeuq boux rengz dingj bingh haemq yaez haenx daeuj gangj, ndaej demgiengz rengzndang. Dangh-

naeuz ngoenznaengz genhciz yungh raemxgyoet swiq naj, bouxvunz engq mbouj yungzheih baenz siengfung dwgliengz.

Veiswng: Seizdoeng gwn-ndoet cawz gangj veiswng、cawj haeuxbyaek cug doq swnh ndat gwn le, lij aeu guh daengz “song hab” dem. It dwg hab gwn cab, couhdwg aeu gwn lai cungj lai yiengh, gaej genj gwn bien gwn. Ngeih dwg hab gwn bouj, boux ndang hawnyieg、boux baenz binghmenhsingq engq aeu gwn bouj. Ndaeј lai gwn di maklaeq、haeuxcid、byaekgep、nohyiengz、nohvaiz、nohma、byalienz daengj gijgwn raeuјdiemz hamz ndat lai youh ndaeј dingj nit haenx. Boux ndang hawnyieg ndaeј bae yiengq canghyw cinggyauq, habdangq bouj gwn di yinzsinh、loegyungz、raetngaenz、cehmbu、bopbya daengj huqbouj ndeu.



Bouxlaux Seizdoeng Gyanghaet Lienhdang Aeu Menh Hwnqndang

老年人冬季晨练要慢起身

Seizdoeng dwg aen geiqciet haengj fat bingh sailwed sim uk ndeu. Seizgan swnghvuz yihyoz yenzgiu ndaeј rox, bingh sailwed sim uk dingzlai dwg youq gyanghwnz caeuq haetromh fatbingh, binghsimsaek、sim fwt dai、mauhfung hix dingzlai dwg youq haetcaeux fatbingh.

Ranz caengz rongh gyanghwnz 4 diemj cung baedauq, vunzraeuz sim diuq caeuq diemheiq suzdu gemjmenh, sengmingh hozdung youq laeng giz ceiq daemq, doenghmeg sailwed sim uk hix lae gig menh, yungzheih habbaenz lwed saek, sim uk siuj lwed; mwh gyoengqvunz daj “buenq ninz ndaek” ndiusingj gyaqdaеuј seiz, diemheiq caeuq sim diuq gyavaiq, lwed lae hix gaenriengz gyavaiq, hezyaz swng sang, youh yungzheih hawj sailwed sim uk gaenq lauxvaq haenx dekleг. Vih fuengz oksaeh, bouxlaux miz doenghmeg uk giet ndongj、bouxlaux miz hezyaz sang、bouxlaux miz binghsimdaeuz caeuq bouxlaux ndang haw ndang nyieg haenx, seizdoeng gyanghaet hwnqmbonq gax-gonq, wng sien laepda ietnonx gwnz mbonq geij faen cung, caj aen’uk ndiusingj caezcienz、aenndang sikhab swnghvuzcungh bienqvaq gvilwd le, caiq menhmenh hwnqdaеuј. Yaeк hwnq seiz, ndaeј sien youq gwnz mbonq menhmenh iet hwet, guh di hozdung iq ndeu le caiq menhmenh hwnqdaеuј.

Maklaeq: Seizdoeng Bouj Mak Nyangq Nyinz

冬季补肾强筋的板栗食疗方

Vunz baez geq le, aenvih heiqyiengz ciemhciemh nyiegdoiq, mboujdanh rox gamjdaengz ndang in hwet naet、gen’ga naiq, heuj lij goјnwngz lonlat loenqdoek dem, neix couh dwg heiqyiengz mbouj gaeuq lo, wnggai daj bouj mak hainduj caeux di yawhfuengz, gwn maklaeq ndip couh dwg gij banhfap ndei ndawde aen ndeu.

Ngoenznaengz haethaemh bouxcungnienz caeuq bouxlaux danghnaeuz ndaeј gwn 5 daengz 10 aen maklaeq ndip, couh ndaeј dabdaengz yawhfuengz caeuq ceihyw mak haw、ndang in hwet naet aen muzdiz neix lo. Danhseih boux dungx mbouj ndei gwn maklaeq ndip mbouj ndaeј mauhvaq 5 aen.

Maklaeq feih diemz singq raeuj, ndaeј cauј gwn roxnaeuz dumq gwn, gwn de ndaeј huz dungx cangq mamx. Aeu maklaeq caeuq haeuxsuen ngauз cuk, bouxlaux caeuq lwgnyez cungj hab gwn.

Guh yw gwn fap: Maklaeq caeuq gaeq-nohndaem aeuq gwn.

Yenzliuh: Aeu 10 aen maklaeq, duз gaeqmeh noh ndaem ndeu.

Guhfap: Maklaeq bok naeng aeu ngveih de bwh yungh, gaj gaeqnohndaem ciemz bwn cawz dungxsaeј swiq seuq langh hawq. Dwk nohgaeq-ndaem caeuq maklaeq roengz guenqmeng bae, gya raemx mued gvaq nohgaeq caeuq maklaeq, caiq dwk gep hing ndeu roengz le goeb fa feiznumq aeuq 2 diemj cung, dwk di gyu ndeu, ceiq ndei gaej dwk veicingh gwn.

Ywyauq: Nohgaeqndaem ndaeј nyinh yaem ik heiq, caemh ndaeј bouj bwt mak. Maklaeq ndaeј bouj mak nyangq nyinz.



Gangjgangj Seizdoeng Gwn Lwgmaenz Ywbingh Ciengx Nandang

冬季养生食疗话红薯

Lwgmaenz ndaeј yw lai cungj bingh, ndaw lwgmaenz hamz miz veizswnghsu C caeuq veizswnghsu E mbouj yungzheih deng buqvaih, doengzseiz, veizswnghsu E ndaeј hawj vunz doiceiz nyieglaux, veizswnghsu C ndaeј hawj ndang vunz dingj ndaeј dwgliengz daengj lai cungj binghdoeg. Ceiq cuјyau yenzyinh dwg de naengz dingj ndaeј aizcwnг.

Doengzseiz, ndaw lwgmaenz hamz gyaz lai, ndaeј fuengz vunz baenz hezyaz sang, caemh ndaeј yawhfuengz baenz mauhfung. Gij ienghau ndaw lwgmaenz ndaeј hawj vunz doeng haex、vued lwed、hanhhaed ndangnoh gaenјcieng hoetsuk. Dawz lwgmaenz daem yungz nap aeu raemx de led gizsieng, ndaeј yw sizcimj caeuq duзsip 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、lwgmak nem gijgwn hamz danbwzciz lai haenx itheij gwn cij mbouj sied yingzyangj. Ceiq youqgaenј dwg, lwgmaenz ceiq ndei dwg banngaiz gwn. Neix dwg aenvih, vunzraeuz gwn lwgmaenz le aenndang bouxvunz aeu ginggvaq 4 daengz 5 diemj cung cij ndaeј supsou gai ndaw maenz, banringz ndit ciuq cingqngamj ndaeј coi aenndang supsou gai. Youq cungj cingzgvang neix laјde, banngaiz gwn lwgmaenz, gai doxgaiq ndaeј youq donqcaeuz gaxgonq supsou liux, mbouj yingjyangj daengz donqcaeuz supsou gij gai ndaw gijgwn wnq.

Ngeih、Lwgmaenz geih caeuq lwgndae doengzcaez gwn. Ciuq Cunghgoz Yingzyangj Hezvei conhgyah gaisau naeuz, lwgmaenz caeuq lwgndae mbouj hab doengzseiz gwn, siengj gwn cix ceiq siuj doxgek 5 diemj cung doxhwnj cij ndaeј gwn. Danghnaeuz doengzseiz gwn, gij dangz ndaw lwgmaenz youq ndaw dungx fatoep le, rox hawj veisonh iemqok demlai, caeuq gij youzsonh nem goјgyauh ndaw lwgndae hwnj fanjying fatseng yaemz youq giet ndaek, youqgaenј seiz rox hawj dungxsaeј ok lwed roxnaeuz baenz dungx biux naeuh. Danghnaeuz gamjdaengz dungx mbouj cwxcaih, itdingh aeu bae yihyen guh veiging genјcaz yawj dwg mbouj dwg dungxsaeј ok lwed roxnaeuz dungx biux naeuh lo.

Gijgwn Ndei Yw-bingh Seizdoeng

冬季食疗妙方

Fap 1: Conhbei (川贝) ndaeј siu ndat、seng raemx、nyinh bwt、dingz ae. Makleizsezliz miz raemx lai. Ndigah conhbei caeuq makleizsezliz aeuq gwn, ndaeј ciengx bwt ciengx yaem、siu ndat vaq myaiz. Danghnaeuz seizdoeng okyienh hawqsauj, conghhoz mbouj cwxcaih seiz, aeu conhbei caeuq makleizsezliz aeuq gwn yaugoј gig ndei.

Fap 2: Aeu ngaеux caeuq haeuxcid、dangzrwi itheij cawj haeux gwn, ndaeј nyinh bwt dingz ae、an saenz nyinh sauј.