

Seiq Aen Dangbaujgen Ciengx Nandang

四款养生保健汤

Dangdauehfouh haijdai: Daeuhfouh mbouj liengz mbouj ndat, ndaej ik heiq ciengx lwed. Haijdai ndaej bouj mak ciengx sim、siu ndat leih caep、dingj nit. Haijdai caeuq dauehfouh caez aeug gwn, hamz youhciz danbwzciz caeuq gai、diet nem lai cungj



veizswnghsu daengj, gak cungj yingzyangj cwngzfw n doxbang doxbouj, ndaej mizyauq dwk fazveih doxbang cozyung.

Danglwedmou ngazduhhenj: Aeu ngazduhhenj caeuq lwedmou gak 250 gwz. Sien cab lwedmou baenz gaiq iq, dwk raemxraeuj swiq seuq bwh yungh. Dwk di youz caeuq coeng、hing、suenq roengz rek cauj ndat le dwk lwedmou caeuq di raemx ndeu. Raemx goenj le dwk ngazduhhenj roengz caiq cawj goenj song faen cung, dwk di byaekrang caeuq di gyu he diuzfeih gwn. Aen dang neix ndaej siu ndat gej doeg、giep fung sanq caep、nyinh bwt bouj lwed, hab bouxlaux baenz haexgaz caeuq boux mehmbwk baenz lwedhaw gwn.

Gaeqrauh aeug raetmoguh:

Aeu duz gaeqrauh 750 gwz raemj baenz gaiq, raemx fat raetmoguh 750 gwz. Dwk youz roengz rek le dauj nohgaeq roengz fan cauj, caiq dwk coeng、hing、batgak, dwk 3000 hauzswngh raemx, cawj goenj le dwk raetmoguh roengz feiznumq aeug diemj cung ndeu le gwn. Boux baenz dwgliengz swnh ndat gwn noh caeuq dang, ndaej mizyauq dwk gaijndei ndaeng saek caeuq congghoz in daengj bingh.

Dang byacaek hing: Aeu duz byacaek 500 gwz, hing caeuq daihcoeng gak 50 gwz. Loq cien byacaek le dwk di raemx he roengz aeug. Yaek daek hwnj seiz dwk byaekrang caeuq suenqdip, dwk di gyu he couh baenz gwn. Aen dang neix ndaej ik heiq cangq beizheiq、siu ndat gej doeg、sanq caep.



Seizdoeng Gwn Cuk Cangq Dungx Youh Giep Nit

冬季吃粥健胃驱寒

Seizdoeng mbwn nit, gyanghaet gwn vanj cuk ndat ndeu, gawq ndaej raeuj dungx, youh ndaej giep nit. Gwn cuk yungzheih deng aenndang supsou, gibseiz bouj hawj rengzndang. Danghnaeuz rox gohyoz dapboiq gwn di doxgaiq wnq dem, ciengx ndang yaugoj engq ndei.

Aenvih cuk hamz raemx lai, bingzseiz lai gwn cuk, cawz ndaej hawj dungx imq dingj iek le, lij ndaej bouj raemx hawj aenndang dem, hix ndaej fuengz haexgaz; doengzyiengh dauhleix, de doiq boux dungxsaej haemq nyieg、gij bouxlaux caeuq lwgnyez yungzheih baenz haexgaz hix miz ywyauq.

Bouxlaux Bak Haeu Aeu Singigaeh Doenghmeg Giet Ndongj

老人口臭警惕动脉硬化

Youq ndaw ngoenznaengz swnghhoz, miz haujlai bouxlaux aenvih bak haeu cix gamjdaengz nyapnyuk dangqmaz, hoeng, danghnaeuz dwg aenvih binghgoekheuj yinxhwnj bak haeu, couh aeu singigaeh dwg mbouj dwg baenz doenghmeg giet ndongj lo. Ceiqgaenh yihoz yenzgiu yienjok, bingh goekheuj caeuq cungj nazmijgin ndeu mizgven, nazmijgin ndaej geiqseng youq raemxmyaiz、biujmienh diuzheuj、baihndaw heuj gietsig, de ndaej iemqok mbangj

huqdoeg sibauh yinxhwnj deng ganjyenj cujiz humz in. Nazmijgin haeuj daengz ndaw lwed le, gojnwngz yaeuhfat baenz gvancang doenghmeg souhyiengh giet ndongj.

Vihneix, bouxlaux aeu dinghgeiz bae yihyen genjcaz conggbak, guhbaenz haethaemh cat heuj、ciengzseiz roq heuj、nunaenx nohheuj daengj sibgvenq ndei. Linghvaih, ciengz gwn gij haeux aeu raemxcas daeuj cawj haenx, ndaej bangbouj fuengzceih bingheuj caeuq doenghmeg giet ndongj.

Aeu 3 gwz mbawcaz heuz 500 daengz 100 hauzswngh raemxgoenj, doeklaeng raenz aeu raemxcas dwk habliengh haeuxnaz cawj haeux gwn, ngoenz baez.



Seizdoeng Ciengx Nandang Ceiq Youqgaenj Dwg Fuengz Nit Bauj Raeuj

冬季养生最重要是防寒保暖

Seizdoeng fuengz nit gig youqgaenj, daegbied aeu haeujsim bauj raeuj aenlaeng caeuq fajdin. Doiq bouxlaux、lwgnyez caeuq gij vunz baenz dungx nem cibngeihcijcangz biux naeuh、boux sai simlwed miz bingh daeuj gangj, bauj raeuj aenlaeng daegbied youqgaenj. Bauj raeuj aenlaeng fuengfap gig genjdanh, cijaeu daenj geu buhmbangjmbaek nem ndang ndeu couh ndaej. Ndawbiengz miz coenz vah ndeu naeuz: “Nit daj daejdin daeuj”. Aenvih daejdin liz ndang vunz ceiq gyae, lauz mbang, rengz bauj raeuj yaez. Cunghyih nyinhnaeuz, hezvei daejdin caeuq simdaeuz gvanhaeh maedsaed, danghnaeuz fajdin deng liengz bouxvunz couh yinxhwnj baenz dwgliengz、aek in、hwet naet ga in、mehmbwk dawzsaeg in daengj, ndigah, aeu haeujsim fajdin fuengz nit bauj raeuj cij ndaej. Fuengfap miz: Daenj haiz ndei, gaej daenj daiq lon、daiq ndaet、daiq mbang, mad aeu daenj madbaengzfaiq; bingzseiz aeu lai hozdung cikdin, coi mbangjgiz lwed lae baedauq. Haemhnaengz haeujninz gaxgonq aeu raemxraeuj cimq din, raemxraeuj 50 daengz 60 doh couh ngamj, yienghneix ndaej siu naetnaiq、dingj nit fuengz nit、coi vunz ninz ndaek vaiq.

Mehdaiqndang Seizdoeng Ciengx Nandang Aeu Rox

孕妇冬季养生办常识

Mehdaiqndang seizdoeng aenvih dwgliengz deng bae yihyen liuziyh beij bingzseiz lai ndaej lai. Boux baenz dwgliengz mbaeu mbouj yungh gwn yw gag ndei, boux baenz naek cix aeu gwn yw cij ndaej, daegbied dwg fatndat mauhgvaq 39 doh seiz, vih mienx deng laebdaeb fatndat yinxhwnj lwgndawdungx sim diuq gyavaiq, itdingh aeu ceihyw cij ndaej. Danghnaeuz laebdaeb fatndat geij aen singhiz mbouj doiq ndat, gij sinzgingh hidungj lwgndawdungx couh gojnwngz deng yingjyangj.

Seizdoeng, mehdaiqndang ceiq yungzheih baenz caeugaen. Daegbied dwg daiqndang geizlaeng, gyanghaemh haeujninz seiz engq yungzheih fatbingh. Baenz caeugaen seiz, ndaej niuj fajdin、nunaenx、byaijdoengh daeuj vanjgaij caeugaen.

Gij mehdaiqndang nyuenz mbouj baenz aengab gvaq haenx, mwh daiqndang seiz gojnwngz dwg aenvih aenndang、daiqndang atlig caeuq seizdoeng mbwn nit yaeuhfat baenz ae'ngab; danghnaeuz nyuenz gaenq baenz ae'ngab gvaq, seizdoeng engq aeu guh ndei fuengzhoh, ok rog cunzcet seiz gwnz ndang aeu bwh miz yw.

Gangigangj Gijgwn Seizdoeng Ciengx Nandang Baiz Doeg

冬季养生排毒的食物

Lai gwn di gigwn hamz miz nyinzsei lai he. Gijgwn nyinzsei lai ndaej gej doeg, lai gwn di ndeu ndaej baiz huqdoeg ndaw ndang okdaeuj. Gijgwn hamz nyinzsei lai haenx dwg haeuxgyak、byaekheu、lwgmak daengj.

Lai gwn di dang duhheu ndeu. Duhheu ndaej hawj danjgucunz ndaw ndang doekdaemq, ndaej baujhoh aendaep, fuengzceih naengnoh hwnjwnj. Ciengz gwn dang duhheu, ndaej bangcoh baiz huqdoeg ndaw ndang okdaeuj. Seizdoeng lai gwn di dang duhheu ndeu, ndaej baiz doeg ciengx naengnoh.

Bingzseiz lai gwn raemx. Ngoenznaengz gwn 4 gaen raemx, couh ndaej doenggvaq nyoh baiz haujlai huqdoeg ndaw ndang okdaeuj, gemjmbaeu aenmak fudanh. Gwn raemx ceiq ndei dwg youq gyanghaet hwnqmbonq seiz、bairngz 3 diemj cung、gyanghaemh 9 diemj cung gwn.

