

Rog Da Sieng Baenzlawz Gag Gipgouq

眼外伤的家庭急救措施



Danhfanz naengnoh rog da dekleg, cehda mboujmiz sieng seiz, itdingh aeu haeusim baujiz gizsieng seuqsak, gaej yungh fwngz uq roxnaeuz baengz uq bae goemq gizsieng, aeu gij doxgaiq seuq bausuek ndei le caenhvaiq soengq bae yihyen ra canghyw cawqleix ceihiw, mienxndaej ngoenzlaeng louz miz rizmbangq yakyawj.

Naengh cehda deng doxgaiq bungqdeng roxnaeuz ngad sieng seiz, ndaw da bouxsieng gojnwngz okyienh ndaemq, lau ndit, raemxda lae, naengh i gokda deng sieng lij rox okyienh insep dem. Mwhhaenx, danghnaeuz miz luzmeizsu yenj-yozsuij, ndaej ndik di ndeu roengzbae yawhfuengz ganjyenj, doeklaeng caiq aeu baengzsa seuq roxnaeuz soujgaen goemq ndei lwgda le soengq bae yihyen cingj canghyw genjcaz ceihiw.

Naengh lwgda deng sieng seiz, miz doxgaiq cigciep coeg haeuj roxnaeuz reg gvaq cehda yinxbaenz cehda dekleg, couh sikhaek da myox caemhcai q insep. Wng sikhaek hawj bouxsieng ninz roengz, ciengeiz gaej yungh raemx swiq roxnaeuz led yw, wng aeu baengzsa seuq hoemq gwnz lwgda caemhcai q aeu saibaengz yaeng-yaeng bausuek, cienggeiz gaej yunghrengz daenzat. Bausuek muzdiz dwg hawj gizde mbouj deng ndit ciuq gig sienghah lwgda.

Sojmiz da sieng cungj aeu bausuek song lwgda, mienxndaej mbiengj da ndei hozdung daiqdoengh mbiengj da in baenqdoengh cix cauhbaenz nucat, bingh engq haeuj naek. Doeklaeng vaiq di soengq de bae yihyen ciengjgouq, mbouj ndaej nguh seizgan, couhcinj mbangjseiz ngamq miz mbiengj da ndeu dengsieng, baez nguh seizgan mbouj ndaej gibseiz ceihiw cawqleix seiz, mbiengj da ndei haenx hix rox deng yingjyangj cauhbaenz damengz.

Mbangjseiz lwgnyez fwngz gaem dawh roxnaeuz yenzbit buet mbouj siujsim deng laemx, dawh roxnaeuz yenzbit coeg haeuj da bae, cauhbaenz cehda dengsieng, cawjranz ciengeiz gaej gag yut ok. Hawj lwgnyez ninz roengz, youq mbiengj da sieng haenx hoemq di doxgaiq seuq ndeu le sikhaek soengq bae yihyen ciengjgouq. Youq gwnz roen, gaej hawj lwgnyez daejnauh, caenhliengh gemjsiuj saenqdaenh.



Danyw Lwgraz Ywbingh

芝麻治病秘方

Yw gan ae: 120 gwz lwgraz ndaem, 30 gwz begdangz. Cauj cug gyaux yinz ngenz mwnh gwn.

Yw haex lwed: 500 gwz lwgraz ndaem, 500 gwz dangznding. Cauj remj ngenz mwnh dwk dangznding gyaux yinz seizbienh gwn.

Yw nyouh lwed: Gwn youzlwgraz, ngoenz 3 baez, moix baez 10 hauzswng, lwgnyez gemj buenq.

Yw duzgyau roxnaeuz non haeb sieng: Ngenz youzlwgraz baeng baihrog.

Yw mauhfung buenq ndang gyad: Byuk lwgraz 15 gwz, dwk laeuj baek gwn hawj ok hanh.

Yw feiz logsieng: Coemh lwgraz remj ngenz mienz heuz youzlwgraz led gizde, danghnaeuz mbangjiz miz nong iemqok dumzmbaeq, ndaej aeu mwnh sauj vanq dwk najnaeng gizde.

Seizdoeng Ceiq Ndei Siuj Gwn Nohdouq

冬季最好少吃兔肉

Nohdouq feih diemz, loq liengz, gwn de ndaej bouj ndaw ik heiq, liengz lwed gej doeg, gaj hozhawq. Sei nohdouq saeq oi q, yungzheih deng ndang vunz siuvaq supsou, ndang vunz ndaej siuvaq nohdouq dabdaengz 85%, beij nohmou, nohcwz, nohyiengz siuvaq lai sang 10% daengz 35%. Ndigah, nohdouq ceiq hab gij lwgnyez siuvaq goengnaengz gemjnyieg caeuq bouxlaux gwn.

Danhseih, noh hix faen miz caep ndat raeuj liengz geij cungj, seizdoeng lai gwn di nohyiengz, nohma ndeu, doiq dingj nit daih

miz ndeicawq. Hoeng, nohdouq loq liengz, ceiq ndei siuj gwn di, daegbied dwg boux dungx haw-nyieg, boux baenz yiengz haw engq mbouj ndaej gwn nohdouq. Mboujnex, mboujdanh mbouj ndaej dingj nit, lij rox hawj vunz engq lau nit dem.

Linghvaih, nohdouq loq liengz, gwn lai rox sieng yienzheiq daibuenz, yinxhwnj lwgndawdungx cukcak mbouj dingz roxnaeuz daiqndang ok lwed. Ndigah, gij mehdaiqndang miz lonlwg ciudaeuz haenx mbouj hab gwn nohdouq. Cunghyih nyinhnaeuz, lwed bungz

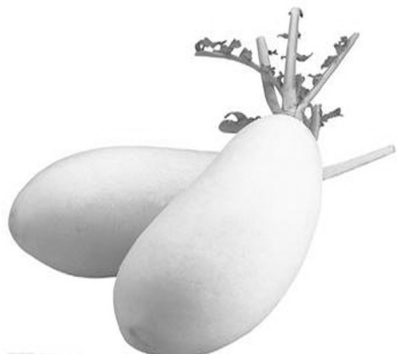


caep doq giet, vih mienx deng lwed giet yaeuhfat baenz dawzsaeg in, mehmbwk geiz dawzsaeg ceiq ndei gaej gwn nohdouq.

Gwn Lauxbaeg Swnhheiq Youh Re Dwgliengz

吃萝卜顺气又防感冒

Lauxbaeg ndaej gwn guh byaek youh baenz yw, gwn ndip feih manh singq caep, gwn cug feih diemz loq liengz. Ndaw lauxbaeg cawz hamz miz dangzma kit, dangzoiq, dangzmak, nyinzsei co, veizswnghsu daengj lai cungj gvangvuzciz caeuq di danbwz co ndeu le, lij hamz miz lai cungj anghihsonh dem, gwn de ndaej demgiengz rengz dingj bingh, caemhcai q ndaej hanhhaed aiz-sibauh sengmaj. Ngamq haicin gwn lauxbaeg gawq swnhheiq, ik dungx coi siuvaq, youh ndaej yawhfuengz



dwgliengz. Danghnaeuz gwn ndip, cix

senj aeu aen raemx lai de swiq seuq ronq baenz sei le gyaux di meiq caeuq dangz ndeu gwn, yienghneix gwn soemjdiemz hab-bak. Danghnaeuz dawz de baek raemx dang caz gwn, ndaej mizyauq dwk bae yawhfuengz dwgliengz. Gidij guhfap dwg: Aeu gij lauxbaeg singjsien raemx lai 250 gwz, swiq seuq ronq baenz gep, dwk sam vanj raemx cawj daengz lw song vanj raemx, swnh ndat gwn vanj ndeu, gek diemj cung ndeu caiq gwn vanj daihngaih, ciuq aen fap neix bae guh lienz gwn sam ngoenz.

Seizdoeng Haengj Hwnjhuj Baenzlawz Bae Yawhfuengz

冬季爱上火 如何预防?

1、Gwn di gijgwn liengz ndeu. Duh-heu, haijdai, sihyangzsinh, makleiz, makgai, vagut, swghvah doengh gijgwn neix mboujdanh ndaej siu huj, lij ndaej gajndeiz boux ndaw ndat ninz mbouj ndaek, fatyiemz, foeggawh dem.

2、Gaej gwn bouj gvaqmauh. Seizdoeng itdingh aeu gwn bouj, lumj nohyiengz, nohlawz, nohma, noh bitmeh geq, aeuq ndoksej daengj, yienghyiengh cungj baenz bouj, danhseih gwn bouj daiq lai rox hwnjhuj. Mwh gwn hojgoh bouj ndang seiz, wng dwk di byaekhau, lauxbaeg he dapboiq gwn.

3、Gwn hojgoh manhmwnh, daeuh-fouh haeu manhmwnh daiq lai hix rox hwnjhuj, boux ndaw ndat ceiq ndei mbouj gwn, couhcinj gwn le, hix aeu gwn di gijgwn liengz ndeu daeuj bangbouj siu huj.

