

Gangjigangj Seizdoeng Ciengx Yaem Yenzcwz

冬季养阴原则

1、Lai gwn di gijgwn nyinh yaem、nyinh bwt、bouj raemx seng raemx ndeu. Lumj makleiz、mak-yungz、makgam、makit、mak-daihcauj、lauxbaeg、lwgraz、cehmbu、raetngaenz、dangzrwi、duhnding daengj. Siuj gwn gijgwn manhget, yienghneix ndaej gaijndei goeng-naengz bwt daep, demgiengz rengz dingj bingh naengzlig.

2、Haeujsim bouj gwn raemx, ngoenznaengz gwn raemx mbouj siuj gvaq 2000 daengz 3000

hauzswnggh.

3、Hab gwn gijgwn hamz veizswngghsu A lai haenx, lumj gyaecqbit gyaecqgaeq、daepmou、lwgraz、duhhenj、duhdoem daengj.

4、Vih demgya rengz dingj nit, ndaej bouj gwn di yingzyangj ndat ndeu guhcawj, habdangq gwn di gijgwn hamz youzlauz caeuq dangz ndeu, lai gwn gijgwn hamz veizswngghsu lai haenx. Haeujsim gaej gwn bouj

gvaqbouh, mboujnex, gwn bouj gvaqbouh dauqfanj haih ndang.

5、Habdangq yungh baujgen sizbinj daeuj daezsang menjizliz, yawhfuengz baenz dwgliengz caeuq huhgizdau ganjyenj.

6、Gaej gwn haeux ndat byaek ndat dang ndat, gwn raeujremh couh ndaej. Gohyoz fatyienh, ciengzseiz luenhlanh gyan gwn gijgwn ndat yungzheih yinxfat baenz sizdauaiz, dungxsaej hix yungzheih ndaej bingh.



Lwgnyez Gwn Maz Doxgaiq Uk Lai Lingz

宝宝吃哪些食物可以提高智商

Gohyozgyah daezok, siengj hawj lwgnyez uk lai lingz, ndaej doenggvaq gaijbienq gwnndoet gezgou fuengsik daeuj gaijgez. Lumjbaenz bingzseiz habdangq hawj lwgnyez gwn di doxgaiq ndaengq ndeu.

Danhfanz gij doxgaiq hamz gyaz、naz、gai、meij daengj yenzsu cungj dwg gij doxgaiq hamz ndaengq, lumjbaenz lwgmak、byaekheu、gij huq aeu duh guh、haijdai daengj.

Wzdungz conghyah genyi naeuz, lwgnyez youq ngoenznaengz gwnndoet ndawde wng siuj gwn noh caeuq bya daengj gijgwn hamz youzlauz lai haenx, wng lai gwn di gijgwn aeu duh daeuj guh caeuq cij he. Gij huq diemz nywnx、gij huq youz caq caenhiengh siuj gwn, lai gwn di byaekheu、lwgmak、huq ndaw haij daengj, gij huq singjsien neix ndaej hawj lwgnyez uk lai lingz.

Fuengz Baenz Dwg-liengz Riuzhengz

防流行性感冒

Seizdoeng caeuq seizcin yungzheih baenz dwgliengz, yawhfuengz cosih cuj-yau miz:

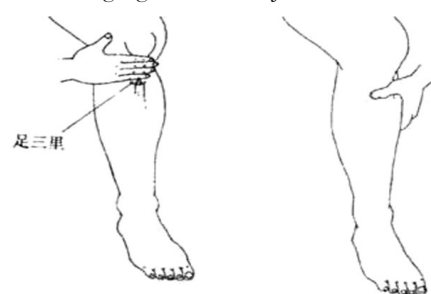
1、Genhciz hai cueng haeujninj, daihseih aencueng gaej hai hung lai, hoengheiq ndaw rug aeu singjsien、riuzdoeng ndei.

2、Ndaw rug cuengq di bozhoyouz, roxnaeuz aeu meiqgwn oenq ndaw rug.

3、Gaej gwn noh daiq lai, lai gwn di lauxbaeg nding ndeu.

4、Ngamq baenz dwgliengz seiz, ndaej heuz gwn ganjmaucingh、banj-lanzgwnh daengj yw, dwgliengz youq-gaenj seiz aeu bae yihyen genjcaz aeu yw.

5、Nunaenx giz cuzsanhlij. Cuz-sanhlij youq giz gyaecqhoq mbiengj baihrog giz mboep dag roengzbae sam conq (daih' iek seiq lwgfwngz), lwg-fwngzmeh naenx rengz di, gizyawz seiq lwgfwngz cuengq youq raeblaeng gahengh caeuq lwgfwngzmeh doxdoi, naenx daengz gizde miz insep cij dingz, leuxle caiq yungh doengz cungj fuengfap naenx lingh ga cuzsanhlij.



Roek Cungj Gijgwn Mizndang Gaej Gwn

六种食物怀孕别吃

Bya hung. Gij bya hung youq ndaw dah、ndaw huz、ndaw mieng ep ndaej haenx, gojnwngz deng nengzbingh roxnaeuz vayoz ganj-yenj gvaq, ceiq ndei gaej gwn.

Noh ndip caeuq noh buenq ndipcug. Cungj noh neix gojnwngz hamz miz daihliengh nengzbingh caeuq binghdoeg, aeu cawj cugdaeuq cij ndaej gwn. Lingh-vaih, gaej gwn gyaecqgaeq buenq ndipcug, cien gwn seiz aeu cugdaeuq.

Gaej gwn gij huq ndaw haij, mboujlwnh dwg cawj cug roxnaeuz oenq cug cungj mbouj ndaej gwn. Gwn le rox yinxhwnj lwg-ndawdungx lonlw、bienqhingz、daigaemz.

Gaej gwn gij yinjliu caengz ginggvaq gauhvwnh siudoeg haenx. Gaej cawx laeuj cangh-buenq gag siu roxnaeuz raemxmak canghbuenq gwnzhaw ma gwn. Gij huq neix gojnwngz hamz miz dacangzganjin daengj nengz-bingh, aenvih caengz deng gauhvwnh siudoeg gvaq, gwn le yungzheih ndaej bingh.

Ngaz byaekheu、ngaz laux-baeg、ngaz duhheu gaej gwn ndip, gij ngazbyaek neix gojnwngz hamz miz nengzbingh, doiq meh-daiqndang caeuq lwgndawdungx miz yingyangj gig daih.

Gaej gwn gijgwn yungzheih hwnjwnj haenx. Danghnaeuz mehdaiqndang ndaw gyog miz vnz doiq moux cungj gijgwn miz hwnjwnj, lwgndawdungx hix gojnwngz rox hwnjwnj. Ndigah, mwh daiqndang geizgan mbouj ndaej gwn duhdoem caeuq gijgwn yungh duhdoem guh haenx.

Aenvih laeuj rox hawj lwgndawdungx noix yangji, yingyangj aen' uk lwgndawdungx fatmaj, ndigah mbouj ndaej gwn laeuj. Linghvaih, gwn caz daiq lai rox hawj lwgnding byom iq, ndigah ceiq ndei mbouj gwn caz.

Seizdoeng Daih'it Bouj: Cehgoujgij

冬季第一补：枸杞



Cehgoujgij dwg huq nyinh bouj ceiq ndei, ndawde hamz gak cungj yingzyangj cwngzfwndang vnz aeu miz haenx, ndawde danbwzciz dwg 20% baedauq, youzlauz 10% hwnjroengz, dangz 40% baedauq, lw roengzdaeuq 30% dwg vuzgihyenz caeuq lai cungj veizswngghsu, cujyau yungh daeuj yw daep mak yaem haw、hwet in hwet naet、siliz gemjdoi

caeuq binghnyouhdangz daengj bingh.

Gwn yungh fuengfap: Hab dawz daeuj caeuq gak cungj cuk dapboiq gwn. Lingh cungj banhfap dwg haethaemh dwk haeuj bak nyaij gwn, nyaij gwn deicawq dwg gij yingzyangj cwngzfwndang de engqgya ndaej supsou caezcienz. Itbuen daeuj gangj, vunzhung moix ngoenz gwn 20 gwz baedauq couh ngamj; siengj gwn daeuj yw bingh, cix moix ngoenz gwn 30 gwz baedauq.

Ceiq ndei dapboiq: Maenz-cienz aeuq cehgoujgij feihdauh sangj bak、lauz noix, yangjfwndang lai, bangcoh suphaeuq baizok dab-daengz meijyungz muzdiz, gwn de ndaej gyangq hezej, mehmbwk gwnghnengzgz engq wnggai lai gwn di.

Cukcehmbu Haeuxsuen Yw Mamx Mak Haw

莲子粳米粥治疗脾肾虚

Cukcehmbu haeuxsuen ndaej ciengx sim ik heiq、cangq mamx dingz siq, cujyau dawz daeuj yw boux aenvih sim、mamx song haw、ninz mbouj ndaek、ok hanh lai、mbouj siengj gwn doxgaiq、ndang naet rengz naiq、dungxsiq.

Yungh liuh: Noh mbu 50 gwz (bok gvamq cawz hak bae), aeu 50 daengz 100 gwz haeux-suen, di dangz nae ndeu.

Guhfap: Noh mbu caeuq haeuxsuen caez ngauz cuk, caiq dwk dangz nae loq cawj goenj, haetnaengz dang ngaizromh gwn.

Goengnaengz: Ciengx sim ik heiq、cangq mamx dingz siq.

Cujyau yw: Boux aenvih



sim caeuq mamx song haw yinxhwnj baenz sim linj、ninz mbouj ndaek、ok hanh lai、mbouj siengj gwn doxgaiq、ndang naet rengz naiq、dungxsiq.