

Seizdoeng Gwn Cuk Ndeicawq Lai

冬季食粥好处多

Cuk maenzcienz: Aeu 50 gwz maenzcienz dat naeng ndei, 50 gwz haeuxnaz, di dangzrwi caeuq di youz ndeu. Cab maenzcienz baenz gaiq, dwk youz cau le gyahaeuj dangzrwi, cawj haeuxnaz baenz cuk, caiq ndingq maenzcienz roengz cawj goenj couh baenz gwn. Maenzcienz bouj mak mamx cei ndei.

Cuk maklaeq: Aeu 50 gwz maklaeq cawz byuk, 50 gwz haeuxnaz, di gyu ndeu. Dwk maklaeq ndip roengz gauhyazgoh bae gya raemx cawj cug, cawz byuk daem yungz dwk roengz haeuxnaz gaeng swiq ndei haenx bae, gya raemx cawj baenz cuk, caiq dwk di

gyu ndeu diuzfeih gwn. Maklaeq ndaej bouj mak, doiq boux baenz heiqmak mbouj gaeuq yinxhwnj baenz hwet naet gyaeujhoq naiq miz bangbouj cei hwyw cozyung.

Cuk lwgraz: Aeu 10 gwz lwgraz, 50 gwz haeuxnaz, dangzrwi caeuq gyu gak di ndeu. Sien cau le lwgraz rang, caiq cawj haeuxnaz baenz cuk gyahaeuj lwgraz, dwk dangzrwi caeuq gyu diuzfeih gwn. Lwgraz hau ndaej leih saej bouj heiqbwt; lwgraz ndaem ndaej haeuj mak nyangq nyinz.

Cuk makleiz: Aeu 3 aen makleizbit dat naeng cawz ngveih ndei le ronq baenz gaiq, dwk raemx

cawj buenq diemj cung, caiq swiq haeuxnaz cawj baenz cuk gwd, yaek cug seiz caiq gyahaeuj makleiz caeuq raemx makleiz caez cawj cug gwn. Ndaej nyinh bwt cing sim caeuq giep myaiz gyangq huj, doiq lwgnyez bwt ndat baenzae miz bangbouj cei hwyw cozyung.

Cuk haeuxnaz dungxvaiz: Aeu 200 gwz dungxvaiz, 50 gwz haeuxnaz, di gyu ndeu. Dungxvaiz dwk gyu nucat swiq seuq ronq baenz gaiq iq, caeuq haeuxnaz cawj baenz cuk, dwk di gyu ndeu diuzfeih gwn. Doiq yw boux lwgnyez bingh le ndang haw, gwn mbouj ndaej haeux, seiq genga naetnaiq gig ndei.



Gij Cosih Gipgouq Boux Simdaeuz Fat Bingh

心脏病急救措施

Boux baenz gipsingq simsaek wng ninz gwnz mbonq yietnaiq, vunz ndaw ranz caenhiengh siuj bae buendoengh de. Ndaw rug baujiz caemcingx, gaej luenh hemq luenh swenj, mienxndaej gig vunzbingh le binghcingz haeuj naek, doengzseiz aeu gibseiz caeuq gipgouq cungsim lienzhaeh. Mwh caj ci gouqhoh geizgan, danghnaeuz vunzbingh fatseng simlig hawnyieg, bak rueg daihliengh myaizraemx hoengzmaeq caeuq vunzbingh biz lai haenx, aeu fuz de buenq ninz roxnaeuz naengh hwnj.

Naengh raen vunzbingh meg diuq saeqnyieg, genga gyoetgyat, gojnwngz dwg maezgae lo, wng yaengyaeng cuengq bingz ninz gwnz mbonq, gaej hawj de demh swiz. Leuxle hawj de gwn siuhsonghanhyouz, siuhsinhdung roxnaeuz suhhozyanghvanz. Vunzbingh sim fanz mbouj onj seiz, ndaej hawj de gwn ywcaemcingx, danhseih mbouj ndaej hawj de gwn raemx lai, caemhcai aeu geih gwn doxgaiq. Bang de gej gaetbuh soeng saivaq, miz diuzgen seiz hawj de sup yanggi, haeujsim bauj raeuj. Naengh vunzbingh sawqmwh mboujmiz meg diuq lo, wng bang de guh vunzgoeng diemheiq, geizgan mbouj ndaej dingzduenh, itcig guh daengz soengq daengz yihyen canghyw ciengjgouq cij dingz.

Seizdoeng Lauxbaeg Hab Gwn Ndip Makleiz Gwn Cug

冬季宜生吃萝卜熟吃梨

Denhcinh Yingzyangj Yozvei mingzyi lijswcangj Fu Ginhyuz naeuz, doiq boux ndang mbouj ndei, daegbied dwg boux dungx hawcaep daeuj gangj, mbouj hab gwn makleiz ndip, cawj cug gwn doengzyiengh ndaej siu ndat dingz ae, danhseih cei ndei cawj baenz raemxmakleiz, caemhcai gwn raemx caeuq nohmak, cij ndaej baujcwng miz yingzyangj.

Doiq lauxbaeg daeuj gangj, cunghyih nyinhnaeuz, gwn lauxbaeg ndip ndaej siu ndat seng raemx, bouj raemx leih nyouh, vaq myaiz dingz ae. Danhseih, boux bi' ndwen geq caeuq boux dungx hawcaep mbouj hab gwn lauxbaeg ndip, mienxndaej yinxhwnj dungxsaej mbouj cwxcaih.



Fap Seizdoeng Ciengxhoh Naengnoh

冬季保养皮肤的方法

1、Yaek okdou gaxgonq, wng led di yw nyinh naengnoh ndeu, daegbied aeu led di yw hoh naengbak he.

2、Siuj yungh raemxndat swiq naj, ngoenz yungh raemxndat swiq naj baez daengz song baez couh ndaej. Siuj yungh genjndaengq swiq naj.

3、Ciengzseiz nunaenx naengnoh fajnaj, coi lwed lae baedauq, moix aen singhgz yungh baez daengz song baez menmoz.

4、Swiq naj gvaq le, led di vacanghbinj hoh naengnoh ndeu, giz din fwngz dek haenx, led di ywyouz fuengz dek ndeu.

5、Lai gwn raemxgoenj, lai gwn byaekheu, lwgmak singisien, habliengh gwn di nohgaeq, nohbya ndeu, aeu daeuj bouj raemx caeuq yingzyangj ndaw ndang.

Seizdoeng Gwn Maz Dang

冬季喝什么汤

Dang maenzcienz makseizlwz bwtmou:

Aeu 200 gwz maenzcienz, song aen makleizseizlwz, aen bwtmou ndeu, 5 gwz naeng makdoengj caez aeuq dang gwn, ndaej siu ndat nyinh bwt, vaq myaiz dingz ae, liengz lwed, bangcoh siuvaq. Hab boux baenz ganhyenz, boux baenz daep ndongj, boux cihgi' gvanj fatyiemz caeuq boux baenz feiyenz gwn.

Dang ndoksej ngaeux:

Aeu 500 gwz ngaeux, 500 gwz ndoksej caez aeuq dang gwn, ndaej bouj mamx ik bwt.

Dang nohbit makcauj diemz byaekhau sauj:

Aeu 400 gwz nohbit, 100 gwz nohmou cing, 250 gwz byaekhau sauj, 5 aen makcauj diemz caez aeuq dang gwn, ndaej nyinh sauj nyinh bwt, dingz ae seng raemx.

Hab boux gan ae mboujmiz myaiz caeuq boux congghoz hawqsauj gwn.

Ciengz gwn makleiz, makyungz, makcengz, makmoiz ndaem, makit, mak-sanhcach, maksiglouz, mak-mizhouzdauz ndaej ciengx bwt, lij ndaej cangq dungx siu cwk, hawj vunz lai gwn ndaej doxgaiq. Dangzrwi, ngveih makgingq, raetngaenz caeuq daeuhfouh ndaej doeng haex. Boux dungxsaej hawnyieg siuvaq mbouj ndei haenx, ndaej gwn di cehmbu, maenzcienz, duhbap ndeu.



Gangjgangj Gijgwn Seizcin Cei Ciengx Daep

春季最养肝护肝食谱

Raetmoengngaex ndaem cau daepmou.

Guhfap: Cimq raet gawhbongz swiq seuq sik baenz vengq. Swiq daepmou seuq ronq baenz gaiq mbang, dwk roengz ndaw raemx denfwj bae lauz yinz le caiq dwk roengz raemxgoenj bae log yaep ndeu, leuxle dwk roengz rek coemh youz bet cingz ndat bae, caiq dwk laeuj, coeng, hing sei, gyu cau le daek hwnj, louz youz hai feizhaeng cau raet daengz ndongqrongh, caiq



ndingq daepmou roengz cau, dwk veicingh, youzhom ndau yinz daek

hwnj couh baenz gwn.

Cuk fuzlingz(茯苓粥).

Guhfap: Aeu mba fuzlingz 30 gwz, 100 gwz haeuxsuen, 20 aen makdaihcauj. Sien swiq haeuxsuen, makdaihcauj seuq caez dwk rek gya raemx cawj cuk; dwk mba fuzlingz roengz cawj goenj yaep ndeu couh baenz gwn. Mwh dungx byouq seiz raeuj gwn, hix ndaej gaengawq amqbak dwk di dangznding ndeu, moix ngoenz haethaemh gak gwn baez ndeu.