

# Seizcin Ciengx Yiengz Naek Youq Lienhndang

## 春季养阳重在锻炼

Seizcin aenmbwn ciemhciemh bienq raeuj, fanh faed ndiusingi, dwg bi ndeu ndawde aen geiqciet ceiq ndei ndeu. Danhseih, seizcin hix dwg aen geiqciet “rumnywj didngaz, bak bingh fukfat” ndeu, ndigah aeu haeujsim baujgen ciengx ndang cijndaej.

Seizcin ciengx yiengz naek youq ciengx daep. Yienhdaih yihyoz yenzgiu ndaej rox, simcingz mbouj ndei yungzheih hawj heiq daep saekdimz mbouj doengswnh, hawj sinzgingh neifwnhmi hidungj goengnaengz fanzluenh, rengz dingj bingh doekdaemq, yungzheih yinx-fat baenz bingh cingsaenz, bingh daep, bingh sailwed sim uk, binghganjenj daengj. Ndigah, seizcin wnggai haeujsim baujciz simcingz vaiqvued hailangh, hawj heiq daep doengswnh, hwnj daengz fuengzbingh baujgen cozyung.

Seizcin ciengx yiengz hab gwn diemz siuj gwn soemj. Seizcin dwg aen geiqciet daep hoengh ndeu, gwn

soemj daiq lai rox hawj aen’ daep hwnjhuj, sieng daengz aendungx. Wng lai gwn di gijgwn feih diemz caemhcaiq hamz danbwzciz, dangz, veizswnghsu caeuq gvangvuzciz lai ndeu, lumj nohcing, gyaecqbit gyaecgaeq, cijvaiz, dangzrwi, gij huq aeu duh guh, byaekheu singjsien, lwgmak daengj.

Seizcin ciengx yiengz wng swnhriengz aenmbwn. Aenvih seizcin aenmbwn bienqvaq mbouj dingh,



rwd nit rwd ndat, gyahwnj seizdoeng vunz daenj buhvaq lai, baiz ok goengnaengz haemq nyieg, mbouj ndaej vaiqvet diuzcez ndangraeuj. Danghnaeuz daenj buhvaq mbang lai, loq mbouj siujsim couh ganjenj baenzbingh. Bouxcongniengz caeuq bouxlaux baenz hezyaz sang, baenz binghsimdaeuz engq aeu haeujsim fuengz nit bauj raeuj, yawhfuengz baenz mauhfung, baenz bingh-simsaek.

Seizcin ciengx yiengz naek youq lienhndang. Vunzraeuz wnggai gaengawq aendang sihyau, senj guh mbangj hanghmoeg daeuj lienhndang, lumj youzbyaij, menh buet, guh cau, cuengq yiuhrumz, dwkgiuz daengj, roxnaeuz bae gaenh gyauhgi, funghgingjgi cetyouz. Baenzneix mboujdan ndaej hawj simcingz hailangh, caemhcaiq ndaej hawj heiq lwed doengswnh, daezsang goengnaengz aensim aenbwt, hawj aendang lai miz rengz, noix baenzbingh.

# Seizcin Gwn Suenq Meiq Yawhfuengz Dungxsaej Ganjyenj

## 春季食蒜醋预防胃肠感染

Baez gvaq laebcin, seizcin couh gaenriengz daeuj daengz lo, youq aen geiqciet fanh faed cungj ndiusingi neix, mbangj bingh hix hainduj loh naj okdaeuj lo, lumj binghsailwed sim uk, binghhwnjnwnj, binghdiemheiq, binghlah daengj hix foenfoen ndot okdaeuj. Baenzlawz yawhfuengz gij bingh neix ne?

Conhgyah naeuz, habdangq gwn di suenq caeuq meiq ndeu ndaej yawhfuengz binghdungxsaej.

Riengzdwk mbwn ciemh ngoenz ciemh raeuj, gak cungj nengzbingh, binghdoeg hainduj sanjlah hoenghvuengh, seizcin binghlah conghsaej cujyau miz baenzsiq, gipsingq cangzyenz, binghsienghanz, binghra, gyazganh daengj.

Canghyw daezsingj naeuz, guh ndei gwnndoet veiswng, fuengz bingh daj bak ciemq haeuj, itdingh aeu gaenx swiq fwngz. Cawx gijgwn seiz, aeu genj cawx gijgwn singjsien; siuj gwn byaekliengzban, mwh yaek gwn byaekliengzban seiz sien yungh raemxgyoet cungswiq gvaq, gva mak aeu swiq seuq dat naeng caiq gwn, haeux byaek wng doq cawj doq gwn; cau byaek seiz, doengh aen rek gu aeu haeujsim siudoeg, huqndip huqcug faenhai cuengq ndei, habdangq gwn di suenq caeuq meiq ndeu daeuj yawhfuengz binghlah dungxsaej.

# Simdaeuz Raemhrwnh Fat Bingh Fwt Ae Ndaej Bauj Mingh

## 心脏病突发 咳嗽可保命

Raeuz rox, baenzae dwg huhgizdau ganjenj roxnaeuz miz gij doxgaiq wng saekdimz seiz guh ok cungj fanjying ndeu, danhseih baenzae hix dwg gij bingh gouqmingh bouxlaux sim sailwed haenx.

Bouxlaux daegbied dwg bouxlaux miz bingh sim sailwed, diuzcez caeuq sikhab sim sailwed haemq yaez, mwh ninz nanz roxnaeuz maeuq diengzhaex hwnqdaeuj seiz, aenvih hezyaz diuzcez mbouj daengzvih, yungzheih yinxhwnj baenz hezyaz daemq, doeklaeng baenz uk siuj lwed maezgae bae. Vih fuengz loeklawq, mwh hwnqmbonq roxnaeuz maeuq diengzhaex hwnqdaeuj le, sien sup heiq gaeuq, caiq yunghrengz ae geij sing, couh ndaej fuengz maezgae. Neix dwg aenvih mwh ae seiz, ndaej naenxat aenbwt gvaenx baedauq, hawj lwed lae haeuj simdaeuz bae, caemhcaiq doenggvaq “saenqdaenh” hawj simdaeuz gyavaiq sousuk, geiz sousuk hezyaz ndaej swng hwnj 50 daengz 80 hauzmij gungcu, doiq aen’ uk soengq lwed daih miz ndeicawq.



# Seizcin Gwn Daeuhfouh Ndaej Daezsang Rengz Dingj Bingh

## 春季吃豆腐提高免疫力

Ngamq haicin seiz, heiqhaeuh bienqvaq lai, bouxlaux caeuq lwgnyez yungzheih ndaej bingh. Ginggvaq gwnndoet daeuj demgiengz rengz dingj bingh cibfaen youqgaenj. Daeuhfouh ndaej guh byaek gwn, caemh ndaej guh yw yungh, gwn de ndaej ik heiq bouj haw, ciengz gwn daeuhfouh ndaej baujhoh aen’ daep, demgiengz rengz dingj bingh, caemh ndaej geij doeg dem.

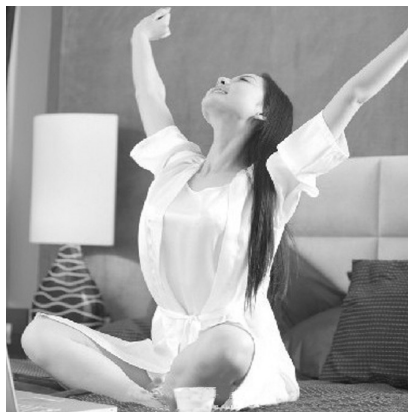
Daeuhfouh caeuq gij huq aeu daeuhfouh daeuj guh hamz danbwzciz beij duhhenj lai, caemhcaiq danbwzciz daeuhfouh dwg danbwz caezcien, mboujdan miz 8 cungj anghighsonh ndang vunz aeu miz haenx, gij bijli de ciepgaenh ndang vunz sihyau, yingzyangj gyaciz haemq sang, seizcin gwnndoet hab citdamh, daeuhfouh yingzyangj lai youh mbouj nywnx, cingq dwg gij huqndei hab seizcin gwn haenx.

Conzdungj cunghyih nyinhnaeuz, daeuhfouh feih diemz singq liengz, gwn de ndaej ik heiq huz ndaw, seng raemx geij doeg, ndaej yungh daeuj yw binghda’ nding, gajj hozhawq.

# Byainyod Namzgva Dwg Gij Huqndei Nyinh Saej Doeng Haex

## 南瓜尖是润肠通便好食材

Byainyod namzgva oiqet, hamz miz nyinzsei gijgwn gig lai, gwn de ndaej nyinh saej doeng haex. Ndaw byainyod namzgva lij hamz miz va caeuq vc daengj lai cungj cwngzfwn miz ik haenx dem, dwg cungj byaekheu yingzyangj gyaciz gig sang ndeu. Gwnfap: Hai feizhaeng coemh rek nding, dwk gyaeujsuenq dip caeuq lwgmanh sau roengz cau hom, doq vaiqvet dwk byainyod namzgva roengz fan cau cug, dwk gyu le daek hwnj couh baenz gwn.



# Fap Seizcin Ciengx Nandang: Ietnonx

## 春季养生法：伸懒腰

sim caeuq bwt, simdaeuz ndaej cungfaen yindung, engq lai yangjgi ndaej yinhsoengq bae daengz gak aen cujciz gi’ gvanh. Doengzseiz, aenvih gen caeuq duenh aek baihgwnz hozdung, ndaej hawj gij lwed hamz yangjgi hawj soengq bae hawj aen’ uk, hawj bouxvunz cing-singj cwxcaih.

Ndang vunz gajjbaeuhyoz, swnghlijyoz lwnh raeuz nyi, uk naek yienznaeuz ngamq ciemq daengx aen ndangnaek 1/50, danhseih aen-uk sied yangjgi cix ciemq daengx

ndang sied yangjgi 1/4. Bouxvunz aenvih youzbyaij daengj yenzynh, duenh ndang baihgwnz caeuq aen-uk yungzheih siuj lwed caeuq yangjgi. Vunz naengh nanz mbouj doengh, gyahwnj daihliengh yungh uk guhhong yungzheih yinxhwnj aen’ uk siuj lwed siuj yangjgi, vunz couh gamjdaengz gyauej ngunh da raiz, ga mwnh hwet naet, cau- baenz gunghcoz yauliz doekdaemq. Ndigah, ciengzseiz ietnonx, hoz-dung seiq gen ga doiq naetnaiq hoizdauq daih miz ndeicawq.

Ietnonx couh dwg cungj yindung gingz gencueg hwnj sang gvaq duenh aek ndeu. Caezgya cungj rox, ietnonx seiz ndaej hawj aen gi’ gvanj ndaw aek bae naenxat