

Seizcin Gwnndoet Haeujsim Maz Saeh

春季饮食注意事项

Bouj gwn youhciz dan-bwzciz: Seizcin givwnh bienqvaq daih, deng nit gig aenndang le danbwzciz faengaij okdaeuq vaiq, rox yinxhwnj aenndang rengz dingj bingh doekdaemq, yungzheih cienzlah roxnaeuz bingh gaeuq fukfat, ndigah aeu bouj gwn gyaeqgaeq, bya, nohgaeq caeuq gij huq aeu duh guh daengj danbwzciz doxgaiq.

Gwn veizswnghsu caeuq vuzgihyenz cukgaeuq: Byaekhau, byaekyouzcai, makyungz, makgam, makcengz daengj hamz veizswnghsu C lai, gwn de ndaej dingj binghdoeg; lauxbaeg nding, byaekroem hamz veizswnghsu A lai, gwn de ndaej baujhoh nemmuek saidiemheiq duenh



baihgwanz caeuq gij goeng-naengz bizsibauh diemheiq gi' gvanh; lwgraz, byaekgienj-sim heu, byaekreuz hamz veizswnghsu E lai, gwn de ndaej daezsang menjyiz goengnaengz aenndang, hawj aenndang lai dingj ndaej bingh.

Gwn gijgwn aeu cit: Seizcin heiqdaep cei q hoengh, heiqdaep hoengh rox yingj-yangj aenmamx, yungzheih baenz dungx haw. Ndigah, seizcin wng senj gwn gijgwn manh, diemz, raeuj, geih gwn gijgwn soemjsaep; noix gwn gijgwn youz nywnx, ndipgyoet caeuq gijgwn gig dungxsaej haenx; boux baenz ganhyenz geih gwn hakgyaeq.



Seizcin Ciengx Ndang Daegdiemj

春季养生特点

Seizcin fat rumz lai, rumz gojnwngz rox yinxfat baenz gak cungj binghlah, lumj dwgliengz, baenzngoz, liuznauj, dokraemx, benjdauzdij fatyiemz, feiyenz daengj bingh, ndigah, seizcin aeu haeujsim fuengzceih binghriuzhengz.

Seizcin dwg aen geiqciet doeng hah doxlwnz ndeu, mbwn yaep nit yaep raeuj, yaep bumz yaep gvengq. Aenmbwn mbouj onjdingh, gij vunz doiq aenmbwn mbouj onjdingh miz minjganj haenx couh mbouj daih hab'wngq lo. Ndigah, boux doiq aenmbwn minjganj aeu haeujsim ninzhwnq cij ndaej.

Aenmbwn bienqvaq doiq heiqqlwed ndang vunz yingjyangj gig daih. Lumj mbwn nit seiz heiqqlwed giet gongj caem youq, mbwn ndat seiz heiqqlwed doengswnh lae baedauq. Seizcin aenmbwn bienq raeuj, heiqqlwed hozdung hix gaenriengz gyagiengz, ndang vunz sup haeuj caeuq baiz ok haemq hoengh. Doiq cungj bienqvaq neix, boux ndang ndei gojnwngz sikwngq haemq vaiq, boux ndang yox bingh lai couh nanz sikwngq lo, bingh gaeuq fukfat roxnaeuz engqgya haeuj naek, ndigah, seizcin aeu caeux cunjbei guh ndei gak cungj bingh fuengzceih cij ndaej.

Seizcin Aeu Fuengz Hangzgauqmou

春防范腮腺炎

Seizcin cei q yungzheih baenz hangzgauqmou, cungj bingh neix youz binghdoeg yinxhwnj, cujyau dwg song gemj foeggawh. 5 daengz 15 bi lwgnyez cei q yungzheih baenz cungj bingh neix, doengzseiz yungzheih youq ndaw youwzyenz, siujyoz caeuq cuhcungh hagseng riuzhengz. Giz rwzduiq foeggawh, caemhcai q buenx miz insep caeuq aj bak simhoj, fatndat, noix gwn

doxgaiq daengj binghyiengh. Dingzlai lwgnyez aenvih bingh haemq mbaeu, cawjranz mbouj daiq yawjnaek fuengzceih. Danhseih aeu daezsingj dwg, nguh cei hyw rox yaeuhfat baenz naujmozyenz, yizsenyenz, sinhgihyenz, hoh in, gyacangsen baenz in daengj lai cungj bingh. Ndigah, baenz hangzgauqmou itdingh aeu gibseiz cei hyw cij ndaej.



Seizcin Habdangq Gwn Meiq

春季适当吃醋

Dwen daengz feihbak haujlai vunz cungj rox dawz de caeuq gwn lienzhaeh hwnjdaeuq, caemhcai q miz mbouj noix vunz gwn doxgaiq sat le yungheih gamjdaengz naetnaiq. Baenzneix, raeuz ndaej gwn meiq daeuq singjsag singjsag, aenvih meiq mboujdanh ndaej coi siuvaq, gij heiq get de ndaej caemhcai q ndaej gig ndang vunz. Hoeng, cigciep gwn meiq aenvih de gig ndang vunz haenq lai, rox sieng daengz nemmuek aendungx, cei q ndei dwg heuz raemxgoenj gyoet le cai q gwn. Cai q gangj, naetnaiq dwg caeuq raemx ndaw ndang bien soemj mizgven, lai gwn gijgwn ndaengq ndaej cunghab ndang noh naetnaiq seiz soj canjseng huqsoemj, hawj ndang vunz siucawz naetnaiq. Meiq yienznaeuz dwg soemj, danhseih ginggvaq ndang vunz baiz ok le dauqfanj bienqbaenz gijgwn ndaengq.

Doengzseiz, leihyungh feihbak bae gig daez saenz singj uk, bae gig sinzgingh ndang vunz, hawj vunz lai gwn daej doxgaiq, vaiqvet daezswng rengz dingj bingh, soengset hoizfuk rengzndang, siucawz naetnaiq.



Baenzlawz Yawhfuengz Ndok Soeng Ndok Byot

怎样预防骨质疏松?

Siengj yawhfuengz ndok soeng ndok byot, couh aeu haeujsim baihlaj geij diemj:

(1) Gamhanh gwnndoet gezgou, gaej gwn huqsoemj daiq lai. Byaekheu caeuq lwgmak dingzlai dwg gijgwn ndaengq, dingzlai noh, haeuxgok, dangz, laeuj, bya nyauh cungj dwg gijgwn soemj, bouxvunz ndang ndei moix ngoenz gwn haeuj huqsoemj caeuq huqndaengq bijli wng gamhanh youq 1 : 4.

(2) Cit ien ndoet laeuj gvaqbouh doi q goetndok suphaeuj caeuq baizok fouzleih, gwn gyu caeuq danbwzciz daiq lai rox hawj aenndang sied gai bae lai.

(3) Yindung ndaej coi aenndang bouxvunz suphaeuj caeuq baizok. Habdangq dak ndit mizleih aenndang supsou gai.

(4) Fuengz aenndang noix gai lij aeu guh baenz sibgvenq ndei, gaej gwn huqsoemj daiq lai.

(5) Gaej gwn gijgwn deng uqlah gvaq haenx, lumj raemx uq, doenghgo uq, gyaeq uq bya uq daengj, lai gwn di gijgwn saekloeg ndeu, fuengz bingh daj bak con haeuj.

(6) Baujci z simcingz ndei, gaej hawj simleix atlig daih lai, habdangq diuzcez simcingz caeuq atlig bonjndang, daj neix daeuj yawhfuengz ndok soeng ndok byot.