

Seizcin Baenzneix Bae Siu “Ndangnaiq”



春季这样解“春困”

gangj “seizcin naetnaiq”. Danh-seih, danghnaeuz youq ndaw gwn-ndoet bae diuzleix ndei, couh ndaej siucawz “seizcin naetnaiq”, hawj bouxvunz cingsaenz gvaekgvaek.

It dwg ngaizromh aeu gwn ndat. Ngeih dwg gwnndoet aeu cit. Byaek dwk youz daiq lai daiq nywnx rox hawj vunz gwn haeux sat canjseng naetnaiq, ndigah gwnndoet aeu cit di.

Sam dwg gwn haeuj danbwzciz aeu gaeuq. Daj ndaw nohcing,

nohgaeq, nohbya caeuq gij huq aeu cij guh haenx ndawde sup aeu danbwzciz, ndaej hawj bouxvunz lai miz rengz.

Seiq dwg ciengz gwn lwgmak caeuq raemxmak. Ndaw lwgmak hamz gyaz lai, ndaw ndang noix gyaz rox hawj bouxvunz unqnyieg mboujmiz rengz, hix rox yingyangj cuyiliz cizcungh. Ndaw makit sauq, makgam, gyoiijhom, makbingzgoj cungj hamz miz gvangvuzciz gyaz cungj doxgaiq neix.

Seizcin Lij Aeu Bauj Ga Raeuj

“春捂”重捂下身

Aenvih donh ndang baihlaj lwed lae baedauq aeu beij donh ndang baihgwnz yaez, yungzheih deng rumznit ciemq haeuj, ndigah gaej daenj buhvaq haizmad mbang lai, daegbied dwg bouxlaux, gaej daenj buhvaq noix lai, mehmbwk hix gaej daenj vunjdinj caeux lai. Aenvih deng rumznit ciemq haeuj le, yungzheih dwgliengz baenzbingh.

Cin gop naek youq gop donh ndang baihlaj, lij aeu gyagiengz guh lienhdang dem, coi lwed lae baedauq. Ndae j yungh swiq ga hawq daengj banhfap daeuj guh lienhdang. Fuengfap dwg: Song fwngz got dawz cik goekga ndaetndaet bae, daj goekga yungh rengz nunaenx daengz da' baeu, caiq daj da' baeu

nunaenx doxdauq daengz goekga. Yungh doengzyiengh fuengfap nunaenx lingh cik ga, dauq-cungz guh 10 daengz 20 baez. Lij ndaej guh fid ga, naenx dungx gahengh, niuj gyaeujhoq, cat angj-din, raeuj din, dieb din daengj fuengfap daeuj hozdung donh ndang baihlaj dem.



Seizcin Hab Ciengx Daep

春季宜养肝

Seizcin wng ciengx daep guh goek. Vahsug naeuz: “Yw bouj mboujyawx gwn bouj.” Lajneix gaisau geij cungj seizcin gwn bouj fuengfap hawj vunzlai:

Gwn daep ciengx daep dwg gwn daepgaeq guh goek. Daepgaeq feih diemz singq raeuj, ndaej bouj lwed ciengx daep, caemhcai ndaej raeuj dungx. Gidij yunghfap dwg baenzneix: Aeu 3 aen daepgaeq singjsien, 100 gwz haeuxnaz doengzcaeaz cawj cuk gwn. Cungj cuk neix ndaej yw bouxcungnienz caeuq bouxlaux lweddaep mbouj gaeuq, amqbak mbouj ndei, lwgda gansaep roxnaeuz rih raemxda. Linghvaih, bouxlaux baenz gen ga mazmwnh seiz, ndaej aeu 5 aen daepgaeq, 20 gwz denhmaz, song yiengh caez naengj cug, ngoenz gwn baez ndeu, gwn buenq ndwen couh raen miz yaugoj.

Aeu feih bouj daep suenq meiq guh daeuz. Meiq ndaej bingz daep sanq cwk, gej doeg hanhhaed sigin sanjmaj. Bouxlaux baenz hezyaz sang yiengzdaep bien hoengh seiz, moix ngoenz ndaej gwn 40 hauzswng h raemxmeiq, heuz raemxraeuj gwn. Hix ndaej aeu duhhenj cimq raemxmeiq gwn, ywyaug gig ndei. Boux bingzseiz aenvih aeuqheiq baenz daep in, ndaej aeu 40 hauzswng h raemxmeiq, gya 10 gwz mba caizhuz heuz gwn, doq sikhaek dingz in.

Baujciz hailangh ciengzseiz lienhdang. Seizcin ciengx daep lij aeu baujciz simcingz hailangh, mbouj fatheiq mbouj aeuqheiq, siuj gwn laeuj lai gwn raemx. Ciengzseiz lienhdang ndaej hawj lwed ndaw ndang riuzdoeng ndei, ndaej bouj cukgaeuq yangjgi caeuq yingzyangj hawj aen' daep.



Seizcin Giuj Cawz Beksienj

春天巧除头皮屑

Seizcin mbwn hawqsauj, mwngz ndaej yungh baihlaj geij cungj banhfap daeuj siucawz begsienj:

1、Aeu raemxmeiq ndat roxnaeuz raemxhing fou gyaeuj, ndaej siucawz begsienj.

2、Aeu raemx yiengzcoeng cat naenggyaeuj, doeklaeng yungh raemx-raeuj swiq seuq, ndaej siucawz begsienj.

3、Sien aeu laeujbizciuj rwed byoem dumz le cuengqce 15 faen cung roxnaeuz loq nanz di, dwk raemx swiq seuq, doeklaeng yungh sijfazgauh fou gyaeuj. Ngoenz 2 baez, gvaq 4 daengz 5 ngoenz, begsienj gag siu bae liux, caemhcai mboujmiz fucozyung dem.

Danghnaeuz byoem mwngz youz-ywd, mboujlwnh seizlawz cungj wnggai yungh sijfazci dozcijsing giengz haenx daeuj fou gyaeuj, moix aen singhgiz fou 2 baez couh ngamj. Boux byoem hawqsauj, wng senj yungh youzcijsing sijfazci daeuj fou gyaeuj, moix singhgiz fou baez ndeu, fou gyaeuj gvaq doq aeu ganhyouz roxnaeuz fazyuj daeuj led byoem. Doengzseiz, gwndaen aeu miz gvilwd, simcingz hailangh, lai gwn di haijdai caeuq byaekaeuj ndeu, ciengz gwn cij singjsien, duh, lwgmak hix ndaej nyinh byoem.

Haj Fap Hawj Mwngz Seizcin Mbouj Ndangnaiq

五招让你春天不再困

Aeu haekfug seizcin naetnaiq, daih' it dwg caeux ninz caeux hwnq, baujcwnz ninz gaeuq, aeu ninzringz; daihngaih dwg ndaw rug aeu doeng rumz ndei, baujciz hoengheiq singjsien, aenvih ndaw rug yangjgi noix, wyangjvadan couh lai, vunz couh gamjdaengz naetnaiq; daihsam aeu gyagiengz lienhdang, gyanghaet youz-byaij, guh caujcauh, dwk daigizgenz; daihseiq dwg seizcin gaej gwn gijgwn gyoetliengz, gijgwn youz nywnx, gijgwn niu lai, engq mbouj ndaej gwn laeuj lai; daihhaj dwg ngoenznaengz aeu lai gwn byaekheu singjsien caeuq lwgmak. Lai gwn gyoiijhom, makbohloz, gyaugwzliiz hix ndaej bang vunz siucawz naetnaiq.

Seizcin Gaej Luenhlanh Yungh Yw' nyinhhoz

春燥不可滥用润喉药

Seizcin dingzlai vunz cungj gamjdaengz bak hawq linx sauq, cix gag ra ywnyinhhoz daeuj gwn, danhseih canghyw daezsing naeuz: Gaej luenhlanh gag gwn ywnyinhhoz!

Huhgizgoh conghyah gaisau naeuz, ywnyinhhoz youq gwnz linzcangz ciengzseiz yungh daengz, mbangj ywnyinhhoz hamz miz denj fwnhswj, vuedsingq daih, gaj nengz ak, ndaej hanhhaed nengzbingh sanjmaj, danhseih gig nemmuek conghbak hix ak. Linghvaih, boux miz denj gominj gvaq roxnaeuz mehdaiqndang, mehciylwg cungj mbouj hab hamz gwn. Boux miz denj gominj danghnaeuz hamz gwn, couh

rox fatseng gominjsing fanjying, okyienh diemheiq gaenj, saeknaj haumiek, naengbak heuaeuj, naengnoh hwnj baenz diemj baenz diemj nding daengj binghyiengh, mbangj boux lij okyienh daengx ndang gyoetgyat dem. Mehciylwg danghnaeuz hamz gwn ywnyinhhoz, gij denj ndaw yw rox doenggvaq raemxcij yingjyangj nyznomj sengmaj fazyuz.

Neimungzgugj Yihozyen Fusuz Yihyen Canghai Sezfungh gyausou gienq daihgya naeuz, ywdingzae conhbei ndaej siu ndat nyinh bwt, vaq myaiz dingz ae, danhseih cijdan yungh daeuj yw ndat ae, bingq



mbouj dwg naeuz baenz cungj ae lawz cungj gwn ndaej, itdingh aeu ginggvaq canghyw duengq le cij ndaej gwn.