

Seizcin Baenzlawz Hableix Anbaiz Gij Gwnndoet Swhgeij?

春季如何合理安排自己的饮食?

Seizcin, nengzbingh、binghdoeg daengi veizswnghvuz hainduj sanjlah, ndigah, youq gwnz gwnndoet wng lai gwn byaekhau iq、byaekyouzcai、lwgmanh ndae、makyungz、makgam、makcengz daengi byaek mak, geij cungj byaek mak neix hamz veizswnghsu C lai, gwn de ndaej dingj binghdoeg; lauxbaeg nding、byaekroem hamz veizswnghsu A lai, ndaej dingj gak cungj bingh ciemq haeuj ndang vunz; lwgraz、byaekgienjsim、byaekreuz hamz veizswnghsu E lai, gwn de ndang vunz lai dingj ndaej bingh.

Yingzyangj yozgyah nyinhnaeuz, boux-cungnienz、bouxlaux miz nyieg caeux yienghsiengq、ndang miz gak cungj binghmenhsingq byombyet、hwet naet da raiz、saek naj henjrawq、cingsaenz mbouj ndei haenx, caemh ndaej leihyungh seizcin aen geiqciet neix gaengawq aenndang caeuq binghcingz habdangq gwn bouj daeuj fuengz

bingh yw bingh.

Bouxlaux miz gij bingh baihgwnz seiz, ndaej senj gwn haeuxlidlu、gienghduh、duhnding、makgam、makbingzgoj、lwgraz caeuq makhwzdauz daengi, gij huq neix ndaej ciengzgeiz gwn.

Aendungx caeuq cibngeihcijcangz biux naeuh hix yungzheih youq seizcin fukfat, gwnndoet wng siuj gwn dangnohmou、dangnohgaeq、dangnohbya、dangnohvaiz caeuq byaekbohcai、duh、dungxsaej bwt daep doihduz daengi, aenvih gij huq gwnzneix rox gig raemxdungx iemqok roxnaeuz habbaenz ciengq heiql le demgya dungxsaej fudanh. Hix ndaej aeu dangzrwi gek raemx naengj cug le youq mwh dungx byouq seiz gwn, moix ngoenz gwn 100 hauzswngh, baen 3 baez gwn liux; roxnaeuz aeu 250 hauzswngh cijvaiz coemh goenj le caeuq 50 gwz dangzrwi、6 gwz bwzgz heuz yinz le gwn. Gwn gij huq neix ndaej ciengx yaem ik dungx.

Seizcin Lienhndang Ngamq Ok Hanh Couh Ngamj

春练刚出汗就好

Seizcin lienhndang aeu haeujsim bauj raeuj aenndang, gamjdaengz aenndang loq fatndat seiz caiq duet buh. Linghvaih, seizcin lienhndang mbouj ndaej gvaqbouh, gaej lienh dwk hanh lae hanh roenx.

Vunzraeuz cungj nyinhnaeuz lienhndang ok hanh yied lai, yindung yaugoj couh yied ndei, gizsaed mbouj dwg yienghneix. Mwh vwnhdu habngamj seiz, lienhndang ok hanh haengjdingh yaugoj gig ndei. Danhseih seizcin beij seizhah mbwn liengz ndaej lai, ok hanh daiq lai rox hawj congghbwn mbe gvangq, heiqliengz heiqaep ciemq haeuj ndang vunz bae le vunz yungzheih baenz dwgliengz, daj neix yaeuhfat huhgizdau ndaej bingh.

Cunghyih nyinhnaeuz, hanh caeuq sim、lwed miz gvanhaeh maedsaed, ok di hanh ndeu miz itdingh baiz doeg cozyung, danghnaeuz ok hanh daiq lai, veizlieng yenzsu dijbauj ndaw ndang couh rox riengz hanh baiz okdaeu, sim lwed、heiqyiengz couh sied bae lai. Ndigah, seizcin lienhndang gaej hawj ok hanh daiq lai,

ngamq ok hanh couh ngamj, lienhndang sat doq sikhaek mad hanh hawq vuenh buhvaq, fuengz baenz dwgliengz. Danghnaeuz gaenq baenz dwgliengz, wng lailai yietnaiq, caj dwgliengz ndei le caiq bae lienhndang.



Seizcin Ciengx Ndang Seiq Haeujsim

春季养生的四个注意

Gwnndoet diuzleix: Seizcin aenndang bouxvunz suphaeuj caeuq baizok hainduj hoenghvuengh, gwnndoet wng senj gwn gij huq manh、diemz、loq raeuj. Gaej gwn gij huq ndipgyoet caeuq youz nywnx, lai gwn byaekheu singjsien hamz veizswnghsu lai haenx. Yienhdaih yihyoz yenzgiu nyinhnaeuz, gwn imq gvaq-bouh、aenndang siuj veizswnghsu B dwg yinxhwnj seizcin naetnaiq aen yenzyin ndeu.

Lai gwn byaekheu lwg-

mak singjsien: Seizcin aen-daep ceiq hoengh, wng lai gwn gijgwn feih diemz singq bingz caemhcai q hamz danbwzciz、dangz、veizswnghsu caeuq gvangvuzciz lai he, lumj nohcing、gyaeqbit gyaeggaeq、cijvaiz、dangzrwi、gij huq aeu duh guh、byaekheu lwgmak singjsien daengi.

Yindung ciengx hoh: Haeujcin le aeu gyagiengz lienhndang, bae giz hoengheiq singjsien haenx menhbu et youzbyaij、dwkgienz, hawj aenndang ndaej suphaeuj baizok

ndei, hawj nyinzndok ndaej iet ok.

Bauj raeuj fuengz bingh: Seizcin mbwn cienq raeuj, nengzbingh、binghdoeg sanjmaj vaiq, bouxcungnienz caeuq bouxlaux baenz hezyaz sang、boux simdaeuz miz bingh haenx aeu haeujsim fuengz nit bauj raeuj.

Linghvaih, bingh' ae' ngab yungzheih youq seizcin fukfat, aeu yawhfuengz de daih' it dwg genhciz lienhndang, daihng eih dwg gangj veiswng h, ndojhai gij goek gominj.



Seizcin Gwnndoet Ciengx Ndang Lai Gwn Makdumh

春季饮食养生多吃草莓

Aenvih makdumh yingzyangj gyaciz sang, daegbied hab seizcin gwn guh ciengx ndang, ndigah deng yingzyangjyozgyah haenx guh "seizcin daih' it mak".

Youq ndaw bonj 《Bwnjcauj Ganghmuz》geiq naeuz, makdumh ndaej nyinh bwt、cangq beizheiq、bouj lwed、ik heiql, doiq bouxlaux、lwgnyez caeuq boux ndang haw daeuj gangj, dwg gij huqbouj ndei.

Makdumh yingzyangj boiqbeij gig hableix, ndawde veizswnghsu C hamzliengh daih' iek dwg daengjliengh sae' gva、makit roxnaeuz makbingzgoj 10 boix, linghvaih, ndaw makdumh hamz diet、dangzmak、dangzmakit、ningzmunzsonh、bingzgojsonh daengi, doiq boux seizcin yungzheih baenz bwt ndat baenzae、congghoz in daengj cungj ndaej hwnj daengz bangbouj ceihyw cozyung. Doengzseiz de aenvih hamz diet, boux baenz lwedhaw ndaej ciengzseiz gwn. Boux beizheiq dungx haw、bwt haw baenzae mbouj hab gwn lai, yaek gwn gaxgonq sien dwk roengz raemxgyu cit bae cimq 10 faen cung, doeklaeng yungh raemxsaw cungswiq caiq gwn.

Seizcin Gwn Byaekgep Miz Roek Daih Ndeicawq

春天吃韭菜的6大好处

1、Hawj vunz lai gwn ndaej doxgaiq. Ndaw byaekgep hamz miz veihfazyouz doenghgo rangfwd, hawj vunz lai gwn ndaej doxgaiq, bouxlaux、lwgnyez、mehdaiqndang habdangq gwn di byaekgep ndeu, ndaej hawj vunz lai ndang cangq.

2、Cangq dungx siu cwk. Byaekgep ndaej bauj raeuj、cangq dungx, gij nyinzsei co ndaw byaekgep ndaej coi dungxsaej noddongh, bang siuvaq. Mboujdanh ndaej yawhfuengz haexgaz caeuq diuzsaej baenz aiz, lij ndaej dawz mbangj huqcab ndaw saej suek ndei riengz haex baiz ok rog ndang daeuj, ndigah ndawbiengz haenx de guh "byaek swiq saej".

3、Sanq cwk vued lwed. Byaekgep ndaej sanq cwk vued lwed、gej doeg, gyangqdaemq hezcij ndang vunz, ndaej fuengzceih gvanhsinhbing、lwedhaw、doenghme giet ndongj.

4、Gaj nengz siu humz. Liuzvaho zvu z ndaw byaekgep miz gaj nengz siu humz cozyung, ndaej hanhhaed luznungzganjin、siqdungx、sienghanz、dacangzganjin caeuq buzdauzgin.

5、Hoh naeng raeh da. Ndaw byaekgep hamz veizswnghsu A lai, lai gwn de mboujdanh ndaej meijyungz hoh naeng、raeh da nyinh bwt, lij ndaej hawj vunz noix baenz siengfung dwgliengz、ae' ngab dem.

6、Bouj heiql cangq yiengz. Vunz ciuhgeq heuh byaekgep guh "byaek cangq yiengz", ndaej fuengzceih yangzveij、nyouh lai、hwet in、ga unq daengj bingh heiql mak haw.