

Seizcin Gwnndoet Hab Cit Di

春季适宜饮食清淡

Seizcin dwg aen geiqciet daij gyoet bienq raeuj ndeu, givwnh bienqvaq haemq daih, gyahwnj sigin daegbied dwg nengzbingh hainduj sanjmaj, baez ciemq haeuj ndang vunz le vunz couh yungzheih ndaej bingh. Ndigah, seizcin aeu lai gwn gijgwn hamz lai cungj veizswnghsu caeuq gvangvuzciz haenx. Veizswnghsu C ndaej dingj binghdoeg, aeu lai gwn byaekhau, lwgmanh, makyungz caeuq makgam, makcengz, lij aeu lai gwn byaekgienjsim, byaekreuz, lij ndaej

dem gwn raetmoengngaex ndaem, raetngaenz, raetmoguh, raetrang daengj.

Seizcin dienheiq bienqvaq yungzheih hawj hezyaz bouxvunz swng sang, gwnndoet fuengzceih fuengfap miz: Moix ngoenz gwn 250 gwz gyoijhom; aeu 300 gwz byaekginzcai baek raemx gya di begdangz ndeu dang caz gwn; aendungx caeuq cibngeihcijcangz biux naeuh hix yungzheih youq seizcin fukfat, wng siuj gwn roxnaeuz mbouj gwn dang nohmou, dang nohgaeq, dang

nohvaiz caeuq byaekbohcai. Ndaej aeu dangzrwi gek raemx naengj cug le youq mwh dungx byouq seiz gwn, moix ngoenz gwn 100 hauzswngh, baen 3 baez gwn liux. Binghmenhsingq hozgyawh in hix yungzheih youq seizcin fukfat, gwnndoet fuengzceih fuengfap dwg lai gwn gijgwn giep myaiz, cangq dungx, bouj mak, ciengx bwt ndeu, lumj lwgndae, makleiz, cehmbu, beghab, makdaihcauj, makhwzdauz, dangzrwi daengj, gij huq neix ndaej bangbouj gemjmbaeu binghcingz.



Gvaq Gingcig Le Seizcin Baujgen Baenzlawz Guh?

惊蛰后春季保健怎么做?

3 nyied 5 hauh dwg cietheiq “gingcig”. “Gingcig” dwg vix byajraez seizcin ngamq hainduj maenj, gingdoengh gak cungj nonnengz ndiusingj. Riengzdwk fanh faed ndiusingj, raeuz guh seizcin baujgen hix wnggai lai yawjnaek di he lo.

Seizcin mbwn hawqsauj youh bienqvaq daih, dwg aen geiqciet ganjyenj baenz binghdiemheiq ndeu; seizcin rumz lai faenx hix lai, ndaw hoengheiq biu miz gak cungj vafaenj daengj gominj yinhswj yungzheih yinxfat baenz hwnjwnj haenx, gij naengnoh minjganj haenx deng vafaenj gig le rox hwnj baenz aen baenz aen nwmj ndingfwg. Riengzdwk mbwn ciemh ngoenz ciemh raeuj, sailwed caeuq conghbwn bouxvunz hix cugciemh mbehai, gij hidungj goengnaengz lae baedauq gyagiengz, lwed byai naengnoh gunghawj demlai, goek raemxhanh iemqok hix gaenriengz demlai. Ndigah, bingzseiz aeu lai gwn raemxgoenj, coicaenh suphaeuj caeuq baizok; gwndaenj aeu miz gvilwd, ndaw ranz ndaw rug aeu ciengzseiz hai cueng doeng rumz, baujciz ndaw rug hoengheiq riuzdoeng ndei; seizcin baujgen daih’ it dwg “cin gop”, gaej gip duet buhmienz bae, haethaemh aeu gya daenj buhvaq; bouxlaux caeuq lwgnyez caenhliengh siuj bae giz vunz lai comzyouq haenx guhcaemz.



Seiq Cungj Caz Ndaej Fuengzceih Hezyaz Sang

四种能有效防治高血压的茶

Caz vagut: Vagut wng senj yungh gij vagut diemz, aeu gij vagut hau Suh Hangz okcanj haenx engq ndei. Moix baez aeu 3 gwz baedauq cimq raemxgoenj gwn, ngoenz gwn 3 baez. Hix ndaej aeu vagut caeuq vagimngaenz, ganhcauj caez baek raemx dang caz gwn, ndaej bingz daep singj da, cing ndat gaij doeg. Doiq boux baenz hezyaz sang caeuq boux baenz doenghmeg giet ndongj ywyauq gig mingzyienj.

Caz maksanhcah: Gij cwngzfwn maksanhcah ndaej bangcoh siuvaq, mbehai sailwed, gyangq hezdangz caeuq gyangq hezyaz. Ciengzseiz gwn caz maksanhcah, ndaej bangbouj yw hezyaz sang. Fuengfap dwg, moix ngoenz moix baez aeu aen daengz song aen maksanhcah ndip cimq raemxgoenj gwn, ngoenz geij baez.

Caz mbawngaex: Cunghyih sizcenj byaujmingz, gij raemx cimq mbawngaex caeuq gij raemx baek de ndaej mbehai sailwed, cing ndat gaij hwngq, gyangq hezyaz caeuq gemj biz siu lauz. Mwh yw hezyaz sang seiz, aeu buenq mbaw ndip he ma swiq seuq ronq mienz, dwk di raemx he cawj goenj langh liengz dang caz gwn couh ndaej.

Caz mumh haeuxyangz: Mumh haeuxyangz mboujdanh ndaej gyangq hezyaz, caemh ndaej dingz siq, dingz lwed, leih nyouh, ciengx dungx. Ngoenz cimq geij baez gwn, moix baez 25 daengz 30 gwz. Boux aenvih sinyenz yinxhwnj baenz foegraemx, baenz hezyaz sang haenx gwn caz mumh haeuxyangz ywyauq ceiq ndei.

Seizcin Mehdaiqndang Baujgen Aeu Haeujsim Seiq Diemj

孕妇春季保健需注意四要点

1、Gohyoz gwnndoet caemhcaiq bouj gwn yezsonh. Yenzgiu ndaej rox, yezsonh ndaej bangbouj cunghsuh sinzgingh hidungj coi lwgndawdungx fazyuz, guek raeuz moix bi daih’ iek miz 10 fanh boux lwgnyez doekseng roengzdaeu couh mboujmiz uk, seizcin aen geiqciet neix mehdaiqndang fatbinghlwd beij aen geiqciet wnq sang, ndaw ndang siuj yezsonh dwg aen yenzyinh youqgaenj ndawde aen ndeu. Ndigah, bouj gwn yezsonh cibfaen bizyau, mehdaiqndang moix ngoenz aeu gwn yezsonh ywnaed 0.4 hauzgwz, ngoenz gwn baez ndeu.

2、Ok rog ranz bae yindung. Siuj ok rog ranz bae yindung, rox hawj aenndang siuj veizswnghsu D. Vih re baenz binghndokunq, mehdaiqndang wng lai byaij ok bakdou bae dak ndit, sup aeu hoengheiq singisien, yienghneix mizleih supsou gai caeuq linz, doiq goetndok lwgndawdungx sengmaj hix daih miz ndeicawq, caemh ndaej yawhfuengz shwgeij gahengh caeugaen. Danhseih gaej bae giz vunz lai cunzcet.

3、Baujciz sim’ angq simdingh. Mehdaiqndang baujciz simcingz vaizvued, mizleih lwgndawdungx sengmaj caeuq cunghsuh sinzgingh hidungj fazyuz.

4、Aeu singjgaeh binghdoeg ganjyenj.

Boux Baenz Ae’ ngab Wng Noix Gwn Lwgmaenz Byaekgep

哮喘患者少吃红薯韭菜

Ae’ ngab dwg cungj bingh huhgiz hidungj ciengz raen ndeu, youq seizdoeng caeuq seizcin yungzheih fatbingh, bouxbingh cawz ciengz gwn yw ceihiw le, lij aeu youq gwnndoet baihgwnz bae diuzleix dem.



Boux baenz ae’ ngab gwnndoet ceiq gihbwnj yenzcwz dwg cingdamh, unqmoeng, hab lai gwn swhgva, gyoijhom, makleiz, noix gwn gyaeggaeq, nohbiz, bya, nyauh, baeu, nohyiengz, gyaujgwz, dangzmak, dangzrwi daengj doxgaiq.

Youq cunghyih lijnundawde, ae’ ngab baen miz caep ae’ ngab caeuq ndat ae’ ngab song cungj. Caep ae’ ngab wng noix gwn gijgwn caepliengz, lumj lwgmak caeuq maenzdoengzlingz daengj, mwh cawj byaek seiz ndaej dwk di hing, hozceu he, roxnaeuz caeuq nohvaiz, nohmou cing, ndoksej daengj itheij cawj gwn; boux baenz ndat ae’ ngab mbouj ndaej gwn nohyiengz, coeng, gyaeujsuenq,

hing, lwgmanh daiq lai. Linghvaih, nyeziq baenz ae’ ngab aenvih siuvaq hidungj caengz caezcienz, bouxlaux baenz ae’ ngab cix siuvaq goengnaengz doekdaemq, ndigah, mwh baenz ae’ ngab seiz, wng noix gwn lwgmaenz, maenzdoengzlingz, byaekgep, duhhenj daengj doxgaiq, doengzseiz hix gaej gwn gojloz, sezbiz daengj gisuij caeuq laeujbizciuj, lai gwn raemxgoenj liengz, fuengz duetraemx caeuq myaiz niugwd cauhaenz diemheiq hojnanz.

Linghvaih, lwgcid, noh makhuzdauz, makcauj nding, cehmbu, maenzcienz ndaej cangq dungx vaq myaiz, ik mak ciengx bwt, ndaej fuengz baenz ae’ ngab, gojyij habdangq gwn di he.