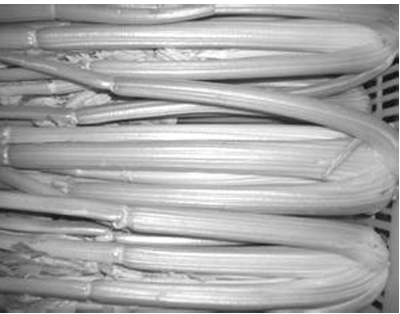


12 Cungj Gijgwn Ndaej Gemjbiz

12 种食物让你吃瘦下半身

1、Byaekaeuj: Byaekaeuj cawz hamz miz veizdahming A、B₁、B₂ lai le, lij miz cenhveizsu caeuq gvangvuzciz dem, gij doxgaiq neix ndaej bang raeuz baiz huqfeiq caeuq suijfwn ndaw ndang okdaeuj, ndaej hawj ga byom.

2、Lwgraz: Ndaw lwgraz hamz miz yamazinyouzsonh, ndaej siucawz gij danjgucunz nem youq ndaw sailwed haenx, coi sup haeuj baiz ok ndei bae, yienghneix couh



ndaej gemjbiz lo.

3、Byaekginzcai: It fueng–mienh hamz miz daihliengh gai doxgaiq, lingh fuengmienh youh hamz miz gyaz lai , ndaej gemjsiuj suijfwn rom youq duenh ndang baihlaj.

4、Lwglimz: Lwglimz hamz miz sizsonh, ndaej coi saejlaux noddough, coi ok nyouh, hawj vunz noix baenz haexgaz, ndaej cingcawz lauz ndaw ndang baiz okdaeuj.

5、Moeggva: Hamz miz danbwz fwnhgaijmeiz doxgaiq, ndaej siu lauz ndaw ndang; ndaw noh moeggva hamz miz gojgyauh, ndaej gemjsiuj huqfeiq rom youq ndaw dungx.

6、Makbug: Hamz gyaz gig lai, ndaej sied lauz youh ndaej gemjsiuj suijfwn rom youq ndaw ndang.

7、Makyungz: Ndaej leih nyouh, siu ga naetnaiq, gemjsiuj

foegraemx, gwn ndip yaugoij engq ndei.

8、Byaekbohcai: Ndaej coi lwed lae baedauq, hawj song ga lai supsou yangjifwn, sup haeuj baiz ok ndaej doxdaengh, baiz doeg byom ga.

9、Gyaeq: Veizdahming B₂ ndaw gyaeq ndaej siu lauz, gij yenhsonh caeuq veizdahming B₁ ndaej siu gij nohbiz duenh ndang baihlaj.

10、Duhdoem: Hamz miz veizdahming B₂ caeuq yenhsonh gig lai, dan maj noh mbouj maj lauz, ndaej gemjbiz.

11、Gyoijhom: Hamz gajluzlu gig lai, hamz lauz noix, hamz gyaz hix lai, ndaej gemjbiz.

12、Biekmungz: Mbouj hamz youzlauz youh ndei gwn, gij cizvuz cenhveiz de ndaej hawj linzbah doengswnh, fuengz ga foeggawh.



Seizcin Fuengz Bingh Ciengx Nandang Gwn Maz Cuk

春季防病养生喝什么粥

Seizcin fuengz bingh ciengx ndang gwn maz cuk ne? Baihlaj gaisau geij cungj cuk cawjap hawj daihgya senj yungh.

Cukbyaekginzcai: Moix baez aeu 120 gwz byaekginzcai dwk raemx ngauzcawj aeu raemx, caeuq 150 gwz haeuxsuen caez cawj cuk, langh raeujremh seiz gwn. Seizcin heiqyengz aen’daep yungzheih doengh, ciengz hawj huj aen’daep swng sang, hawj vunz okyienh gyaeuj in da raiz daengj bingh. Boux ndang miz bingh caeuq boux cungnienz bouxlaux, ciengz gwn di cukbyaekginzcai ndeu, doiq gyangq hezyaz、gemjsiuj sim fanz miz itdingh ndeicawq. Seizcin lwgnyez hwnj cimj lai, ndaej cawj di cukbyaekginzcai ndeu hawj de gwn.

Cukvagut: Aeu 50 gwz vagut, 100 gwz haeuxsuen, di dangznae ndeu. Sien dwk raemx baek vagut aeu raemx, caiq caeuq haeuxsuen caez cawj cuk, gya dangznae yungz le haethaemh gwn. Bouxcongnyenz caeuq bouxlaux seizcin gwn cungj cuk neix, mboujdanh ndaej yw rumz ndat gyaeuj in、da raiz rwz maenj, ciengzseiz gwn ndaej hawj vunz ndang soeng rwz singj da rae, doiceiz aenndang nyieglau.

Cukmaenzcienz: Aeu 100 daengz 200 gwz maenzcienz swiq seuq ronq baenz gep, caeuq 100 gwz haeuxsuen caez cawj cuk gwn. Yienhdaih yozlij yenzgiu ndaej rox, maenzcienz hamz miz denfwnjmeiz、danbwz dangz caeuq swyouzanhgihsonh、youzlauz、dansuijvahozvuz、veizswnghsu C daengj, gwn de miz bouj. Bouxcongnyenz caeuq bouxlaux seizcin ciengzseiz gwn, bouj ik gig lai.

Bouxlaux Seizcin Gwndaenj Miz Haj Geih

春季老年人生活有五忌

It geih ninz gvaiz. Ninz nanz sieng heiq, danghnaeuz ninz daiq gvaiz, fouz bingh hix ninz ok bingh daeuj, aeu ninz caeux hwnq romh, gawq baujcwng ninz ndei, youh aeu fuengz ninz daiq gvaiz.

Ngeih geih gik hozdung. Riengzdwk aenmbwn bienq raeuj, bouxlaux wngdang ciengzseiz ok rog bae hozdung, sup aeu hoengheiq singjsien, lai dak ndit, hawj aenndang lai dingj ndaej bingh.

Sam geih daenj buh mbouj ngamj. Seizcin mbwn raeuj lij loq nit, yaep nit yaep ndat. Bouxlaux gaej duet buhmienz daiq caeux, wnggai habdangq “gop” duenh seizgan ndeu, hawj aenndang gak giz cungj hab’wngq liux cij duet.

Seiq geih gwn gijgwn ndipgyoet. Aeu haeujsim gwnndoet diuzleix, lai gwn gijgwn sawcit gawq miz yingzyangj lai youh yungzheih siuvaq ndeu, gaej gwn roxnaeuz siuj gwn gijgwn ndipgyoet, mienxndaej gig dungxsaej yinxfat baenzbingh.

Haj geih haeujok giz vunz lai comzyouq. Bouxlaux rengz dingj bingh haemq ca, yungzheih ganjyenj baenzbingh. Ndigah, gaej bae haeujok sanghden、denyingjen daengj gunghgung cangzsoj. Ngoenznaengz aeu raemxgyu cit riengx bak roxnaeuz gwn geij dip gyaeujsuenq, yienghneix ndaej yawhfuengz baenzbingh.

Dan Yw Haexgaz Ndawbiengz

便秘民间秘方

1、Mba daihvuengz ndip 6 gwz cimq raemxgoenj langh liengz le gwn, ngoenz baez.

2、Mbaw gomakoi 3 daengz 6 gwz cimq raemxgoenj gwn, ngoenz geij baez.

3、30 gwz dangzrwi, moix haet hwnq–mbonq seiz yungh raemxgoenj gyoet heuz gwn.

4、Hozsoujvuh ndip 10 daengz 30 gwz, dwk raemx baek gwn, ngoenz baez.

5、Di cehgaeuyiengz he ngenz mienz, moix baez aeu mba de 5 daengz 10 gwz heuz raemxgoenj langh liengz le gwn, ngoenz baez.

6、Di byaekbohcai he nyaenj aeu raemx de gwn.

Cawz gwn gij yw gwnzneix le, ngoenznaengz gwndaenj aeu gag guh diuzleix ndei, gaej gwn gij huq youzcaq、manhget caeuq huqgyoet daiq lai, ndaej lai gwn di haeuxco、byaekheu caeuq lwgmak he dem. Aeu lai gwn raemx, lai yindung, baujciz cingsaenz sangjswt.

Ciuqei gohyoz byauhcnj, ngaiz–romh daezgung hawj gij naengzliengh caeuq yingzyangj doxgaiq wng ciemq daengx ngoenz sihyau 30% doxhwnj. Mbouj gwn ngaizromh doiq ndangdaej gengangh miz baihlaj haihcawq:

1、Conghsaej yungzheih ndaej bingh. Mbouj gwn ngaizromh daih’it dwg cingsaenz mbouj ndei, caemhcai yingjyangj veisonh iemq ok、raemx–mbei baiz ok, yienghneix couh gemjnyieg gij goengnaengz siuvaq hidungj, yaeuhfat baenz veiyenz、mbei gietsig daengj bingh.

2、Mbouj naengz gemjbiz dauq–fanj hawj vunz lai biz. Mbouj gwn ngaizromh rox hawj bouxvunz youq mwh gwnngaiz seiz gamjdaengz dungx byouq dungx iek, mbouj rox mbouj nyinh eix gwn doxgaiq gvaqbouh, gij naengzliengh doyawz haenx couh youq



ndaew ndang cienjvaq baenz lauz, seizgan baez nanz, lauz couh youq laj naengnoh rom youq le dauqfanj hawj vunz fat biz.

3、Rengz dingj bingh doek–daemq. Aenvih mbouj gwn ngaizromh yinxhwnj baenz yingzyangj mbouj ndei, lij rox yinxhwnj aenndang rengz dingj bingh doekdaemq dem, leuxle yinxhwnj baenz dwgliengz、sailwed

Gwn Ndei Ngaizromh Nanz Ndaej Bingh

吃好早餐 远离疾病

miz bingh.

4、Sonjhaih saeknaj. Mbangj vunz ngaizromh maij gwn mandouz、haeuxcuk roxnaeuz youzdiuz、mienh–bau daengj, danhseih gij huq neix dingzlai dwg gij huqsoemj, gwn lai rox hawj lwed bien soemj bienq niu.

Conhgyah daezsingj naeuz, ngaizromh yingzyangj gengangh wnggai baugvat miz youhciz danbwzciz、gak cungj gvangvuzciz caeuq veizswnghsu, cawj seiz itdingh aeu miz itdingh cijbyauh, couh dwg baugvat haeuxgok、danbwzciz、byaekheu caeuq lwgmak

sam daihloih, noix yiengh ndeu cungj mbouj ndaej.

Doengzseiz, ngaizromh mbouj wnggai gwn gijgwn youznywnx haenx, aenvih gij huq neix youzlauz daiq lai, rox yinxhwnj aen’uk soengq lwed mbouj gaeuq. Gyanghaet gwn gij huq youznywnx daiq lai rox hawj vunz naetnaiq, cuyiliz mbouj cizcungh. Gijgwn ginggvaq youz caq le, yingzyangj doxgaiq couh deng buqvaih. Danghnaeuz ngaizromh gwn gyaeqgaeq, couh aeu caenliengh gwn gij gyaeqgaeq cawj cug haenx, gaej yungh gwn gyaeqgaeq cien.