

Seizcin Aeu Lai Gwn Maenzdoengzlingz

春天要多吃马铃薯

Daj yingzyangj gakdoh daeuj yawj, maenzdoengzlingz dwg cungj gijgwn hamz yingzyangj doxgaiq ceiq caezcienz ndeu. Youq ndawde hamz veizswnghsu C haemq lai, veizswnghsu C dwg cungj huq yungz youq ndaw raemx caemhcai q gojnwngz miz dingj yangjva ak cozyung ndeu. Veizswnghsu C ndaej bangcoh guzgyauhyenz habbaenz caeuq bangcoh supsou diet, bangcoh baksieng hobndei, baujiz nohheuj gengangh caeuq veizciz menjyiz hidungj giengz- cangq daeuj dingj ganjyenj. Doiq boux haengj lienhdang daeuj gangj, habdangq gwn di veiz- swnghsu C ndeu mizleih daezsang

rengz dingj bingh aenndang, caemh ndaej hawj vunz lai dingj ndaej naetnaiq.

Youq ndaw gwnndoet dem gwn di maenzdoengzlingz ndeu, mboujdanh ndaej boujcung dansuij vahozvuz, caemh ndaej boujcung gyaz dem, aenvih youq 20 cungj byaekheu lwgmak ciengz gwn haenx ndawde, suenq maenz- doengzlingz hamz gyaz ceiq lai.

Maenzdoengzlingz hamz nyinz- sei gijgwn lai, caemhcai q ndaw unq mbouj gig dungxsaej, bouxlaux lwgnyez cungj hab gwn, boux baenz dungx biux naeuh roxnaeuz boux baenz cangzyenz hix ndaej cuengqsim gwn. Yenzgiu ndaej rox,



gwn maenzdoengzlingz ndaej hawj aendungx lai imq, doiq boux haengj gwn roxnaeuz boux siengj gemjbiz daeuj gangj gwn maenz- doengzlingz dwg ceiq ndei mbouj gvaq lo.



Seizcin Caemxndang

“Haj Mbouj Hab”

春天洗澡“五不宜”

It dwg raemx mbouj hab ndat lai, itbuen miz 25 doh hwnjroengz couh ngamj. Ndat lai bouxvunz rox ngunh laemx, gyoet lai youh yungzheih baenz dwgliengz.

Ngeih dwg seizgan mbouj hab nanz lai. Itbuen caemx 20 daengz 30 faen cung couh ngamj. Aenvih raemxraeuj raemxndat dajcaemx ndaej hawj lwed daihliengh comz youq naj naeng, caemx nanz lai rox hawj vunz naetnaiq, lij rox yingjyangj daengz lwed ndaw dungxsaej gunghawj caeuq gak hangh goengnaengz, ndat nanz lai rox hawj vunz hawduet.

Sam dwg dungx byouq caeuq gwn imq cungj mbouj hab caemxndang. Dajcaemx naengz yingjyangj goengnaengz siuvaq, ngamq gwn imq doq caemxndang rox gitgaz supsou siuvaq gijgwn, nanz le rox hawj dungxsaej ndaej bingh; dungx byouq seiz caemxndang rox hawj hezdangz doekdaemq, vunz gamjdaengz naetnaiq, gyauej ngunh, sim linj caemhcai q hawduet.

Seiq dwg cat genj mbouj hab daiq lai.

Haj dwg boux baenz bingh- naek mbouj hab caemxndang. Boux simdaeuz miz bingh youq- gaenj, boux hezyaz sang mbouj hab dajcaemx, mienxndaej bingh- cingz raemhrwnh bienqvaq.

Gwn Makcauj Dang Saejdaeuz Leih Gengangh

健康零食选大枣

Gwn saejdaeuz gaenq baenz aen bouhfaenh ndaw swnghhoz vunzraeuz he, haujlai vunz ngoenznaengz cungj noix mbouj ndaej gwn saejdaeuz.

Makcauj daj ciuhgeq roengzdaeuj couh deng lied guh 5 mak(makdauz, makmaenj, makseq, makhingq, makcauj) ndawde cungj ndeu, guek raeuz gwn makcauj lizsij gyaenanz, ndawbiengz itcig riuzcienz miz aen gangjap he heuhguh “ngoenz gwn sam aen makcauj, gyaue ndaej bak bi mbouj raen geq”、“siengj aeu naengnoh ndei, ndaw souh dwk makcauj” neix. Cunghyih nyinhnaeuz, makcauj nding ndaej nyinh ciengx sailwed, ndaej yw fajnaj hawqsauj, naengnoh mbouj wenj, heiq lwed mbouj cingq daengj bingh.

Geij bi daeuj yenzgiu caenh’ itbouh cingqsaed, makcauj hamz dangz lai, miz daezsang menjyiz, dingj ndaej aiz, dingj ndaej aiswzbing daengj sengleix goengnaengz.

Ndaw makcauj hamz miz cenhveiz gijgwn lai, moix 100 gwz makcauj ndawde hamz miz 6.2 daengz 9.5 gwz nyinzsei gijgwn, gij nyinzsei gijgwn neix ndaej bang raeuz hanhhaed gij ndat, yawhfuengz fat biz, coicaenh conghsaej noddough, fuengz ndang vunz sup haeuj danjgucunz daiq lai.

Makcauj cawz ndaej cawj souh gwn le, caemh ndaej dawz daeuj dang guh saejdaeuz gwn. Couhcinj de hamz miz daihliengh dansuij vahozvuz, hoeng, de ca mbouj lai mboujmiz saek di youzlaux, nyinzsei gijgwn lai, gwn de mizleih ndangdae j gengangh.

Lai Gwn Makit Naengnoh Engq Ngaeuzwenj

多吃葡萄让肌肤更光滑

Makit yingzyangj gyaciz gig sang, ndawde hamz dangz 30% hwnjroengz. Makit mboujdanh yingzyangj gyaciz sang, caemhcai q habbak vunzraeuz gwn. Makit cug hamz miz 15% daengz 25% dangzmakit caeuq lai cungj gvangvuzciz nem veizswnghsu doiq ndang vunz miz ik haenx, hab boux ndang nyieg siuvaq mbouj ndei haenx gwn.

Ndaw makit hamz ciujsizsonh haemq lai, ndaej bangcoh siuvaq, habdangq lai gwn di makit he ndaej cangq dungx huz dungx, doiq ndangdae j daih miz ndeicawq.

Raemx makit doiq bouxbingh ndang nyieg, boux baenz sailwed giet ndongj, boux baenz mak in miz bangbouj cei yw cozyung, boux lwedhaw hix gwn ndaej. Boux baenz sinzgingh hawnyieg caeuq boux guhhong naetnaiq gvaqbouh haenx gwn le ndangrengz hoizfuk vaiq. Makit dak sau j le gwn, dwg gij huq nyinhbouj ndei lwgnyez, mehmbwk caeuq boux ndang nyieg lwedhaw haenx.

Makit dwg cungj yw nyinhbouj he, ndaej bouj haw cangq dungx. Boux ndangdae j hawnyieg, boux yingzyangj mbouj ndei wng lai gwn di. Aenvih ndaw makit hamz miz danbwzciz, anghihsonh, lonjlinzcij, cenhveizsu, gvangvuzciz daengj lai cungj yingzyangj cwngzfw n, hamz dangz lai, yungzheih deng ndang vunz cigciep supsou lei hyungh.

Ceh makit 95% cwngzfw n dwg yenzcinghvasu, dingj yangjva goengyauq beij veizswnghsu C sang gvaq 18 boix, beij veizswnghsu E sang gvaq 50 boix. Ndigah, ceh makit ndaej dingj bouxvunz lauxvaq, hawj vunz lai coz nanz geq.

Haj Cungj Gijgwn

Yw Gipsingq Dungx In

急性胃炎食疗方5则

1、Cuk ngaeux ndip: Di ngaeux ndip he, 100 gwz haeuxsuen, di dangznding ndeu. Swiq ngaeux ndip seuq ronq baenz gaiq mbang, swiq haeuxsuen seuq le, caeuq ngaeux, dangznding itheij dwk roengz rek, dwk di raemx he, hai feizhaenq cawj goenj le gaij yungh feiznumq cawj daengz cuk ngaeux cug naemz, ngoenz gwn 2 baez, haethaemh gak gwn baez ndeu.

2、Raemx makdoengj dangzrwi: Aen makdoengj he, 50 gwz dangzrwi. Sien dwk makdoengj roengz raemx cimq cawz soemj, doeklaeng lien z naeng cab baenz sei q dip le, caeuq dangzrwi itheij dwk roengz rek, dwk di raemx ndeu, hai feizhaenq cawj goenj le gaij yungh feiznumq cawj 20 daengz 25 faen cung, vez makdoengj hwnj louz raemx de dang caz gwn.

3、Dang mba’ ngaeux gaeujgij: 25 gwz gaeujgij, 50 gwz mba’ ngaeux. Sien dwk di raemx he heuz mba’ ngaeux cawj goenj, caiq dwk gaeujgij roengz cawj yaep ndeu couh baenz gwn, ngoenz gwn 2 baez, moix baez 100 daengz 150 gwz.

4、Cuk naeng makgam: Naeng makgam ndip 25 gwz, haeuxsuen 50 gwz. Sien swiq naeng makgam seuq ronq baenz gaiq, caeuq haeuxsuen caez ngauz cuk cug gwn, ngoenz baez, gyanghaet gwn guh ngaizromh.

5、Raemx makdauz dangzrwi: 20 gwz dangzrwi, aen makdauz ndeu. Dat naeng makdauz cawz ngveih nap aeu raemx, dwk di dangzrwi ndeu caeuq di raemxraeuj he heuz couh baenz gwn, ngoenz gwn baez daengz song baez, moix baez 100 hauzswngh.

Mehdaiqndang Lwed- haw Yawz Banh

孕妇贫血怎么办

Danghnaeuz caengz daiqndang gaxgonq couh baenz lwedhaw, itdingh aeu yw ndei caiq daiqndang haemq ndei. Neix dwg aenvih caengz daiqndang gaxgonq lwedhaw, rox dawz cungj cingzgvang neix doiceiz bae daengz geizsenglw g. Dangh- naeuz baenz lwedhaw haemq mbaeu, ndaej gwn di gijgwn hamz dez he, danghnaeuz baenz lwedhaw youqgaenj, aeu boiqhab gwn yw daeuj yw cij ndaej.

Gijgwn hamz dez lai haenx miz: Bwt daep doihduz, gij huq aeu lwed daeuj guh, nohcing, nohnding, lwglimz, raetmoegngaex ndaem, ciengq lwgraz daengj.

Gwn aen lwedgae q he ndaej bouj 25 hauzgwz dez; gwn aen lwedmou he ndaej bouj 8.7 hauzgwz dez; moix gwn 100 gwz daepbit ndaej bouj 35.1 hauzgwz dez; moix gwn 100 gwz daepmou ndaej bouj 12.6 hauzgwz dez. Gwn gij huq neix yungzheih deng supsou lei hyungh, supsou lei hyungh- lwd dabdaengz 20% daengz 30%.

Couhcinj bwt daep doihduz hamz dez lai, hoeng mwh daiqndang geizgan mbouj hab gwn daiq lai, aenvih gij huq neix hamz veizswnghsu A caeuq danjgucunz daiq lai.