

Mehmbwk Seizcin Ciengx Ndang Miz Yozvwn

女性春季养生有学问



Baujhoh daep mbei ceiq youqgaenj. Seizcin heiq daep hoengh rox hawj bingh daep mbei

bienq ndaej engq youqgaenj. Aeu baujhoh ndei daep mbei, sien au baujciz singqcingz doengswnh onjdingh, gaej luenh fatheiq fathuj. Lai bae giz miz bya miz raemx youzbyaij, doengzseiz siuj gwn gijgwn youzcaq, feiz ring daengj mbouj yungzheih siuvaq haenx. Ngoenznaengz ceiq ndei gwn di makgenq ndeu, habdangq gwn di cazgaeujgij, cazvagut daeuj ciengx daep raeh da.

Habdangq gwn duhngaz. Duhngaz dwg cawqyouq mbouj-duenh sengmaj gocwngz ndawde, ndawde hamz miz veizswnghsu, gvangvuzciz, anhgihsonh daengj yingzyangj doxgaiq ceiq singi-sien ceiq vuedbuat. Linghvaih, gwn byaekohswnj, byaekbohcai, byaek-

gep daengj byaekheu mbaw loeg caeuj makdumh, makvengj hix doiq ndang vunz gengangh miz ik.

Hab guh iet gen iet hwet yindung. Seizdoeng mbwn nit, daengx ndang vunzraeuz lumj-naeuz deng hoetsuk nei, ndigah seizcin ceiq hab guh iet gen iet hwet hozdung. Saucoz ceiq ndei guh yizgyah yindung, sauhung cix lienh heiqgoeng caeuj lienh guh daigizgenz.

Boujcong veizswnghsu B cuz. Seizcin aen' uk bouxvunz haemq fatangq, veizswnghsu B cuz ndaej hawj sinzgingh hidungj caemcingx, caemh ndaej bangcoh demgiengz naengzliengh sibauh, lij ndaej fuengz seizcin duznyungz daeuj ding dem.



Fap Gag Yw Din Haeu

脚臭的自疗方法

It、Gag Yw Yaudenj

1、Din aeu seuqsak, baujciz naengnoh hawqsauj, moix ngoenz swiq din geij baez, gaenx vuenh haizmad.

2、Bingzseiz gaej daenj haiz-yindung, haizlijyouz, mienxndaej ok hanh lai mbouj doeng rumz yinx baenz din haeu.

3、Cizgiz siucawz gij yinhstu yaeuhfat baenz din haeu bae, lumj din ok hanh, din hwnj gyak daengj.

4、Gaej gwn lwgmanh, hing, coeng, suenq ndip.

5、Bingzseiz aeu baujciz caemcingx, gikdoengh yungzheih ok hanh lai caemhcai din engq haeu.

Ngeih、Gag Yw Fuengfap

1、Cuengq din roengz 50 daengz 60 doh raemxndat bae cimq geij baez, moix baez 15 faen cung, moix ngoenz 1 daengz 2 baez.

2、Ndaej youq ndaw raemx dwk 10 daengz 15 hauzswngh meiqhaeux roengzbae heuz yinz, doeklaeng cuengq din roengzbae cimq 15 faen cung baedauq, ngoenz baez, lienz cimq 3 daengz 5 ngoenz. Din haeu gag siu bae.

3、Ndaej dwk 50 gwz begfanz roengz raemx bae le cuengq din roengzbae cimq 10 faen cung hwnjroengz, din haeu couh siu bae.

Daepmou Aeu Caeuq Huq Duh Guh Doengzcaez Cauj

猪肝要和豆制品一起炒

Moix 100 gwz daepmou hamz miz 368 hauzgwz danjgucunz, danghnaeuz gwn 100 gwz daepmou, danjgucunz couh gaenq mauhgvaq Cungguk Yingzyangjyoz doigawj hawj vunzraeuz moix ngoenz 300 hauzgwz aen byauhcnj neix, caiq gyahwnj gwn gij doxgaiq wng lij hamz miz danjgucunz dem, ndaw ndang rom danjgucunz couh gvaqmauh lo. Hoeng, ginggvaq gohyoz yenzgiu cwnghmingz, cijaeu habliengh gwn daepmou, mboujdan danjgucunz mbouj swng sang, dauqfanj ndaej boujcong venzswnghsu A cukgaeuq dem. Daih' it, haeujsim gwn daepmou doengzseiz, caenhlengh mbouj gwn gij doxgaiq

hamz miz baujhoz cihfangzsonh lai haenx, lumj nohbiz, lauz doihduz, naijyouz, vangzyouz daengj, mienx deng supsou danjgucunz daiq lai.

Daihngaih, danghnaeuz lau supsou danjgucunz daiq lai, ndaej youq mwh gwn daepmou seiz, gwn di duhhenj he roxnaeuz gij doxgaiq aeu duh daeuj guh haenx dem, yienghneix ndaej gemjsiuj supsou danjgucunz haeuj ndang.

Daihsam, naengh moix singhgiz gwn song baez daepmou, moix baez 100 gwz, couh ndaej muenxcuk aenndang supsou veizswnghsu A sihyau. Doengzseiz, hix mbouj rox cauhbaenz dangngoeng sup haeuj danjgucunz daiq lai. Naengh moix

singhgiz gwn 3 daengz 4 baez daepmou, moix baez 50 gwz, hix ndaej muenxcuk aenndang doiq veizswnghsu A sihyau, hix nanz ndaej hawj danjgucunz swng sang.



Boux Baenz Mauhfung Hab Gimqgeih Gwnndoet

中风病人需注意的饮食宜忌

1、Noix gwn youzlauz doihduz. Lumj lauzmou, lauzvaiz, baijyouz caeuj gijgwn hamz danjgucunz lai haenx, lumj gyaeqhenj, byalgw, dungxsaej doihduz, nohbiz daengj. Aenvih gij huq neix hamz miz baujhozcihfangzsonh, ndaej hawj danjgucunz ndaw lwed bienq gwd, coi baenz doenghmeg giet ndongj; ndaej gwn di youzdoenghgo he, lumj youzduh, youzcaz, youzlwgraz, youzduhdoem daengj.

2、Ciengz gwn di gyaeqhau, nohcing, bya caeuj gak cungj gijgwn aeu duh guh haenx. Itbuen ngoenz gwn cijvaiz caeuj cijvaizsoemj gak boi ndeu, aenvih cijvaiz ndaej gamhanh danjgucunz ndaw ndang habbaenz, gyangqdaemq hezcij caeuj danjgucunz hamzliengh.

3、Lai gwn byaekheu caeuj

lwgmak. Ciengz gwn gij byaekheu caeuj lwgmak hamz veizswnghsu C caeuj gyaz, meij daengj, daeuj gemjmbaeu caeuj doiceiz doenghmeg giet ndongj.

4、Lai gwn gijgwn hamz denj lai haenx. Lumj haijdai, byaekaeuj, nyauh daengj, denj ndaej gemjsiuj danjgucunz yaemz youq bangx doenghmeg, fuengz baenz doenghmeg giet ndongj.



Mehmbwk Gwn Daiq Noix Heih Ndaej 6 Cungj Bingh

女性吃太少易得六种病

Byoem loenq. Mehmbwk ndang daiq byom, lauz caeuj danbwzciz ndaw ndang gunghawj mbouj gaeuq, byoem couh mboujmiz yingzyangj, mboujmiz ndongqrongh, ndigah byoem couh yungzheih loenq.

Ndok soeng ndok byot. Mehmbwk ndang daiq byom, swjsinggizsu couh mbouj gaeuq, yingjyangj daengz gai caeuj ndok giethab, ndok couh maj mbouj laep, couh cauhbaenz ndok soeng ndok byot, hix yungzheih raek.

Dungx doekduiq. Mehmbwk gemjbiz seiz ciengz dwg gamjdaengz amqbak mbouj ndei, aek ciengq, gwn haeux sat ndwn hwnj roxnaeuz guh hong daiq baeg seiz binghcingz engq gyanaek. Mwh dungx doekduiq youqgaenj seiz lij buenx miz daep, mak, gezcangz daengj hix gaenriengz doekduiq.

Rongzva lot duiq. Rongzva baez lot okdaeuj doekduiq, bak conghced couh yungzheih deng ganjyenj, caemhcai rox baenz gunghgingjyenz dem.

Lwedhaw. Yingzyangj mbouj doxdaengh yungzheih hawj diet, yezsonh, veizswnghsu B₁₂ daengj caux lwed doxgaiq gemjnoix, ndigah dungxsaej yindung haemq menh, veisonh iemqok hix noix, yingjyangj supsou yingzyangj doxgaiq, neix caemh dwg aen yenzyinh cauhbaenz lwedhaw haenx.

Geiqsingq doekdaemq. Aen' uk guhhong cujyau baengh youzlauz, gwn daiq noix sup haeuj youzlauz couh noix, yingzyangj ndaw ndang noix lai, sibauh aen' uk sonjsaet youqgaenj, cigciep yingjyangj daengz geiqsingq, ndigah ciengzseiz rox lumzlangh saehcingz.