

Seizcin Cimq Din Ndae Yw Baenzgyak

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Gyak dwg cungj bingh ciengz raen ndeu, ciengzseiz fanfoek fat-bingh, gig nyapnyuk. Yw gyak dwg cungj hong ciengzgeiz ndeu, baihlaj gaisau sam cungj banhlap yw gyak:

1、Raemx byaekgep cimq din. Aeu gaem byaekgep ndeu, dwk roengz raemxgoenj bae coemh hai oemq 6 faen cung. Ngoenznaengz cimq din byongh diemj cung baedauq, laeb-daeb cimq 7 ngoenz couh ndei.

2、Raemx vaceu cimq din. Aeu 10 naed vaceu dwk roengz bat bae, dwk raemxgoenj cimq de. Caj raemx



loq liengz naengz dwk ndaej din roengz cimq seiz cuengq song cik din roengzbae cimq. Moix aen singhgiz guh baez ndeu, laebdaeb cimq geij

aen singhgiz couh raen ndei. Boux din ok hanh hix ndaej yungh aen fap neix daeuj ceihiw.

3、Mbaw goliux cimq din. Aeu 250 gwz mbaw goliux heu ma cuengq ndaw bat, ndingq 1 goenggaen raemxgoenj cimq, aeu gaen hung goemq bak bat oemq 3 daengz 4 faen cung, caj raemxndat doek daengz 40 doh seiz cimq din swiq 10 daengz 15 faen cung, 2 daengz 3 ngoenz swiq baez ndeu, itbuen swiq song aen singhgiz baedauq couh raen miz yaugoj.



Gwn Gij Noh Lawz Ndae Meijyungz?

哪些肉吃了可以美容?

Nohdouq. Nohdouq unqoiq habbak, dwg cungj noh ndei gwn ndeu, gwn le ndaej meijyungz. Gij youhciz danbwzciz、veizswnghsu E、yenhsonh ndaw nohdouq, ndaej baujhoh vuedsingq sibauh naeng-noh, baujciz naengnoh danzsingq. Ciengz gwn nohdouq, ndaej hawj naengnoh engq saeqnaeh rongh-lwenq.

Nohmou cing. Gawq ndei gwn youh ndaej baujgen, ndaej nyinh naengnoh, baujciz naengnoh ngaeuwzenj.

Naengmou caeuq daezmou. Naengmou caeuq daezmou cungj ndaej henhoh naengnoh. Cungj hamz miz gyauhyenzdanbwz haemq lai, doiq henhoh caeuq gajndei naengnoh danzsingq miz itdingh cozyung, ciengz gwn ndaej meijyungz.

Ndokmou. Ndokmou bau-gvat (ndokngviz) cungj hamz miz daihliengh danbwz niu、guz-gyauhyenz、gai、linz、dez daengj gij huq fuengz naengnoh lauxvaq haenx. Gwn de doiq henhoh naengnoh fuengmienh beij gwn nohmou cing lij ndei.

Roek Cungj Gijgwn Mizndang Gaej Gwn

六种食物怀孕别吃

Bya hung. Gij bya hung youq ndaw dah、ndaw huz、ndaw mieng ep ndaej haenx, gojnwngz deng nengzbingh roxnaeuz vayoz ganjenj gvaq, ceiq ndei gaej gwn.

Noh ndip caeuq noh buenq ndipcug. Cungj noh neix gojnwngz hamz miz daihliengh nengzbingh caeuq binghdoeg, aeu cawj cugdaeuq cij ndaej gwn. Linghvaih, gaej gwn gyaeqgaeq buenq ndipcug, cien gwn seiz aeu cien cugdaeuq.

Gaej gwn gij huq ndaw haij, mboujlwnh dwg cawj cug roxnaeuz oenq cug cungj mbouj ndaej gwn. Gwn le rox yinxhwnj lwgndawdungx lonlw、bienqhingz、daigaemz.

Gaej gwn gij yinjliu caengz ginggvaq gauhvwnh siudoeg haenx. Gaej cawx laeuj canghbuenq gag siu roxnaeuz raemxmak canghbuenq gwnzhaw ma gwn. Gij huq neix gojnwngz hamz miz dacangzganjin daengj nengzbingh, aenvih caengz deng gauhvwnh siudoeg gvaq, gwn le yungzheih ndaej bingh.

Reuz byaekheu、ngaz lauxbaeg、ngaz duhheu gaej gwn ndip, gij ngazbyaek neix gojnwngz hamz miz nengzbingh, doiq mehdaiqndang caeuq lwgndawdungx miz yingjyangj gig daih.

Gaej gwn gijgwn yungzheih gominj haenx. Danghnaeuz mehdaiqndang ndaw gyog miz vunz doiq moux cungj gijgwn miz gominj, lwgndawdungx hix gojnwngz rox gominj. Ndigah, mwh daiqndang geizgan mbouj ndaej gwn duhdoem caeuq gijgwn yungh duhdoem guh haenx.

Aenvih laeuj rox hawj lwgndawdungx noix yanggi, yingjyangj aen'uk lwgndawdungx fatmaj, ndigah mbouj ndaej gwn laeuj. Linghvaih, gwn caz daiq lai rox hawj lwgnding byom iq, ndigah ceiq ndei mbouj gwn caz.



Baenz Dungx Biux Naeuh Gwn Maz Ndei

患上胃溃疡吃什么好

Doiq boux baenz dungx biux naeuh daeuj gangj, bingzseiz ngoenznaengz cijaeu haeujsim hablex gwnndoet, doenggvaq gwnndoet naengz cugbough gajndei dungx biux naeuh binghyiengh, mbouj wnggai doenggvaq gwn yw daeuj siucawz biux naeuh. Boux baenz dungx biux naeuh wng lai gwn di haeuxcuk、gienghduh、daeuhfouh、gyaeqgaeq、cijvaiz daengj gijgwn hamz danbwzciz、veizswnghsu lai youh yungzheih siuvaq ndeu; caemh ndaej senj gwn mak byaek yungzheih siuvaq、raeujremh、hamz nyinzsei siuj ndeu, lumj sienggyauh、makbingzgoj、makgam、rangz、byaekyouzcai、byaekhau、lauxbaeg daengj, doengh gijgwn neix ndaej mizyauq dwk coicaenh biux naeuh biujmienh hobndei, caeux di coih ndei giz cujciz deng sieng; aeu siuj gwn gijgwn manhget、gig dungxsaej、caepliengz、nyaq lai, lumj yinjliu gyoet、laeujbizciuj gyoet、coeng ndip、hing ndip、gyaeusuenq、lwgmanh、dangnoh、raemxmak gwd、gahfeih、laeujget、caz gwd daengj, gijgwn neix rox gig aendungx, coi raemxdungx iemqok, gyanaek fudanh aendungx, bingh dungx biux naeuh engq haeujnaek yinxfat baenz insep.

Fap Yawhfuengz Hezyaz Sang

预防高血压的方法

1、Aek gvangq sim hailangh, hag rox gag diuzcez cingzsi swhgeij, baujciz aensim gengangh huzndei. Naengh bouxvunz ciengzgeiz cingsaenz gaenjcienq、youcaeuz、sim fanz roxnaeuz ciengzgeiz cingsaenz fuhoz naek gvaqbouh, gig yungzheih baenz hezyaz sang.

2、Boux vunz biz baenz hezyaz sang dwg boux cingqciengz ndangnaek 2 daengz 6 boix. Ndigah, wng lai gwn di byaekheu singjsien、lwgmak caeuq haeuxcab ndeu, gij haeuxbyaek neix hamz miz veizswnghsu gig lai, mbangj lij ndaej gyangq hezyaz dem, lumj byaekginzcai、lauxbaeg、gosuenq、gyoiijhom、maksanhcah、sae'gva daengj. Neix hix dwg yawhfuengz hezyaz sang cosih ndawde aen ndeu.

3、Gaiq ien gimq laeuj. Cit ien ndaej hawj hezyaz swng sang, daihliengh ndoet laeuj ndaej hawj simdaeuz、daep、mak baenz binghbienq.

4、Boux ndaw gyog miz vunz baenz hezyaz sang gvaq haenx aeu haeujsim swhgeij hezyaz cingzgvang, gyagiengz bae yawhfuengz cij ndaej. Ngoenznaengz aeu ciuqseiz ok haexnyouh, caemhcai q dawz de dangguh gienh daihsaeh ndeu daeuj doiqdaih.

5、Boux baenz hezyaz sang gaej gyangq hezyaz daiq vaiq roxnaeuz raemhrwnh dingz yw.

6、Ngoenznaengz gwnndoet gaej daiq hamz lai, moix ngoenz gwn gyu mbouj ndaej mauhgvaq 6 gwz, doengzseiz aeu noix gwn youzlauz, fuengz ndang fat biz.

Gij Doxgaiq Lawz Yaek Ninz Mbouj Ndae Yw

睡前千万别吃的食物

Gijgwn youq mwh siuvaq gocwngz ndawde rox canjseng haujlai hei q okdaeuj, hawj vunz dungx ciengq, gitgaz bouxvunz cingqciengz haeujninj, lumj duh、byaekhau、yiengzcoeng、haeux-yangz、gyoiijhom daengj. Lingh-vaih, donqcaeuz gwn gijgwn manhget hix rox yingjyangj haeuj-ninj, aenvih gij huq neix gwn roengz dungx le aendungx couh gamjdaengz lumjbaenz deng feiz coemh nei, caemhcai q siuvaq mbouj ndei, yingjyangj haeujninj.

Gwn gijgwn youz nywnx le rox gyanaek fudanh diuzsaej、aendungx、aen'daep、aenmbai, gig diuz sinzgingh cunghsuh, hawj diuz sinzgingh cunghsuh itcig guhhong mbouj dingz, vunz couh nanz ninz ndaej ndaek.