

Baujciz ndaw rug hoengheiq riuzdoeng. Youq ndaw seizdoeng, vunzraeuz haengj gven dou gven cueng ndaetfwd, yienghneix guh rox cauhaenz ndaw rug yangjvadan nungzdu sang lai, danghnaeuz caiq gyahwnj heiqhanh heiqndang dem, hoengheiq ndaw rug couh engq uqlah lai lo. Bouxvunz youq ndawde rox okyienh gyaeuj ngunh, naetnaiq, rubmyaiz, mbouj siengi gwn doxgaiq daengj yienghsiengq. Linghvaih, seizdoeng dwg aen geiqciet yungzheih fatseng yizyangjvadan dengdoeg ndeu, ndigah aeu baujciz hoengheiq ndaw rug riuzdoeng singsien cij ndaej.

Diuzcez gwnndoet. Seizdoeng gigjwn yingzyangj daegdiemj wnggai dwg baenzneix: Sup haeuj gij ndat aeu cukgaeuq. Yingzyangj doxgaiq bijli dwg aeu danbwzciz, youzlauz caeuq dansuij vahozvuz faenbied ciemq 15%

Seizdoeng Ciengx Nandang Baujgen Yenzcwz Caeuq Fuengfap

冬季养生保健的原则及方法

daengz 23%、25% daengz 35%、60% daengz 70% couh ngamj. Sup haeuj gvangvuzciz hix aeu beij bingzseiz lai di. Lai gwn gigjwn hamz veizswnghsu C he. Lai gwn di noh doihduz caeuq duhhenj, byaekheu, lwgmak caeuq gij huq aeu cij daeuj guh haenx.

Siu yaem hoh yiengz. Seizdoeng aenvih swyenzgai yaem hoengh yiengz nyieg, rumznit ciemq haeuj, yungzheih sieng daengz heiqyiengz ndang vunz, ndigah seizdoeng ciengx ndang aeu

daj siu yaem hoh yiengz guh hwnj. Daih' it dwg ninz caeux hwnq gvaiz, baujciz ninz gaeuq, hawj yisiz caemcingx, heiqyiengz mbouj deng gauxca. Daihngaih dwg baujraeuj aenlaeng. Aenlaeng dwg giz rom heiqyiengz ndawde giz ndeu, rumznit heiqrwix gig yungzheih daj gizneix ciemq haeuj yaeuhfat baenzbingh. Bouxlaux caeuq lwgnyez, boux ndang nyieg, seizdoeng aeu haeujsim baujraeuj aenlaeng, mienxndaej heiqyiengz deng sonjhaih. Aenvih mbwn

nit, aeu caenhliengh noix ok rog ranz bae cunzcet. Siengi okbae seiz, aeu daenj buh baujraeuj caeuq haizmad. Linghvaih, aeu daegbied haeujsim dwg dajcaemx, loq mbouj siujsim couh rox yinxhwnj siengfung dwgliengz, yaeuhfat baenz hozgyawh fatyiemz daengj bingh.

Habdangq gwn bouj. Seizdoeng mbwn nit cei q hab gwn bouj, ndaej senj gwn di haeuxbien, haeuxyangz, megmienh, duhndaem, duhlanhdou, hingndip, byaekgep, lauxbaeg, byaekgailanz gaemz, raetmoengngaex, nohyiengz, nohvaiz, nohgaeq, iumou, byalae, byaleix, byalienz, byadaiyiz, nyauh daengj, hawj yingzyangj doxgaiq rom youq ndaw ndang lai di, doi q heiqyiengz ndaw ndang swngfat miz bangbouj, vih bi daihngaih aenn dang gengangh caep roengz giekdaej ndei.

Gangjgangj Seizdoeng Caz Ciengx Nandang Mehmbwk

女性冬季养生茶

Aenmbwn seizdoeng nitgyoet youh hawqsauj, ndang vunz yungzheih haw nit, daegbied dwg mehmbwk, aenn dang cei q yungzheih ok vwndiz, daj neix yaeuhfat baenz cungj bingh wnq, lumjbaenz dawzsaeg mbouj swnh, saeknaj mbouj ndei, hwnj diemjraiz daengj, mboujdan h yingyangj gengangh, yienghsiengq hix mbouj ndei ngonz, mbouj miz cingsaenz guhhong.

Seizdoeng doi q mehmbwk daeuj gangj, ciengx ndang daegbied youqgaenj, lai gwn di caz he ndaej hawj saeknaj engq ndei yawj, caemhcai q miz baujgen cozyung dem. Gij caz lawz hab mehmbwk gwn ne?

1、Caz gaeujgij. Ceh gaeujgij hamz miz huzlauxbaeg doxgaiq, veizswnghsu B, veizswnghsu C, gai, dez daengj gig lai, gwn de ndaej bouj daep ik mak, rae h da, aenvih caz gaeujgij bonjndang haemq diemz, mboujguenj dwg dawz daeuj cimq caz roxnaeuz nyaij gwn, doi q boux da saep, naetnaiq, siliz mbouj ndei cungj miz bangcoh cei hyw cozyung.

2、Cazloeg. Cazloeg ciengx ndang geij bi neix deng vunz haen ndei, aenvih de hamz miz gij cazfwnh ndaej dingj yangjva doxgaiq caeuq veizdahming, mboujdan h ndaej siucawz swyouzgih ndaw ndang, lij ndaej coi hozwjungz ndaw ndang iemqok, siujliengh gahfei hyinh ndaw cazloeg ndaej gig sinzgingh cunghsuh, hawj vunz daezsaenz, cei q ndei youq gyangngoenz gwn, mienxndaej yingyangj haeujninz.

3、Caz vagut. Gwn de ndaej rae h da cing daep, ndaej caeuq ceh gaeujgij itheij cimq caz gwn, roxnaeuz caeuq dangzrwi itheij gwn, doi q so daep gai j mbwq cungj miz bangcoh.

Seizdoeng mehmbwk ciengx ndang yau goj haemq ndei, hoeng aeu daezsingj dwg, caz ciengx ndang yienz naeuz yau goj ndei, danhseih aeu baujciz miz aen swngghoz sibgvenq ndei ndeu, yienghneix cij engq youqgaenj.



Bouxvunz lau nit dwg aenvih caeuq ndang vunz sup haeuj mbangj gvangvuzciz noix mizgven. Lumj gai youq ndaw ndang vunz lainoix ndaej cigciep yingyangj daengz aensim, sailwed caeuq noh hoetsuk nem fatangq; ndaw lwed noix diet cix yinxhwnj baenz noix diet lwedhaw, ciengz biujyienh dwg ndaw ndang

Seizdoeng Lai Gwn Haijdai Yawhfuengz Dinfwngz Gyoetgyang

冬季多吃海带预防手脚冰冷

siuj ndat, ndangraeuj daemq daengj yienghsiengq.

Ndigah, bouj gwn gigjwn hamz gai caeuq diet lai he ndaej hawj aenn dang lai dingj nit. Gyoengq gohyozgyah fatyienh, moix 100 gwz haijdai hamz miz 1177 hauzgwz gai, 150 hauzgwz diet. Vihneix, haijdai doi q lwgnyez caeuq bouxlaux, mehmbwk baujgen miz cozyung youqgaenj.

Haijdai hamz denj lai, denj ndaej coi gyazcang sensu iemqok,

doengzseiz ndaej canjseng ndat. Ndaw gij raemx gyazcang sensu ndang vunz iemqok haenx miz cungj huq ndeu heuhguh gyazcang sensu, ndaej gyavai q haujlai cujciz sibauh ndaw ndang yangjva, hawj aenn dang lai seng ndat okdaej, lwed naengnoh lae vai q, yienghneix couh ndaej dingj nit dingj gyoet lo. Itbuen vunzhang aeu miz veizlieng yenzsu—denj dwg 150 veizgwz baedauq, 100 gwz haijdai ndawde couh hamz miz 240 hauzgwz denj lo.

Seizdoeng Aeu Haeujsim Baujraeuj Aenhoz

冬季要注意脖子保暖

Seizdoeng aeu haeujsim baujraeuj aenhoz, cei q ndei dwg aeu gaenheuxhoz daeuj heux baujraeuj. Neix dwg aenvih: Baujraeuj aenhoz dwg hangh cosih yawhfuengz baenz dwgliengz, yawhfuengz aenhoz, doengjmbaq ndaej bingh he. Aenhoz dwg gizdieg ndang vunz haemq youqgaenj ndeu.

Yenzgiu ndaej rox, aenvih deng nit baenz dwgliengz, congghoz in seiz, cawz nemmuk aennaeng, nemmuk congghoz fatseng mbangjgiz sailwed iq baenzin, hawj sailwed yindung goengnaengz ok luenh, lwed lae deng dimzsaek le, lij rox yinxhwnj ndoenjhoz, doengjmbaq, gvaengh ndokleq insep dem. Menhsingq gaiduenh lij rox canjseng nyinzsei cujciz gaijbienq, mbangj lwed lae baedauq engq dimzsaek, hawj vunz okyienh gyaeuj in, gyaeuj ngunh, fanfoek doekswiz caeuq baenz binghndoenjhoz daengj dem. Baujraeuj aenhoz dwg siucawz aen' uk naetnaiq, coicaenh boujcong aen' uk cujciz baiz ok siuhauq aen diuzgen youqgaenj ndeu. Aenhoz deng nit gig le, rox hawj sailwed aenhoz laebdaeb sousuk. Baez gig nanz le, doi q bingh hezyaz sang, bingh sailwed, ninz mbouj ndaek cungj miz itdingh yingyangj.

Seizdoeng Fuengz Hezyaz Sang Wng Haeujsim Gijmaz Saeh?

冬季防高血压注意什么?



Seizdoeng yawhfuengz hezyaz sang, daegbied aeu haeujsim singjgae h dwg vaen—doh doxca bienqvaq hung lai. Lumj mwh dajcaemx seiz, gaej daj ndaw rug raeujrub okdaej doq sikhaek con haeuj ndaw ranzdajcaemx bae, wng dang sien hai raemxraeuj, raemxfwi ndaw ranzdajcaemx hawj vaendoh swng sang cai q duet buh dajcaemx. Linghvaih, ok rog bae cet seiz, rumznit yungzheih yinxhwnj daengx ndang sailwed

sup suk, hezyaz swng sang, ndigah, ok rog bae cet seiz wng dang dawz gaenheux—hoz, dai q goujcau daengj, cw ndei fajnaj, haeujsim baujraeuj.

Ngoenznaengz swngghoz gaej lan h gwn lan h ndoet, gamhanh ndangnaek, cawj byaek yiemzgek gamhanh dwk gyu cit di. Boux mak mbouj miz bingh ndaej lai gwn di gij byaekheu caeuq lwgmak naengz baiz gyu ndaw ndang okdaej he.

Haetnaengz caengz gwn ngaizromh gaxgonq youq ndaw rug sien dag hezyaz, danghnaeuz song aen singhgiz hezyaz bingzginhciz cungj youq 135/85 doxhwnj, wngdang caeux bae yi hyen duenq yw gamhanh hezyaz. Youq ndaw seizdoeng, gag guh ndei gamhanh hezyaz caeuq fuengz hezyaz swng sang baujcwn g ndangdaej gengangh cibfaen youqgaenj.