

Boux Baenz Binghnyouhdangz Seiz-doeng Gwnndoet Haj Daih Yenzcwz

糖尿病人冬季饮食五大原则

Seizdoeng mbwn nityauyau, boux baenz binghnyouhdangz cawz guh ndei hong yawhfuengz le, hix aeu yawjnaek gwnndoet cij ndaej. Baihlaj ganggangj boux baenz binghnyouhdangz seizdoeng wng haeujsim gijmaz saeh:

Gwn noix gwn lai donq. Yienghneix ndaej gamhanh hez-dangz swng sang. Gij vunzbingh dandan yungh yw diuzcingj caemh mbouj raen ndei haenx, doenggvaq baen gwn lai donq daeuj gamhanh binghcingz. Gwnndoet dwg gij goekdaej yw binghnyouhdangz, mboujlwnh bingh naek bingh mbaeu, cungj aeu yiemzgek saed-hengz gwnndoet ywbingh yenzcwz.

Gamhanh gwnndoet. Ok rog caeuq vunz gwn caeuzngaiz, aeu lwnh binghcingz hawj vunz rox. Boux baenz binghnyouhdangz buenx miz hezyaz sang、simdaeuz

miz bingh haenx, wng noix gwn gyu, caenhliengh mbouj gwn bya hamz、noh hamz、byaek hamz. Boux baenz binghnyouhdangz buenx aenmak miz bingh, wng noix gwn noh caeuq gyaec.

Caenhliengh mbouj gwn laeuj. Aenvih gwn laeuj dwg aen cujyau yenzynh yaeuhfat baenz bingh sai simlwed he, boux ndang miz bingh gwn yw gyangq dangz seiz gwn laeuj, hezdangz couh gojnwngz daemq roengzdaeuj, hix gojnwngz rox yaeuhfat baenz binghdungz soemj dengdoeg. Danghnaeuz siengj gwn laeuj, laeujmakit ngoenz gwn 100 hauzswngh dauqlaj couh ndaej, gwn laeujbizciuj mbouj ndaej mauhgvaq 350 hauzswngh, cien-geiz mbouj ndaej gwn laeujget.

Gyoet caeuq ndat. Gijgwn miz gyoet、ndat、raeuj、liengz seiq

cungj. Yingzyangj conhg Yah genyi naeuz, seizhah mbwn ndat, gwn dangduhhe; seizdoeng mbwn nit, gwn danglwglimz; gwn duzbaeu aeu gwn di hingsei ndeu, gwn le lij aeu gwn boi dang raemxhing dangznding he; seizdoeng gwn nohyiengz, itdingh aeu dapboiq gwn di byaekhe、daeuhfouh、faenjsei he.

Iek caeuq imq. Gaej gwn imq lai, imq lai rox sieng dungx, iek lai rox sieng saej. Gohyozy gwnndoet, cij ndaej baujhoh bwt daep simdaeuz gengangh. Danghnaeuz ciengzseiz seiz imq seiz iek, mboujdanh yingjyangj dungxsaej goengnaengz, ngoenz nanz le, siuhvadau lij rox ndaej bingh-menhsingq dem. Ndigah, siengj hawj ndang ndei, aeu guh daengz sam faen iek caeuq dingj sam faen nit.



Ciet Riuzhengz Liuzganj Wng Lai Gwn Caznding

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Seizdoeng, gij caznding raeuj ndang ciengx dungx youh miz goengnaengz moq lo. Ciuq Yizbwnj Sezbinh Dayoz ceiqaen yenzgiu ndaej rox, bouxvunz moix ngoenz gwn song boi caznding doxhwnj, deng baenz liuzganj gijliz beij boux mbouj gwn caznding aeu siuj 30% . Gyoengq conhg Yah nyinh-naeuz, aenvih ndaw caznding hamz miz dingj yangjva doxgaiq, ndaej hawj ndang vunz dingj ndaej bingh, ndigah ndaej dingj baenz liuzganj.

Gizsaed, caznding ndaej dingj liuzganj gaxgonq hix miz baudauj gvaq, Yizbwnj Cauhhez Dayoz yenzgiu couh fatyienh, yungh raemx caznding riengx bak hix ndaej dingj baenz liuzganj. Gyoengq gohyozgyah Meijgoz cix naeuz, yungh raemxgoenj gyoet cimq caznding goengyauq de engq ndei. Aenvih raemxgoenj gyoet cimq caznding ndaej hawj miz ik doxgaiq mbouj deng buqvaih, hawj de menhmenh iemqok. Moix ngoenz banhaet banringz gak gwn boi caznding ndeu, ndaej hawj liuzganj mbouj gamj depgaen mwngz.

Danyw Fuengzbingh Ywbingh Lwgnyez

小儿防病治病验方



Nyeznomj lwgliengz: Hing-ndip 5 cienz, buenq vanj raemx baek goenj heuz dangznding gwn, ngoenz 2 baez, gwn 2 ngoenz couh ndei.

Ae nanz mbouj ndei caeuq nyeznomj ae'ngab: Aen gyaeujsuenq ndeu, bok naeng daem yungz gya 3 cienz begdangz, gvaq buenq diemj cung le aeu liengx raemxgoenj ndeu heuz gwn, lienz gwn 2 ngoenz, yw lwgnyez baenzae、nyeznomj ae'ngab miz daegbied yaugoj.

Lwgnyez nyouh dwk congz: Coengbieg ndip dug ndeu daem yungz, haemhnaengz yaek ninz seiz baeng sawjndw, yungh baengz suek ndei, haetlaeng sik bae, lienz yungh 3 daengz 5 ngoenz couh ndei.

Lwgnyez gyanghwnz daej: Vunzhung aeu gaem cazloeg iq ndeu dwk bak nyaij, haemhnaengz yaek ninz seiz baeng sawjndw

lwgnyez, aeu baengz suek ndei, haetlaeng sik bae, lienz yungh 3 ngoenz.

Nyeziq nyeznomj siq-dungx、dungx ciengq: Aen gyaeujsuenq ndeu, lienz naeng coemh remj, caiq dwk rek gya buenq vanj raemx coemh goenj, dwk di begdangz ndeu gwn dang, ngoenz baez. Itbuen song sam ngoenz couh ndei.

Ok hanhheu: Daeuhfouh geq buenq gaen, ronq baenz benq nem ndaw rek cien baenz loq ndaem, dwk vanj raemx ndeu caeuq di begdangz he, haemh-naengz yaek ninz seiz gwn dang caeuq daeuhfouh, gwn 3 ngoenz ndeidingh.

Gyoengq deh: Ceh namzgva ndip 20 naed, bok gvamq bae, yaek gwn haeux gaxgonq dungx byouq gwn, baez dog gwn liux, haet daihngaih deh couh riengz haex baiz okdaeuj.

Daiqndang Gonqlaeng Aeu Bouj Gai

孕前孕后皆需补钙

Itbuen daeuj gangj, meh-daiqndang cei q ndei dwg youq mwh daiqndang ndaej 20 hop seiz hainduj bouj gai, aenvih riengzdwk lwgndawdungx cugciemh majhung, mehdaiqndang ngoenz siuhauq gai hix gaenriengz demlai. Hoeng aenvih dingzlai mehdaiqndang youq caengz daiqndang gaxgonq ndaw ndang couh noix gai lo, youq cungj cingzgvang neix lajde, aeu guh ndei daiqndang gaxgonq couh bwh rom ndei gai. Ndaw ndang mehdaiqndang gai cukgaeuq, lwg-nyez seng roengzdaeuj le, couh noix baenz gyanghwnz doeksaet、caeugaen、hwnj heuj ceiz、sim fanz、binghndoknunq daengj noix gai

yienghsiengq, heuj caeuq goetndok lwgnyez fatmaj hix haemq ndei. Mehdaiqndang hix noix baenz gahengh caeugaen、hwet naet ga in、hohndok in、foegfouz daengj bingh, caemh ndaej yawhfuengz baenz ndok soeng ndok honz.

Itbuen daeuj gangj, gijgwn hamz gai lai cujyau miz cijvaiz、gyaeqgaeq、gijgwn duh guh、haijdai、byaekaeuj、byuk nyauh、lwgraz、maksanhcah、bya ndaw haij caeuq byaekheu daengj.

Danghnaeuz ndaw gijgwn fouzfap muenxcuk aenndang aeu gai sihyau, ndaej youq canghyw sonyinx lajde daeuj bouj gwn. Mwh cawx gainaed seiz, aeu haeujsim

canjbinj baucang gwnzde biumingz gaiyenzsu suenqfap hamz gai geijlai. Moix baez gwn gaej gwn daiq lai, ndaej dawz 600 daengz 800 hauzgwz gai baen baenz 2 daengz 3 baez gwn. Baez dog gwn mbouj ndaej mauhgvaq 500 hauzgwz.

Linghvaih, veizswngshu D dwg aen cungyau yihsu supsou gailizswj he, mehdaiqndang mwh bouj gai seiz gaej dandog baengh bouj gwn gainaed, wng lai ok rog bae dak ndit roxnaeuz gwn veizswngshu D daeuj bouj, baenzneix cij ndaej cingqciengz baujcwng aenndang supsou gai ndaej gaeuq.

Cuk Lwgraz Ndaem Makcauj Nding Raeuj Dungx Raeuj Sim

黑芝麻红枣粥暖胃暖心

Seizdoeng lai gwn cuk, ndaej bouj raemx hawj aenndang, cuk raeuj cuk ndat ndaej raeuj dungx raeuj sim, hawj aenndang raeujrub cwxcaih.

Yenzliuh: 150 gwz haeuxsuen, 20 gwz lwgraz ndaem, 25 gwz makcauj sauj, 30 gwz begdangz.

Guhfap:

- 1、Feiznumq cau j lwgraz hom, yungh beuzgeng loq ngenz de mienz di.
- 2、Daezgonq cimq haeuxsuen buenq diemj cung le vez hwnj ndik raemx hawj.
- 3、Makcauj cawz ngveih caeuq haeuxsuen itheij cawj cuk, goenj le gajj yungh feiznumq menhmenh ngauzcawj.
- 4、Cuk gwd le dwk lwgraz roengz caemhcai q ngauzcawj 5 faen cung, gya begdangz diuzfeih gwn.

Lwgraz ndaem ndaej bouj daep mak、nyinh bwt daep、ik cinglwed、nyinh saej, deng vunz haen de dwg gij huq nyinhbouj ndei. Seizdoeng cie ciengz gwn lwgraz ndaem, ndaej ciengx heiq raeuj dungx, caemh ndaej nyinh naengnoh.

