



Seizdoeng Daeuj Daengz Dai Seiq Fuengmienh Bae Gwn Bouj 冬至滋补从四方面着手

Seizdoeng daeuj daengz lo, vunzraeuz ndaej dai baihlaj seiq aen fuengmienh bae gwn bouj. Couhdwg bouj heiq, bouj lwed, bouj yaem, bouj yiengz.

Gijgwn bouj heiq dwg vix gijgwn miz ik heiq cangq mamx, ik heiq haw haenx, lumj haeuxsan, haeuxcid, duhdem, maenzcienz, lauxbaeg nding, iengduh, nohgaeq daengj.

Gijgwn bouj lwed dwg vix gijgwn ndaej bouj lwedhaw haenx, lumj bwtdaep doihduz, noh maknganx, raetmoegnagaex ndaem, byaekbohcai, lauxbaeg nding,

nohmou, haijsinh, bya daengj.

Gijgwn bouj yaem dwg vix gijgwn ndaej nyinhciengx raemx-yaem, seng raemx nyinh sau, ndaej bouj yaemhaw haenx, lumj raetngaenz, raetmoegnagaex, mak-leiz, cijvaiz, gyaeggaeq, makit, byaekhau daengj.

Gijgwn bouj yiengz dwg vix gijgwn ndaej bouj yiengz haenx, lumj nohma, nohyiengz, duzungq duznyauh daengj, ngveih makhwz-dauz, byaekgep, ceh gaeujgij, byalae daengj caemh ndaej bouj yiengz.

Linghvaih, makhwzdauz, mak-

laeq cungj hamz miz daihliengh gvangvuzciz, nyinzsei daengj yingz-yangj doxgaiq, seizdoeng hix hab gwn daeuj bouj ndang. Yihyoiz conghyah daezsingj naeuz, seizdoeng gwn bouj yienznaeuz ndei, danhseih mbouj ndaej laepda bae luenh bouj. Ceiqndei cingj canghyw bang duenq dwg gijmaz haw, dwg mbouj dwg wnggai gwn bouj. Linghvaih, au loengh cingcuj mwh gwn bouj miz maz gimqgeih. Aeu dang nohgaeq daeuj gangj, yienz-naeuz yingzyangj gyaciz sang, danhseih mbouj dwg vunzvunz cungj gwn ndaej.



Haj Aen Fap Seizdoeng Dingj Nit Fuengz Bingh 冬季抗寒防病五法

Seizdoeng mbwn nityuyu, bouxvunz gig yungzheih deng nit gig baenz dwgliengz, ndaeng haenz daengj binghlah.

Lajneix gaisau haj aen banhfap daeuj dingj nit fuengz bingh:

1、Ciengz gwn raemxgoenj. Seizdoeng mbwn hawqsauj, ndang vunz gig yungzheih siuj raemx, ciengz gwn raemxgoenj, mboujdanh ndaej baujcung aenndang miz raemx, lij ndaej leih nyouh baiz doeg, baiz huqfeiq ok rog ndang daeuj.

2、Ciengz gwn dang hing mak-cauj. Aeu 10 aen makcauj hung, 5 gep hingndip baek raemx, moix haemh gwn baez ndeu, ndang vunz lai dingj ndaej nit, vunz hix siuj baenz dwgliengz caeug baenz cungj bingh wnq.

3、Genhciz yungh raemxgyoet swiq naj. Yungh raemxgyoet swiq naj ndaej hawj aenndang vunz dingj ndaej nit youh dingj ndaej bingh, caemh ndaej yawhfuengz siengfung, dwgliengz.

4、Gyaeuj congz ciengz cuengq makgam caeug bozhozyouz. Makgam singq raeuj, gij heiq makgam ndaej giepcawz binghdoeg. Youq gyaeuj congz baij makgam, ndaej yawhfuengz saihoz baenzbingh; yaek ninz seiz gwn geij dip makgam, ndaej vaq myaiz dingz ae. Youq gyaeuj congz giz henz gyaeujswiz cuengq bingz bozhozyouz fasaek laeuh heiq ndeu, ndaej hawj heiq bozhozyouz menhmenh sanqfat, yw gyaeuj in caeug ndaeng saek.

5、Gyaeuj demh swizvagut mbawgosangh ninz. Mbawgosangh seizdoeng caeug vagut seizcou ndaej raeh da singj uk. Aeu daeuj guh gyaeujswiz demh ninz, ndaej hawj ukgyaeuj singjsaeh ninz ndaek vaiq, hix ndaej fuengzceih dwgliengz.

Mehmbwk Seizdoeng Gwn Bouj Gvanhgen Youq Bouj Lwed 女性冬令进补关键在调血

Seizdoeng, haujlai vunz heiq lwed mbouj gaeug, mehmbwk heiq lwed noix couh engq mbouj ndei lo, ndigah, mehmbwk youq seizdoeng gwnbouj gvanhgen wng naek youq bouj lwed fuengmienh. Mehmbwk heiq lwed mbouj gaeug, saeknaj gig yakyawj, lij yungzheih yaeuhfat baenz binghfugoh dem.

Bouj lwed ciengx lwed, ndaej habdangq gwn di byaekbohcai, duhndaem, lauxbaeg nding, raetgimcim, ngaeux, raetmoegnagaex, nohgaeq, nohmou, nohyiengz, haijsinh daengj; lij ndaej senj gwn di makit, makcauj nding, noih maknganx he, doengzseiz giethab cunghyoiz bae gwnbouj dem, lumj ahgyauh daengj.

Ciug conghyah gaisau naeuz, ahgyauh feih diemz bingz, gawq ndaej ywbingh, youh ndaej baujgen, deng haenh guh yw ndei bouj lwed, ceiq hab mehmbwk gwn, bouxasai hix gwn ndaej, doiq boux baenz yaem haw, boux lwedhaw ceihow yaugoj gig ndei, caemhcai ndaej nyangq nyinz cangq ndok, giem miz meijyungz, ciengx naengnoh dem. Ndaw ahgyauh hamz miz 18 cungj anghihsonh caeug diet, doengz, gai, mungj daengj 20 lai cungj veizlieng yenzsu, ndaej gajndeil lwed caeug gai doxdaengh, coi hungzsibauh habbaenz. Linghvaih, ahgyauh lij ndaej fuengz lwed noix maezgae, deng haenh guh gij huqbouj gauhgiz yingzyangj doxgaiq.



Seizdoeng Mbwn Nit Mehmbwk Wng Lai Gwn 3 Cungj Doxgaiq 寒冬女性多吃3种食物

Aenvih seizdoeng mbwn hawqsauj, naengnoh raemx noix youz siuj nyaeuqnyet, caemhcai rox baenz dekleg dem. Ndigah, mehmbwk youq ndaw seizdoeng wng hablex diuzcez gwnndoet. Siengj hawj naengnoh unqnonh, ndaej senj gwn dangzrwi, naeng nohmou caeug lwgraz ndaem sam yiengh doxgaiq.

Dangzrwi. Ndaw dangzrwi hamz miz gak cungj swnghvuz vuedsingq doxgaiq, ndaej gajndeil yingzyangj naengnoh, caemhcai ndaej mizyauq dwk vanjgaj naengnoh hawqsauj, noix raemx, noix youz, hawj naengnoh youq seizdoeng ciuqyiengh baujciz unqnonh ngauezwenj. Ndaw dangzrwi lij hamz miz sinh, diet, gai, mej, gyaz daengj lai cungj veizlieng yenzsu. Ndigah, mehmbwk ciengzseiz gwn dangzrwi, ndaej hawj naengnoh unqnonh ngauezwenj.

Naeng nohmou. Yienhdaih yenzgiu ndaej rox, ndaw naeng nohmou hamz miz daihliengh gyauhyenz danbwz caeug danbwz ndongj ndaej veizciz gij goengnaengz naengnoh baujciz rom raemx, ciengz gwn naeng nohmou ndaej hawj ndang vunz lai sup haeuj danbwzciz, fuengz naengnoh noix raemx, baujhoh naengnoh danzsingq, yawhfuengz naengnoh soenglon caeug bienq nyaeug.

Lwgraz ndaem. Ndaw lwgraz ndaem hamz miz gvangh-anhsonh, veizswnghsu B, veizswnghsu E gig lai, ndaej hawj lau laj naeng iemq ok lai, gajndeil naengnoh danzsingq, baujciz naengnoh saeqnaeh, doiceiz nyieglau.

Seizdoeng Gwnndoet Aeu “Seiq Lai” 冬季饮食要“四多”

Lai gwn gijgwn ndat. Gijgwn ndat baugvat dansuij vahozvuz, youzlauz, danbwzciz, ndawde wng-gai lai bouj gwn gijgwn hamz youhciz danbwzciz lai haenx, lumj nohceng, nohbit nohgaeq, gyaeggaeq, bya, cijvaiz, gijgwn aeu duh daeuj guh.

Lai gwn gijgwn hamz dan-anhsonh caeug vuzgihyenz lai haenx, hawj aenndang lai dingj ndaej nit. Lumj lwgraz, ceh godaengngoenz, yaumuj, gij huq aeu cij daeuj guh, byaekmbaw daengj. Linghvaih, yihyoiz yenzgiu ndaej rox, ndang vunz lau nit dwg caeug ndaw ndang vuzgihyenz noix mizgven.

Ndigah, seizdoeng aeu lai gwn lauxbaeg nding, beggab, biekbya, ngaeux, byaekhau daengj. Lij aeu lai gwn di cijvaiz, gij huq aeu duh daeuj guh, byuk nyauh, haijdai, byaekbyoem, ciengq lwgraz daengj dem.

Lai gwn gijgwn hamz veizswnghsu B₂, veizswnghsu A, veizswnghsu C he, fuengz gokbak nengz, naengbak nengz, linx nengz. Ndaw gijgwn aeu gibseiz bouj gwn di bwtdaep doihduz, gyaeggaeq, cijvaiz, duh, lauxbaeg nding, namzgva, lwgmaenz ndaw nding, byaekheu singjsien caeug lwgmak daengj.

Lai gwn di gijgwn raeuj, gijgwn ndat he, habdangq diuzleix aenndang. Ndae senj gwn haeuxsuen, haeuxyangz, megmienh, duhhenj, duhlanhdou, byaekgep, byaekhom, gosuenq, lauxbaeg, byaekvahnj, nohyiengz, nohma, nohcwz, nohgaeq, byalae, byaleix, byalienz, byadaiyiz, nyauh, makgam, makyehswj, makbohloz, maklaehcei, noh maknganx daengj. Bouxlaux ndang haw ndaej ciengzseiz aeu gwn gaeqmeh, nohceng, nyinzdaez he, hix ndaej ciengz gwn di cijvaiz, gienghduh daengj dem, aeu daeuj demgiengz rengz ndang.