

Baenzlawz Fuengzceih Binghcienzlah Conghsaej

肠道传染病如何预防

Goek bingh binghcienzlah conghsaej, dwg gij haex caeuq daihliengh sigin vunzbingh nem goekbingh rueg ok haenx. Daj ndaw ndang baiz okdaeuq le, danghnaeuz mbouj haeujsim siudoeg cawqleix, couh rox uqlah seiqhenz vanzging caeuq goek-raemx, gijgwn daengj.

Binghcienzlah conghsaej cienzboq fuengsik dwg ginggvaq raemx, gijgwn, bungqdeng, nonnengz daengj daeuq cienzboq. Linzcangz yienghsienq cujyau miz rubmyaiz, rueg ok, dungx in, dungxsiq, mbouj ngah gwn doxgaiq, mbangj lij buenx miz fatndat, gyauej in caeuq daengx ndang dengdoeg daengj yienghsienq. Ciengz raen binghcienzlah conghsaej miz gyazhingz bingh-

doegsingq ganhyenz, lwgnyez 15 bi dauqlaj yungzheih ndaej bingh, itbuen binghcingz haemq mbaeu, bingzyaenz geizgaenzgaeq dwg 30 ngoenz. Ganjyenj le caeuxgeiz rengz naiq, mbouj ngah gwn doxgaiq, rubmyaiz, mbwq youz-nywnx, duenh aek baihgvaiz aen-daep inyebyeb, daih'iek gvaq aen singhgiz ndeu le, mizmbangj vunzbingh saek nyoh lumj raemxcaz nei, lwgda hau, naengnoh henj. Raen miz cungj cingzgvang neix seiz, wng gibseiz bae yihyen genjcaz aeu yw. Si'ginsing dungx-siq dwg cungj bingh gipsingq binghcienzlah conghsaej ciengz-raen youz cihosw licizganjin yinxhwnj ndeu, linzcangz biujyienh cujyau dwg fatndat, dungx in, dungxsiq daengj. Siginsing gijgwn

dengdoeg dwg gwn le gijgwn deng sigin uqlah yinxhwnj baenz gipsingq binghcienzlah conghsaej, moix bi seizhah dwg siginsing gijgwn dengdoeg geiz cei hoengh. Dingzlai dwg youq sizdangz hagdangz, fanden daengj giz cizcungh gwn haeux haenx fatseng, fatbingh seizgan haemq cizcungh.

Yawhfuengz binghcienzlah conghsaej gvanhgen dwg guh ndei "sam guenj it mied" (guenjleix ndei gwnndoet veiswngh, gwn raemx veiswngh, haexnyoh veiswngh caeuq mied nengz), gaem ndei aen gvan bingh daj bak haeuj. Youq guh ndei seiqhenz veiswngh, ndawranz veiswngh caeuq boux-vunz veiswngh doengzseiz, lij aeu haeujsim gwnndoet veiswngh dem.



Ciengz Cit Ien Rox Baenz Menhsingq Dungx In

常吸烟会患慢性胃炎

Cit ien baenz menhsingq dungx in gij saeh neix raen lai lo. Yenzyinh miz sam aen fuengmienh: It dwg nizgujdingh ndaej hawj sailwed laj nemmuek aendungx sousuk, noh gaenjieng sousuk, cauhbaenz nemmuek lwed noix, yangigi noix, i nemmuek aendungx mbouj caezcienz. Ngeih dwg nizgujdingh yungzheih hawj youhmwnz gvazyozgih aendungx soenglon, raemxmbei lae doxdaug, raemxmbei ndaej buqvaih gij huq laengz dangj nemmuek aendungx, yinxhwnj nemmuek naeuh dai, baenzin. Sam dwg cit ien ndaej hawj aendungx lai noddongh, coi veisonh iemqok demlai, mwh gij huq laengz dangj nemmuek aendungx deng buqvaih le, veisonh youh sonjhaih nemmuek aendungx engq youqgaenj.

Linghvaih, ciengzgeiz gwn caz gwd, gwn gahfeih, gwn gijgwn daiq ndat, daiq gyoet, ciengzgeiz gwn yw ahswhbizlinz, nemmuek aendungx hix yungzheih deng sieng, yinxhwnj baenz menhsingq dungx in. Vunzbingh donh aek baihgwnz in-yebyeb, ciengq in, aek rim, wk heiq caeuq mbouj ngah gwn doxgaiq. Naengh fatyienh ndaej caeux youh cizgiz bae ceihow, dingzlai dwg yw ndaej ndei, danhseih hix miz 1% daengz 3% vunzbingh gojnwngz rox fatseng aiz bienq.

Vihneix, genyi daihgya guhbaenz aen sibgveng ndei ndeu, boux yinx cit ien cei ndei dwg gaiq ien. Gwnndoet aeu miz gvild, siuj gwn gijgwn gyoet lai, ndat lai caeuq gijgwn manhget. Gij vunz goengnaengz aendungx mbouj ndei haenx, wng caenliengh noix gwn yw ahswhbizlinz, yw siu in. Linghvaih, aeu baujcz simcingz vaiqvued. Genyi boux baenz menhsingq dungx in moix 1 daengz 2 bi guh veiging genjcaz baez ndeu, doiq giz binghbienq lai guh gamcaek.



Bouxlaux Seizdoeng Baujgen Cosih

老年人冬季保健措施

baedauq, caemh ndaej yawhfuengz baenz gvanhsinhbing.

Linghvaih, lij aeu haeujsim uk ok lwed, yawhfuengz ndok raek, baenz feiyenz daengj bingh dem.

Hezyaz sang gamhanh mbouj ndei dwg cujyau yenzyinh yinxhwnj baenz uk ok lwed. Seizdoeng vunz baenz uk ok lwed gig lai. Doengzseiz, bouxlaux cingzsi gikdoengh, yunghrengz aengq haex, naetnaiq gvaqbouh, mbouj dinghseiz gwn yw hix yungzheih baenz uk ok lwed. Danghnaeuz gaeng ok lwed lo, aeu sikhaek soengq bae yihyen ciengjgouq.

Bouxlaux aenvih deng laemx cauhbaenz ndok raek, gij yenzyinh cei ciengz raen couh dwg ndok soeng ndok honz. Ndigah, bouxlaux

seizdoeng daenj buhvaq raeuj hoeng youh gaej daenj daiq ndat, mienxndaej yingyangj byaijroen, cei ndei dwg daenj haizbaengz. Mwh byaijroen seiz aeu yawj loh ndei, gaej mienh byaij mienh caeuq vunz gangjgoj, gaej bae giz roen raeuz roen gaeb youzbyaij, ngoenz doek fwn ngoenz doek nae gaej ok rog ranz bae youzcat.

Bouxlaux huhgizdau lauxvaq, mbangigiz menjyiz goengnaengz doekdaemq, aenbwt yungzheih fatyiemz deng ganjyenj baenz feiyenz, ciengzgeiz gaej raegrwz.

Veizswnghsu E ndaej demgiengz rengz dingj bingh, dingj nyieglau, bouxcungnienz caeuq bouxlaux ndaej habdangq gwn di he.

1、Haeujsim fuengz nit bauj raeuj. Aeu riengz dienheiq bienq-vaq bae dem daenj buhvaq, daenj haizmad na.

2、Boux baenz gvanhsinhbing aeu ciuqei canhyw daengq bae gwn yw, caemhcai dingheiz bae yihyen fukcaz.

3、Gohyo z gwnndoet. Gijgwn gwn byaekheu singhsien, bya, daeuzseng, gyaq, nohcing guh-cawj, caemhcai bouj gwn di gijgwn aeu duh guh, gijgwn aeu cij guh he dem.

4、Habliengh guh yindung. Yindung ndaej coi lwed lae

Raemxngaeux Ngauz Samcaet Vanjgajj Dungx Biux Naeuh

藕汁熬三七缓解胃溃疡

Itbuen daeuq gangj, dangzrwi ndaej huz ndaw cangq mamx, maenzdoengzlingz ndaej coi giz biux naeuh hobndei, doiq dungx-saej biux naeuh miz bangcoh. Lajneix gaisau song aen dan iq daeuq vanjgajj dungx biux naeuh:

1、Aeu raemxngaeux boi iq ndeu, 5 gwz samcaet, aen gyaq-gaeq ndip ndeu. Raemxngaeux dwk di raemxsaw ndeu cawj goenj, gya mba samcaet caeuq gyaqgaeq gyaux yinz, dwk di gyu caeuq youzhom ndeu, ngoenz gwn 2 baez. Raemxngaeux ndaej bouj yaem,

mba samcaet ndaej vued lwed, coi giz biux naeuh hobndei. Aen dan neix ndaej ciengx yaem ik dungx, hab boux yaem haw baenz dungxsaej biux naeuh gwn.

2、Aeu 30 daengz 60 gwz gohaizdae, 60 daengz 90 gwz nohvaiz, faeg gohaizdae soiq, nohvaiz ronq baenz gaiq le itheij cauq cug, dwk liuh diuz feih le gwn nohvaiz. Gohaizdae ndaej hengz heiq vued lwed, nohvaiz ndaej bouj heiq, aen dan neix doiq dungx biux naeuh caeuq cibngeihcjangz biux naeuh cungj miz yaugoj.



Aeu haeujsim dwg, boux baenz dungx biux naeuh wng geih gwn lwgmanh, coeng, suenq, laeuj; gaej lanh gwn lanh ndoet, gwn noix gwn lai donq; gaej gwn huqgyoet; noix gwn roxnaeuz mbouj gwn byaekgep, lwgmanh heu, haeuxyangz dumq, mienxndaej gyanaek aendungx fudan; noix gwn haijsenh, nohyiengz.

Fuengndei Ngoenznaengz Swngghoz Baujgen

日常生活保健妙方

1、Habdangq yietnaiq, simcingz vaiqvued, ninz gaeuq.

2、Cimq raemxndat caemxndang, caemhcai nunaenx genga, coi lwed lae baedauq.

3、Ciengz ok rog bae bin bya, hawj lwgda miz gyaq, gyawj diuzceez hozdung.

4、Ciengz guh yindung, bangcoh gaijfang aensim caeuq aenndang.

5、Lai gwn gijgwn ndaengq, lumj haeuxlidu, raetrang, duh, lwgmak caeuq gak cungj byaekheu.

6、Gaej gwn gijgwn diemz, fenfwnj caeuq noh daiq lai, aenvih de ndaej yinxhwnj bouxvunz naetnaiq, gijgwn soemj rox hawj vunz gyadaih atlig hix gaej gwn lai.