

Seizdoeng Ciengx Nandang Daj Dangndei Ciengx Dungx Guh Hwnj

冬季养生从养胃靓汤开始

Seizdoeng aenvih deng nitgyoet gig dwk, ndang vunz cizvuz sinzgingh goengnaengz fatseng luenhlab, dungx-saej noddough cingqciengz gvilwd deng nyaulxluenh, veibing yungzheih fukfat. Baihlaj geij meih dangndei doiq boux dungx miz bingh haenx miz fuengzceih cozyung.

Dang nohmaknganx makcauj maenzcienz. Aeu 12 aen makcauj nding, daih'iek 300 gwz maenzcienz, song geng nohmaknganx, dangzsa byongh cenj. Sien cimq makcauj nding unq, dat naeng maenzcienz cab baenz naed le itheij dwk rek gya raemx coemh goenj cawj daengz unq cug, caiq dwk nohmaknganx caeuq dangzsa diuzfeih, caj nohmaknganx sanqhai

couh ndaep feiz daek hwnj gwn. Maenzcienz ndaej bouj mamx huz dungx; nohmaknganx, makcauj nding ndaej ik heiq lwed, cangq dungx.

Dang lauxbaeg nohyiengz. Aeu 750 gwz noh naengdungx duzyiengz, 500 gwz lauxbaeg hau, byaekhom, gyu, gihcingh, liuhlaeuj, coeng, hing, mwnh hozceu gak di ndeu. Swiq nohdungx duzyiengz seuq ronq baenz sei, lauxbaeg hau swiq seuq caemh-caiq ronq baenz sei. Dwk youz roengz rek, dwk hinggep cau hom le ndingq raemxgoenj roengz, caiq dwk gyu, gihcingh, liuhlaeuj, mwnh hozceu diuzfeih, raemx goenj le sien dwk nohdungx duzyiengz cawj cug, doeklaeng caiq dwk lauxbaeg hau gaij

yungh feiznumq cawj cug le dwk coeng caeuq byaekhom daek hwnj gwn. Cungj dang neix ndaej bouj ndaw ik heiq, raeuj dungx sanq caep.

Dang siju makcauj hing. Aeu mbaw gosijis ndip 10 gwz, 3 ndaek hing, 15 gwz makcauj nding, sien dwk makcauj nding roengz raemx bae swiq seuq cawz ngveih, cab hing baenz gep, ronq mbaw gosijis baenz sei le caeuq hinggep, makcauj itheij dwk roengz gumeng bae gya raemxraeuj feizhaenq cawj goenj le gaij yungh feiznumq aeuq 30 faen cung. Doeklaeng vez mbaw gosijis, hinggep hwnj, laebdaeb yungh feiznumq caiq aeuq 15 faen cung le daek hwnj gwn. Cungj dang neix ndaej raeuj dungx sanq caep,



hengz heiq bang siuvaq.

Dang hozceu dungxmou. Aeu 30 daengz 50 naed hozceu hau, aen dungxmou ndeu, gyu, liuhlaeuj, veicingh gak di ndeu. Sien swiq dungxmou seuq ronq baenz gaiq roxnaeuz sei le dwk rek gya raemx dwk hozceu aeuq 2 diemj cung baedauq, dang gwd dungxmou naemz le dwk gyu, liuhlaeuj, veicingh diuzfeih, caengz gwn haeux gaxgonq gwn. Hozceu singq raeujndat, ndaej raeuj ndaw sanq caep; dungxmou ndaej cangq dungx ciengx dungx.



Seizdoeng Boux Baenz Gvanhsinhbing Hab Haeujsim Swnghhoz Baujgen

冬季冠心病患者宜注意生活保健

Daih'it, haeujsim bauj raeuj, gaej hawj dwgliengz. Moix ngoenz yawj densi, gvangjbo, gibseiz liujgaij moix baez rumznit seizlawz daeuj daengz caeuq daeuj geijlai ngoenz, guh ndei fuengz nit bauj raeuj cosih. Boux baenz gvanhsinhbing seizdoeng guh ndei bauj raeuj cibfaen youqgaenj.

Daihgeih, "nintringz buenq diemj cung, gvanhsinhbing siuj sam cingz". Miz vwnzyen baudauj naeuz, mox ngoenz nintringz buenq diemj cung beij boux mbouj nintringz baenz gvanhsinhbing dai bae fatbinghlwd doekdaemq 30%, yenzynh dwg caeuq mwh nintringz hezyaz doekdaemq, simlwd gemjmenh, hawj gyangngoenz hezyaz gauhfung okyienh duenh seizgan doekdaemq ndeu mizgven.

Daihsam, fuengz "mohgveij seizgan". Swnghvuzcungh cietlwd yenzgiu byaujmingz, hwnzngoenz ndeu 24 diemj cung ndawde, gyanghaet 6 daengz 11 diemj dwg duenh seizgan fatbingh gipsingq sim saek, fwt dai ceiq gaenj ndeu, deng

heuhguh "mohgveij seizgan". Neix caeuq gyauhganj sinzgingh fat angq, simlwd gyavaiq, hezyaz swng sang, ndaw ndang hauq yangj lai, hezsiujbanj comzrom demlai mizgven. Ndigah, bouxlaux baenz gvanhsinhbing haemq naek haenx, gyanghaet hwnqmbonq le aeu daezgonq gwn yw, gyanghaet gaej anbaiz hozdung daiq lai.

Daihseiq, sam aen buenq faen cung, bauj diuzmingh bingzan. Yenzgiu byaujmingz, mbangj bingh sailwed sim uk gyanghwnz oksaeh roxnaeuz fwt dai caeuq gyanghwnz sawqmwh hwnqcong ok haexnyouh, aenn dang gajbienq daiq vaiq cauhaenz yaepseiz sim uk soengq lwed mbouj gaeuq mizgven. Gyoengq conghyah genyi naeuz: Mwh gyanghwnz ndiusingj seiz, wng sien ietnonx gwnz mbonq buenq faen cung, liuxle hwnq naengh buenq faen cung, caiq song fwngz gaemh bien congz buenq faen cung cij bae ok haexnyouh.

Yihyoz yenzgiu swhliu byauj-mingz, binghsimdaeuz bouxvunz raemhrwnh fat baenz sim geuj in, simlwd mbouj doengz bingzciengz, simdaeuz fwt dai, seizdoeng fatbingh dwg seizhah song boix lai. Doengz-seiz, boux baenz gvanhsinhbing youq bi ndeu dauqndaw dingz lai dwg youq ndaw seizdoeng dai bae.

Youq seizdoeng swnghhoz ndawde, fat baenz gvanhsinhbing hougoj cibfaen youqgaenj. Ndigah, boux baenz gvanhsinhbing seizdoeng wng haeujsim swnghhoz baujgen. Gidij cosih lumj baihlaj:

Seizdoeng Ciengx Nandang Geih Hanh Lae Hanh Roenx

冬季养生忌出大汗

Ok hanh daiq lai rox sied heiq, hix rox sieng daengz raemx ndang sonjhaih sim lwed. Ndigah, seizdoeng lienhdang geih hanh lae hanh roenx.

It fuengmienh, mwh ok hanh seiz conghbwn mbehai, sign couh ciemq haeuj ndang vunz bae yinxhwnj baenzbingh; lingh fuengmienh, seizdoeng mbwn nit, baez ok hanh le, ndang vunz bungz daengz rumznit couh yungzheih baenz dwgliengz. Daegbied dwg bouxlaux, seizdoeng engq aeu mienx deng hanh lae hanh roenx, neix dwg aenvih gojnwngz rox yaeuhfat baenz simlwd saetciengz caeuq hezyaz doekdaemq.

Yindung gaej daiq haenq, gamjdaengz aenn dang loq ndat di couh ngamj. Swiq sanghnaz roxnaeuz cimq raemxmbaq raeuj aeu haeujsim gaem ndei seizgan, itbuen cimq 15 faen cung baedauq, raemxraeuj aeu gamhanh youq 40 doh dauqlaj.

Daj laebdoeng hainduj, ginggvaq siujsiet, daihsiet, doengceiq, siujhanz, daihhanz, cigdaengz ngoenz laebcin gaxgonq cungj suenq dwg seizdoeng.

Seizdoeng mbwn nityuyu, ndang vunz sup haeuj caeuq baiz ok gemjmenh, yienznaeuz ndaej rom rengzndang, danhseih rengz dingj bingh cix doekdaemq lo. Ciuq mizgven soqgawq dungji ndaej rox, aen geiqciet neix lajbiengz dingz lai digih vunz sim miz bingh uk miz bingh sailwed miz bingh caeuq huhgizdau baenzbingh ceiq lai, dai hix ceiq lai.

Cunghyih nyinhnaeuz, seizdoeng

Seizdoeng Naek Youq Bouj Mak

冬季重在补肾

fanh faed ndoj youq, swyenzgai yaem hoengh yiengz nyieg, gak cungj doihdz caeuq doenghgo cungj ndojhai heiqyiengz caj seizcin daeuj daengz. Ndigah, seizdoeng ciengx ndang aeu naek yo yaem hoh yiengz. Caenhliengh ninz caeux hwnq gvaiz, baujciz yietnaiq seizgan gaeuq, hawj

eiqceiq caemcingx, heiqyiengz ndang vunz mbouj deng gauxca; genhciz habdangq lienhdang, lienhdang le gibseiz uet hanh hawq; haeujsim raeblaeng bauj raeuj, bouxlaux, lwgnyez caeuq boux ndang hawnyieg engq aeu haeujsim dingj nit bauj raeuj.

Seizdoeng dwg aen geiqciet ndei

gwn bouj ndeu, danhseih gwn bouj aeu swnh de swhyienz, haeujsim ciengx heiqyiengz. Seizdoeng aeu lai gwn di gijgwn raeuj ndat ndeu, yienghneix cij ndaej hawj aenn dang lai dingj ndaej nit. Nohma caeuq nohyiengz ceiq hab bouxlaux gwn bouj. Linghvaih, Haetnaengz hwnqmbonq le aeu gwn boi laeujyinzsinh iq ndeu, yienghneix ndaej re rumz dingj nit, vued lwed. Ronq nohvaiz baenz gaiq iq, gya di laeujhenj, coeng, hing ndeu dwk gumeng aeuq naemz gwn dang caeuq noh, ndaej ik heiq gaij hozhawq, nyinh ciengx aendungx.