

Seizdoeng Caemx Raemxgyoet Aeu Gangj Gohyoz



冬季洗冷水澡要讲究科学方法

Seizdoeng mbwn nityauyau, caemx raemxgyoet aeu gangj gohyoz cij ndaej.

Daih'it, caemx raemxgyoet aeu aenq ndang bae caemx. Nandang vunz miz aen sikwngq gocwngz he, ndigah, caemx raemxgyoet aeu daj seizcou roxnaeuz ngamq haeuj doeng seiz hainduj gvaqdoh daengz seizdoeng. Doengzseiz, caengz caemx raemxgyoet gaxgonq aeu sien guh "ndat ndang" yindung, yungh fwngz nucat naengnoh caeuq hohndok, cigdaengz aenndang loq nding, fatndat cij hainduj caemx. Mwh caemx, sien daj song genga rwed raemx, gvaq geij faen cung caiq rwed fajaek caeuq baihlaeng.

Daihngeih, caemx raemxgyoet aeu haeujsim dohraeuj caeuq seizgan. Caemx raemxgyoet seiz,

raemx gaej gyoet lai, itbuen miz 5 daengz 10 doh couh ngamj, caemx 10 daengz 15 faen cung couh ndaej, ceiq nanz mbouj ndaej mauhgvaq buenq diemj cung. Caemx ndei le, gibseiz aeu gaen mad hawq, caiq aeu gaen cat daengz naengnoh loq nding fatndat cij dingz, coi sailwed laj naeng vaiq di mbehai, yienghneix ndaej hawj daengz ndang gamjdaengz raeujrub cwxcaih.

Daihsam, yawj aenndang gamjsouh baenzlawz yiengh. Dangh-naeuz mwh caemxndang raen naeng-noh laebdaeb bienq hau, gyaеuj ngunh, ndang saenz seiz wngdang dingz caemx, mienxndaej fatseng loeklak.

Geij cungj vunz lajneix mbouj hab caemx raemxgyoet.

Caemx raemxgyoet mbouj dwg vunzvunz caemx ndaej. Lwngding

caeuq bouxlaux 60 bi doxhwnj ceiq ndei gaej caemx raemxgyoet; meh-mbwk youq geizdawzsaeg, geizdaiq-ndang gaej caemx raemxgyoet, bingzseiz caemxndang raemx gaej gyoet lai; boux ciengzgeiz gyaban roxnaeuz boux aenndang menjyizliz doekdaemq gaej caemx raemxgyoet, mboujnex rox hawj nengzbingh binghdoeg ciemq haeuj ndang bae, yinxhwnj baenz dwgliengz, conghhoz in; boux doiq raemxgyoet miz minjganj mbouj hab caemx raemxgyoet, mboujnex naengnoh rox hwnjcemj; boux hezyaz sang caemx raemxgyoet rox hawj hezyaz swng sang, caemhcaiq rox cauhaenz sailwed uk ok lwed, mauhfung, maezgae; boux simdaeuz miz bingh caemx raemxgyoet, rox gya'naek simdaeuz fudanh, yaeuhfat baenz sim geuj in, gipsingq sim saek dai caemhcaiq fwtdai; boux baenz fungcaep, boux baenz coguz sinzgingh in hix mbouj hab caemx raemxgyoet.

Seizdoeng Gwn Gijmaz Dang Ceiq Ciengx Nandang

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Seizdoeng gwn di dang ndei ndeu, gawq ndaej bouj raemx hawj aenndang, youh ndaej nyinh bwt nyinh sauj, caemhcaiq ndaej hawj aenndang dingj ndaej bingh dem. Baihlaj gaisau geij aen dang gawq ndei gwn youh yungzheih guh ndeu hawj daihgya:

Dang makleizsezliz maenz-cienz bwtmou. Aeu 200 gwz maenzcienz, 2 aen makleizsezliz, fouq bwtmou ndeu, 5 gwz naeng makgam caez aeuq dang gwn. Cungj dang neix ndaej siu ndat nyinh bwt, vaq myaiz dingz ae, liengz lwed bang siuvaq. Hab boux baenz ganhyenz, boux baenz daep ndongj, boux baenz hozgyawh haenz caeuq boux baenz feiyenz gwn.

Dang ndoksej ngaеux. Aeu 500 gwz ngaеux, 500 gwz ndoksej mou caez aeuq dang gwn. Ndaej bouj mamx ik bwt.

Dang nohcing beghab daiswj-sinh. Aeu 100 gwz daiswjsinh, 50 gwz beghab, buenq aen mak-lozhangoj, 150 gwz nohmou cing itheij aeuq dang gwn. Ndaej nyinh bwt siu sauj, ik bwt seng raemx. Hab boux heiq haw bwt sauj, boux ae' ngab heiq dinj, boux bak sauj hozhawq, boux ndat sauj sieng bwt gwn.

Dang makcauj byaek sauj nohbit. Aeu 400 gwz nohbit, 100 gwz nohmou cing, 250 gwz byaekhau sauj, 5 aen makcauj caez aeuq dang gwn. Ndaej nyinh bwt siu sauj, dingz ae seng raemx. Hab



boux gan ae mbouj miz myaiz, boux conghhoz hawqsauj gwn.

Seizdoeng ciengz gwn mak-leiz, makyungz, makcengz, mak-moiz, makit, maksanhcah, maksig-louz, makmizhouzdauz daengj, ndaej ciengx bwt, dingz siq giep caep, seng raemx gajj hozhawq, cangq dungx siu cwk, sek dungx. Gwn dangzrwi, ngveih makgingq, raetngaenz, daeuhfouh caemh ndaej doeng haex. Boux dungxsaej hawnyieg youh siuvaq mbouj ndei haenx, ndaej gwn di cehmbu, maenzcienz, duhbp ndeu.

GiuJ Yungh Gyoij-hom Fuengzceih Dinfwngz Dekleg

巧用香蕉防治手足皸裂

Baez daengz seizdoeng, mbwn nityauyau, hoengheiq hawqsauj, haujlai vunz dinfwngz cungj deng dekleg lo, daegbied dwg bouxlaux engq dwg dekleg youqgaenj. Aeu gyoijhom daeuj ceihyw ndaej yw ndei.

1、Aeu aen gyoijhom ndeu (yied cug yied ndei), moix haemh swiq seuq dinfwngz le nyaenj aeu di nohgyoij ndeu led giz dekleg, led 3 daengz 5 ngoenz couh ndeidingh.

2、Aeu aen gyoijhom cug daeuq ndeu, dwk nohgyoij roengz vanj bae, caiq aeu aen gaihswzlu (开塞露) ndeu ma nyaenj raemx de roengz vanj bae caeuq nohgyoij itheij gyaux yinz baenz naez bwh yungh. Yaek yungh seiz, sien swiq giz dekleg seuq uet hawq, caiq yungh nohgyoij led gizde le fanfoek nucat, ngoenz baez, lienz yungh 3 daengz 5 ngoenz couh ndeidingh.

Seizdoeng gwn bouj baez mbouj siujsim couh bouj gvaqmauh, daegbied dwg boux baenz binghmenhsingq, lij aeu lai gwn di lwgmak caeuq byaekheu ndeu daeuj bouj raemx hawj aenndang, fuengz lwed gwd niu. Gwn cungj byaek lawz ceiq ciengx ndang ne?

Lauxbaeg. Seizdoeng ciengx ndang ndaej lai gwn di lauxbaeg ndeu. Vahfug naeuz: Seizdoeng gwn lauxbaeg, seizhah cix gwn hing. Lauxbaeg ndaej swnh heiq siu cwk, dingz ae vaq myaiz, cawz sauj seng raemx, sanq giet geij doeg, cing liengz gajj hozhawq, mizleih doeng haex.

Byaekhau. Cunghyih nyinh-naeuz, byaekhau ndaej ciengx dungx seng raemx, siu fanz gajj hozhawq, leih nyouh doeng haex, siu ndat geij doeg. Dingzlai vunz cungj gwn ndaej, daegbied hab boux bien biz, boux ndaw ndat bien hoengh, aendungx

Gangjgangj Geij Cungj Byaek Doiq Seizdoeng Ciengx Nandang Ceiq Ndei

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mbouj huz, baenzae myaiz lai haenx gwn. Seizdoeng aenmbwn hawqsauj, byaekhau hamz raemx lai, hamz veizswnghsu C hix lai, lai gwn di ndaej nyinh yaem nyinh sauj, henhoh naengnoh. Gij nyinzsei ndaw byaek-hau ndaej nyinh saej baiz doeg, coi ndang vunz supsou danbwzciz doih-duz, boux baenz haexgaz engq hab lai gwn di byaekhau ndeu.

Duhngaz. Ndaw duhngaz hamz miz yezluzsu ndaej fuengzceih saej-gyoenj baenzaiz, ndawde hamz miz denhmwnz dungh'anhsonh, ndaej hawj yujsonh noix rom youq ndaw ndang

vunz, baenzneix couh mizleih siucawz naetnaiq. Cunghyih nyinhnaeuz, duh-ngaz singq diemz, ndaej siu ndat geij doeg, leih caep doeng haexnyouh.

Byaekbohcai. Ndaw byaekboh-cai hamz miz huz lauxbaeg doxgaiq beij cungj byaek wng lai, hamz hwzvangzsu hix lai, ndaej fuengz gokbak biux naeuh, naengbak in, linx in, naeng haenz.

Lauxbaeg nding. Lauxbaeg nding aeuq gwn ceiq ndei, daihngeih dwg cauj gwn. Aeuq gwn ndaej baujciz huz lauxbaeg doxgaiq 93% baedauq, cauj gwn ndaej baujciz 80% doxhwnj.

Byaekreuz. Byaekreuz hamz miz veizswnghsu doxgaiq lai, veizswnghsu C hamzliengh engq lai, beij byaekhau caeuq ngaz duhenj lij sang gvaq samseiq boix, beij makgam lij sang 2 boix. Coudoeng geiqciet saidiemheiq ganjyenj baenzbingh lai, wng lai gwn di byaekreuz ndeu.

Ohswnj. Ndaw ohswnj hamz denj ceiq lai, mbaw de yingzyangj ndei gvaq ganj de. Boux seizdoeng haengj baenzae lai haenx wng lai gwn di mbaw ohswnj ndeu.

