

Seizdoeng Dungx Gyoet Baenzlawz Guh

冬天胃寒怎么办

It、Haeusim Baujraej. Mbwn liengz le, haethaemh dohraej doxca lai, boux baenz menhsingq dungx in daegbied aeu haeusim baujraej aendungx, habseiz dem daenj buhvaq, gyanghwnz ninz aeu hoemq denz ndei, fuengz aendungx dwgliengz yinxfat baenz dungx in roxnaeuz bingh gaeuq gya'naek.

Ngeih、Gwnnduet Diuz-ciengx. Boux baenz dungx in gijgwn aeu raeuj, unq, cit, gwn cai, singisien guhcawj, guh daengz dinghseiz dinghliengh, gwn noix gwn lai donq, hawj gijgwn ndaw dungx ciengzseiz miz doxgaiq caeuq veisonh doxcung, yienghneix ndaej fuengz nemmuck aendungx deng gaet caeuq giz biux naeuh engq haeujnaek.

Lai Gwn Cuk Ndat. Haeux-cuk cujyau dwg aeu haeuxsuen, haeuxfiengj roxnaeuz haeuxcid, haeuxlidlu daeuj cawj baenz,

yingzyangj cwngzfwon lai, caemh-caiq haeuxsuen, haeuxfiengj, haeuxlidlu singq diemz ndaej huz hei q dungx, bouj mamx haw, ndigah, seizdoeng ciengz gwn cuk haeuxnaz daih miz ndei-cawq.

Cauj Byaek Dwk Hozceu. Cauj byaek cawj dang cawj cuk seiz, dwk di hozceu, hingsauj, naeng makgam ndeu, geij cungj doxgaiq neix singq bingz manh raeuj, ndaej giep caep bauj hei q dungx. Aen fap neix mboujdanh seizdoeng hab yungh, boux hei q-yiengz aendungx haw bi daengz byai cungj hab gwn.

Bak Hamz Hingndip. Cungh-yih nyinhnaeuz, hingndip dwg yw ndei dingz rueg. Mwh mwngz dungx fan siengj rueg, ndaej cab aeu gep hingndip ndeu hamz youq ndaw bak, couh nanz rueg ndaej okdaej.

Sam、Geihbak Baujyangj. Boux baenz dungx in aeu haeusim

geihbak, mbouj gwn gij doxgaiq gyoet lai, ndat lai, geng lai, manh lai, niu lai, engq aeu geih lanh gwn lanh ndoet, gaiq ien gimq laeuj. Linghvaih, gwn yw seiz cei q ndei dwg gwn haeux gvaqlaeng caiq gwn, fuengz nemmuck aendungx deng gig cauhbaenz bingh engq haeujnaek.

Seiq、Simcingz Vaiqvued Diuzciengx. Dungx in naekmbaeu caeuq bouxvunz simcingz gvan-haeh maedsaed. Ndigah aeu gangj simleix veiswng, baujciz simcingz vaiqvued onjdingh, gaej gaenj-cieng, youcaez, fatheiq. Doengz-seiz aeu guh daengz guhhong yietnaiq doxgiethab, fuengz naet-naiq gvaqbouh yingyangj dungx in hobndei.

Haj、Yindung Cangq Ndang. Boux dungxsaej miz bingh aeu guh habdangq lienh-ndang yindung, hawj aenndang lai dingj ndaej bingh, baujciz ndang-daej gengangh.



Seizdoeng Baenzlawz Fuengz Nohheuj Ok Lwed 寒冬牙龈出血怎么防

Conhgyah byaujsi naeuz, mwh cat heuj raen nohheuj ok lwed, ndaej genjcaz gaiqcatheuj dwg mbouj dwg bwn geng lai. Danghnaeuz dwg aenvih bwn gaiqcatheuj geng lai cauhbaenz ok lwed, ndaej lingh vuenh gaiqcatheuj bwn unq ndeu daeuj laebdaeb cat. Bingzseiz wng guh ndei conghbak veiswng, aeu guh daengz bailhlaj sei q diemj:

1、Moix donq gwn haeux sat caeuq gwn caeuz sat aeu riengx bak, boux baenz nohheuj in ndaej aeu raemx riengx bak, yienghneix ndaej gaj dai dingzlai nengzbingh ndaw bak caeuq sei qhenz diuzheuj, hawj ndaw bak mbouj miz hei qhaeu.

2、Genhciz haethaemh cat heuj. Boux baenz nohheuj in ndaej senj yungh yozvuz yazgauh daeuj cat heuj, cei q ndei dwg senj cawx geij cungj binjbaiz mbouj doxdoengz caemhcai q miz dingz lwed yaugoj daeuj doxlwnz cat heuj.

3、Ngoenznaengz wng aeu sienqheuj (ceiq ndei dwg moix donq gwn haeux sat caeuq gyanghaemh yaek haeujninz gaxgonq) daeuj beng cat, geh heuj hung lai ndaej aeu gaiqcat geh heuj daeuj cat, siucawz gij nyaqhaeux nyaqbyaek heizheuj lamqlw youq goek heuj bae seuq, fuengz heuj baenz gietsig.

4、Dinghgeiz bae yihjyen swiq heuj. Itbuen byongh bi daengz bi ndeu bae swiq heuj baez ndeu. Boux heujnengz heujswt heujbingh aeu bae yihyen guh hidungj cei hyw cij ndaej.

Linghvaih, boux baenz daep ndongj, boux aenmamx gihnwngz ok luenh, boux mak in geizlaeng daengj nohheuj hix rox ok lwed. Danghnaeuz dwg yienghneix, wng gibseiz bae yihyen duenq yw.

Seizdoeng dwg aen geiqciat haengj fat bingh sailwed sim uk ndeu. Seizgan swnghvuz yihyoz yenzgiu ndaej rox, bingh sailwed sim uk dingzlai dwg youq gyanghwnz caeuq haetromh fatbingh, binghsimsaek, sim fwt dai, mauhfung hix dingzlai dwg youq haetcaeux fatbingh.

Ranz caengz rongh gyanghwnz 4 diemj cung baedauq, vunzraeuz sim diuq caeuq diemhei q suzdu gemjmenh, sengmingh hozdung youq laeng giz cei q daemq, doenghmeg sailwed sim uk hix lae gig menh, yungzheih habbaenz lwed saek, sim uk siuj lwed; mwh gyoengqvunz dai "buenq ninzndaek" ndiusingj gvaqdaej seiz, diemhei q caeuq sim diuq gyavaiq, lwed lae hix gaenriengz gyavaiq, hezyaz swng sang, youh yungzheih hawj sailwed sim uk gaeng lauxvaq haenx dekleg. Vih fuengz oksaeh, bouxlaux miz doenghmeg uk giet ndongj, bouxlaux miz hezyaz sang, bouxlaux miz binghsimdaez caeuq bouxlaux ndang haw ndang nyieg haenx, seizdoeng gyanghaet hwnqmbonq gaxgonq, wng sien laepda ietnonx gwnz mbonq geij faen cung, caj aen'uk ndiusingj caezcienz, aenndang sikhab swnghvuz-cungh bienqvaq gvilwd le, cai q menhmenh hwnq-

Bouxlaux Seizdoeng Gyanghaet Lienhndang Aeu Menh Hwnqndang

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daeuj. Yaek hwnq seiz, ndaej sien youq gwnz mbonq menhmenh iet hwet, guh di hozdung iq ndeu le cai q menhmenh hwnqdaej.

Dinfwngz Gyoetgyat Gwn Makcauj Nding Daeuj Yw

手脚冰凉就吃红枣食疗

1、Gwn dang makcauj nding ndaej seng lwed.

Yenzliuh: Makcauj nding 15 aen cawz ngveih, 200 gwz haeuxfiengj, di dangznding ndeu.

Guhfap: Yungh raemxsaw swiq haeuxfiengj seuq cimq raemx 15 faen cung; dwk raemx swiq makcauj nding seuq, doeklaeng dawz song yiengh neix itheij dwk rek gya raemx cawj goenj le, gaij yungh feiznumq cawj 1 diemj cung, soeklaeng dwk dangz-nding heuz gwn.

Goengyauq: Aen dang neix dwg cungj dang yw bouj lwed ndeu, makcauj nding hamz miz veizswnghsu

gig lai, mehdaiqndang lwedhaw gwn de ndaej bouj lwed. Danhseih mehmbwk dungx hawcaep mbouj ndaej gwn makcauj nding dai q lai.

2、Caz makcauj nding noh maknganx.

Yenzliuh: Makcauj nding 5 aen, bau begdangz ndeu, yawj gak boux amqbak gya roxnaeuz gemj.

Guhfap: Makcauj nding caeuq maknganx faenbied bok noh ok cawz ngveih ndei, cai q dwk raemxndat cimq 8 daengz 10 faen cung, doeklaeng dwk begdangz heuz gwn.

Goengyauq: Makcauj nding caeuq noh maknganx doi q boux yaem

haw daeuj gangj, ndaej hwnj daengz bouj lwed ik hei q cozyung. Danghnaeuz aen ndang mwngz dwg bien saujndat, wngdang noix gwn di, mienxndaej hwnjhuj. Danghnaeuz lauhei q hwnjhuj, ndaej dwk naed daengz song naed ceh gaeujgij roengzbae.

Gwn makcauj nding miz gimq-geih.

1、Mehmbwk dawzsaeg geizgan, mbangj mehmbwk rox okyienh da foeg roxnaeuz din foeg, cungj vunz neix couh mbouj hab gwn makcauj nding lo, aenvih makcauj nding feih diemz, gwn lai rox seng raemxmyaiz seng

cumx, raemx cumx rom youq ndaw ndang, foegraemx couh engqgya youqgaenj.

2、Boux baenz aek ciengq mbouj hab gwn makcauj nding, mienxndaej seng cumx dimz youq, aek engq ciengq dwk youqgaenj.

3、Mehmbwk ndang saujndat dawzsaeg geizgan gwn makcauj nding, gojnwngz rox hawj lwedsaeg ok engq lai.

4、Boux baenz binghnyouhdangz cei q ndei noix gwn makcauj nding, aenvih de hamz dangz lai, gwn lai rox hawj hezdangz swng sang, binghcingz engq haeujnaek.