

Seizdoeng dwgliengz gwnndoet miz gimqgeih, Baenz dwgliengz seiz, ndaej lai gwn haj cungj doxgaiq lajneix.

1、Dang caeuq cuk cit. Dwg-liengz seiz, goengnaengz dungxsaej bouxvunz nyieg lai lo, cuk caeuq dang cit yungzheih siuvaq, doengzseiz cuk ndat dang ndat ndaej coi ndang vunz ok hanh, danhseih ok hanh le aeu haeujsim bouj gwn raemx.

2、Naengj bya caeuq gaeq gwn. Ndang vunz nyieg seiz, aeu haeujsim bouj gwn youhciz danbwzciz. Ndaw nohgaeq caeuq nohbya hamz miz lai cungj anghihsonh ndang vunz aeu miz haenx, caemhcaiq gij danbwzciz de yungzheih siuvaq supsou, ndaej hawj aenndang lai dingj ndaej binghdoeg dwgliengz.

3、Gwn lauxbaeg. Gij lozbuzsu ndaw lauxbaeg ndaej yawhuengz dwg-

Dwgliengz Geizgan Gwnndoet Miz Gimqgeih

感冒期间的饮食宜忌

liengz, caemh ndaej vanjgaj mwh dwgliengz myaiz lai. Guhfap: Dawz lauxbaeg cab soiq daem yungz nyaenj aeu raemx, caiq daem hingndip yungz nyaenj aeu raemx heuz raemx lauxbaeg heuz raemxgoenj gwn.

4、Gwn yiengzcoeng caeuq gosuenq. Yiengzcoeng heiq manhget, ndaej dingj nit caeuq dingj dwgliengz, caemhcaiq miz itdingh gaj nengz cozyung dem. Yiengzcoeng lij ndaej gig dungxsaej caeuq siuhvasen iemqok, hawj vunz sek dungx lai gwn ndaej doxgaiq, coicaenh siuvaq.

5、Gwn dangzrwi. Ndaw dangz-

rwi hamz miz lai cungj swnghvuz vuedsingq doxgaiq, ndaej gikfat menj-yiz goengnaengz aenndang bouxvunz, haethaemh gak gwn baez ndeu, ndaej demgiengz menjyizliz aenndang vunz-raeuz, caemh ndaej dingj binghdoeg ciemq haeuj.

Dwgliengz seiz gaej gwn haj cungj doxgaiq lajneix.

1、Gaej gwn huqdiemz. Mbouj-lwnh dwg diemzsim roxnaeuz lwgmak diemz, baenz dwgliengz geizgan cungj aeu geih gwn. Huqdiemz mboujdanh ndaej hawj myaiz lai myaiz niu, lij rox hawj vunz baenz aek ciengq、mbouj

ngah gwn doxgaiq.

2、Cawj byaek gaej dwk gyu hamz lai.

3、Siu gwn gijgwn nyinzsei co. Lumj siuj gwn byaekginzcai、byaekgep、byaekdoengzhauh daengj.

4、Gaej gwn gij huq manh lai. Gwn lwgmanh rox hawj goengnaengz dungxsaej engq luenhyab, caemhcaiq rox hawj vunz rub myaiz、rueg ok.

5、Gaej gwn caz gwd gahfeih gwd. Caz gwd caeuq gahfeih gwd rox hawj dungxsaej mbouj cwxcaih, mbangjseiz rox hawj gijgwn ndaw sai aendungx lae doxdaug dem.

Raemxreiz Byaekheu Lwgnding Maij Gwn

提升宝宝食欲的蔬菜米汤



Hab gij lwgnding doekseng ndaej 4 ndwen doxhwnj gwn.

Caizliuh: Byaekbausim 30 gwz, lauxbaeg nding 30 gwz, di raemxreiz ndeu.

Guhfap: Swiq byaekbausim、lauxbaeg nding seuq ronq baenz sei; dwk di raemx he caeuq sei byaekbausim、sei lauxbaeg nding itheij hai feiz cawj goenj; cawj goenj yaep ndeu le, aeu buenq vanj raemxbyaek gya buenq vanj

raemxreiz(gaej hamz miz naed), gyaux ndei couh baenz.

Raemxbyaek caeuq raemxreiz bijli dwg 1 : 1.

Byaekbausim hamz miz lai cungj veizlieng yenzsu ndang vunz aeu miz haenx, ndaej coicaenh suphaeuj caeuq baizok, ndaej bangcoh lwgnding sengmaj fazyuz, de noix ndat, loq diemz, lwgnding haengj gwn. Dapboiq lauxbaeg nding gij huq saek sien neix, lwgnding cei q haengj gwn.



Byaekheujmax Ndaej Yw Binghnyouhdangz

马齿菜能治糖尿病

Byaekheujmax hamz miz danbwzciz、youzlauz、liuzanhsonh、hwzvangzsu daengj gak cungj yingzyangj doxgaiq. Aenvih de hamz miz doxgaiq soemj haemq lai, ndigah gwn seiz miz cungj feih haemz ndeu. Gij yw yungh goengnaengz de dwg siu ndat gej doeg、liengz lwed dingz lwed. Youh aenvih de hamz miz gi' gyazsin sangsensu, ndaej coicaenh yizdausien iemq yizdausiu okdaeuj, diuzcez dangz ndaw ndang vunzraeuz baiz okdaeuj, gyangqdaemq hezdangz nungzdu, baujciz hezdangz onjdingh, ndigah doiq binghnyouhdangz miz itdingh cei yw cozyung. Linghvaih, de lij hamz miz cungj bubaujhoz cihfangzsonh ndeu, ndaej hanhhaed danjgucunz caeuq ganhyouz sanhcij habbaenz, ndaej baujhoh sailwed aensim. Gwnfap miz haujlai cungj, log raemxgoenj le cauj gwn、guh liengzban gwn、guh hamh gwn cungj ndaej.

Naenxat Gizlawz Ndaej Vanjgaj Gyaueuj In

按压哪个穴位可缓解头痛

Cunghyih nyinhnaeuz, ndaw ndang vunzraeuz miz giz saenzdingz ndeu, gizhaenx dwg giz hawj vunzraeuz coengmingz lingzleih, gizde cujyau dwg diuzgung sinzgingh hidungj. Ciengzseiz naenxat gizde, ndaej hawj aen' uk bouxvunz engq coengmingz, caemh ndaej daez saenz cingh sim. Linghvaih, ciengz naenxat gizde, lij ndaej yw linjlau mbouj onj、gyaeuj in daengj bingh.

Saenz dwg vix yienzaenz, dingz dwg vix gunghdingz、dingz-

dangz. Cunghyih naeuz, "aen' uk dwg gij goekrag yienzaenz", saenzdingz dwg giz cei q cungsims goekrag, vunzraeuz coengmingz couhdwg daj gizhaenx okdaeuj.

Giz saenzdingz youq gwnz gyaueuj, youq aen' gyaueuj giz cungq-gyang cig hwnjbae 0.5 conq. Aenvih gizde cujyau cozyung dwg diuzgung sinzgingh hidungj, naenxat gizde ndaej gemjmbaeu boux baenzin genga insep. Danghnaeuz swhgeij saekseiz gyaueuj ngunhswg-

swg, roxnaeuz cingzsi fubfeb gig daih, moix ngoenz naenxat gizde 50 daengz 100 baez couh ndaej.



Roek Aen Dan Iq Ndawbiengz Yw Conghbak Biux Naeuh

治疗口腔溃疡的六个民间小偏方

1、Raemxhing riengx bak. Conghbak baenz biux naeuh seiz, yungh raemxhing ndat riengx bak, ngoenz 2 daengz 3 baez, itbuen riengx 6 daengz 9 baez, giz biux naeuh couh hainduj raen ndei.

2、Yungh veizswnghsu B2 oep. Aeu veizswnghsu B2 ngenz baenz mwnh, dwk di youzhom ndeu ndau yinz hawj de gwdlet, oep giz biux naeuh, ngoenz

oep 4 daengz 6 baez. Veizswnghsu B2 mbouj saep mbouj haemz, feih hom, mbouj gig giz biux naeuh, hix ndaej dingz in, lien z oep 2 daengz 3 ngoenz, giz biux naeuh couh ndei.

3、Raemxcas riengx bak. Aenvih ndaw caz hamz miz lai cungj veizswnghsu, ndaej fuengzceih gak cungj haenz in, doi q cei yw cong hbak biux naeuh miz itdingh bangbouj

cozyung.

4、Raemx lauxbaeg ngaeux riengx bak. Aeu 2 aen lauxbaeg ndip, donh ngaeux ndeu swiq seuq caez daem yungz nyaenj aeu raemx de hamz ndaw bak riengx dwk, ngoenz 3 baez, lien z yungh 4 ngoenz couh raen miz yau goj.

5、Yungh ywnaed veizswnghsu C led. Ngenz ywnaed veizswnghsu C

baenz mwnh led gizde, led baez daengz song baez couh raen miz yau goj. Led 2 daengz 3 ngoenz giz biux naeuh couh ndei.

6、Led veizswnghsu E. Cim mbongq veizswnghsu E gyauhvanz, nyaenj aeu ywraemx ma led giz biux naeuh, louzce 1 faen cung, moix ngoenz led 4 baez, youq mwh gwn haeux gvaq roxnaeuz yaek ninz seiz led, itbuen led 3 ngoenz couh ndei.

Boux baenz cong hbak biux naeuh, ngoenznaengz gwnndoet aeu haeujsim, gaej gwn lwgmanh、meiq、hing、coeng、batgak. Aenvih gwn gij huq neix rox gig giz biux naeuh, gizde engqgya insep, giz biux naeuh rox gya hung nanz ndei.