

Ngamq Haeuj Seizcin Ciengx Daep Hoh Daep Seiq Aen Yenzcwz

初春养肝护肝四原则



Seizcin rumnywj gofaex did mbaw maj hoengh, aenbwt bouxvunz caeuq rumnywj gofaex doxlumj, seizcin aeu ciengx bwt hoh bwt. Cunghyih genyi naeuz, seizcin ciengx daep hoh daep aeu lai gwn raemx, siuj gwn laeuj, baujciz gwnndoet dox-daengh, lai yindung, baujciz simcingz vaiqvued hailangh.

Lai gwn raemx. Ngamq haeuj seizcin mbwn lij nit, ndang vunz yungzheih hawqsauj noix raemx, lai gwn raemx ndaej bouj raemx hawj aenndang, hawj lwed lae baedauq ndei, coi ndang vunz sup haeuj caeuq baiz ok, gemjsiuj huqdoeg youq ndaw

ndang sonjhaih aen'daep.

Gwnndoet aeu doxdaengh. Conhgyah naeuz, boux aen'daep mbouj ndei gaej lanh gwn lanh ndoet, hix gaej ciengzgeiz ngaiznyed dungx iek. Mboujnex, yungzheih yinxhwnj raemxsiuvaq iemqok mbouj doengz bingzciengz, cauhaenz goengnaengz aen'daep saetdiuz. Ndigah, seizcin gwnndoet aeu baujciz doxdaengh, gij bijli ndaw gijgwn hamz danbwzciz, dansuij vahozvuz, youzlauz, veiz-swnghsu caeuq gvangvuzciz aeu baujciz hab'wngq; gaej bien gwn genj gwn; caenhliengh noix gwn gijgwn manhget, lai gwn byaekheu singjsien

caeuq lwgmak.

Noix gwn laeuj. Ngamq haeuj seizcin mbwn lij nit, gwn di laeuj ndeu ndaej doeng ging, vued lwed, vaq cwk, mizleih heiqliengz aen'daep swngfat, danhseih mbouj ndaej gwn gvaqmauh, gwn lai rox sieng aen'daep. Ciuj yihyoiz yenzgiu ndaej rox, boux vunz ndang ndei ndangnaek miz 60 goeng-gaen, moix ngoenz cijnaengz baiz ok 60 gwz ciujcingh, naengh gwn lai couh rox yingyangj aen'daep gengangh, caemhcai rox cauhaenz ciujcingh dengdoeg, sengmingh miz yungyiengj.

Simcingz aeu vaiqvued hailangh. Conhgyah naeuz, siengj hawj

aen'daep gengangh, daih'it dwg gaej fatheiq, couhcinj fatheiq hix gaej mauhgvaq 3 faen cung, aeu caenh-liengh guh daengz sim bingz heiq huz, vaiqvued hailangh, gaej youcauez gvaqbouh.

Habliengh yindung. Ngamq haeuj seizcin mbwn raeuj lij nit, wnggai habdangq ok rog ranz bae yindung, lumj okbae youzlangh, cuengq yiuhrumz, menhbyaij, menh-buet daengj. Aeu haeujsim dwg, yindung gaej haenq lai, gaej hanh lae hanh roenx, heiq baegfofo, mboujnex, heiqliengz sied bae lai, doiq ciengx ndang mbouj miz ndeicawq.



Ngamq Haicin Ciengx Nandang Fuengz Bingh Lai Gwn Byaekgep

初春养生防病多吃韭菜

Ngamq haicin lij dwg rumznit guhcawj, ndaej lai gwn di byaekgep ndeu daeuj giep yaem sanq nit.

1、Byaekgep ndaej sanq cwk vued lwed. Byaekgep ndaej vued lwed, sanq cwk, geij doeg, mizleih ndang vunz gyangqdaemq hezej, fuengzceih lwedhaw, gvanhsinhbing, doenghmeg giet ndongj.

2、Byaekgep ndaej cangq dungx siu gijgwn. Byaekgep ndaej bauj raeuj, cangq dungx, ndawde hamz miz gij nyinzsei co ndaej coi diuzsaej noddough, bang ndang vunz siuvaq. Mboujdanh ndaej fuengzceih ciengzseiz baenz haexgaz caeuq diuzsaej baenz aiz, lij ndaej bausuek huqcab ndaw conghsaej riengz haex baiz okdaeuj, ndigah ndawbiengz heuh de guh "byaek swiq saej".

3、Byaekgep ndaej sek dungx hawj vunz lai gwn ndaej doxgaiq. Ndaw byaekgep hamz miz fanghyangh veihfazyouz doenghgo, ndaej hawj vunz sek dungx lai gwn ndaej doxgaiq, lwgnyez, bouxlaux, mehdaiqndang habdangq gwn di byaekgep ndeu, mizleih aenndang gengangh.

4、Byaekgep ndaej hoh naengnoh raeh da. Ndaw byaekgep hamz miz veizswnghsu A lai, gwn de mboujdanh ndaej meijyungz, raeh da caeuq nyinh bwt, lij ndaej hawj vunz noix baenz siengfung dwgliengz, ae'ngab daengj bingh dem.

5、Byaekgep ndaej gaj nengz siu in. Ndaw byaekgep hamz miz liuz vahozvuz, miz itdingh gaj nengz siu in cozyung, ndaej hanhhaed luznungz-ganjgin, sienghanz, okleih, dacangzganjin caeuq buzdauzgin saek gimvuengz.

6、Byaekgep ndaej bouj heiq cangq yiengz. Vunz ciuhgeq heuh byaekgep guh "byaek cangq yiengz", ndaej fuengzceih viz loi, hwet in, nyouh dei, ga unq daengj bingh.

Seizcin Gawq Ciengx Daep Hix Wngdang Ciengx Bwt

春季既要养肝也要养肺

Seizcin cawz yawjnaek ciengx daep le, ciengx bwt hix gig youqgaenj, ndaej daj cingsaenz, gwnndoet caeuq yindung sam aen fuengmienh bae diuzleix ciengx ndang.

Cingsaenz ciengx bwt, gwnndoet ciengx bwt, yindung ciengx bwt. Vunzraeuz seizcin yungzheih naetnaiq, cingsaenz mbouj ndei seiz ceiq yungzheih sieng bwt. Ndigah, seizcin gaej youcauez daiq lai, aeu haeujsim cuengq atlig okdaeuj, diuzcez

cingzsi.

Gwnndoet ciengx bwt cuj-yau dwg lai gwn raemx, ngoenznaengz ceiq ndei beij bingzseiz lai gwn 500 hauz-swngh raemx. Lij ndaej ndingq raemxgoenj roengz boi bae, aenndaeng doiqcinj bakboi sup raemxfwi haeujbae, moix ngoenz songsam baez, moix baez 10 faen cung. Lai gwn lauxbaeg hau, ngaeux, lwgbieng, mbawbyaek, makleiz, makdaihcauj, oij daengj byaekheu caeuq lwgmak.

Yindung ciengx bwt cuj-yau dwg nunaenx aenndaeng, diemheiq laeg, ndoiq laeng naengh cingq, guh dingj nit lienhdang daengj. Nunaenx aenndaeng cujyau dwg yungh lwgfwngzmeh nunaenx giuz-ndaeng, guh dingj nit lienhdang ndaej yungh raemxgyoet swiq naj swiq din roxnaeuz raemxgyoet caemxndang, danh-seih, aeu aenq rengz bae guh caemhcai ciengzseiz genhciz cij ndaej.

Seizcin Hab Fuengz Hangzgauqmou

春季宜防腮腺炎

Hangzgauqmou dwg cungj binghlah bingh-doeg ganjenj yinxhwnj ndeu, de ndaej doeng-gvaq bungqdeng, myaiz sinz daeuj cienzlah, it bi seiq geiq cungj rox fatbingh. Danhseih youq seizdoeng gap seizcin ceiq yungzheih fatbingh. Ndigah, seizcin ceiq hab fuengz bingh hangzgauqmou.

Yienhdaih yihyoiz cungjgez caeuq gaigvaz hangzgauqmou cujyau binghyiengh dwg: Giz rwzduiq guh cungsam dauqlaj gawh hung, insep roxnaeuz naenx in gig mingzyienj, aj bak sinhoj, fatndat, mbouj ngah gwn doxgaiq. Itbuen geiz-

gaenzgaeq 2 daengz 3 aen singhgiz, sien dwg mbiengj ndeu gawh hung, caemhcai buenx miz insep caeuq ndatremj. Youq duenh seizgan neix ndawde, aeu gekliz vunzbingh, siu foeg aen singhgiz he le couh mbouj rox cienzlah hawj vunz lo.

Seizcin, mbangj vunz aenvih binghdoeg hangzgauqmou ganjenj yinxhwnj hangzlaj foeggawh, caeuq bingh hangzgauqmou doxlumj, song cungj bingh neix ndaej gwn yw bingduzco daeuj yw. Gwn cungj yw neix aen couhgiz ndeu le, couhcinj giz foeggawh caengz siu bae caez, danhseih yw hix menhmenh youq ndaw ndang fazveih cozyung. Danghnaeuz gwn yw duenh seizgan ndeu giz foeggawh lij caengz siu bae, ndaej laebdaeb gwn gij yw dingj binghdoeg wnq daeuj yw.

Hangzgauqmou dwg cungj binghlah ndeu, gij lwgnyez 3 bi doxhwnj rengz dingj bingh yaez caeuq vunzhung ceiq yungzheih deng ganjenj. Seizdoeng gap seizsin itdingh aeu singjgaeh hangzgauqmou, caenhliengh noix caeuq vunz-bingh doxbungq. Baez raen miz mbouj doengz bingzciengz, wng sikhaek bae ra canghyw cawqleix.

