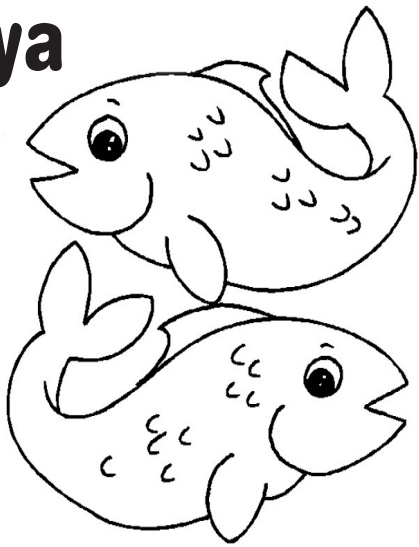


Seizcin Baenz Gij Bingh Lawz Geih Gwn Bya

春季哪些疾病患者忌食鱼



Daih' it, boux baenz bingh ok lwed geih gwn bya lai. Boux hezsiujbanj gemjnoix、boux baenz binghhezyouj、boux ndang noix veizswnghsu K daengj bingh ok lwed aeu noix gwn roxnaeuz mbouj gwn bya. Baez gwn roengzbae, sailwed iq couh ok lwed mbouj dingz, bingh engq haeujnaek.

Daihngeih, boux baenz bingh-gezhwz gwn yw seiz geih gwn bya. Boux baenz binghgezhwz gwn bya rox fatseng gominj fanjying, baenz mbaeu cix rub myaiz、gyaeuj dot、naengnoh nding cumx、muek gokda cunglwed daengj; baenz naek cix sim linj、naengbak caeuq fajnaj mwnh gawh、hwnj cimj、siqdungx、dungx in、

diemheiq sinhoj、hezyaz swng sang、caemhcaiq yaeuhfat baenz hezyaz sang yungyiemj caeuq uk ok lwed.

Daihsam, boux baenzin geih gwn bya. Gohyoj daih neix yenzgiu ndaej rox, ndaw nohbya hamz miz byauling doxgaiq, boux baenzin cix dwg aenvih byauling ndaw ndang baiz ok mbouj ndei yinxhwnj, cujyau biujyienh dwg niusonh ndaw lwed hamzliengh sang lai. Ndigah, boux baenzin gwn bya rox hawj bingh engq haeujnaek.

Daihseiq, boux baenz daep ndongj geih gwn bya. Ciuq gohyoz faensik, baenz daep ndongj seiz lwed ndaw ndang nanz gietgongj, gyahwnj hezsiujbanj bien daemq, gig yungzheih ok lwed, danghnaeuz caiq gwn

byasahdinghyiz、byaheu、byaginh-canghyiz roengzbae dem, bingh couh engq haeujnaek. Byaleix、byamuzyiz hix wnggai noix gwn roxnaeuz mbouj gwn.

Daihhaaj, boux ndang hwnjnwnj geih gwn bya. Nohbya yingzyangj lai, hamz miz cujanhsonh hix lai, mwh gij danbwzciz neix haeuj ndang bae le, cuengq ok cungj doxgaiq hwnjnwnj ndeu, doeklaeng yinxhwnj ithaehlied gominj fanjying.

Daihroek, boux maen geih gwn bya. Yenzgiu ndaej rox, bouxsai gwn bya lai seiz, ciengz dwg swnghyuz naengzlig doekdaemq. Aenvih ndaw ndang duzbya hamz gung beij gung ndaw raemx lai, mwh gung haeuj

daengz ndaw ndang vunz bae le, ndaej cigciep caeuq hungzsibauh ndaw lwed giethab, gitgaz swnghciz sibauh goengnaengz. Ndigah, nohbya yienz-naeuz ndei gwn, boux maen wngdang geih gwn nohbya.



Gijgwn Yw Sizcimj

湿疹食疗方

1、**Dang duhheu haijdai:** 50 gwz duhheu, 30 gwz haijdai, di dangznding he. Sien swiq duhheu seuq, caiq swiq haijdai seuq le ronq baenz sei, song yiengh itheij dwk rek gya raemx aeuq duh naemz, dwk dangznding diuzfeih gwn. Ngoenz gwn 1 daengz 2 baez. Aen dan neix hab dawz daeuj yw lwgnyez hwnj dokraemx caeuq sizcimj.

2、**Cuk mumh haeuxyangz lwglimz:** 15 gwz lwglimz, 15 gwz mumh haeuxyangz, 30 gwz haeuxlidlu. Dawz 3 yiengh neix swiq seuq caez dwk rek gya raemx, hai feizhaenq cawj goenj, caiq gaij yungh feiznumq ngauz baenz cuk saw gwn. Ngoenz gwn fuk ndeu, lienz gwn 7 daengz 8 ngoenz.

Seizcin Gwn Suenq Meiq Yawhfuengz Dungxsaej Ganjyenj

春季食蒜醋预防胃肠感染

Baez gvaq laebcin, seizcin couh gaenriengz daeuj daengz lo, youq aen geiqciet fanh faed cungj ndiusingj neix, mbangj bingh hix hainduj loh naj okdaeuj lo, lumj binghsailwed sim uk、binghhwnjnwnj、bingh-diemheiq、binghlah daengj hix foenfoen ndot okdaeuj. Baenzlawz yawhfuengz gij bingh neix ne?

Conhgyah naeuz, habdangq gwn di suenq caeuq meiq ndeu ndaej yawhfuengz binghdungxsaej.

Riengzdwk mbwn ciemh ngoenz ciemh raeuj, gak cungj nengzbingh、binghdoeg hainduj sanjlah hoengh-vuengh, seizcin binghlah conghsaej cujyau miz baenzsiq、gipsingq cangzyenz、binghsienghanz、bingh-raq、gyazganh daengj.

Canghyw daezsingj naeuz, guh ndei gwnndoet veiswng, fuengz bingh daj bak ciemq haeuj, itdingh aeu gaenx swiq fwngz. Cawx gijgwn seiz, aeu genj cawx gij-

gwn singjsien; siuj gwn byaek-liengzban, mwh yaek gwn byaek-liengzban seiz sien yungh raemx-gyoet cungswiq gvaq, gva mak aeu swiq seuq dat naeng caiq gwn, haeux byaek wng doq cawj doq gwn; cauq byaek seiz, doengh aen rek gu aeu haeujsim siudoeg, huqndip huqcug faenhai cuengq ndei, habdangq gwn di suenq caeuq meiq ndeu daeuj yawhfuengz binghlah dungxsaej.

Conghndaeng Ok Lwed Baenzlawz Cawqleix

鼻子出血怎么处理



Conghndaeng ok lwed seiz, itbuen vunzraeuz cungj haengj ngiengx gyaeuj dauq laeng, cong-hndaeng daengj doxhwnj, yienghneix guh mboujdanh nanz dingz lwed, ngiengx gyaeuj daengj hwnj lij rox hawj lwed lae dauq coh congghoz,

deng ndwnj roengz saihoz caeuq dungxsaej bae, nemmuek dungxsaej deng gig le bouxvunz mbouj cwxcaih roxnaeuz rueg ok. Mwh conghndaeng ok lwed lai seiz, lij rox deng sup haeuj hozgyawh caeuq ndaw bwt bae cauhaenz yungyiemj.

Ceiq ndei fuengfap dwg baenz-neix: Baujeiz cingqciengz ndwn soh roxnaeuz loq goemz gyaeuj baenaj di, apbik dingz lwed. Couhcinj miz di lwedgongj dimzsaek conghndaeng, gij huq gietgongj ndaw lwed ndaej bangcoh hawj lwed gietgongj. Mwngz

saengq lwed okdaeuj, dauqfanj yungzheih cauhaenz caiq ok lwed moq. Dangyienz, mwh ok lwed haemq lai seiz, aeu gibseiz soengq bae yihyen ra canghyw genjcac ceihiw.

Vih fuengz ndaw rug hawqsauj, ndaej youq ndaw rug faet di raemx he. Noix gwn gijgwn manhget, lai gwn byaekheu caeuq lwgmak, lumj lwghaemz、sae' gva daengj. Gaej yaek conghndaeng, gaenx saengq mug, guhbaenz gaenx yungh raemx cungswiq conghndaeng aen sibgvenq ndei neix.

Gangjgangj Seizcin Yungzheih Riuzhengz Gijmaz Bingh

春季容易流行的疾病

Biux naeuh: Seizcin aenndang baiz ok demlai, raemx dungx hix demlai lo, ndigah, rox yinxhwnj veisonh iemqok demlai, daj neix yinxhwnj roxnaeuz yaeuhfat baenz binghbiuxnaeuh. Boux baenz biux naeuh wng hableix gwnndoet, guhhong yietnaiq doxgiethab, baujcwnj ninz gaeuq, fuengz nit bauj raeuj, onjdingh cingzsi.

Hwnjnwnj: Seizcin mbwn raeuj va hai, fanh faed ndiusingj, veiz-swnggvuz、vafaenj、faiq goyangzliuj daengj yungzheih hawj boux naengnoh hwnjnwnj canjseng bienqdaiq fanjying, daj neix yaeuhfat baenz ae' ngab、cinzmazcimj、gominjsing sailwed in daengj.

Bingh sim sailwed: Seizcin, gij cingzsi vunzraeuz cei q hoenghvuengh,

gyahwnj seizcin mbwn lij nit, sailwed sousuk, hezyaz swng sang, ndaw ndang duetraemx le lwed niu gwd, yungzheih yaeuhfat baenz bingh sim sailwed. Wng haeujsim bauj raeuj, bouj gwn raemx, onjdingh cingzsi.

Gyazhingz ganhyenz: Danhfanz okyienh fatndat, gwn mbouj ndaej haeux、rub myaiz、rueg ok、rengz naiq、naj henj、saek nyouh lumj caz gwd nei

seiz, wng gibseiz bae yihyen duenq yw, yawj dwg mbouj dwg gyazganh.

Binghgezhwz: Riengzdwk heiq-yiengz swng hwnj, yaemyiengz ndaw ndang mbouj doxdaengh, menjyizliz aenndang doekdaemq, gezhwzgin couh gojnwngz ciemq haeuj ndaw ndang bae.

Riuzhengzsing ok lwed caemh-caiq fatndat: Sawqmwh lau nit, caiq daeuj couh dwg fatndat、naj nding、fajaek caeuq doengjmbaq hoengzfwg, buenx miz gyaeuj in、gvaengzda in、hwet in caeuq naengnoh ok lwed baenz diemj baenz diemj seiz, wnggai gibseiz bae yihyen duenq yw, mienxndaej bingh naek nanz gouq ndaej dauq.