

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 hablex gwnndoet, guhhong yietnaiq doxgiethab, baujcwnng ninz gaeuq, fuengz nit bauj raeuj, onjdingh cingzsi.

Hwnjnwnj: Seizcin mbwn raeuj va hai, fanh faed ndiusingj, veiz-swnghvuz, 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 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: Danhfanzy 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.

Binghgezhuwz: Riengzdwk heiq-yiengz swng hwnj, yaemyiengz ndaw ndang mbouj doxdaengh, menjyizliz aenndang doekdaemq, gezhuwzgin 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 gyaеuj 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.



Seizcin Wng Yw Gyak Din

春季宜治疗脚癣

Din hwnj yak dwg seiz-doeng caeuq seizcin mbaeu seizhah seizcou naek. Dangh-naeuz daj seizcin hainduj bae yw, yaugoj couh ndei lai lo.

Yihyozy daih neix yenzgiu ndaej rox, yinxhwnj din hwnj yak cujyau dwg nengzgyakhau, de sanjmaj caeuq cinhgin ityiengh, yungzheih deng doh-raeuj caeuq dohmbaeq yingyangj, givwnh baez swng hwnj, nengzgyakhau couh hoengh-vuengh hwnjdaeuj, yak din fukfat.

Seizcin yw yak din, wng cimdoi q giz bingh bae senj yungh yw, lumj dazgwzningz-siengh、gyozsenjlingz、gyozsenj yizswcing daengj. Linczangz sizcenj byaujmingz, yungh dazgwzningzsiengh yw yak aen singhgiz ndeu le, ca mbouj lai ndaej gaj dai cinhgin ndaw din liux bae. Dangyienz, gvanhgen lij dwg haeujsim bonjndang veiswngh, haizmad daenj gvaq aeu siudoeg caezcienz, mienxndaej caiq ganjyenj baez moq. Danghnaeuz ndaej genhcioz roengzbae, daengz seizhah couh caiq hix mbouj hwnj yak din lo.



Gijgwn ndei cangq uk lwgnyez miz:

Bya ndip. Bya ndip hamz miz gai、danbwzciz、bubaujhoz cihfangz-sonh daengj doxgaiq, ndaej faengaij danjgucunz, hawj sailwed uk doeng-swnh, dwg gijgwn ndei cangq uk lwgnyez.

Gyaeqhenj. Ndaw gyaeqhenj

Baenzlawz Hawj Lwgnyez Senj Gijgwn Cangq Uk

如何给孩子选择健脑食物

hamz dan'genj caeuq gyaeqhenj daengj gij yingzyangj doxgaiq aen'uk aeu miz haenx, lwgnyez lai gwn gyaeqhenj ndaej hawj aen'uk lai vued.

Raetmoenggaex. Raetmoenggaex hamz miz youzlauz、danbwzciz、gvanvuzciz caeuq veizswnghsu daengj yingzyangj cwngzfwn, hix dwg cungj huqndei cangq uk lwgnyez ndeu.

Duhhenj. Ndaw duhhenj hamz miz danvangzsu caeuq danbwzciz daengj yingzyangj doxgaiq gig lai, lwgnyez ngoenznaengz gwn di duhhenj roxnaeuz gijgwn aeu duhhenj daeuj guh he, ndaej hawj lwgnyez dem

geiqsingq.

Gyoiijhom. Gyoiijhom hamz miz gvangvuzciz gig lai, hamz gyazlizswj hix lai, lwgnyez ciengz gwn ndaej cangq uk.

Byaekgienjsim. De hamz miz veizswnghsu B gig lai, lwgnyez ciengzseiz gwn, ndaej yawhfuengz aen'uk naetnaiq.

Linghvaih, haeuxfiengj、lauxbaeg nding、raetgimcim、maenzdoengzlingz、raetrang、haijdai、lwgraz ndaem、makbingzgoj、duhdoem、yiengzcoeng、uk caeuq dungxsaej doihduz hix dwg gijgwn ndei cangq uk lwgnyez.

Seizcin Naengbak Dekleg Mboujfuengz Lai Gwn Maenzcienz

春季嘴唇干裂不妨多吃山药

Aen ciet seizcin fat rumz lai, haujlai vunz cungj haengj linx riz naengbak, ndigah yungzheih baenz naengbak dekleg.

Canghyw genyi naeuz, seizcin wng lai gwn ngaz duhhenj、byaekyouzcai、byaekhau iq、lauxbaeg hau daengj byaekheu singisien hamz veiswnghsu lai he.

Maenzcienz yingzyangj lai, daj

ciuhgeq roengzdaeuj couh dwg gij huqndei bouj haw haenx. Maenzcienz hamz miz youzliz anhgihsonh、doh-fwnh yangjvameiz daengj doxgaiq, gwn de ndaej nyinh bouj. Maenzcienz caeuq nohhanq aeuq gwn, ndaej ik heiq、siu ndat、seng raemx, doiq ceihyw naengbak dekleg daih miz ndeicawq.

Dangznae aeuq raetngaenz. Aeu

50 gwz raetngaenz, 10 aen makcauj nding, di dangznae ndeu caez aeuq dang gwn, moix ngoenz gwn 3 daengz 4 baez.

Ronq soi q haijdai aeuq dang ciengzseiz gwn.

Aeu daezsingj dwg, mwh naengbak dekleg seiz, gaej yungh fwngz bae sik de, mienxndaej baksieng engq ok lwed in lai.

Bouxlaux Ciengx Ndang Aeu Lai Gwn Dangzrwi Noix Gwn Dangz

老人养生要多吃蜂蜜少吃糖

Bouxlaux ciengz gwn dangzrwi, ndeicawq lairaeuh.

Baujhoh dungxsaej. Bouxcong-nienz caeuq bouxlaux baenz menhsingq dungx in、aendungx caeuq cibngeih cijcangz biux naeuh, hab ciengz gwn di dangzrwi ndeu. Aenvih gij meiz ndaw dangzrwi ndaej diuzceez veisonh, ndaej menhmenh diuzceez veisonh hawj de dabdaengz cingq-ciengz suijbingz.

Yunghfap: Boux veisonh noix, ndaej youq yaek gwn haeux gaxgonq cigciep gwn dangzrwi, hix ndaej gaengawq swgheij haengjgyaez heuz di raemxgoenj liengz ndeu gwn. Boux veisonh lai ndaej aeu raemxraeuj heuz saw, caemhcai q youq caengz gwn haeux gaxgonq diemj buenq daengz song diemj cung、roxnaeuz gwn haeux gvaq 3 diemj cung gwn.

Nyinh bwt dingz ae. Dangzrwi

ndaej siu haenz、giep myaiz、nyinh bwt、dingz ae, dangzrwi makleizsezliz dingz ae cozyung cei q ndei.

Yunghfap: Aen makleizsezliz ndeu, cab baenz gai q mbang gyaux dangzrwi gwn, ngoenz gwn geij baez.

Gyangq hezyaz doeng haex. Ndaw dangzrwi hamz gyaz lai, gyazlizswj ndaej coi nazlizswj baiz ok rog ndang daeuj, veizciz dengaijciz ndaw lwed doxdaengh, ciengzseiz gwn dangzrwi ndaej baujhoh sailwed、gyangqdaemq hezyaz、nyinh saej doeng haex.

Yunghfap: Gyanghaet dungx byouq seiz gwn boi dangzrwi ndeu, gyanghaemh yaek ninz seiz cai q gwn boi he dem.

Siu dungxraeng. Dangzrwi ndaej coi diuzsaej noddooengh, ok haex doengswnh.

Yunghfap: Gyanghaet dungx

byouq seiz gwn 25 gwz dangzrwi.

Gej laeuj hoh daep. Dangzmak ndaw dangzrwi ndaej coi ciujcingh faengaij supsou, hawj vunz laeuj singj vaiq. Linghvaih, dangzrwi doi q yizganh、cijfangzganh、daep ndongj hix miz bangbouj cei hyw cozyung.

Yunghfap: Caengz gwn laeuj gaxgonq gwn 50 gwz dangzrwi roxnaeuz gwn geij aen binggan led dangzrwi, gwn laeuj gvaq cix gwn raemx dangzrwi.

Vanjgaij naetnaiq. Dangzrwi ndaej vaiqviet bouj naengzliengh hawj aen'uk bouxvunz, gij dangzmak caeuq makit ndaw dangzrwi ndaej gig vaiq deng ndang vunz supsou leihyungh, gaijndei yingzyangj ndaw lwed cang-gvang.

Yunghfap: Banngaiz gwn boi raemx dangzrwi ndeu.