

Seizcin Baenzlawz Hableix Anbaiz Gij Gwnndoet Swhgeij?

春季如何合理安排自己的饮食？

Seizcin, nengzbingh、binghdoeg daengj veizswnghvuz hainduj sanjlai, ndigah, youq gwnz gwnndoet wng lai gwn byaekhau iq、byaekyouzcai、lwgmanh ndae、makyungz、makgam、makcengz daengj byaek mak, geij cungj byaek mak neix hamz veizswnghsu C lai, gwn de ndaej dingj binghdoeg; lauxbaeg nding、byaekroem hamz veizswnghsu A lai, ndaej dingj gak cungj bingh ciemq haeuj ndang vunz; lwgraz、byaekgienjsim、byaek-

reuz hamz veizswnghsu E lai, gwn de ndang vunz lai dingj ndaej bingh. Yingzyangj yozgyah nyinhnaeuz, bouxcungnienz、bouxlaux miz nyieg caeux yienghsiengq、ndang miz gak cungj binghmenhsingq byombyet、hwet naet da raiz、saeknaj henjrawq、cingsaenz mbouj ndei haenx, caemh ndaej leihyungh seizcin aen geiqciet neix gaengawq aenndang caeuq binghcingz habdangq gwn bouj daeuj fuengz bingh yw bingh.

Bouxlaux miz gij bingh baihgwnz seiz, ndaej senj gwn haeuxlidlu、gienghduh、lwglimz、makgam、mak-bingzgoj、lwgraz caeuq makhwzdauz daengj, gij huq neix ndaej ciengzgeiz gwn. Aendungx caeuq cibngeihcij-cangz biux naeuh hix yungzheih youq seizcin fukfat, gwnndoet wng siuj gwn dangnohmou、dangnohgaeq、dang-nohbya、dangnohvaiz caeuq byaek-bohcai、duh、dungxsaej bwtdaep

doihdudz daengj, aenvih gij huq gwnzneix rox gig raemxdungx iemqok roxnaeuz habbaenz ciengq heiq le demgya dungxsaej fudanh. Hix ndaej aeu dangzrwi gek raemx naengj cug le youq mwh dungx byouq seiz gwn, moix ngoenz gwn 100 hauzswngh, baen 3 baez gwn liux; roxnaeuz aeu 250 hauzswngh cijvaiz coemh goenj le caeuq 50 gwz dangzrwi、6 gwz bwzgiz heuz yinz le gwn. Gwn gij huq neix ndaej ciengx yaem ik dungx.



Bouxlaux Seizcin Gwn-daenj Miz Haj Geih

春季老年人生活有五忌

It geih ninz nanz. Ninz nanz sieng heiq, danghnaeuz ninz daiq nanz, fouz bingh hix ninz ok bingh daeuj, aeu ninz caeux hwnq romh, gawq baujcwnz ninz ndei, youh aeu fuengz ninz daiq nanz. Ngeih geih gik hozdung. Riengzdwk aenmbwn bienq raeuj, bouxlaux wngdang ciengzseiz ok rog bae hozdung, sup aeu hoengheiq singsien, lai dak ndit, hawj aenndang lai dingj ndaej bingh. Sam geih daenj buh mbouj ngamj. Seizcin mbwn raeuj lij loq nit, yaep nit yaep ndat. Bouxlaux gaej duet buhmienz daiq caeux, wnggai habdangq “gop” duenh seizgan ndeu, hawj aenndang gak giz cungj hab’wngq liux cij duet. Sei q geih gwn gijgwn ndipgyoet. Aeu haeujsim gwnndoet diuzleix, lai gwn gijgwn sawcit gawq miz yingzyangj lai youh yungzheih siuvaq ndeu, gaej gwn roxnaeuz siuj gwn gijgwn ndipgyoet, mienxndaej gig dungxsaej yinxfat baenz-bingh. Haj geih haeujok giz vunz lai comzyouq. Bouxlaux rengz dingj bingh haemq ca, yungzheih ganjyenj baenz-bingh. Ndigah, gaej bae haeujok sanghden、denyingjyen daengj gungh-gung cangzsoj. Ngoenznaengz aeu raemxgyu cit riengx bak roxnaeuz gwn geij dip gyaeujsuenq, yienghneix ndaej yawhfuengz baenzbingh.

Conghbak Biux Naeuh Baenzlawz Gag Guh Baujgen

口腔溃病的自我保健

- 1、Conghbak aeu baujciz seuqsak, haethaemh genhciz cat heuj, gwn doxgaiq le aeu riengx bak.
- 2、Gwnndoet aeu cit, gaej biennaek aenbak, noix gwn gijgwn daiq ndat daiq geng, lai gwn byaekheu caeuq lwgmak.
- 3、Baujciz simcingz vaiqvued, gaej youcauez gvaqbouh.
- 4、Haeujsim yietnaiq, gaej ngaizhwnz, guhhong yietnaiq miz

- gvilwd, haeujsim lienhdang, demgiengz rengz dingj bingh.
- 5、Fuengz baenz lwgliengz, haeujsim geiqciet bienqvaq, gibseiz demgemj buhvaq.
- 6、Moix baez fukfat baenz biux naeuh cungj miz di insep ndeu, aeu gibseiz yungh sihgvaasangh、vaz-suben roxnaeuz ywbyoq byoq conghbak, gemjmbaeu insep, youq-gaen j seiz gibseiz bae yihyen

- ceihyw.
- 7、Yungh faiqmienz siudoeg gvaq yub aeu ywmwnh Yinznanz Bwzyoz led gizde, itbuen led gvaq 3 ngoenz couh raen ndei.
- 8、Aeu 2 aen lauxbaeg ndip, donh ngaeux ndeu swiq seuq daem yungz nap aeu raemx de hamz riengx conghbak, ngoenz 3 baez, lien z yungh 4 ngoenz couh raen ndei.

Seizcin Fuengz Bingh Ciengx Nandang Gwn Maz Cuk

春季防病养生喝什么粥

Seizcin fuengz bingh ciengx ndang gwn maz cuk ne? Baihlaj gaisau geij cungj cuk cawjap hawj daihgya senj yungh. **Cukbyaekginzcai:** Moix baez aeu 120 gwz byaekginzcai dwk raemx ngauzcawj aeu raemx, caeuq 150 gwz haeuxsuen caez cawj cuk, langh raeujremh seiz gwn. Seizcin heiqyiengz aendaep yungzheih doengh, ciengz hawj huj aen’daep swng sang, hawj vunz okyienh gyauej in da raiz daengj bingh. Boux ndang miz bingh caeuq boux cungnienz bouxlaux, ciengz gwn di cukbyaekginzcai ndeu, doi q gyangq hezyaz、gemjsiuj sim fanz miz itdingh ndeicawq. Seizcin lwnyez

hwnjcimj lai, ndaej cawj di cuk-byaekginzcai ndeu hawj de gwn. **Cukvagut:** Aeu 50 gwz vagut, 100 gwz haeuxsuen, di dangznae ndeu. Sien dwk raemx baek vagut aeu raemx, cai q caeuq haeuxsuen caez cawj cuk, gya dangznae yungz le haethaemh gwn. Bouxcungnienz caeuq bouxlaux seizcin gwn cungj cuk neix, mboujdan h ndaej yw rumz ndat gyauej in、da raiz rwz maenj, ciengzseiz gwn ndaej hawj vunz ndang soeng rwz singj da raeh, doiceiz aenndang nyieglau. **Cukmaenzcienz:** Aeu 100 daengz 200 gwz maenzcienz swiq seuq ronq baenz gep, caeuq 100 gwz haeuxsuen caez cawj cuk gwn.



Yienhdaih yozlij yenzgiu ndaej rox, maenzcienz hamz miz denfwnjmeiz、danbwz dangz caeuq swyouz anhgihsonh、youzlaux、dansuij vahoz-vuz、veizswnghsu C daengj, gwn de miz bouj. Bouxcungnienz caeuq bouxlaux seizcin ciengzseiz gwn, bouj ik gig lai.

Boux hezyaz sang: Hezyaz bouxvunz hwnzngoenz ndeu dauq-ndaw fubfeb mbouj dingh, rwd sang rwd daemq, baenz “song sang it daemq” sangsang daemqdaemq fubfeb, couhdwg gyanghaet 9 daengz 11 diemj caeuq lajbyonghngoenz 4 daengz 6 fiemj cei q sang, daj 6 diemj hwnj youh menhmenh doekdaemq, daengz haet daihngaih 2 daengz 3 diemj doek daengz cei q daemq. Vunzbingh hezyaz cei q sang seiz rox fatseng uk roenx lwed, mwh hezyaz cei q daemq seiz uk saek lwed caeuq gvancang doenghmeg lwed saek. Ndigah, ywgyangqyaz itbuen youq 8 diemj caeuq 15 diemj baen 2 baez gwn cei q ngamj. Boux baenz hezyaz

Vunzbingh “Sam Sang” Hableix Gwn Yw Seizgan

“三高”病人的合理用药时间

sang mbaeu geih youq yaek haeujnin z gaxgonq gwn yw, fuengz baenz hezyaz daemq. Vunzbingh hezyaz mbouj sang mbouj daemq naengh gyanghaemh aeu gwn yw, hix wngdang iekliengh gwn noix di. **Boux hezdangz sang:** Boux baenz binghnyouhdangz mwh dungx byouq seiz lweddangz caeuq dangznyouh hwnzngoenz cungj miz gvilwd fubfeb, haetcaeux swng cei q sang. Yizdaujsu gyangq dangz cozyung hix miz hwnzngoenz

gvilwd, haetromh 4 diemj ndang vunz doi q yizdaujsu cei q minjganj, gwn di yw ndeu yaugoj haemq ndei. **Boux hezcij sang:** Nandang vunz habbaenz danjgucunz hix miz hwnzngoenz gvilwd fubfeb, byongh-hwnz caeuq haetcaeux duenh seizgan neix ndawde habbaenz cei q hoengh, ndigah, gwn yw sinh-fazdahdingh caeuq yw lozfazdahdingh youq gyanghaemh yaek haeujnin z seiz gwn yaugoj cei q ndei.