



Seizcin Hawj Lwgnyez Gwn Raet Yingzyangj Ceiq Lai

春季给孩子吃菌类营养最丰富

Raet danbwz sang、youzlauz noix、noix ndat, hamz miz veizswngshu caeuq lai cungj gvangvuzciz, deng gyoengq yingzyangjshw haenh ndei. Raet miz lai cungj lai yiengh, yingzyangj hix miz bien naek, lwgnyez ndaej bi bueng doxhwnj gwn raetgimcim、raetrang、raetmoenggaex ceiq ndei.

Raetgimcim: Hamz miz ndang lwgnyez sengmaj fazyuz aeu miz gij laianhsonh、cingh'anhsonh, doiq coicaenh lwgnyez geiqsingq、haifat lwgnyez ciliz miz daegbied cozyung, gij veizswngshu D ndaw raet, ndaej coicaenh gai、linz siuvaq

supsou, caemhcai q hawj de yaemz youq ndaw ndok caeuq diuzheuj, doiq coicaenh goetndok caeuq diuzheuj lwgnyez sengmaj fazyuz, yawhfuengz binghdokunq miz cizgiz cozyung, danhseih lwgnyez baenz dungx hawcaep mbouj hab gwn.

Raetmoenggaex: Ndaw raetmoenggaex hamz diet、gai gig lai, ciengz gwn ndaej yawhfuengz lwgnyez baenz noix diet lwedhaw. Vih hawj lwgnyez siuvaq ndei, cawjranz wng cimq raet gawh swiq seuq raed soi q boiq gijgwn wng cawj hawj lwgnyez gwn.

Raetrang: Raetrang hamz ndat noix, hamz danbwzciz caeuq veizswngshu lai, ndaej daezgung hawj aenndang lwgnyez aeu miz lai

cungj veizswngshu, doiq lwgnyez sengmaj fazyuz gig miz ndeicawq. Ndaw raetrang hamz miz mwznauj-cunz, cungj doxgai q neix ndaej cienjbienq baenz veizswngshu D, ndaej coi ndang lwgnyez supsou gai. Ciengz gwn de ndaej demgiengz lwgnyez menjyizliz, caemh ndaej yawhfuengz binghdoeg dwgliengz. Lwgnyez siuvaq hidungj lij unqnyieg, raetrang itdingh aeu swiq seuq、naengj cug naengj naemz. Siengj cungfaen supsou yingzyangj raetrang, ceiq ndei dwg senj cawx raet sauq.

Raet yienznaeuz yingzyangj lai, danhseih lwgnyez mbouj hab baez dog gwn daiq lai, caemhcai q aeu dapboiq gijgwn wng dem cij ndaej fazveih gij gyaciz ceiq ndei de.



Seizcin Hab Lai Gwn Ngaz Duhhenj

春季宜多进食黄豆芽

Seizcin rumz hung、mbwn hawqsauj, vunzraeuz hozdung lai di lo, danghnaeuz ndaw ndang noix veizswngshu B₁₂, couh yungzheih baenz naengbak in、gokbak nengz. Ngaz duhhenj dwg cungj byaek hamz veizswngshu B₁₂ lai ndeu, seizcin mbwn raeuj lij nit seiz, ciengzseiz gwn di ngaz duhhenj ndeu, ndaej hawj aenndang noix sied veizswngshu B₁₂.

Senj cawx ngaz duhhenj seiz, aeu senj cawx gij duhngaz ngamq did haenx. Aenvih ngaz did raez lai, hamz veizswngshu B₁₂ couh noix. Cauj cug le, dwk di meiqgwn ndeu roengzbae, veizswngshu B₁₂ couh noix sied bae lo.

Gyaeujsuenq Ndae j Yw Bingh

大蒜验方能疗病

Gyaeujsuenq ndaej gaj nengz siu humz, ndaej gaj dai haujlai cungj nengzbingh caeuq binghdoeg. Ciengz gwn gyaeujsuenq ndaej yawhfuengz baenz dwgliengz、beghouz caeuq dungxsiq, lij ndaej fuengz aiz caeuq hanhhaed sibauh aiz sengmaj. Ndaw gyaeujsuenq hamz sih gig lai, ndaej gyava iq goyangjva doxgai q ndaw ndang faengaij, hanhhaed sibauh aiz. Gyaeujsuenq lij ndaej gyangq hezcij, moix ngoenz gwn aen daengz song aen gyaeujsuenq, gvaq sam ndwen hezcij gag doek roengz daengz cingqciengz. Baenzneix, de ndaej yawhfuengz bouxvunz baenz gvanhsinhbing caeuq dangzniubing, hix ndaej dingj nyieglaux.

Yw haexgaz: Aeu gyaeujsuenq dip dog saz cug, bok gvamq yungh fai q suek ndei, swnh ndat cuengq duenh aek baihlaj, couh ok ndaej haex lo.

Yw dungxsiq dungx in: Gyaeujsuenq dip dog saz cug, daem yungz caeuq daengjliengh mba vangzlenz nyaenj baenz naed. Raemxreiz soengq gwn, baez 10 gwz, ngoenz 3 baez, miz daegbied yaugo j.

Yw funghanz dwgliengz: Gyaeujsuenq 400 gwz, hingndip 150 gwz, mackengz 3 aen, dangzrwi 70 hauzswng h, laeujhau 1000 hauzswng h, sien naengj roxnaeuz cawj gyaeujsuenq yaep ndeu, cai q ronq baenz gep, hingndip caeuq



mackengz caez ronq baenz gep itheij cimq laeuj 3 ndwen le gwn. Ndae j gep fung sanq caep gai j biuj, cawj ceih funghanzsingq dwgliengz, doiq yw yiengzhaw yinxhwnj baenz din fwngz lau nit、ciengz lae mugheu、nyouh dei h miz itdingh yaugo j.

Ciengz Gwn Byaekginzcai Ndae j Yw Binghhezyaz Sang

常吃芹菜可以治疗高血压病

Byaekginzcai ndaej cau j gwn, hix ndaej guh byaekliengzban gwn. Gyawj geij bi daeuj ginggva q lai baez yenzgiu byaujmingz, byaekginzcai guh yw yaugo j cibfaen ndei.



Mbaw caeuq ganj de hamz raemx lai, noix ndat, hamz gyaz lai, danhseih hamz veizswngshu C caeuq veizswngshu A haemq noix. Ganj wng caenhliengh caeuq mbaw de itheij cau j gwn, neix dwg aenvih mbaw de hamz gai、gyaz、dez、veizswngshu A caeuq veizswngshu C beij ganj lai ndaej lai.

Mbaw de hamz dez haemq lai, boux baenz lwedhaw noix diet wng lai gwn di. Mbaw de hamz gyaz hix lai, ndaej yw binghhezyaz. Doiq boux baenz sailwed giet ndongj、boux sinzgingh hawnyieg miz bangbouj cei h yw cozyung. Mbaw caeuq ganj hamz miz vei hfazsing doxgai q, daegbied hom, ndaej hawj

vunz sekdungx. Raemx mbaw ndaej gyangq hezdangz, ciengzseiz gwn ndaej cunghab niusonh caeuq cunghab gij doxgai q soemj ndaw ndang, ndaej fuengzceih baenz in.

Ndaw byaekginzcai hamz miz daihliengh nyinzsei co, ndaej gig dungxsae j noddongh, coi vunz ok haex. Caemh ndaej lei h nyouh, siu foegraemx, ndaej coi gij raemx doyawz ndaw ndang baiz okdaeuj.

Dawz byaekginzcai、lauxbaeg nding cab baenz naed iq, dwk raemxgoenj log yaep ndeu, cawj duhdem cug, dwk diuzliuh gyau x ndei gwn. Feih byaek neix hab boux fat biz、boux hezyaz sang、boux baenz haexgaz gwn.

Seizcin Hix Aeu Fuengz Hwnjhuj

春季也要防上火

Baez haeuj seizcin, aenmbwn hawqsauj, dienheiq bienqva q lai raeuh, ndang vunz sied raemx lai, yinxhwnj ndang vunz sup haeuj caeuq baiz ok daengj sengleix gihnwngz saetdiuz cix yinxfat baenz hwnjhuj. Haujlai vunz cungj okyienh congghoz hawqsauj insep、da hoengz hawq saep、congghndaeng ndatoem、naengbak dekleg、gwn mbouj ndaej doxgai q、haex ndongj nyouh henj daengj binghyienh. Ndigah, seizcin aeu haeujsim yietnai q caeuq gwnndoet diuzciengx, fuengz hwnjhuj.

Youq ndaw seizcin, aenvih binghdoeg caeuq nengzbingh daihliengh ciemq haeuj ndang vunz bae, couh yungzheih yinxfat baenz binghlah wng. Ngamq baenz binghlah seiz, gij yiengh de ciengz dwg caeuq hwnjhuj doxlumj. Yienznaeuz hwnjhuj vwndiz mbouj daih, gvanhgen dwg loek dawz binghlah nyinh guh hwnjhuj, nguh yw le binghcingz haeuj naek, roxnaeuz cienzlah hawj bouxwnq. Ndigah, fatyienh miz hwnjhuj roxnaeuz yiengh lumj hwnjhuj seiz, ceiq ndei dwg bae yihyen duengq yw.

Seizcin hwnqmbonq le ndaej gwn di raemxgoenj raeuj he, moix ngoenz lai gwn di makmizhouzdauz、sae' gva、makgam ndeu. Ngoenznaengz gwnndoet ndaej gwn di rangz singisien、lwghaemz、byaekginzcai、byaekdoengzhauh ndeu. Noix gwn gijgwn manhget、youz caq、youz nywnx. Gwndaenj aeu miz gvilwd, haeujsim guhhong caeuq yietnai q doxgiethab, gaej laebdaeb ngaizhwnz. Ciengzseiz guh yindung, moix singhgiz ceiq noix guh song baez yindung hawj de ok di hanh he.