

# Seizcin Gwn Byaekbohcai Ndaej Ciengx Daep

## 春天吃菠菜能养肝



Seizcin dwg bi he ndawde aen geiqciet ceiq ndei ndeu. Siengj hawj heiq daep swnh heiq seizcin, cawz haeujsim diuzleix cingzsi caeuq habdangq lienhdang le, hablex gwnndoet hix maqhuz youqgaenj. Ciengzsaed daeuj gangj, couh dwg haeujsim baihlaj geij diemj:

**Noix gwn soemj lai gwn diemz.** Youq ndaw seizcin, vunz-

raeuz aeu noix gwn di huqsoemj he, lai gwn di huqdiemz ndeu. Cuk maenzcienz makcauj ciengx daep yaugoj haemq ndei. Ndaej aeu 50 gwz maenzcienz, 20 gwz makcauj, haeux(haeuxciem caeuq haeuxcid gak buenq) 80 gwz, swiq seuq le caeuq maenzcienz, makcauj roengz gu, gya raemx hai feizhaenq cawj goenj, doeklaeng gaij yungh feiznumq ngauzcawj daengz cuk gwd gwn, ngoenz baez.

**Lai gwn byaekbohcai.** Byaekbohcai ndaej nyinh yaem nyinh sau, hoh daep ciengx lwed, boux aenvih seizcin yaem daep mbouj gaeuq yinxhwnj baenz hezyaz sang, gyauej ngunh, nyouhniuj, lwedhaw haenx gwn le ndaej bangbouj ceihyw. Hahfuz Dayoz miz hangh yenzgiu ndeu fatyienh: Boux cungnienz,

bouxlaux moix singhgiz gwn 2 daengz 4 baez byaekbohcai, ndaej gyangqdaemq vangsimoz doiqvaq. Boux baenz lwedhaw ndaej aeu 100 gwz byaekbohcai cawj dang gwn. Boux baenz da myox ndaej aeu byaekbohcai, daepyiengz gak 500 gwz, hai feiz coemh raemx goenj le dwk daepyiengz, byaekbohcai roengz cawj, caiq dwk di gyu, youzlwgraz, veicingh he cawj cug gwn.

**Aeu daep bouj daep.** Daepmou, daepgaeq cungj ndaej bouj daep. Bouxvunz siliz ndei mbouj ndei caeuq daep miz gvanhaeh maedsaed. Boux da myox mboujfuengz aeu daepmou 100 gwz, duhheu 60 gwz, haeuxsan 100 gwz, di gyu, veicingh he caez cawj cuk gwn. Ciengz gwn ndaej bouj daep ciengx lwed, siu ndat singj da, meijyungz naengnoh.



# Dan Yw Haex-gaz Ndawbiengz

## 便秘民间秘方

1、Mba daihvuengz ndip 6 gwz cimq raemxgoenj langh liengz le gwn, ngoenz baez.

2、Mbaw gomakoij 3 daengz 6 gwz cimq raemxgoenj gwn, ngoenz geij baez.

3、30 gwz dangzrwi, moix haet hwnqmbonq seiz yungh raemxgoenj gyoet heuz gwn.

4、Hozsoujvuh ndip 10 daengz 30 gwz, dwk raemx baek gwn, ngoenz baez.

5、Di cehgaeuyiengz he ngenz mienz, moix baez aeu mba de 5 daengz 10 gwz heuz raemxgoenj langh liengz le gwn, ngoenz baez.

6、Di byaekbohcai he nyaenj aeu raemx de gwn.

Cawz gwn gij yw gwnzneix le, ngoenznaengz gwndaenj aeu gag guh diuzleix ndei, gaej gwn gij huq youzcaq, manhget caeuq huqgyoet daiq lai, ndaej lai gwn di haeuxco, byaekheu caeuq lwgmak he dem. Aeu lai gwn raemx, lai yindung, baujeiz cingsaenz sangjswt.

# Nyod Gocin Ndei Gwn Youh Ndaej Ywbingh

## 吃香椿能医食兼得

Yienhdaih yingzyangjyoz faen-sik, nyod gocin beij makyungz hamz veizswnghsu lai baenz boix doxhwnj, caemhcaiq hamz miz danbwzciz, veizswnghsu E, gai, linz, dez daengj lai cungj yenzsu dem. Linghvaih, de lij hamz miz nyinzsei co, lauxbaeg nding doxgaiq, nizgwzsonh daengj.

Gwn nyod gocin fuengfap gig lai, ciengz raen miz nyod gocin cau gyaeqgaeq, nyod gocin cau noh, nyod gocin gyaux daeuhfouh daengj.

**Nyod gocin gyaux daeuhfouh:** Swiq nyod gocin seuq, dwk vanj gyaux di gyu he, ndingq raemxgoenj roengz le goeb fa 5 faen cung vez hwnj ronq mienz. Ronq daeuhfouh baenz gaiq 2 daengz 3

lizmij hung, gyaux nyod gocin le caiq dwk di youzhom, veicingh, gyu he couh baenz gwn.

**Nyod gocin cien bya:** Swiq nyod gocin seuq, dwk raemxgyu iep yaep ndeu, dwk mbamienh, gyaeqgaeq, youzhom, veicingh, gyu gyaux yinz. Dwk youz roengz rek coemh ndat, caiq dwk nyod gocin roengz cau henj, daek hwnj dwk dieb couh baenz gwn.

**Nyod gocin cau gyaeqgaeq:** Swiq nyod gocin seuq ronq mienz, dub geij aen gyaeqgaeq roengz vanj bae, dwk di gyu caeuq di diuzliuh ndeu gyaux yinz, dwk youz roengz rek cau cug couh baenz gwn.

**Daezsingj:** Aenvih de hamz miz yasiuhsonhyenz haemq lai,



caengz gwn gaxgonq ceiq ndei dwk roengz raemxgoenj bae log yaep ndeu, vez hwnj swiq seuq caiq ronq mienz cien cau.

# Namzgva Makit Oij Ndaej Bouj Lwed

## 南瓜葡萄甘蔗也能补血

Namzgva hamz miz danbwzciz, huzlauxbaeg doxgaiq, veizswnghsu, anhgihsonh, gai, sinh, dez, linz daengj gij cwngzfwn ndang vunz aeu miz 8 cungj doxgaiq haenx, gij huq



neix couh dwg gij yenzliuh bouj lwed.

Makcauj nding hix hamz miz veizswnghsu, gojdangz caeuq gak cungj anhgihsonh. Ywleix yenzgiu cwnghingz: Mbangj cwngzfwn ndaw makcauj ndaej diuzcez ndang vunz sup haeuj baiz ok, coi sibauh moq vaiq di seng baenz, caemh ndaej demgiengz goengnaengz caux lwed ndaw ndokngviz, demgya hungzsibauh ndaw lwed hamzliengh, yienghneix couh ndaej hawj naengnoh ngauezwenj miz danzsingq.

Oij vunzvunz cungj maij gwn,

ndaw oij hamz miz daihliengh diet, gai, sinh daengj gij yenzsu ndaw ndang vunz aeu miz haenx, ndawde hamz diet daegbied lai, moix goenggaen oij couh miz baenz 9 hauzgwx, hamzliengh lai gvaq sojmiz lwgmak wnq.

Makit singq bingz feih vansoemj, ndaej bouj heiq lwed, giengz nyinz ndok. Ndawde hamz miz daihliengh buzdaudzangz, doiq bouxlaux, mehmbwk ndang nyieg lwedhaw miz bouj ndang cozyung, doiq boux aenvih lwedhaw caeuq boux naetnaiq gvaqbouh bouj ndang haemq ndei.

# Sam Fueng Yw Foegraemx

## 治水腫三方

**1、Cingh cau ngazduhhenj.** Aeu 500 gwz ngazduhhenj, ciengqyouz, gyu, begdangz, hing gep, swzlahyouz gak di he. Sien swiq ngaz duhhenj seuq cawz cab ndei, dwk youz roengz rek hai feiz coemh ndat, dwk ngaz duhhenj cau buenq cug, caiq dwk ciengqyouz, gyu, begdangz, hing gep caeuq raemx, goeb fa ndei cawj goenj geij faen cung le couh ndaej daek hwnj gwn.

**2、Dang raghaz lwglimz.** Aeu 50 gwz raghaz, 120 gwz lwglimz. Dawz song cungj neix swiq seuq dwk rek gya habliengh raemx, aeuq daengz duh naemz raemx yaek mboek liux seiz cawz raghaz le daek hwnj gwn.

**3、Dang duhndaem haeuxlidlu.** Aeu 100 gwz duhndaem, 30 gwz haeuxlidlu. Faenbied swiq song cungj neix seuq le caez dwk roengz rek, gya habliengh raemx feizhaenq cawj goenj, caiq gaij yungh feiznumq cawj 1 diemj cung le gwn.