

Bouxcungnienz Bouxlaux Baenzlawz Yawhfuengz Mbei Gietsig?

中老年如何预防胆结石?

Bouxcungnienz caeuq bouxlaux yungzheih baenz mbei gietsig, baenz le aen vwndiz gyoengqvunz aeu gvansim haenx.

Mehmbwk baenz mbei gietsig lai gvaq boux sai. Ndawde, baenz mbei gietsig cujau dwg gij mehmbwk fat biz、gij mehmbwk bi’ ndwen ndaej 40 bi doxhwnj、gij mehmbwk dingz dawzsaeg haenx. Baenz mbei gietsig, binghleix dwg aenvih habbaenz danjgucunz nem gijgwn mizgven.

Miz gij banhlap lawz ndaej yw mbei gietsig ne?

Yw mbei gietsig fuengfap haemq lai, danhseih cix mbouj daih ndei

geijlai. Conhgyah nyinhnaeuz, baenz mbei gietsig daegbied dwg baenz danjngazyenz le, wng caenhvaiq guh soujsuz yw cei q ndei, aenvih seizneix cijmiz yungh soujsuz yw yau goj cei q ndei.

Baenzlawz yawhfuengz danjngaz gietsig?

(1) Miz gvildw gwn haeux(ngoenz sam donq) dwg aen banhlap cei q ndei yawhfuengz gietsig ndeu, aenvih mbouj gwn seiz raemxmbei ndaw danjngaz cei q lai, nemmuek danjngaz supsou suijfwn hawj raemxmbei bienq gwd, bop danjgucunz caeuq lonjlinzci j yungzheih habbaenz, raemxmbei couh engq gwd,

doeklaeng baenz naezmbei.

Mwh gwn doxgaiq seiz, gijgwn haeuj daengz ndaw cibngeihci j angz le, ndaej coi danjngaz sousuk, hawj gij raemxmbei gwd caeuq gij raemxmbei hamz miz gij naezmbei haenx baiz ok ndaw saej daeuj, ndigah ndaej fuengz mbei gietsig.

(2) Hableix senj ndei gwnndoet gezgou, gaej gwn gijgwn danbwz lai、youzlawz lai、gijgwn ndat lai haenx. Habdangq gwn di gijgwn miz nyinzsei doxgaiq lai he daeuj gajnde i danjgucunz baiz ok rog ndang daeuj, fuengz baenz mbei gietsig.

(3) Yenzgiu ndaej rox, danjngaz

baenz gietsig miz yizconsing. Ndigah, ndaw gyog miz vunz baenz gietsig gvaq engq aeu haeujsim hableix gwnndoet. Doengzseiz, conhgyah nyinhnaeuz, fatyienh bi’ ndwen、vunz biz、gijgwn hamz youzlawz lai caeuq hezci j mbouj doengz bingzciengz ciengz rox yaeuhfat baenz mbei gietsig. Conhgyah genyi naeuz, dinghgeiz genjcaz B cau h、genjcaz hezci j, caeux di fatyienh caeux cei hyw.

Gyonj daeuj gangj, baenz mbei gietsig dwg caeuq siuvaq hidungj mizgven, gwn gijgwn yungzheih siuvaq ndaej gemjmbaeu danjngaz fudanh, couh ndaej yawhfuengz mbei gietsig lo.

Seizcin Bouxlaux Hab Bouj Veizswnghsu A

老人春季当补维 A

Seizcin aenndang bouxlaux yungzheih noix veizswnghsu A, neix dwg bingh saidiemheiq yinxhwnj. Aenvih conghndaeng、conghhoz daengj cw miz luep nemmuek caezcienz ndeu daeuj laengzdangj nengzbingh ciemq haeuj, ndaej gaj dai mied raeg nengzbingh caeuq binghdoeg najnaeng. Bouxvunz noix veizswnghsu A, couh nanz hoh ndaej luep nemmuek sibauh neix caezcienz. Linghvaih, noix veizswnghsu A hix rox yingyangj lwgda yawj doxgaiq, ndang vunz menjyizliz doekdaemq.

Itbuen moix ngoenz gwn naed yizganhyouz ndeu, couh ndaej mizyauq dwk boujcong veizswnghsu A lo. Ndaw nohbya、gyaeq、daep caeuq dungxsaej doi hduz hamz veizswnghsu A haemq lai, ndaej lai gwn di. Lauxbaeg nding、byaekgep、makyungz、namzgva、makgam hamz veizswnghsu A hix haemq lai. Danhseih, boujcong veizswnghsu A daiq lai hix rox fatseng doegsingq fanjying, dauqfanj sonjhaih ndangdaej gengangh.



Boux Baenz Gyakvaiz Seizcin Hab Gwn Gijmaz

牛皮癬患者的春季食谱



Youq ndaw seizcin, boux baenz gyakvaiz gwn gijmaz daeuj gajnde i binghcingz ne? Aeu va govaiz caeuq nohbya naengj gwn, va govaiz ndaej siu ndat liengz lwed、giep fung siu humz. Va govaiz seizcin hai va, gig yungzheih ra ndaej, dawz ma caeuq nohbya naengj gwn, mboujdanh yingzyangj lai, feihdauh ndei gwn, caemh ndaej fuengzceih bingh gyakvaiz.

Va govaiz caeuq nohbya cujau baenzneix boiq: Va govaiz 15 gwz, 7 dug coengbieg, 20 gwz gyaeujsuenq naeng aeu j, 500 gwz byacaek roxnaeuz byaleix. Gidij guh fap: Swiq bya seuq cawz gyae p、hwk、dungxsaej, ngeng reg 3 daengz 5 mbat cax, dwk roengz rekmeng bae, gya coeng、hing、suenq、gyu、liuhlaeuj caeuq di raemx ndeu, dwk gwnz feiznumq naengj 20 faen cung, doeklaeng dwk va govaiz、veicingh、youzhom roengz couh baenz gwn. Boux baenz gyakvaiz ndaej ciengzseiz gwn meih byaek neix.

Gwn Ywbiyin Geizgan Gaej Gwn Makbug Makgam

服避孕药期间忌吃柑橘柚子

Mbangj canghyw ciengz doiq vunz naeuz, aeu lai gwn makgam daengj lwgmak, aenvih de hamz miz veizswnghsu C gig lai, doiq ndangdaej cibfaen mizleih. Danhseih, yenzgiu moq fatyienh, danghnaeuz hawj raemx makbug caeuq mbangj raemxyw doengzcaez cozyung, couh rox sienghaih ndang vunz. Conhgyah naeuz, miz haujlai cungj yw mbouj ndaej caeuq makbug doengzcaez gwn, lumj

hungzmeizsu、ywbiyin、mbangj yw aifoeg daengj. Danghnaeuz mehdaiqndang gwn ywbiyin le caiq gwn raemx makbug dem, couh engq yungzheih daiqndang lo.

Mbangj mehmbwk gwn ywbiyin le, danghnaeuz gwn makgam roengzbae, gig miz gojnwngz hawj vunz gikdoengh gvaqbouh roxnaeuz rengz naiq. Mbangj gangswnghsu caeuq raemx makbug doengzcaez gwn



le rox yinxhwnj baenz dungxsiq roxnaeuz laengzdangj cei hyw yau goj.

1、Danghveih Daeuhfouh Hoj-goh:
Caizliuh: 20 gwz danghveih, 250 gwz daeuhfouh, 400 gwz nohbya, di byaekhau ndeu, raet seizdoeng 5 duj, 2000 gwz dang nohgaeq, ciengqyouz caeuq gyu di he.

Guhfap: Sien swiq danghveih seuq ronq baenz gaiq mbang bwh yungh; swiq nohbya seuq ronq baenz gaiq, cab daeuhfouh baenz gaiq iq, ronq byaekhau baenz donh, cimq raet unq caiq ronq baenz sei. Dwk dang nohgaeq roengz ndaw hojgoh le caiq dwk danghveih roengz liux, hai feizhaenq cawj goenj gajj yungh

Sam Dan Yw Mehmbwk Dawzsaeg In

治妇女痛经三例

feiznumq baek 20 faen cung, danghnaeuz dang noix ndaej habdangq gya di, doeklaeng dwk diuzliuh, caiq dwk nohbya、daeuhfouh、raet、byaekhau roengz, cug le daek hwnj gwn. Ndae j bouj lwed vued lwed, raeuj ging dingz in. Hab boux mehmbwk lwedhaw ndang nyieg、boux lau nit genga gyoet gwn, danhseih boux dawzsaeg ok lwed daiq lai mbouj ndaej gwn fuk

neix.

2、Dang Daeuhfouh Dangz-nding:
Caizliuh: 250 gwz daeuhfouh, 30 gwz dangznding.

Sien cab daeuhfouh baenz gaiq iq, dwk raemx cawj le gya dangznding couh baenz gwn. Ndae j huz lwed、diuz ging、ok raemxci j. Hab boux mehmbwk dawzsaeg mbouj swnh、

dungx ciengq in caeuq boux mehmbwk senglwg le raemxci j noix gwn. Ngoenz gwn 2 baez.

3、Dang Laeuj Duhndaem Gyaeqgaeq:
Caizliuh: 60 gwz duhndaem, 120 gwz laeujhaeux, 2 aen gyaeqgaeq.

Guhfap: Sien cawj duhndaem caeuq gyaeqgaeq cug, bok gvamq-gyaeq caiq dauq dwk roengz rek laebdaeb cawj daengz duhndaem naemz, dwk laeujhaeux gwn.

Ndae j bouj lwed ik heiq, raeuj yiengz doeng ging. Hab boux mehmbwk heiqlwed haw dawzsaeg in gwn. Ngoenz fuk.