

Cungj Ciudaeuz Lawz Ndaej Yienjok Aen'daep Miz Bingh

哪些征兆可预示肝脏疾病

Aendaep dwg cungsim gi' gvanh fucwz ndang vunz daise haenx, de youz 50 fanh mbawdaep rom baenz, mbawdaep youh daih' iek youz 50 fanh aen sibauhdaep habbaenz, bingzseiz daih' iek miz 1/5 fazveih cozyung, gizyawz 4/5 dwg cajdeq youq ndwi.

Ndigah, couhcinj miz 4/5 daep cujcz deng buqvaih, lij miz 1/5 mbouj deng buqvaih cungj cingzgvang neix lajde, lij ciuqyiengh yinhhengz ndaej.

Saedsaeh daeuj gangj, boux vunz raeuz couhcinj haidau gvej aen'daep bae 4/5, lij ciuqyiengh veizciz diuzmingh mbouj dai ndaej. Ndigah, couhcinj fatseng gitgaz hix mbouj itdingh baenzbingh. Baez fatyienh ndaej bingh, ciengz dwg gaenq hauej naek lo.

Baihlay lied 11 cungj bingh-yiengh okdaeuj, danghnaeuz miz geij cungj doengzseiz okyienh, ginggvaq bouj yingzyangj roxnaeuz yietnaiq

ndei le bingh lij caengz ndei, couh wnggai ngeiz daengz aen'daep miz bingh lo.

(1)Daengx ndang naetnaiq caemhcai ciemh ngoenz ciemh youqgaenj;

(2)Amqbak mbouj ndei, miz rubmyaiz cungj ganjgyoz neix;

(3)Laebdaeb gamjdaengz loq ndat, roxnaeuz buenx miz lau nit;

(4)Cuyiliz mbouj yungzheih in. cizcungh;

(5)Bingzseiz gwn laeuj ndaej lai, seizneix raemhrwnh gemjsiuj;

(6)Saeknaj amq mbouj rongh-lwenq;

(7)Saeknoh lumj vuengzbiu nei;

(8)Saeknyouh henj lumj laeuj-bizciuj nei;

(9) Haexgaz, saekhaex haumong;

(10)Gamjdaengz aek ciengq;

(11)Duenh aek baihgwnz mwnh



Daep Mbouj Ndei Lai Gwn Makit

肝不好多吃葡萄

Ndaw makit hamz miz dienyienz vuedsingq doxgaiq, lij miz veiz-swnghsu caeuq nyinzsei dem, doiq gij vunz daep mbouj ndei roxnaeuz boux baenz ganhyenz haenx gig miz ik. Ndigah, yingzyangj conhgiah genyi naeuz, bouxlaux daep miz vwndiz seiz ndaej habliengh gwn di makit he.

Cunghyih nyinhnaeuz, makit singq bingz, feih vansoemj, ndaej bouj heiqlwed, nyangq nyinz ndok, ik daep ik yaem, leih nyouh, soeng nyinz vued lwed, raeuj dungx cangq dungx, gajj simfanz youh ndaej gajj hozhawq. Yienhdaih yihoz cix cwnghmingz naeuz, makit miz gang' yangjva hozsing gig ak, ndaej mizyauq dwk diuzcwngh goengnaengz sibauh aen-daep, laengzdangj caeuq fuengzceih swyouzgih daeuj sienghaih aen'daep.

Ndaw makit hamz miz dangz-makit caeuq lai cungj veizswngshu, doiq baujhoh aen'daep, gemjmbaeu dungx foegraemx caeuq ga foegfouz, yaugoj gig mingzyienj, lij ndaej daezsang bwzdanbwz ndaw lwed dem. Gij dangzmakit, youjgihsonh, anhgihsonh, veizswngshu ndaw makit doiq sinzgingh aen'uk miz fatangq cozyung, ndaej gajjndei bouxlaux baenz ganhyenz caemhcai buenx miz sinzgingh hawnyieg caeuq naetnaiq.

Gojsonh ndaw makit lij ndaej bangcoh siuqa, coi vunz lai gwn doxgaiq, fuengz baenz ganhyenz le cienj baenz cihfangzganh. Boux baenz ganhyenz gwn makit ndaej bouj diet. Aeu rag gomakit 100 daengz 150 gwz daeuj baek raemx gwn, ndaej bangbouj ceihiw vuengzbiu ganhyenz.

Byamaeg Ceiq Hab Mehdaiqndang Baujgen

墨鱼最适宜孕妇保健

Byamaeg daengx ndang cungj dwg bauj, dwg gij sizbinj baujgen mehmbwk ceiq ndei. Byamaeg feihdauh diemz ndei, yingzyangj lai, moix 100 gwz noh byamaeg hamz miz 13 gwz danbwzciz, 0.7 gwz youzlauz, lij hamz miz dansuij vahozvuz caeuq veizswngshu A、veizswngshu B cuz nem gai、linz、diet、hwzvangzsu daengj doxgaiq ndang vunz aeu miz haenx dem.

Yihyozy nyinhnaeuz, byamaeg singq diemz、ndaengq、bingz, ndaej nyinh daep nyinh mak、ciengx lwed nyinh yaem、ik heiq.

Cigndaej danqhaenh dwg, de dwg

cungj baujgen sizbinj mehmbwk ceiq lijsiengj ndeu. Ciuhvunz mehmbwk mboujlwnh dwg geiz dawzsaeg、geiz daiqndang、geiz senglwg、geiz cijlwg gak aen seizgeiz, gwn de cungj daih miz ndeicawq.

Aeu 2 duz byamaeg ma swiq seuq, caeuq 250 gwz nohmou cing itheij aeuq cug le dwk gyu gwn, ngoenz baez, 5 ngoenz guh aen liuzcwnghz ndeu, yw mehmbwk daiq roengz.

Aeu noh byamaeg caeuq daezmou aeuq dang gwn, 5 ngoenz guh aen liuzcwnghz ndeu, ndaej coi mehmbwk senglwg le ok raemxcij lai.



Makyungz Ceiq Ndei Guh Ciengq Gwn

西红柿做酱更适合食用

Makyungz dwg gengangh sizbinj, danghnaeuz aeu de guh baenz ciengq, couh engq hab bak bouxlaux gwn lo. Ginggvaq yenzgiu ndaej rox, gij gezhungzsu ndaw makyungz ndaej gemjsiuj doenghmeg saek lwed, hawj sailwed noix baenz bingh. Youq mwh gyagoeng cawj cug baenz ciengq gocwnghz ndawde, engq naengz daezsang gezhungzsu gang' yangjva yaugoj dem, hawj dungxsaej engq yungzheih supsou.

Doengzseiz, makyungz guh baenz ciengq le, lij baujlouz miz daihliengh veizswngshu A、veizswngshu C caeuq cenheizsu、B cuz veizswngshu、lai cungj gvangvuzciz、danbwzciz caeuq denhyenz gojgyauh, ndaej yawhfuengz baenz yujaiz、feiaiz、swjgungh neimozaiz、gezcanzaiz daengj bingh.

Linghvaih, ciengqmakyungz vansoemj habbak, ndaej sekdungx, beij makyungz ndip engq yungzheih siuqa. Bouxlaux bingzseiz aeu daeuj yub haux yub byaek gwn, couh engq fuengbienh ndaej lai lo.

Dan Yw Bouxlaux Ga Foeg

治老人足肿食疗方

Haeux raemxhing nohvaiz. Guhfap: Aeu nohvaiz singisien 90 gwz, faeg mienz, gya di raemxhing、youzndip、ciengqyouz he, gyaux yinz bwh yungh. Cawj haux raemx yaek mboek liux seiz dwk nohvaiz roengz oemq, cug le gwn.

Duhnding aeuq byaleix. Duhnding aeuq byaleix dwg aen niemhfueng ndawbiengz siu foeg ndei ndeu. Duhnding ndaej yw foegraemx、cangq dungx, byaleix hix ndaej siu foegraemx. Guhfap: Duhnding 90 gwz, duz byaleix ndeu(cawz dungxsaej), heuz raemx、meiqhaeux gak buenq, dwk rekmeng gya di youzndip he, cawj diemj cung ndeu, gwn dang caeuq nyaq.

Cuk bwzgiz(白芪) dungxmou. Bwzgiz caeuq dungxmou ndaej leih nyouh. Guhfap: Bwzgiz 80 gwz, baek diemj cung ndeu le louz raemx gya haux cawj cuk, dwk dungxmou cawj cug le dwk gyu gwn.

