

Seizcin Gwn Makbohloz Ciengx Ndang Ceiq Ndei

菠萝是最好的春季养生水果

Makbohloz hamz miz nyinzsei、veizswnghsu、gvangvuzciz、yingz–yangj doxgaiq、gang’ yangjvaci caeuq 80 lai cungj yingzyangj doxgaiq. Raemx lai ndei gwn, bouxboux cungj maij.

Ndaej dingj in. Makbohloz ndaej dingj in, ndaej yawhfuengz hohndok in, ndaej demgiengz goet–ndok. Ndaej yawhfuengz ndaeng haenz、conghhoz in、baenzin、foeg–gawh.

Dingj baenz aizcwng. Mak–bohloz hamz miz gang’ yangjvaci gig lai, ndaej doiqdingj swyouzgih sibauh daeuj sonjhaih caeuq yawh–

fuengz mbouj doengz loihhingz aizcwng gojnwngz sienghah ndang vunz.

Yawhfuengz doenghmeg souhyiengh giet ndongj. De hamz miz gang’ yangjvaci, ndaej yawh–fuengz aenvih swyouzgih yinxhwnj baenz doenghmeg souhyiengh giet ndongj.

Yawhfuengz binghsimdaeuz. Gang’ yangjvaci ndaej gikdoiq swyouzgih, gyangqdaemq danj–gucunz, yawhfuengz simdaeuz baenzbingh.

Demgiengz menjyizliz. Ndaw makbohloz hamz miz daihliengh

veizswnghsu C, dwg cungj yangjvaci demgiengz menjyizliz ndeu.

Bangcoh siuvaq. Raeuz cungj rox, raemx makbohloz ndaej bang–coh siuvaq.

Gemjsiuj cihgi’ gvanj haenz in. Raemx makbohloz ndaej dingj humz in, hawj vunz n oix baenz cihgi’ gvanj humz in.

Gamhanh hezyaz swng sang. Ciengz gwn makbohloz ndaej gam–hanh hezyaz swng sang.

Dingjdoiq conghsaej miz deh. **Dingj rub myaiz.** Makbohloz ndaej dingj rub myaiz、mehmbwk daiqndang rueg ok daengj vwndiz.



Cuk Seizcin Ciengx Ndang

春季养生粥

Cuk maknengznuengx: Aeu maknengznuengx 30 gwz (ndip 60 gwz), 60 gwz haeuxcid, di dangznae ndeu. Swiq maknengznuengx seuq caeuq haeuxcid caez cawj cuk cug le dwk dangznae couh baenz gwn. Cuk maknengznuengx ndaej nyinh bouj daep yaem、ciengx lwed raeh da, hab boux daep mak sied haw yinxhwnj baenz gyaeuj ngunh da raiz、boux ninz mbouj ndaek fangzhwnz loq lai、boux rwz maenj hwet naet、byoemgyaeuj hau caeux gwn.

Cuk gaeujgij: Aeu 30 gwz ceh gaeujgij, 60 gwz haeuxnaz, sien cawj haeuxnaz buenq cug, caiq dwk ceh gaeujgij roengz itheij cawj cug couh baenz gwn. Cungj cuk neix daegbied hab boux ciengzseiz gyaeuj ngunh da saep、rwz maenj laeuh cing、hwet in naet gwn. Boux baenz ganhyenz gwn cuk gaeujgij, ndaej baujhoh aen’ daep, coi sibauh aen’ daep caiq seng.

Cuk vamoiz: Aeu 5 gwz vamoiz hau, 80 gwz haeuxsuen. Sien cawj haeuxsuen baenz cuk, caiq dwk vamoiz hau roengz cawj goenj 2 daengz 3 faen cung, moix donq gwn vanj ndeu, laebdaeb gwn 3 daengz 5 ngoenz. Vamoiz singq bingz, ndaej so daep leix hei, hawj vunz lai gwn ndaej doxgaiq. Boux gwn doxgaiq mbouj ndaej gwn cungj cuk neix yaugoj gig ndei, gwn le ndang cangq miz rengz.

Bouxlaux Lai Gwn Dangznding Ndaej Dingj Nyieglaux

老人多吃红糖有助于抗衰老

Cunghyih nyinhnaeuz, dangz–nding(dangzoi) singq raeuj、feih van, ndaej ik hei, bouj lwed、cangq dungx raeuj dungx、dingz in、vued lwed vaq cwk. Bouxlaux supsou gak cungj veizlieng yenzsu caeuq veizswnghsu cugciemh gemjsiuj lo, bingzseiz wng haeujsim daj gwnndoet ndawde bae bouj, yienghneix cij

ndaej veizciz cingqciengz daise goengnaengz, doiceiz nyieglaux. Ndigah conghyah genyi naeuz, bouxlaux mwh gwn dangz seiz, wng lai senj gwn dangznding. Yizbwnj bouxlaux Cungeunz Yen, moix ngoenz sibgvenq gwn boi raemx dangznding he, bouxvunz ndaej souhyienz haujlai.

Danhseih, mbouj dwg naeuz sojmiz bouxlaux cungj hab gwn dangznding. Cunghyih nyinhnaeuz, boux yaem haw ndaw ndat、boux dungxraeng、boux baenz bingh–nyouhdangz mbouj hab gwn dangznding. Linghvaih, mwh gwn yw seiz hix mbouj hab yungh raemx dangznding soengq gwn.

Lwgnyez Nohheuj Doz Nong Gawhfoeg Baenzlawz Guh

小孩牙龈脓肿怎么办

Lwgnyez nohheuj doz nong gawhfoeg rox gamjdaengz daegbied in dot, lienz daengz yungh yw dingz in cungj fouzfap vanjgaij. Heujcij danghnaeuz doz nong gawhfoeg mbouj ndaej gibseiz yw ndei, rox yingyangj daengz gij heujgungx yaek sengmaj okdaeuj haenx; danghnaeuz dwg heujgungx doz nong gawhfoeg, mboujdanh in dot nanz dingj, caemhcai cauhaenz heuj lon heuj loenq dem.

Raen lwgnyez nohheuj doz nong gawhfoeg seiz, cawjranz ndaej baenz–neix bae cawqleix:

1、Cam lwgnyez gizlawz heuj doz nong gawhfoeg. Heuh lwgnyez aj bak, cazyawj gizde nohheuj dwg mbouj

dwg ndingfoeg.

2、Aeu raemxgyu cit hawj de riengx bak, caemhcai yungh daeh raemxndat baeng mbiengj gemj haenx, hix ndaej yungh 2% denjganhyouz led giz ndingfoeg, yienghneix ndaej gemjsiuj gizde in dot.

3、Haeujsim gaej vihliux vanj–gaij lwgnyez in dot cix luenh yungh ywmaz daeuj led. Aenvih yienghneix guh rox hawj nohheuj deng sieng, heuj engqgya in lai.

4、Bingzseiz aeu son lwgnyez guh baenz aen sibgvenq ndei gwn haeux sat roxnaeuz yaek ninz gaxgonq riengx bak cat heuj, daegbied dwg gwn huqdiemz le aeu



sikhaek riengx bak roxnaeuz gwn raemx.

5、Moix gek buenq bi daiq lwgnyez bae yihyen genjcaz diuzheuj sengmaj caeuq gengangh cingzgvang baez ndeu. Baenzneix guh, cij ndaej gibseiz fatyienh caemhcai ceihyw bingh heuj de.

Hezyaz Sang Haexgaz Hab Gwn Byaekbohcai

高血压及便秘者吃菠菜

Gij huzlauxbaeg doxgaiq ndaw byaekbohcai caeuq lauxbaeg nding ityiengh ndei, vunzraeuz ngoenz–naengz gwn 50 gwz byaekbohcai, couh ndaej muenxcuk aenn dang aeu miz gij veizswnghsu A sihyau; doengzseiz, gij veizswnghsu C ndaw byaekbohcai hix beij makyungz sang

boix lai.

Boux baenz hezyaz sang caeuq boux baenz haexgaz、boux baenz gyaeuj in、boux baenz naj hoengz, ndaej dwk byaekbohcai roengz raemxgoenj bae log 3 daengz 5 faen cung le vez hwnj cab soiq, dwk di youzhom caeuq di gyu ndeu gyaux

gwn, ngoenz 2 baez, ywyauq gig ndei. Aenvih ndaw byaekbohcai hamz miz caujsonh, de ndaej caeuq gij gai ndaw gijgwn wng ndaw dungx giethab baenz caujsonhgai nanz yungzgaij he, hawj ndang vunz mbouj yungzheih supsou gai, ndigah mbouj ndaej gwn lai.