

Dam Gwn Sae' gva Benjdauzdij Yungzheih Fatyiemz

贪食西瓜易扁桃体发炎

Dunghnanz Dayoz Fusuz Cunghda Yihyen Wzgoz ceiqgaenh sou yw lai boux lwgnyez aenvih dam gwn sae' gva caeuq huqgyoet yinx-hwnj baenz benjdauzdij caeuq conghhoz fatyiemz haenx, gij lwgnyez neix dingzlai dwg cungh siujhagseng.

Ciuq canghyw wzgoz Ciz Nanz gaisau, gij lwgnyez neix dingzlai raen miz fatndat, conghhoz insep, mbouj raen mug rih, ae daengj dwgliengz yienghsiengq, cazyawj conghhoz seiz raen conghhoz hoengzmaeq, cung lwed, benjdauzdij gaenq fatyiemz lo.

Ceiqgaenh moix ngoenz duenq yawj baenz bak lai boux lwgnyez, ndawde miz sam faenh cih it dwg gij binghyiengh gwnzneix. Cujyau dwg

aenvih gwn huqgyoet daiq lai yinxhwnj, mbangj nyzehung ngoenz gwn baenz seiqhaj diuz sietdiuz.

Baenz benjdauzdij fatyiemz cujyau yenzynh dwg nengzbingh caeuq binghdoeg ganjyenj. Gij nengzbingh neix ciengz douh youq conghhoz bouxvunz caeuq ndaw congh benjdauzsen, youq cingq-ciengz cingzgvang lajde, aenvih naeng benjdauzsen caezcienz caeuq goek raemxniu mboujduenh iemqok, doengzseiz hix dawz nengzbingh baiz okdaeuj, baujciz baihindaw gengangh. Mwh aenndang naetnaiq gvaqbouh, mbangjgiz deng gij huq daiq gyoet lumj sae' gva dwk haeu j binghsiengh dung gvaq, daihliengh yinliu gyoet swgiz le, mwh rengz dingj bingh doekdaemq seiz,



benjdauzsen soengq lwed gemjnoix, gihnwngz goek raemxhanh iemqok doekdaemq, naengnoh fuengzceih naengzlig doekdaemq seiz, sigin couh ciemq haeujbae caemhcaiq daihliengh sanjmaj, couh baenz benjdauzdij fatyiemz lo.

Ciengz Gwn Byaekreuz Ndae j Yawhfuengz Gij Bingh Lawz?

常吃菜花可以预防哪些疾病?



1、Ciengz gwn byaekreuz ndaej demgiengz bwtadep gaij doeg naengzlig, caemhcaiq ndaej daez-sang aenndang menjyizliz, ndaej yawhfuengz baenz dwgliengz.

2、Yinghgoz miz hangh yenz-giu ndeu naeuz, gwn byaekreuz ndaej demgiengz geiqsingq.

3、Ndae j cingleix sailwed, ndaej laengzdangj danjgucunz yangjva, fuengz lwed giet ndaek, ndaej gemjsiuj simdaeuz baenz-bingh, hix noix hawj vunz baenz

mauhfung.

4、Ndae j baujhoh bangx sai-lwed mbouj deng buqleg.

Aeu haeujsim dwg: 1、Yienz-naeuz byaekreuz yingzyangj lai, danhseih ciengz lamqlw miz nungzyoz, yungzheih deng non gaet. Caengz gwn gaxgonq au dwk roengz raemxgyu cit bae cimq cibgeij faen cung le cij ndaej cau j gwn. 2、Gaej cau j daiq naemz lai. 3、Moix vunz moix donq gwn mbou j ndaej mauhgvaq 70 gwz.

Raemxngaeux Heuz Raemx-makleiz Yw Baksauj Baenzae

藕汁拌梨汁可治口干、咳嗽

Cunghyih nyinhnaeuz, ngaeux singq caep feih van. Gwn ndip ndaej liengz lwed sanq lwed, ndaej yw fatndat bak sau j, rueg lwed, linzbing ndat daengj bingh; gwn cug ndaej ik lwed, dingz siq, lij ndaej cangq dungx, sek dungx dem. Dan yw aeu ngaeux guhcawj youq gwnz linzcangz yungh haemq lai, goengyauq gig ndei. Lumj haethaemh gwn byongh cenj raemxngaeux ndeu, ndaej yw feigzwhz ok lwed, senglwg le ok lwed, ndaeng ok lwed. Linghvaih, daem ngaeux ndip yungz nyaen j aeu raemx heuz di dangzrwi he baen geij baez gwn, ndaej yw fatndat hozhawq; raemxngaeux caeuq raemxmakleiz gak byongh cenj heuz yinz gwn, ndaej yw myaiz gwd ndat, baksauj baenzae.

Cunghyih nyinhnaeuz hohngaeux singq bingz, feih vansaep, ndaej dingz lwed sanq lwed, caemh ndaej yw ae ok lwed, rueg lwed, nyohu lwed, haex lwed, rongzva ok lwed daengj bingh. Daem hohngaeux yungz nap aeu raemx gwn, caemhcaiq ndik conghndaeng 3 daengz 4 ndik, ngoenz 2 daengz 3 baez, ndaej yw ndaeng ok lwed; aeu hohngaeux 40 gwz baek raemx gwn, ngoenz gwn 2 baez, ndaej dingz rog sieng cwk lwed; hohngaeux ndip cawz bwn swiq seuq dwk gyu iep song aen singhgiz le, mwh yungh seiz aeu hohngaeux cimq raemxgoenj le hamz ndaw bak gwn, ngoenz 2 baez, moix baez hoh ndeu, ndaej yw gipsingq conghhoz in.

Ndawranz Baenzlawz Fuengz Lwgnding Baenz Feiyenz?

家庭如何防治婴儿肺炎?

Bingzseiz bohme h aeu hawj lwgnding lai lienhndang, lai ok rog ranz bae hozdung, lai dak di ndit he, caenhliengh gaej daiq lwgnding bae giz vunz lai caeuq giz hoengheiq mbou j ndei haenx guhcaemz. Vunz ndawranz miz vunz baenz dwgliengz seiz, caenhliengh gaej bae bungq lwgnding. Dizcang cij meh gueng lwgnding, hableix gwnndoet, demgiengz lwgnding dingj bingh naengzlig.

Lwgnding gaenq baenz feiyenz seiz, aeu gyagiengz hohleix, haeujsim ndawranz hoengheiq singjsien, dohraeuj caeuq caepdoh ndawranz aeu habngamj.

Gaej hawj hoenz ien hoenz youz hoenz meiq oenq deng lwgnding, gaenx cingcawz mug ndaw conghndaeng lwgnding, gaenx fanndang bek laeng lwgnding, coi de baiz myaiz okdaeuj. Guh ndei diuzleix gwnndoet, gaenx gueng raemxraeuj hawj lwgnding, bwnq gijgwn yungzheih siuvaq hawj lwgnding.

Lwgnding baenz feiyenz aeu ciuqei canghyw daengq, ciuqseiz gwn yw dajcim duenh seizgan he. Mbangj bohme h raen lwgnding doiq ndat le doq dingz yw, yienghneix guh yungzheih hawj bingh fukfat caemhcaiq gyanaek.

Seizhah Gwn Gyoet

Aeu Gangj Gohyoz

夏季吃冰有讲究

Seizhah mbwn ndathwngq, vunz ceiq maij gwn laeujbizciuj gyoet, cuk gyoet, byaek gyoet, mak gyoet, danhseih bingq mbouj dwg naeuz vunzvunz cungj gwn ndaej gyoet, mbangj vunz baez gwn roengzbae, sieng dungxsaej couh youqgaenj lo. Dungxsaej baez deng sienghah, couh rox baenz dungx in, oksiq, dungxraeng daengj bingh.

Yindung haenq daihliengh ok hanh seiz, ciengeiz gaej gwn raemx-gyoet roxnaeuz huqgyoet; boux baenz ae' ngab, baenz gvanhsinhbing, hezyaz sang, dungx in, dungx biux naeuh, dungxraeng, oksiq seiz, ciengeiz gaej gwn huqndip huqgyoet; yaek gwn haeux gaxgonq roxnaeuz yaek haeujninz seiz gaej gwn huqgyoet. Seizhah mbwn ndat, yinliu gyoet, mak gyoet sangj bak youh ndaej bouj hawj veziswnghsu, cijaeu habseiz, habliengh, menh gwn menh ndoet, doiq gaij hozhawq daih miz ndeicawq, danhseih ciengeiz mbou j ndaej lanhgn lanhndoet. Mboujnex, sienghah dungxsaej goengnaengz couh ienqhoij mbou j gib lo.



Naeng Makgam Miz

Haj Aen Yunghcawq

桔子皮的五小妙用

1、Ndaw naeng makgam hamz miz daihliengh veziswnghsu C caeuq youzyanghcingh, dawz de swiq seuq dak sau j lumj mbawcaz baenzneix cuengq yo, ndaej dawz de caeuq mbawcaz caemhdoih cimq caz gwn, hix ndaej dandog cimq raemxgoenj gwn, feihdauh hom ndei, caemhcaiq ndaej daezsaenz, doeng heiq.

2、Naeng makgam ndaej leix heiq vaq myaiz, cangq dungx cawz caep caeuq gyangq hezyaz, dwg cungj cunghyozcaiz gig ndei he. Ndae j swiq seuq dak sau j cimq laeujhau song sam aen singhgiz le gwn, ndaej cing bwt vaq myaiz, cimq laeuj seizgan yied nanz, feihlaeuj yied ndei.

3、Mwh cawj cuk dwk geij vengq naeng makgam roengzbae, gwn seiz sek dungx youh hom ndei.

4、Cauj noh roxnaeuz cau j ndoksej seiz dwk geij vengq naeng makgam roengzbae, feihdauh sien ndei caemh-caiq ndaej siu youz nywnx.

5、Naeng makgam ndaej guh-baenz dangznaengsei, dangznaeng-naed, ciengqnaenggam daengj gijgwn.