

Lwgnyez Gyaеuj In Baenzlawz Guh

儿童头痛咋办

Gyaеuj in dwg cungj bingh lwgnyez ciengz raen ndawde cungj ndeu, daih'iek miz 20% lwgnyez miz fanjfoek gyaеuj in cingzgvang. Yinx-hwnj lwgnyez gyaеuj in yenzyinh miz lai cungj: Lwgnyez baenzbingh gocwngz ndawde danghnaeuz fatndat, hix rox baenz gyaеuj in; lwgnyez youq mwh ndatoem、youq giz mbouj doeng rumz nanz roxnaeuz aenvih mbangj saeh cauhbaenz swhsiengj gaenjcieng gvaqbouh hix rox baenz gyaеuj in. Caenhguenj lwgnyez baenz gyaеuj in yienghsiengq mbouj noix, danhseih yinxhwnj gyaеuj in yenz-yinh mbouj doxdoengz、naekmbaeu mbouj doxlumj, cawjranz aeu yawj mbouj doengz cingzgvang guh mbouj doengz cawqleix.

1、Naihsim cam lwgnyez aen-gyaеuj gizlawz in. Sijsaeq cazyawj fajnaj、hangzljaj、goekrwz、aenndaeng、heuj、nohheuj lwgnyez miz mbouj miz mbouj doengz bingzciengz.

2、Bang lwgnyez dag ndang-raeuj, yawj de dwg mbouj dwg lij

fatndat. Danghnaeuz raen de gyaеuj in youh fatndat, dingzlai dwg baenz riuzhengzsingq dwgliengz roxnaeuz mazcimj daengj ganjyenj lo. Wng daiq de bae yihyen duenq yw.

3、Sijsaeq cazyawj aen' gyaеuj lwgnyez dwg mbouj dwg miz rogsieng, cam de aen' gyaеuj dwg mbouj dwg deng maz bungq sieng gvaq. Danghnaeuz aen' gyaеuj miz rogsieng, aeu daiq de bae yihyen guh caenh'itbouh genjcaz.

4、Lai caeuq lwgnyez gyauliuz, gvansim lwgnyez seiqhenz fatseng gijmaz saeh. Haeujsim lwgnyez gaenhgeiz simyou gijmaz saeh, loengh cingcuj simleix lwgnyez miz maz atlig, yinjdauj caeuq bang de gaijgez gunnanz.

5、Bingzseiz aeu caux aen vanz-ging hagsib caeuq gwndaenj ndei ndeu hawj de. De gyaеuj in seiz, engq aeu haeujsim hoengheiq ndaw ranz ndaw rug singisien seuqsak, hawj de habdangq yietnaiq, hawj de gwn di yinjliu liengzsangj roxnaeuz



sizbinj ndeu.

6、Danghnaeuz de gyaеuj in seiz lij buenx miz rub myaiz、rueg ok, gojnwngz dwg baenz mbiengj gyaеuj in lo.

7、Danghnaeuz lwgnyez fatndat 38 doh doxhwnj, roxnaeuz buenx miz rueg ok、ndoenjhoz gengsoh、lwgda lau ndit daengj yienghsiengq, gojnwngz dwg baenz naujmozyenz lo, wng gibseiz soengq bae yihyen genjcaz aeu yw.



Gij Miuhyungh Caeuq Yingz-yangj Gyaciz Lwghaemz

苦瓜的妙用和营养价值

Seizhah, vunz yungzheih baenz fatsa, gyahwnj fwn lai caepndat dem, mizleih nonnengz sanj maj, gijgwn yungzheih mwtnaeuh, hawj vunz baenz saej humz、oksiq. Ndigah, seizhah ciengz gwn lwghaemz doiq ndangdaej gig miz leih. Baenzneix, yaek baenzlawz gwn ne?

1、Aeu lwghaemz guh baenz cazliengz, ngoenznaengz ndoetgwn, ndaej siu huj siu hwngq.

2、Aeu lwghaemz ronq baenz gaiq mbang, dwk gyu iep yaep he, caiq dwk noh mienz、gyaeujsuenq、daeuhseih caez cien gwn, saek feih sien ndei.

3、Mwh fatsa fatndat seiz, aeu aen lwghaemz ndeu, daet baenz donh vet sim ok le oet mbawcaz haeujbae fung dauq ndei, venj youq giz doeng rumz langh sauj, moix baez aeu 5 daengz 10 gwz daeuj baek raemx roxnaeuz cimq raemxgoenj dang caz gwn.

4、Mwh hozhawq bak sauj seiz, aeu aen lwghaemz ndeu, buqhai vet sim ok le ronq soiq baek raemx gwn.

5、Baenz gipsingq oksiq seiz, aeu aen lwghaemz ndeu daem yungz le dwk di dangz he gyaux yinz, gvaq song diemj cung nyaenj raemx ok le gwn lwghaemz.

Singjgaeh Seizhah Bingh Haih Lwgnyez

警惕夏季多发病“入侵”儿童

Lwgnyez aenvih dienheiq ndataeng cix baenzbingh ciemh ngoenz ciemh lai, conhg yah daezsingj naeuz, seizhah aeu daegbied singjgaeh lwgnyez baenzbingh.

Lwgnyez dwgliengz yungzheih baenz dungxsiq.

Aenvih seizhah mbwn ndataeng, lwgnyez daengx ndang gak aen gi' gvanh goengnaengz cungj rox fatseng bienqvaq. Riengzdwk mbwn ciemh ngoenz ciemh ndat, siuhvameiz iemqok gemjsiuj, dungxsaej doenghlig doekdaemq, siuvaq hidungj yungzheih ndaej bingh.

Seizhah mbwn ndat youh caep lai, gijgwn yungzheih hwnjmw, danghnaeuz mbouj siujsim gwn gijgwn hwnjmw le, mbaeu cix dungxsiq, naek cix fatseng gijgwn dengdoeg; mbangj lwgnyez maij gwn yinjliu gyoet、gijgwn gyoet、byaekliengzban gyoet, danghnaeuz gwn daiq lai, hix yungzheih baenz dungxsiq. Linghvaih, seizhah aenvih mbwn ndat, lwgnyez dam liengz cix ciengzseiz hai gunghdiuz roxnaeuz cimq raemxgyoet, lwgnyez dwgliengz gvaqbouh, couh yinxhwnj binghdoeg ganjyenj cauhbaenz dungxsiq.

Bingh saidiemheiq aeu nyinhcaen ceihyw.

Ciuq conhg yah gaisau naeuz, bingh saidiemheiq lwgnyez cujyau biujyienh dwg lwgnyez baenz saidiemheiq donh baihgwnz ganjyenj lumj benjdauzdijyenz ok nong daengj, hai gunghdiuz dwg aen cungyau yenzyinh yaeuhfat baenzbingh he. Lwgnyez itbuen nanz dinghdingh youq giz ndeu, baenzneix fanfoek haeujok cauhbaenz ndangraeuj doxca haemq daih, gyoetndat gyauca rox hawj ndang vunz gamjdaengz mbouj cwxcaih, yienghneix couh yungzheih baenz saidiemheiq ganjyenj. Ndigah, ndaw rug gunghdiuz mbouj hab hai daiq gyoet lai, cei q ndei gaej hawj rumz cigciep boq lwgnyez, hix gaej hawj rumz denfunghsan cigciep boq lwgnyez. Ok rog ranz hozdung seiz aeu haeujsim gwn di dangz caeuq raemxgyu cit he.



Baenz Dungx Biux Naeuh Gwn Maz Ndei

患上胃溃疡吃什么好

Doiq boux baenz dungx biux naeuh daeuj gangj, bingzseiz ngoenz-naengz cijaeu haeujsim hableix gwnndoet, doenggvaq gwnndoet naengz cugbouh gaijndei dungx biux naeuh binghyiengh, mbouj wnggai doenggvaq gwn yw daeuj siucawz biux naeuh. Boux baenz dungx biux naeuh wng lai gwn di haeuxcuk、iengduh、daeuhfouh、gyaeqgaeq、cijvaiz daengj gijgwn hamz dan-bwzciz、veizswnghsu lai youh yungzheih siuvaq ndeu; caemh ndaej senj gwn mak byaek yungzheih siuvaq、sengsingq raeujremh、hamz nyinzsei siuj ndeu, lumj sienggyauh、makbingzgoj、makgam、rangz、byaek-youzcaiz、byaekkau、lauxbaeg daengj, gij gijgwn neix ndaej mizyauq dwk coicaenh biux naeuh biujmienh hobndei, caeux di coih ndei giz cujcaiz deng sieng; aeu siuj gwn gijgwn manhget、gig dungxsaej、caepliengz、nyaq lai, lumj yinjliu gyoet、laeujbizciuj gyoet、coeng ndip、hing ndip、gyaeujsuenq、lwgmanh、dang-noh、raemxmak gwd、gahfeih、laeujget、caz gwd daengj, gijgwn neix rox gig aendungx, coi raemxdungx iemqok, gyanaek fudanh aendungx, bingh dungx biux naeuh engq haeujnaek yinxfat baenz insep.

Mehdaiqndang Gij “Soemj” Lawz Mbouj Hab Gwn

孕妇哪些“酸”不能吃

Daiqndang geizgan gwn soemj hix aeu gangj gohyoz, ndaej senj gwn makyungz、makgam、makseq、mak-sigloux(makleizsan)、makit、mak-bingzgoj heu daengj mak singisien haenx, yienghneix ndaej gaijndei conghsaej mbouj cwxcaih, hix ndaej coi vunz lai gwn doxgaiq, demgya yingzyangj, mizleih lwgndawdungx sengmaj.

Danhseih byaekiep roxnaeuz meiq, gij byaeksoemj vunzgoeng iep、meiq yienznaeuz miz di soemj, danhseih veizswnghsu、danbwzciz、gvangvuzciz、dangz daengj lai cungj yingzyangj gaenq sied bae liux, caemhcai q ndaw byaekiep hamz miz yasiuhsonhyenz haemq lai, gwn daiq lai doiq ndang swheij caeuq lwgndawdungx gengangh fouz ik.

Linghvaih, maksanhcah soemj-set, yienznaeuz hamz veizswnghsu C lai, danhseih mboujlwnh dwg mak ndip roxnaeuz gep sauj, meh-daiqndang cungj mbouj ndaej gwn lai. Aenvih mak ndip roxnaeuz gep sauj miz gij cwngzfw n gig rongzva sousuk haenx, ndaej yinxfat baenz lonlwg caeuq caeux seng, daegbied dwg gij mehmbwk daiqndang sam ndwen dauqndaw caeuq gij mehmbwk gaxgonq miz lonlwg、caeux seng gvaq haenx, engq mbouj ndaej dam gwn maksanhcah.