



Hing Ndaej Siu Hwngq Cawz Nit Seizhah

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Seizhah dwg aen geiqciet nengz-bingh sanjlah ceiq hoengh, baez mbouj siujsim couh yungzheih yinxhwnj baenz cangzyenz roxnaeuz yeiyenz. Habdangq gwn boi raemxhing ndeu, roxnaeuz aeu hing cimq caz gwn, ndang vunz couh ndaej yawh-fuengz nengzbingh ciemq haeuj.

Fuengfap gwn hing gig lai, ndaej baek baenz raemxhing gwn, hix ndaej

dwk hing cawj cuk gwn. Danhseih miz geij diemj aeu haeujsim:

1、Daiq naeng itheij gwn. Mbong vunz gwn hing haengj gvet naeng bae, cijdan gwn nohhing de, gizsaed yienghneix gwn gig mbouj ndei, mbouj ndaej cungfaen fazveih gij goengyauq hing okdaeuj. Doengciengz dwg swiq hing seuq le couh cigciep ronq baenz sei roxnaeuz ronq baenz gep gwn.

2、Boux baenz feiyenz geih gwn hing. Hing mbouj dwg vunzvunz gwn ndaej, boux yaem haw huj hoeng, boux da hoengz ndaw ndat caemh

mbouj ndaej gwn hing. Linghvaih, boux baenz feigehzwhz, boux baenz danjnazzyenz, boux baenz sinyenz, boux baenz dungx biux naeuh, boux baenz binghnyouhdangz, boux baenz baezhangx caemh mbouj hab ciengz-geiz gwn hing.

3、Hing naeuh gwn mbouj ndaej. Hing baez naeuh le couh rox canjseng cungj huqdoeg ndeu, gwn cungj hing neix le rox hawj aen' daep baenz aiz caeuq saihoz baenz aiz.

4、Giu gwn raemxdangz-hing. Raemxdangzhing cijdan hab boux baenz rumznit dwgliengz rox-

naeuz boux deng fwn rwed le buenx miz fatndat roxnaeuz dungx caep gwn, boux baenz rumznat dwgliengz caeuq hwngqndat dwgliengz mbouj hab gwn, hix mbouj ndaej yw fatsa. Linghvaih, hingndip ndaej dawz daeuj yw boux deng nit rueg ok haenx.

5、Hing mbouj dwg gwn yied lai yied ndei. Seizhah aenvih mbwn ndat, vunzraeuz ciengz gamjdaengz bak sau, congghoz in, ok hanh lai, hingndip dwg gijgwn loq ndat, ndigah mbouj hab gwn lai, cijdwg mwh cau, byaek roxnaeuz cawj dang seiz dwk di ndeu couh ndaej.

Mehmbwk Mak Miz Bingh Ndaej Daiqndang Lwi?

有肾脏病的妇女能怀孕吗？

Mak youq ndaw ndang vunz ndaej baiz huqfeiq caeuq huqdoeg okdaeuj. Mak miz bingh seiz cix gij goengnaengz de deng sonjhaih, daihliengh miz doeg doxgaiq rom youq ndaw ndang, youqgaenj seiz rox baenz binghnyouhdoeg.

Daiqndang ndaej hawj gij binghmak gyanaek, riengzdwk daiqndang ndwensoq demlai, aenmak fudanh hix demriengz gyanaek, youqgaenj seiz goengnaengz mak hawnyieg, saet bae gij goengnaengz baiz huqfeiq baiz huqdoeg haenx. Danghnaeuz baenz binghnyouhdoeg, bouxmeh caeuq lwgndawdungx sengmingh couh miz yung-yiemj.

Mak miz bingh doiq daiqndang yingyangj gig daih, gipsingq mak yizsenyenz miz fatndat, hwet in, nyouh deih, nyouh gaep daengj binghyiengh, ndaej yinxhwnj lonlgw, seng caeux, lwgndawdungx fazyuz mbouj ndei, sinyenz rox hawj mehdaiqndang hezyaz swng sang, simdaeuz deng sonjhaih, daibuenz bok caeux, cigciep yingyangj daengz lwgndawdungx fazyuz soj aeu yanggigi caeuq yanggliu, caemhcaiq bouxmeh caeuq lwgndawdungx miz sengmingh yungyiemj.

Mehmbwk mak miz bingh ndaej mbouj ndaej daiqndang, neix dwg youz binghmak cungjloih caeuq cingzdoh daeuj



dingh, itdingh aeu ginggvaq canghyw genjcaz cijdauj cij ndaej gietdingh. Couhcinj vunzbingh aenmak yaepseiz mboujmiz maz vwndiz, hix aeu youq neigoh, fucanjgoh canghyw yiemzmaed gamhoh lajde doh gvaq daiqndang, senglgw caeuq senglgw le gak aen seizgeiz, gaej gag nyinhnaeuz gamjdaengz gig ndei cix mbouj dingq canghyw nai luenh daiqndang.

Haetcaeux Hwnqmbonq Le Wng Guh Seiq Gienh Saeh

早晨起床后最该做四件事

It、Caemxndang.

Haetcaeux caemxndang itbuen vunz guk raeuz caengz sibgvenq, hoeng, haetcaeux caemxndang saedcaih ndaej coi lwed lae baedauq engq hoengh, ndaej diuzciet simcingz, hawj cingsaenz engq baumuexn.

Ngeih、Okhaex.

Itbuen wngdang guh baenz haetcaeux okhaex cungj sibgvenq neix, guh ndei le daengx ciuh miz ik. Danghnaeuz caengz sibgvenq hix mbouj youqgaenj, aeu roengzrengz bae beizyangi, lumjbaenz lai gwn di gijgwn nyinzsei lai haenx, lumj byaekhau, maenzhau daengj haeuxco, mboujguenj haetcaeux siengj bae mbouj siengj bae diengzhaex, nanz le couh gag ndaemqhaex lo.

Sam、Menhmenh Hwnqmbonq.

Raemhrwnh hwnqmbonq, rox hawj lwed cung doxhwnj, cauhaenz hezyaz sawqmwh bienqdoengh, yinxhwnj gyauej ngunh daengj binghyiengh. Ceiq ndei dwg hai da le, lij ninz youq gwnz mbonq hozdung seiq genga caeuq aen' gyauej yaep ndeu, gvaq 5 faen cung caiq hwnqdauej.

Seiq、Ndoet Boi Raemxgoenj Gyoet Ndeu.

Ninz hwnz he le, ndang vunz yungzheih duetraemx, ndoet boi raemxgoenj gyoet he ndaej boujcung raemx ndaw ndang, cingleix dungxsaej, caemh ndaej cing bak, bangcoh mwngz daj ndaw ninz ndiusingj gvaqdauej. Gyanghaemh mwh yaek haeujninz seiz ndaej aeu boi raemxgoenj gyoet he cuengq gyauejmbonq, yawhbienh haet daihngaih yaek hwnqmbonq seiz ndoetgwn.

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

Mehmbwk baenz mbei gietsig lai gvaq bouxsai. Ndawde, baenz mbei gietsig cujyau dwg gij mehmbwk fat biz, gij mehmbwk bi' ndwen ndaej 40 bi doxhwnj, gij mehmbwk dingz dawzaeg haenx. Baenz mbei gietsig, binghleix dwg aenvih habbaenz danjgucunz nem gijgwn mizgven.

Miz gij banhfap lawz ndaej yw mbei gietsig ne?

Yw mbei gietsig fuengfap haemq lai, danhseih cix mbouj daih ndei geijlai. Conghyah nyinhnaeuz, baenz mbei gietsig daegbied dwg baenz danjnazzyenz le, wng caenhvaic guh soujsuz yw ceiq ndei, aenvih seizneix

Bouxcungnienz Bouxlaux Baenz-lawz Yawhfuengz Mbei Gietsig?

中老年如何预防胆结石？

cijmiz yungh soujsuz yw yaugoj ceiq ndei.

Baenzlawz yawhfuengz danjnazg gietsig?

(1) Miz gvilwd gwn haeux(ngoenz sam donq) dwg aen banhfap ceiq ndei yawhfuengz gietsig ndeu, aenvih mbouj gwn seiz raemxmbei ndaw danjnazg ceiq lai, nemmuk danjnazg supsou suiifwn hawj raemxmbei bienq gwd, bop danjgucunz caeuq lonjlinzicij yungzheih habbaenz, raemxmbei couh

engq gwd, doeklaeng baenz naezmbei.

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

(2) Hableix senj ndei gwnndoet gezgou, gaej gwn gijgwn danbwz lai, youzlauz lai, gijgwn ndat lai haenx. Habdangq gwn di gijgwn miz nyinzcei

doxgaiq lai he daeuj gaijndei danjgucunz baiz ok rog ndang daeuj, fuengz baenz mbei gietsig.

(3) Yenzgiu ndaej rox, danjnazg baenz gietsig miz yizconzsing. Ndigah, ndaw gyog miz vunz baenz gietsig gvaq engq aeu haeujsim hableix gwnndoet. Doengzseiz, conghyah nyinhnaeuz, fat-yienh bi' ndwen, vunz biz, gijgwn hamz youzlauz lai caeuq hezcij mbouj doengz bingzciengz ciengz rox yauehfat baenz mbei gietsig. Conghyah genyi naeuz, dinghgeiz genjcaz B cauh, genjcaz hezcij, caeux di fatyienh caeux ceihy.

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