

Seizhah Wnggai Gwn Maz Caz?

夏天该喝什么茶？

Gwn caz seiqgeiq mbouj doxdoengz, vunz ciengz gangj: “Seizhah gwn cazloeg, seizdoeng gwn caznding, bi daengz byai ndaej gwn cazvuhlungz.” Cazloeg feih haemz, mbouj hab mehmbwk caeuq boux dungx caep gwn; caznding feih van singq raeuj, seizhah gwn yungzheih hwnjhuj, cazvuhlungz cix mbouj van mbouj haemz, mbouj caep mbouj ndat doengzseiz ndaej giep huj gaj ndat.

Gemjbiz cix gwn cazvuhlungz. Gijgwn seizhah hab gwn cit, gijgwn youznywnx ndaej boiq gwn di caz he. Cazvuhlungz mboujdanh ndei gwn, caemhcai ndaej meijyungz. Gij cazdohfwnh

ndaw cazvuhlungz ndaej sup aeu youzlauz baiz ok rog ndang daeuj, lij ndaej faengaij youzlauz dem. Miz soqgawq ndaej rox, gwn 300 hauzswng h cazvuhlungz couh dangq guh 7 faen cung diuqcag, genhciz gwn bi ndeu ndaej gemjbiz 2 goenggaen doxhwnj.

Singj da rae h da gwn cazvagit. Seizhah aenvih mbwn aeng, yungzheih yingyangj bouxvunz haeujninz, ngoenz daihngaih vunz baenz gvaengzda foeggawh. Ndaej yungh faiq yub raemx cazvagit led seiqhenz gvaengzda, giz foeggawh gig vaiq couh ndaej siucawz bae. Vagut ndaej yw lwgda naetnaiq, caemh ndaej yw da myox.

Meijyungz hoh naengnoh gwn cazva. Yingzyangj conghyah nyinhnaeuz, ciengz aeu va ndip cimq raemxgoenj gwn, ndaej diuzcez sinzgingh, coicaenh sup haeuj caeuq baiz ok, daezsang aenndang rengz dingj bingh. Haujlai va ndip ndaej siucawz caeuz gwnz naj, hanhhaed baezdoeg gwnz naj, doiceiz naengnoh nyieglaux.

Mbouj doengz cazva miz mbouj doengz goengyauq, lumj cazmeizgveiq ndaej gemjbiz, caemh ndaej gyangq hezyaz; goyouzcoeng ndaej siu huj cawz dokraemx; goswjlozlanz ndaej baujhoh cihgi'gvanj, hab boux ciengz cit ien gwn.



Duhhenj Aeuq Gaeq Gwn Ndaej Daezsang Ndangvunz Menjyizliz

黄豆炖鸡提高免疫力

Yenzliuh: Duz gaeq ndeu(daih'iek 4 gaen), 20 gwz duhhenj, lwgmanh nding, coeng, hing gep, meiqhaeux, gyu, veicingh gak di he.

Guhfap: (1) Swiq gaeq seuq ronq baenz gaiq, log raemx bwh yungh; (2) Dwk youz roengz rek, caiq dwk coeng, hing gep cau le daek hwnj, leuxle dwk nohgaeq, meiqhaeux roengz fan cau yaep ndeu; (3) Dwk duhhenj roengz, gya habliengh raemx, caiq dau coeng, hing gep caeuq dwk gyu roengz, cawj goenj le, gaj yungh feiznumq oemq diemj buenq cung, cawz ndokgaeq ok.

Meih byaek neix yingzyangj lai, beij yungh duhhenj aeuq daezmou danjgucunz hamzliengh noix, hab bouxcungnienz caeuq bouxlaux nem boux hezcij sang gwn.

Linghvaih, duhhenj aeuq nohgaeq gwn ndaej bouj danbwzciz, gij goengyauq daezsang menjyizliz de lai sang baenz boix.

Seiq Cungj Caz Ndaej Fuengzceih Hezyaz Sang

能有效防治高血压的茶



Caz vagut: Vagut wng senj yungh gij vagut diemz, aeu gij vagut hau Suh Hangz okcanj haenx engq ndei. Moix baez aeu 3 gwz baedauq cimq raemxgoenj gwn, ngoenz gwn 3 baez. Hix ndaej aeu vagut caeuq vagim-

ngaenz, ganhcauj caez baek raemx dang caz gwn, ndaej bingz daep siu da, siu ndat gaj doe. Doiq boux baenz hezyaz sang caeuq boux baenz doenghmeg giet ndongj ywyauq gig mingzyienj.

Caz maksanhcah: Gij cwngzfw n maksanhcah ndaej bangcoh siuvaq, mbehai sailwed, gyangq hezdangz caeuq gyangq hezyaz. Ciengzseiz gwn caz maksanhcah, ndaej bangbouj yw hezyaz sang. Fuengfap dwg, moix ngoenz moix baez aeu aen daengz song aen maksanhcah ndip cimq raemxgoenj gwn, ngoenz geij baez.

Caz mbawngaex: Cungh-yih sizcenj byaujmingz, gij raemx cimq mbawngaex caeuq gij

raemx baek de ndaej mbehai sailwed, siu ndat gaj hwngq, gyangq hezyaz caeuq gemjbiz siu lau. Mwh yw hezyaz sang seiz, aeu buenq mbaw ndip he ma swiq seuq ronq mienz, dwk di raemx he cawj goenj langh liengz dang caz gwn couh ndaej.

Caz mumh haeuxyangz: Mumh haeuxyangz mboujdanh ndaej gyangq hezyaz, caemh ndaej dingz siq, dingz lwed, leih nyouh, ciengx dungx. Ngoenz cimq geij baez gwn, moix baez 25 daengz 30 gwz. Boux aenvih sinyenz yinxhwnj baenz foeg-raemx, baenz hezyaz sang haenx gwn caz mumh haeuxyangz ywyauq cei ndei.

Lwgnyez Fatndat Baenzlawz Guh

儿童发烧怎么办

Lwgnyez fatndat couh sim fanz youq mbouj onj, caemhcai rox fatseng linlau dem. Ndigah, cawjranz aeu haeujsim cij ndaej. Danghnaeuz lwgnyez fatndat, mbouj ndaej laepda luenh yungh yw doiq ndat, itdingh aeu loengh cingcuj ndaej gijmaz bingh le, cij ndaej doiq bingh gwn yw.

Lwgnyez fatndat, cawjranz wnggai haeujsim baihlaj geij diemj:

1、Hawj lwgnyez dag ndangraeuj, gvaq 20 faen cung caiq dag bae ndeu, caemhcai dawz gezgoj geiq roengzdaeuj.

2、Bang lwgnyez duet saek geu song geu buh, denzdemh hix gaej na lai, yienghneix mizleih biujmienh naengnoh sanq ndat.

3、Dwk geij mbaw gaen roxnaeuz geij gaiq haijmenz roengz bat raemxraeuj bae, doeklaeng nyaenj raemx le dawz daeuj mad najbyak roxnaeuz daengx ndang lwgnyez. Itbuen moix baez mad 5 daengz 10 faen cung, gek 5 faen cung caiq mad baez moq, gaej yungh raemxgyoet daeuj mad. Aenvih yungh raemxraeuj daeuj mad naengnoh, ndaej hawj sailwed naengnoh mbehai, mizleih sanq ndat.

4、Moix gek duenh seizgan ndeu hawj lwgnyez bwnq di raemxgoenj raeuj he, aenvih fatndat seiz aenndang rox sied bae di raemx ndeu.

5、Mwh lwgnyez fatndat ndangraeuj mauhgvaq 39 doh roxnaeuz gaeng fatndat mauhgvaq 24 diemj cung, guh mbangj cosih le lij mbouj raen doiq ndat seiz, wng gibseiz soengq bae yihyen duengq yw.



Lwgnyez Baenzlawz Yawh-fuengz Bingh Seizhah

儿童怎样预防夏病

Yawhfuengz lwgnyez seizhah baenzbingh, gvanhgen dwg demgiengz rengz dingj bingh lwgnyez. Bingzseiz, aeu lai hawj lwgnyez camgya guh di lienhdang he; cawjranz haeujsim baujhoh dungx lwgnyez, gaej hawj lwgnyez gwn gij doxgaiq youznywnx caeuq gij huq yungzheih dungxraeng haenx, gwnndoet aeu doxdaengh; hawj lwgnyez ninz gaeuq. Cawz gijneix le, lij aeu haeujsim baihlaj geij diemj dem:

1、Cawjranz aeu ciengzseiz haeujsim hoengheiq vaendoh caeuq mbaeqdoh, ndaw ranz ndaw rug vaendoh aeu gamhanh youq 25 daengz 30 doh dauqndaw, mbaeqdoh baujciz youq 50% hwnjroengz.

2、Lwgnyez daenj buhvaq aeu soeng, aeu hawj de daenj gij buhvaq baengz unq, doeng heiq ndei, sup cumx ak haenx; baengznyouh aeu yungh baengzfaiq; gaej hawj lwgnyez bae laj ndithaeng guhcaemz.

3 Lai hawj lwgnyez gwn raemx, lwgnding gueng song baez cij cungqgyang aeu hawj de gwn baez raemx ndeu; seizhah lwgnyez maij gwn yinliu gyoet, cawjranz aeu senj gij yinliu naengz siu hwngq, yingzyangj gyaciz sang haenx hawj lwgnyez gwn, lumj binghgizlinz, cijvaiz soemj, raemxmak daengj.

4、Gij lwgnyez seizhah baenzbingh youqgaenj haenx, ndaej youq canghyw cijdauj lajde gwn di yw he, lumj yanghsah luzginhvanz(香沙六君丸), luzvei divangzvanz(六味地黄丸) daengj.