

Mbwn Ndat Fuengz Bingh Daj Ndaeng Haeuj

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Riengzdwk mbwn ciemh ngoenz ciemh ndat, Cungzging siminz cungj okyienh miz conghndaeng insep、huzgizdau deng ganjyenj、baenz binghdoegsingq dwgliengz daengj yienghsiengq. Vihneix, canghyw daezsingj naeuz, gij binghdoeg neix dingzlai dwg daj conghndaeng haeuj daengz ndaw ndang bae, mbwn ndat seiz daegbied au haeujsim bingh daj conghndaeng haeuj, cei q cujyau dwg baujcz conghndaeng seuqsak caeuq dumznyinh.

Canghyw gaisau naeuz, geij cungj binghdoeg gwnzneix, miz 80% dwg aenvih conghndaeng mbouj guh ndei baujgen yinxhwnj. Daegbied dwg seiz ndat, conghndaeng ciengz dwg hawqsauj, yungzheih rom miz faenx le yinxhwnj sailwed mbehai、

insep、ok lwed daengj binghyienh, ndigah, baujcz conghndaeng seuqsak caeuq hawqsauj daegbied youqgaenj.

Ndaw ranz wng caenhliengh baujcz itdingh hoengheiq mbaeqdoh; bingzseiz gaej luenh raed bwnndaeng roxnaeuz yungh lwgfwngz uq yaek conghndaeng, fuengz nemmuck ndaw conghndaeng ganjyenj; haethaemh swiq naj seiz cei q ndei yungh gaen yub raemxndat goemq conghndaeng diemheiq geij faen cung, roxnaeuz cigciep yungh raemxgyoet cingswiq conghndaeng, baujcz conghndaeng dumznyinh. Linghvaih, vih cing swiq gij nengzbingh caeuq huqcab ndaw conghndaeng ok seuq, ndaej yungh ywsingleix byoq haeuj conghndaeng bae, haethaemh cingswiq conghndaeng baez ndeu.



Seizhah Ciengx

Ndang Ciengzrox

夏季养生小常识

Youq ndaw geiqciet ndathwngq, bouxvunz yindung roxnaeuz guhhong gvaq le aen' gyauej yungzheih ok hanh, sailwed mbehai, danghnaeuz au raemxgyoet bae cungswiq, gij goengnaengz sailwed ndaw ukgyaeuj couh ok luenh, caemhcai q rox baenz gyauej ngunh、gvaengzda ndaem、rueg ok daengj binghyienh dem. Youqgaenj seiz, gojnwngz rox yinxfat baenz uk roenx lwed. Yienznaeuz yungh raemxgyoet cungswiq ndaej yaepseiz cwxcaih, danhseih yungh ndat siu ndat cij dwg banhfap ndei ciengx ndang bw.

Cei q ndei siu ndat banhfap dwg yienghneix:

1、Sujbaq ndat mad ndang.

Seizhah, fajnaj caeuq aenndang ok hanh lai, gibseiz mad hanh ndaej coi naengnoh daeuqheiq, danhseih au yungh sujbaq ndat daeuj mad, cij ndaej sikwngq aenndang gyangq ndat yaugoj.

2、Raemxndat caemxndang.

Seizhah caemx raemxgyoet rox hawj sailwed naengnoh sousuk, dajcaemx le dauqfanj roxnyinh engq ndat, yungh raemxndat caemx yienznaeuz ok hanh lai, danhseih ndaej hawj sailwed mbehai, mizleih aenndang baiz ndat. Seizhah wnggai ok hanh couh hawj de ok, neix cij habngamj swyenz gveihliz caeuq aenndang ok hanh gveihliz.

3、Raemxndat cimq din.

Angdin dwg daihngaih aen simdaez, laj angdin faenbous miz haujlai giz fanjciouq. Yungh raemxndat cimq din, seizhaenx yienznaeuz gamjdaengz miz di ndat, danhseih cimq le dauqfanj hawj vunz liengzsangj cwxcaih.

4、Gwn caz ndat.

Gwn raemxgyoet cijnaengz ndaej yaepseiz gaij hozhawq, danhseih dingj mbouj ndaej nanz, gwn caz ndat ndaej gig sailwed mbehai, ndangraeuj dauqfanj doekdaemq haujlai. Linghvaih, gyagiengz naih ndat lienhdang, daezsang diuzcez goengnaengz ndangraeuj, neix mboujdanh hawj ndang lai miz rengz, caemhcai q ndaej yawhfuengz baenz fatsa dem.

Seiq Fap Yw Hoz Naet

四招对抗颈椎病

Ndat baeng: Aeu gaem mbawngaih ndeu, sei q liengx meiqhaeux, heuz di raemx he le cawj goenj 10 faen cung, cai q dwk song liengx laeujhau heuz yinz, dwk gaen roengz cimq le swnh ndat baeng ndoenjhoz、doengjmbaq、raeblaeng, naenxat giz insep, mwh baeng seiz geij dai q ndat lai, mienxndaej deng log sieng naengnoh, ngoenz baeng baez daengz song baez.

Mbwn liengz seiz ndaej dawz gij raemxmeiq baezgonq yungh haenx daeuj gya'ndat le heuz song liengx laeujhau, gaen yub baeng couh ndaej, danghnaeuz baeng baez daihsam au vuenh raemxyw moq; mbwn ndat cix moix ngoenz vuenh baez raemxyw ndeu, ndat baeng aen singhiz he roxnaeuz baeng daengz ndeidingh.

Lai guh ngiengx gyauej dung--

coz: Boux baenz hoz naet wng lai ngiengx gyauej, ndaej hawj ndoenjhoz lai cwxcaih.

Mwh ninz seiz gaej demh gyauejswiz, ninz bingz song diemj cung le cai q demh swiz.

Nunaenx:Gingz gen' gvaz hwnjdaej, ut geij lwgfwngz goz le daj gwnz daengz laj、daj mbaeu daengz naek nunaenx song bai h ndoenjhoz 3 daengz 5 baez; doeklaeng yungh lingh fwngz youq lingh bai h ndoenjhoz cai q ciuqyiengh guh baez ndeu, leuxle cai q faenbied yungh fwngzswix、fwngzgvaz napnaenx doengjmbaq 3 daengz 5 baez.

Sae' gva Siu Ndat Gaij Hozhawq Leih Nyoh

西瓜清热解暑利尿

Ndawbiengz guek raeuz miz coenz vah ndeu naeuz: Seizhah gwn sae' gva, mbouj yungh ra yw gwn. Neix gangjmingz seizhah cingq hab gwn sae' gva lo. Sae' gva hamz veizswnghsu A、veizswnghsu B₁、veizswnghsu B₂、veizswnghsu C lai, ndawde dangzmakit、dangzoi j、soemj makbingzgoj、guzanhsonh caeuq cingh' anhsongh daengj, ndaej siu ndat

gaij hozhawq、leih nyoh、gyangq hezyaz. Sae' gva yienznaeuz ndei gwn, danhseih cunghyih conghyah nyinhnaeuz, sae' gva dwg huqcaep, gwn le yungzheih sieng dungx. Ndigah, boux baenz dungx hawcaep、boux bingzseiz miz menhsingq saej in、boux baenz dungx in caeuq boux baenz cibngeihcijcangz biux naeuh nem boux baenz haexsiq cei q ndei noix gwn.

Boux ndang ndei hix mbouj hab gwn lai, mboujnex rox sieng dungx yinxhwnj baenz dungxraeng roxnaeuz haexsiq.

Aeu daezsingj diemj ndeu dwg, boux seizhah baenz dwgliengz fatndat、boux baenz rumz nit dwgliengz caeuq boux ngamq baenz dwgliengz nem boux lau nit、boux mbouj ok hanh geih gwn sae' gva.

Youq ngoenznaengz swnghhoz ndawde, nyeziq nanz mbouj nanz cungj rox loengh ok mbangj sieng in roxnaeuz baenz di bingh mbaeu he, danghnaeuz bohme h cawqleix ndaej ngamj, cix doi q nyeziq ndangdaej gengangh fouz ngaih.

1、Ok hanhheu: Nyeziq ndangnyieg ciengzciengz ok hanhheu, mboujlwnh gyangngoenz hozdung roxnaeuz gyanghaemh haeujninz cungj hanh dumz ndang liux. Mwhhaenx, au haeujsim yingzyangj nyeziq, demgiengz ndangrengz duhde, ndaej hawj de gwn gij yw baihlaj neix: Gij nyeziq gyangngoenz ok hanh haenx, ndaej au vangzgiz、bwzsuz、fangzfungh gak 90 gwz, ngenz mienz, moix baez au raemxgoenj soengq gwn 6

Yw Bingh Nyeziq Miz Banjdaeuz

治疗小儿小病有小招

gwz, haethaemh gak baez ndeu, lienzdaemh gwn ndwen ndeu; boux gyanghwnz ok hanhheu haenx ndaej gwn cihbwz divangzvanz(知柏地黄丸).

2、Haexgaz: Lai hawj de gwn byaekheu、lwgmak, caemhcai q lai gwn raemx, lai ok rog bae lienhdang. Naengh geij ngoenz mbouj okhaex, ndaej naenx genj luenz raez baenz ndaek saek haeuj conghhaex de bae; hix ndaej au 30 gwz dangzrwi heuz 100 hauzswng h raemxgoenjliengz, dwk

2 gwz gyu le baez dog gwn liux.

3、Gywnj conh: Aeu cei jveiswng h unq lai luep haenx ma rwed di youzgwn he hwnjbae, daiz donh saejgyoenj hwnj yaengyaeng oet haeuj ndaw conghhaex bae, doeklaeng hawj nyeziq sousuk conghhaex, caemhcai q hawj de ninz gwnz mbonq yietnaiq yaep ndeu. Gij nyeziq ciengzseiz baenz gywnj conh au haeujsim conghhaex veiswng h, gaenx rieg vaqndaw, baujcz okhaex doengswnh,

ndaej gwn bujcungh yizgivanz duenh seizgan he(moix baez 6 naed, haethaemh gak gwn baez ndeu).

4、Nyungz haeb non rad: Gaej gaeu humz, ndaej au cinghliengzyouz daeuj led gizde. Naengh mbangjgiz hwnj nwnj gawh nding, ndaej au 5 naed luzsinzvanz ngenz mienz, gyaux cinghliengzyouz le led gizde.

5、Coemh sieng log sieng: Baez deng coemh sieng roxnaeuz log sieng, doq sikhaek yungh meiqgwn roxnaeuz raemxcas gyoet led gizde, cai q yungh raemxhing cat; au beuzgeng begdangz he yungz youq ndaw raemxgoenjliengz cat gizde, ngoenz geij baez; youqgaenj seiz au sikhaek soengq bae yi hyen genjcaz au yw.