

Seizhah Gwnndoet Haj Haeujsim

夏季饮食5注意

1、Siginsing gijgwn dengdoeg cujyau biujyienh dwg rubmyaiz rueg ok, dungxsiq dungx in daengj yienghsienq. Yawhfuengz de cujyau dwg gyagiengz gwnndoet veiswngh guenjieix, fuengz gijgwn uqlah.

2、Lijyouzsing dungxsiq ciengz raen dwg haex saw lumj raemx nei, caemhcai buenx miz dungx in, aek ciengq, rueg ok daengj. Ndigah, mwh okbae lijyouz seiz wng gaem ndei "bingh daij bak haeu" aen gvan neix.

3、Dacangzganjin cangzyenz

cujyau dwg dungxsiq, ngoenz siq 3 daengz 5 baez, saek haex lumj gyaehenq nei caemhcai ok lai. Yawhfuengz cungj bingh neix dwg guh ndei gwnndoet, gwn raemx veiswngh caeuq guenjieix ndei haex.

4、Siginsing baenzsiq sien dwg lau gyoet fatndat doeklaeng dungx in oksiq, lwgnding 2 bi dauqlaj yungzheih ndaej bingh. Ndigah, guh ndei gwnndoet, gwn raemx veiswngh caeuq guenjieix ndei haex, mied nengz, dwg gij goekgaen yawhfuengz cungj bingh neix.

5、Binghsienghsing cangzyenz couhdwg Yeh'wj sigin cangzyenz, dwg riengzdwk ndaw ranz cawx miz binghsiengh le fat cungj bingh neix haemq lai. Cungj bingh neix youq laeng ndaw cijvaiz, noh, bya, daeuzseng caeuq byaek, youq lingzya 4 doh sengmaj sanjlah. Gijgwn ndaw binghsiengh uqlah cungj bingh neix le couh gojnwngz hawj vunz baenz cangzyenz. Ndigah, ndaw binghsiengh ceiq ndei ndip cug baenhai, mwh yaek gwn seiz aeu dauqcungz cauq cug cauq daeuq cij ndaej gwn.



Vagut Doengh Yw Hangz-gauqmou Yaugoj Gig Ndei

野菊花叶治疟效果极佳

Gemj gawhbongz, hix heuhguh hangzgauqmou. Linzcangz wngqyungh cwnghmingz, aeu vagut doengh daeuq yw yaugoj ceiq ndei.

Yw fap: Sien yungh cangzgveih fuengfap cawqleix gizde le, ra mbaet aeu gaem vagut doengh ndeu (daih'iek 50 gwz), swiq seuq daem yungz lumj naez, gya 30 gwz mba duhnding caeuq di gyaehau ndeu doxgyaux bu youq gwnz baengza nem gizde, dingh maenh. Itbuen ngoenz vuenh yw baez ndeu, boux baenz naek cix vuenh 2 baez. Dingzlai vunzbingh baeng yw le couh gamjdaengz gizde liengzsangj, gvaq geij diemj cung gizde ndat in couh mingzyienj gemjmbaeu.

Yiengnyungz Yungzheih Hawj Nyeznomj Yaeuhfat Baenz Ae'ngab

蚊香易引发小儿哮喘



Riengzdwk mbwn ciemh ngoenz ciemh ndat, nyungz hix ciemh ngoenz ciemh lai lo. Mbouj noix gyadingz hainduj diemj yiengnyungz daeuq oenq nyungz. Conhgyah daezsing naeuz, ciengzgeiz diemj yiengnyungz oenq nyungz yungzheih hawj nyeznomj yaeuhfat baenz ae'ngab.

Conhgyah caemhcai daezsing naeuz, rug gaeb rug iq wng caenhliengh noix diemj yieng-

nyungz, mboujnex gij hoenz de sanqhai le yungzheih hawj vunz yaeuhfat baenzae caeuq aek mwnh daengj fanjying; nyeznomj, boux ndang yungzheih hwnjnwj, boux baenz ae'ngab gvaq ceiq ndei mbouj diemj yiengnyungz, gaj yungh venj riep daeuq dinglawh. Linghvaih, vih mienx deng baenz ae'ngab, ciengzgeiz gaej bae lumh mameuz, vafaenj, youzcaet daengj doxgaiq.

Seizhah Fatsa Gwnndoet Seiq Geih

夏季中暑饮食四忌

It geih gwn raemx daiq lai. Baez fatsa seiz, ceiq ndei dwg gwn raemx noix danh gwn lai baez, moix baez gwn raemx gaej mauhgyaq 300 hauzwngh. Aenvih gwn raemx lai mboujdanh rox heuz saw raemxdungx, yingjyangj goengnaengz siuuaq, caemhcai rox yinxhwnj fanjse ok hanh lai, raemx caeuq gyu ndaw ndang daihliengh baiz okdaeuq, youqgaenj seiz rox yinxhwnj baenz caeugaen.

Ngeih geih gwn mak gva gyoet daiq lai. Boux baenz fatsa dingzlai dwg dungx hawnyieg, danghnaeuz daihliengh gwn mak gva gyoet, couh rox sonjhailh gij heiqliengz aendungx, hawj aendungx mboujmiz rengz bae guh yindung, caep mbaeq yaemz youq ndaw ndang, couh yungzheih baenz dungxsiq caeuq dungx in.

Sam geih gwn gijgwn youz nywnx daiq lai. Fatsa le wng noix gwn gijgwn youz nywnx, daihliengh gwn gijgwn youz nywnx rox gya'naek fudanh dungxsaej, daihliengh lwed dingz youq ndaw cong dungxsaej, gij lwed soengq bae hawj aen'uk couh noix, vunz couh gamjdaengz gig naetnaiq, caemhcai rox baenz dungxraeng dem.

Seiq geih dandog gwn bouj. Fatsa le, gij ndat ndaw ndang caengz siu bae, ciengzgeiz mbouj ndaej dandog gwn bouj. Danghnaeuz gwn bouj caeux lai, gij ndat nanz ndaej siu bae, caemhcai gij ndat gaenq siu bae haenx youh dauqcungz fat okdaeuq.

Boux Ndang Nyieg Aeu Noix Gwn Dangduhheu

体质弱要少喝绿豆汤

Seizhah mbwn ndataeng, gwn vanj dangduhheu ndeu vunz couh gamjdaengz liengzsangj haujlai. Neix dwg aenvih, ndaw duhheu hamz miz daihliengh anghihsonh, suh'anhsonh, gai, diet, linz daengj doxgaiq, ndaej boujcung gij yingzyangj youq mwh sup haeuq caeuq baiz ok seiz sied bae haenx. Hoeng, mbangj vunz mbouj liujgaij aennadang swheij baenzlawz yiengh, cix luenh dawz dangduhheu dangguh raemxgoenj daeuq gwn.

Raeuz rox, dangduhheu yienz-naeuz ndaej siu hwngq ik heiqliengh congghoz gaj hozhawq, hoeng geij cungj vunz lajneix mbouj hab gwn:

1、Boux ndang gyoetliengz

(lumj genga gyoet, hwet din gyoet in, dungxsiq haex saw daengj), gwn le dauqlanj hawj bingh gya'naek, caemhcai yinxfat baenz cungj bingh wng dem.

2、Bouxlaux, lwgnyez, boux ndang hawnyieg mbouj hab gwn, aenvih danbwcziz ndaw duhheu beij nohgaeq lij lai, geij cungj vunz neix goengnaengz siuuaq dungxsaej haemq nyieg, yaepyet seizgan nanz siuuaq gij danbwz ndaw duhheu bae, yungzheih aenvih dungxraeng yinxhwnj baenz dungxsiq.

3、Gij vunz cingq gwn yw hix mbouj hab gwn, neix dwg aenvih, gij goekgaen gejdoug duhheu dwg youq laeng danbwz duhheu daengj cwngzfwn caeuq youjgihlinz, cung-



ginsuz giethaeb baenz gij huq yaemz. Danhseih, gij gejdoug cwngzfwn neix hix rox caeuq gij cwngzfwn yw hwnj fanjying le hawj ywauq doekdaemq.