

Mehdaiqndang Seizhah Aeu Haeujsim Gijmaz

夏季孕妇应注意什么

Seizhah mbwn ndatngaungau, vunz yungzheih ok hanh. Meh-daiqndang aenndang baiz ok gyavaiq, raemxhanh laj naeng iemqok demlai, yungzheih yinxhwnj hwnjcinj caemhcaiq fatsa. Ndigah, mehdaiqndang baenzlawz anbaiz ndei gwndaenj cibfaen youqgaenj, wng caenhliengh guh daengz baihlaj geij diemj:

1、Gaenx caemxndang, baujciz aenndang seuqcingh. Ngoenznaengz ceiq ndei aeu raemxraeuj rwed caemx、cungswiq roxnaeuz mad ndang.

2、Gaenx rieg buh, daegbied dwg buhndaw aeu ciengzseiz rieg saeg, baujciz ndang sangj. Buhndaw

aeu senj gij buh aeu baengz daeuj guh、doeng heiq ndei、sup cumx ndei haenx, buh gvangq mbouj nem ndang ceiq ndei, baujciz aenndang liengzsangj.

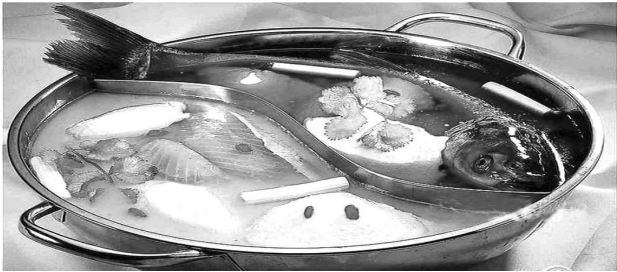
3、Ndaw rug aeu doeng rumz ndei. Danghnaeuz hai gunghdiuz, aeu haeujsim ndaw rug gaej daiq liengz lai; naengh dwg hai denfunghsan, gaej hawj denfunghsan cigciep ci daengz gwnz ndang, aenvih liengz lai rox baenz dwgliengz.

4、Seizhah vunz ciengz mbouj siengj gwn doxgaiq, aenndang mehdaiqndang fanjying youqgaenj, wng gwn gijgwn liengzsangj、habbak roxnaeuz gwn noix gwn lai donq.



Gaej gwn gijgwn fatmwt, fuengz baenz dungxsiq.

5、Noix ok rog ranz bae, mienxndaej deng ndit ciuq. Ok dou seiz aeu daenj mauh dangj ndit, baujcwnj banringz yietnaiq ndei.



Seizhah Gwn Hojgoh Ndeicawq Lai

夏季吃火锅好处多

1、Seizhah mbwn ndat, hoengheiq dumzmbaeq, ndang vunz ok hanh sied raemx lai, veisonh iemq ok noix, raemxmyaiz siuj, mbouj siengj gwn doxgaiq, gwn hojgoh cingqngamj ndaej gaijgez aen vwndiz neix.

2、Seizhah sigin yungzheih sanjlah cienzboq, ndataeng ndaej gaj dai sigin. Gwn hojgoh seiz daj goek daengz byai byaek cungj dwg ndatfwd, gwn hwnjdaeuj haemq cuengqsim.

3、Seizhah gwnndoet daih' it aeu bouj raemx、gyu、gyaz、gai、meij、dengaijciz、hamz dan doxgaiq caeuq veizswnghsu hawj gaeuq. Mwh gwn hojgoh, aeu gwn daihliengh byaekheu、daeuhfouh、gyaeggaeq、nohcing、nohbya、bitgaeq、daepmou、lwggwz、lwgbheng、lwghaemz、lwgaeg、golinzgaeq daengj, gij byaek neix ndaej sek dungx、bouj dungx, bangcoh siuvaq, caemhcaiq ndaej bouj anhgihsonh、veizswnghsu、veizlieng yenzsu、swnghvuzgenj hawj aenndang bouxvunz, ndaej hawj vunz daez saenz singj uk, siucawz ndataeng naetnaiq. Mboujdanh ndaej daih bouj, caemhcaiq miz yingzyangj hawj vunz lai gengangh.

Boux sai Ciengz Gwn Caz Ndaej Yawhfuengz Cenzlezsens Baenzaiz

男人常喝茶可预防前列腺癌

Ceiqgaenh, Meijgoz gohyozgyah doiq caznding caeuq cazloeg guh caenh'itbouh yenzgiu byaujmingz, song cungj caz neix ndaej gemjmenh cenzlezsens aiz sanqhai.

Geij bi daeuj, gyoengq gohyozgyah foenfoen hainduj yenzgiu gij goengyauq caz fuengz aiz. Ndawde aen yenzyinh he couhdwg, aen guek lawz gyoengqvunz maij gwn caz, vunz gig noix baenz mbangj cungj aizcwng.

Gyoengqvunz yenzgiu haenx doengzseiz gienq naeuz, gij yenzgiu cwngzgoj de bingq mbouj dwg naeuz dan gwn caz couh ndaej fuengz cenzlezsens baenz aiz. Gwnndoet sib-gvenq ndaej ndei, lai gwn byaekheu caeuq lwgmak, bingzseiz ciengz gwn caz, cijndaej hwnj daengz fuengz aiz cozyung.



heih rom miz heiz, boux naengnoh baenzaiz caeuq bouxbingh ciengzseiz ninz mbonq mbouj hwnq aeu gaenx mad ndang caemxndang, mienxndaej hwnj baez caeuq biux naeuh. Buh dumz aeu gaenx rieg, caemhcaiq daenj gij buhvaq aeu faiq guh、unq、gvangq. Gwn mak gva ndip aeu siudoeg、gijgwn aeu baujsien.

Gaijndei haeujninj, gaej lumz ninzringz. Boux baenzfoeg aenvih baenzbingh caeuq ywbingh yingyangj, itbuen cungj ninz mbouj ndei. Ndigah, cingsaenz aeu cuengqsoeng, habdangq guh di yindung he, dingq di yinhyoz ndeu, yienghneix ndaej hawj vunz haeujninj vaiq. Banringz aeu ninz diemj daengz song diemj cung, mizleih aenndang hoizdaug ndei.

Gij Goengyauq Dangznding

红糖的功效

Cunghyih nyinhnaeuz, dangznding singq raeuj、feih diemz, gwn de ndaej ik heiq bouj lwed、cangq dungx raeuj dungx、dingz in、vued lwed vaq cwk. Bouxlaux sup haeuj gak cungj veizlieng yenzsu caeuq veizswnghsu cugciemh gemjsiuj lo, bingzseiz aeu daj ndaw gwnndoet daeuj bouj sup aeu cij ndaej veizciz cingqciengz daise goengnaengz, doiceiz nyieglau. Ndigah, conghyah genyi naeuz, mwh bouxlaux gwn dangz seiz, wng senj gwn dangznding haemq ndei.

Gwn dangznding fuengfap gig lai, ndaej dwk raetngaenz、gaeujgij、makcauj nding roxnaeuz caeuq duhnding itheij cawj gwn, yienghneix ndaej leih raemx leih nyouh; dwk noh maknganx、raemxhing caez cawj gwn, ndaej bouj ndaw bouj lwed; caeuq lwgmaenz、raemxhing itheij cawj gwn, mboujdanh ndaej ciengx ndang, caemh dwg cungj diemjsim ndei gwn he.

Hoeng, dangznding bingq mbouj dwg vunzvunz gwn ndaej. Cunghyih nyinhnaeuz, dangznding dwg singq raeuj, hab boux ndang hawcaep lau nit gwn. Linghvaih, boux veisonh sang caeuq boux baenz dungx in naeuhlanh、boux baenz dungx biux naeuh yinxhwnj baenz dungx in nem boux baenz binghnyouhdangz mbouj ndaej gwn.



Boux Yungzheih Naetnaiq Cimq Nohmaknganx Gwn

容易疲劳泡点桂圆喝

Nohmaknganx feih diemz, gwn de baenz bouj、ik sim ik dungx、ciengz lwed an saenz, dwg cungj huq nyinhbouj bingzhuz ndei ndeu. Boux heiq lwed mbouj ndei moix baez aeu 3 daengz 5 aen maknganx, mbek byuk bae le cigciep dwk nohmaknganx roengz boibaujraeuj bae cimq raemxgoenj dang caz gwn. Boi daih-it ceiq ndei cimq raemxgoenj 20 faen cung cij gwn, cimq 3 baez le, noh caeuq ngveih gag bok ok, ndaej cigciep gwn noh de.

Aeu daezsingj dwg, boux baenz dwgliengz、fatndat、baenzae miz myaiz lai mbouj hab gwn nohmaknganx caeuq caznohmaknganx, mehmbwk daiqndang engq mbouj ndaej gwn, aenvih mehdaiqndang ciengz dwg yaem haw bien haw lai, yungzheih baenz ndaw ndat, ok haex ndongj、nyouh henj、bak sauj, gwn nohmaknganx mboujdanh mbouj baenz bouj, dauqfanj hawj vunz baenz ndaw ndat dem, rox yinxhwnj baenz conghced ok lwed、dungx in、dungx ciengq daengj lonlwg yienghnsiengq.

Boux Baenzfoeg Yawz Ancienz Doh Gvaq Seizhah

肿瘤患者如何安然度夏

Gwnndoet bien unq geih gwn gyoet. Boux ngamq haidau roxnaeuz boux ngamq guh vaqliuz gvaq haenx, aenvih ywbingh gwn doxgaiq noix, sup haeuj yingzyangj doxgaiq mbouj lai. Ndigah, wng haeujsim bouj gwn danbwzciz、veizlieng yenzsu caeuq gak cungj veizswnghsu, dapboiq yingzyangj aeu hableix. Seizhah gwnndoet wnggai bien unq、raeujndat, noix gwn huqmanh、huqyouznywnx. Gaej gwn huqgyoet lai, aenvih

conghsaej aendungx raemhrwnh deng gyoet, ndaej yinxbaenz dungxsaej caeugaen、baenz aek in, boux siuhvadau baenzfoeg、boux daep mbei baenzfoeg aeu daegbied haeujsim di.

Linghvaih, moix ngoenz gwn raemx 1500 hauzswnggh doxhwnj, lai gwn cazloeg、raemxgyu raeuj caeuq raemxmak.

Gangj veiswnggh gaenx caemxndang. Seizhah naengnoh baiz raemx ok vaiq, giz nyaeuq yungz-