

Seizhah Bouxlaux Siu Hwngq Hab Gwn Dang

老年人消夏宜饮汤

Seizhah mbwn ndat seizgan nanz, bouxlaux wngdang haeujsim re fatsa. Cawz haeujsim diuzleix gwnndoet le, ngoenz sam donq wng guh daengz gwn cit、noix manh、yungzheih siuvaq. Lai gwn di byaekheu caeuq lwgmak hamz veizswnghsu lai he. Engq youq-gaenaj diemj ndeu dwg, ciengz gwn di dang fuengz hwngq cangq ndang ndeu haemq ndei.

Daih' it, ciengz gwn dang cehmbu. Cehmbu 20 gwz, haeux-lidlu caeuq haeuxgyaeujgaeq gak 10 gwz, raetmoenggaex hau duj ndeu(dwk raemx fat gvaq). Sien dwk cehmbu, haeuxlidlu, haeux-gyaeujgaeq caeuq youz roengz rek loq cauq yaep ndeu, caiq dwk raemx caeuq raetmoenggaex hau roengz itheij oemq cug. Gwn de ndaej nyinh yaem ciengx saenz、cawz ndat siu hwngq. Hab seizhah bouxlaux fanz ndat、ninz mbouj ndaek gwn.

Daihngaih, ciengz gwn dang maenzcienz. Aeu maenzcienz 100 gwz, dat naeng bae swiq seuq,

caeuq 50 gwz noh ndoksaen mou ronq baenz sei, ndingq roengz dangnoh bae hai feiz coemh goenj, dwk gyu le gwn. Ndaej nyinh yaem bouj mak、cangq dungx dingz siq. Hab bouxlaux ndang hawnyieg、bouxlaux fanz ndat ninz mbouj ndaek、bouxlaux gwn bouj mbouj ndei gwn.

Daihsam, ciengz gwn dang haijdai. Aeu haijdai sauq 20 gwz, raemx cimq gawh le swiq seuq ronq baenz sei dwk raemx naengj yaep ndeu. Sien coemh dang ndoksaen goenj, caiq dwk haijdai roengz cawj naemz, dwk di meiq he diuz feih gwn. Ndaej bouj lwed、bouj gai, daegbied doiq yawhfuengz bouxlaux hezyaz sang、bouxlaux souhyiengh doenghmeg giet ndongj、bouxlaux lauz ndaw ndang daiq lai caeuq bouxlaux ndok soeng ndok byoiq daengj bingh miz haemq ndei cozyung.

Daihseiq, ciengz gwn dang byaekaeuj. Aeu 15 gwz byaekaeuj (dwk raemx cimq gawh), 50 gwz raetdoeng, 100 gwz rangzngox.

Sien ronq raetdoeng caeuq rangz-ngox baenz sei, doengzcae dwk roengz raemxgoenj bae cawj, dwk youz、veicingh、laeujaeux diuz feih gwn. Cungj dang neix yingzyangj gyaciz sang, gwn de ndaej siu hwngq bouj ndang. Ciengz gwn ndaej fuengz bouxlaux doenghmeg giet ndongj caeuq gamhanh hezyaz swng sang.

Daihhaj, ciengz gwn dang sanhcach. Aeu 30 gwz maksanhcach, 150 gwz ndoksej mou, hai feiz-numq auq cug, dwk gyu diuz feih le dwk di mbaw byaekginzcai he gwn. Ndaej siu hwngq vaq cwk、dingz siq, ndaej baujgen sai simlwed.

Daihroek, ciengz gwn dang naengmou. Aeu 250 gwz naeng-mou, 200 gwz makyungz. Sien swiq naengmou seuq ronq baenz gaiq, dwk di raemx he hai feiznumq auq baenz dang gwd, caiq dwk makyungz、coeng caeuq youzhom gwn. Ndaej nyinh yaem liengz lwed、ciengx daep siu hwngq gaiq hozhawq.

Boux Baenz Ae' ngab Gvaq Seizhah Aeu Re "Gyoet"

哮喘病人度夏要防“冷”

Boux baenz bingh ae' ngab baez bungq daengz heiq gyoet rumz gyoet roxnaeuz gwn gijgwn gyoet le, couh yungzheih fukfat baenz ae' ngab lo. Gyoengqvunz hanh lae hanh roenx haeuj ndaw rug gunghdiuz bae couh gamj-daengz liengzsangj cwxcaih. Hoeng, boux ndang gominj danghnaeuz daj seizhah cienj haeuj seizcou seiz, saihoz deng heiqgyoet raemhrwnh gig le, doq

rox yinxfat baenz ae' ngab.

"Gyoet" doiq vunzbingh ae-ngab daeuj gangj, mboujlwnh aen geiqciet lawz cungj dwg aen yenzyinh yaeuhfat baenz ae' ngab he. Ndigah, vunzbingh ae' ngab seizhah hix aeu fuengz "gyoet". Gidij cosih dwg: Dohraeuj ndaw ranz caeuq rog ranz doxca gaej mauhgvaq 5 doh, engq mbouj ndaej hawj bak rumz gunghdiuz ci coh swhgeij. Youq rog ranz hanh lae hanh roenx

dauqma seiz, gaej sikhaek hai gunghdiuz roxnaeuz gwn yinjliu gyoet, wng sien mad hanh hawq, caiq gwn boi raemxgoenj raeuj ndeu, caj cingzsi onjdingh le caiq hai gunghdiuz roxnaeuz gwn yinjliu gyoet. Linghvaih, ndaw ranz aeu ciengzseiz baet seuq, dinghseiz hai cueng vuenh heiq. Lai lienhdang daeuj demgya rengz dingj bingh, yienghneix couh noix baenz aengab lo.

Bouxlaux Lai Gwn Maenzdoengzlingz Ndaej Yawhfuengz Mauhfung

老人预防中风可多吃土豆



Maenzdoengzlingz dwg cungj byaekheu yingzyangj gyaciz gig sang he, mboujdanh ndei gwn, de caemhcai ndaej fuengz bingh dem. Yingzyangj conghyah vixok, moix ngoenz gwn aen maenz-doengzlingz ndeu, ndaej hawj

baenz mauhfung gijliz doekdaemq 40%. Maenzdoengzlingz ndaej gejdoug siu haenz、cangq dungx ik heiq, bouxlaux wng lai gwn di.

Maenzdoengzlingz hamz nyinzsei gijgwn lai, ndaej bang-bouj fuengzceih saihoz baenz aiz, ndaej gamhanh danjgucunz ndaw lwed hamzliengh, gij danbwzciz niunek haenx ndaej yawhfuengz bingh sim sailwed, lij ndaej hawj vunz noix baenz mauhfung dem.

Maenzdoengzlingz ndaej ciengx dungx. Cunghyih nyinh-naeuz, maenzdoengzlingz ndaej huz dungx diuz ndaw、cangq dungx ik heiq, doiq ceiwyw boux baenz dungx biux naeuh、boux

ciengzseiz baenz haexgaz daih miz ndeicawq.

Maenzdoengzlingz ndaej gemjbiz. Gwn maenzdoengzlingz gaej lau youzlauz ndaw ndang lai gvaqbouh, aenvih de ngamq hamz miz 0.1% youzlauz, moix ngoenz gwn de ndaej gemjsiuj sup haeuj youzlauz, hawj gij youzlauz doyawz ndaw ndang cugciemh baiz ok rog ndang daeuj. Gaenh geij bi daeuj, Yidali、Sihbanhyaz、Meijgoz、Gyahnazda、Ngozlozswah daengj guekgia gonqlaeng roenxok buek canhdinh maenzdoengzlingz ndeu, boux siengj cangq ndang gemjbiz haenx cungj maij roemx haeujbae gwn.



Seizhah Wng Ciengz Bwh Gij Yw Lawz?

夏季应常备哪些药?

1、Mbawngaeux: Ndaej siu hwngq leih nyoh, ndaej yw fatsa gyaeuj ngunh、bitfiengj、ndang haenz. Moix baez gwn 15 gwz, baen 2 daengz 3 baez baek gwn. Aeu mbawngaeux caeuq haeux cawj cuk gwn hix ndaej. Fuengfap dwg aeu 2 daengz 3 liengx haeuxsan, mwh cawj cuk seiz, aeu mbaw ngaeux he swiq seuq mienh baihgwnz hoemq roengz gwnz cuk bae cimq oemq 10 faen cung le gwn.

2、Naeng sae' gva: Luep naeng heu sae' gva ndaej siu hwngq、gaij hozhawq、leih nyoh. Yw fatsa sim fanz、ndang ndat gvaqbouh、hozhawq、nyoh noix. Moix baez 30 gwz, lai baek geij baez gwn. Gwn sae' gva lai hix miz itdingh cozyung.

3、Mbaw godeiz: Ndaej siu hwngq cawz fanz、gaij hozhawq. Yw seizhah deng ndat sim fanz、nyoh henj、nyoh noix. Moix baez 10 gwz, baen 2 baez baek gwn.

4、Naeng gvasei: Ndaej siu hwngq cawz ndat, gaij hozhawq. Yw dengdoeg、sim fanz、gaij hozhawq. Moix baez aeu 20 gwz naeng ndip, baen 2 baez baek gwn.

Seizhah Lwgnyez Hwnj Bitfiengj Haj Geih

夏季儿童生痄子五忌

Seizhah, mbangj lwgnyez daengx ndang hwnj bitfiengj, humzhaenz swgswg. Vihneix, bohme hix simgip dangqmaz, siengj banhfap siu bitfiengj lwgnyez, hoeng, lwgnyez hwnj bitfiengj aeu haeujsim haj geih:

It、Geih gaeu humz. Ciengzseiz gaeu humz ciengz rox yinxhwnj sign ganjenj, bienqbaenz doeg bitfiengj caeuq baeznong.

Ngeih、Geih duet buh. Ciengzseiz duet buh lohganh, rox hawj naengnoh noix luep henhoh ndeu, engq yungzheih deng ndit gig, bitfiengj hwnj engq lai engq deih.

Sam、Geih buhvaq gaeb. Seizhah buhvaq lwgnyez wng gvangq unq, fuengbient raemxhanh fwifat. Danghnaeuz buhvaq daiq gaeb daiq geng, rox mboujduenh nucat gig naengnoh.

Seiq、Geih raemxgyoet caemx-ndang. Yungh raemxgyoet gig naengnoh, sailwed conghbwn raemhrwnh sousuk, conghbwn sikhaek hup haeuj, raemxhanh fwifat mbouj ndaej, bitfiengj couh hwnj engq lai.

Haj、Geih seizbient luenh yungh mbabitfiengj、vahlusuij cat ndang. Yungh mbangj mbabitfiengj, wng sien sawq lwgnyez dwg mbouj dwg hwnjnwj. Mwh yungh seiz, mbabitfiengj caeuq vahlusuij ceiq ndei mbouj gyonjgyoeb yungh.