

Mehmbwk Senglwg Doeklaeng Fatsa Baenzlawz Gipgouq

女人产后中暑的急救方法

Mehmbwk senglwg doeklaeng fatsa, vunzbingh ndangraeuj swng sang, meg diuq caeuq diemheiq gyavaiq, naj nding mbouj ok hanh, naengnoh hawq ndat, daengx ndang hwnj bitfiengi roxnaeuz ok hanh cix ndangraeuj doekdaemq. Gipgouq banhlap:

1、Raen mehsenglwg gaenq fatsa, wngdang sikhaek senj de bae giz doeng rumz ndei liengzsangj haenx yietnaiq.

2、Gej gaetbuh ok, hawj de gwn

di raemxgyu cit roxnaeuz sizdizsuij、yinzdanh、ywnaed siu ndat、hozyangh cwnnggisuij daengj, yaepyet couh hoizdaug ndei.

3、Boux baenz fatndat、maezgae、caeuqaen, wng hawj de ninzngeeng、gyaeuj ngiengx dauq laeng, baujcwnghawj de diemheiq doengswnh, cigouqhoh caengz daeuj daengz seiz, ndaej yungh sujbaq dumz roxnaeuz 30% daengz 50% ciujcingh mad fajaek caeuq raeblaeng de.

Haeujsim saehhangh:

1、Baez raen mehsenglwg gamj–daengz hozhawq、ok hanh lai、rub myaiz、gyaeuj ngunh、sim linj、aek mwnh daengj mbouj cwxcaih seiz, couh wngdang naemj daengz gojnwngz dwg fatsa lo.

2、Ndaw rug aeu hai cueng doeng rumz, baujciz habdangq dohraeuj, danhseih gaej hawj rumz cigciep ci daengz de. Denz gaej na lai, ndaej ninz diemxliengz, daenj buhvaq mbang, lai gwn raemx daengj.

3、Ok hanh lai seiz, ndaej



ciengzseiz yungh raemxraeuj mad ndang, gaenx rieg buhvaq, yienghneix ndaej yawhfuengz baenz fatsa.

Danghgveih Ciengx Nandang Goengyauq Lai

当归养生功效多

Rag danghgveih ndaej guh yw, gij goengyauq de miz: Bouj lwed huz lwed, diuz ging dingz in, nyinh sauji rod saej, dingj baenzaiz, dingj nyieglaux, dingj ndaej bingh.

Danghgveih singq raeuj, ndaej raeuj ndang.

Danghgveih ndaej diuzhuz lwed doxdaengh, daegbied hab gij mehmbwk aenvih heiq lwed mbouj gaeuq saeknaj haumiek caemhcaiq saeknaj henjlab haenx gwn. Gij mehmbwk raemxsaeg lai saek damh roxnaeuz dawzsaeg doiceiz、dawzsaeg in haenx, ndaej gwn di danghgveih ndeu daeuj diuzleix. Cunghyih gaengawq danghgveih donhgwnz donhgyang donhlaj, vegfaen ok mbouj doengz diuz lwed goeng-naengz: Donhgyaeuj ndaej bouj lwed, donhgyang ndaej ciengx lwed, donhbyai ndaej vued lwed.



Makdoengj gej laeuj: Gwn 3 daengz 5 aen makdoengj roxnaeuz makgam, roxnaeuz nap aeu raemx de gwn.

Makleiz gej laeuj: Gwn makleiz roxnaeuz nap aeu raemx de gwn.

Gyaeqhau gej laeuj: Dub aen daengz song aen gyaeqgaeq, gwn gyaeqhau, ndaej baujhoh nemmuek

Laeujfiz Gwn Maz Gej Laeuj

醉酒后吃什么解酒

aendungx, caemhcaiq ndaej hawj aendungx noix supsou ciujcingh.

Raemxreiz gej laeuj: Gwn raemxreiz gwd, ndaw raemxreiz hamz miz dohdangz caeuq B cuz veiz-swnghsu, miz gej laeuj cozyung, dwk di begdangz ndeu heuz gwn, yaugoj engq ndei.

Gwn caz gej laeuj: Ndaw caz hamz miz danhningzsonh ndaej gajcawz gipsingq ciujcingh dengdoeg, gahfeihgenj caeuq cazgenj doiq diemheiq deng gaz caeuq maez ninz

miz ywyauq.

Raemx makyungz gej laeuj:

Ndaw raemx makyungz hamz miz dangzmak, ndaej faengaij ciujcingh, baez dog gwn 300 hauzswngh doxhwnj, ndaej hawj boux gwn laeuj le gyaeuj ngunh cugciemh siu bae. Sizcenj cwnghmingz, gwn raemx makyungz beij gwn aen de gej laeuj engq ndei. Caengz gwn raemx makyungz gaxgonq dwk di gyu he heuz gwn, ndaej onjdingh cingzsi bouxvunz.

Byaekginzcai Boiq Lwgcid Gyangq Hezyaz

芹菜配荸荠降血压

Byaekginzcai yingzyangj lai, hamz danbwzciz、dansuij vahozvuz、gyangvuzciz caeuq lai cungj veiz-swnghsu daengj yingzyangj doxgaiq hix lai, dwg cungj byaek baujgen gig ndei he. Byaekginzcai bonjndang gag miz gij goengnaengz gyangq hezyaz, lwgcid caeuq byaekginzcai doxlumj, caemh ndaej gyangq hezyaz. Song yiengh byaek neix doxgap cauq gwn, gyangq yaz yaugoj demgya baenz boix.

Caizliuh: Aeu 150 gwz byaekginzcai, 50 gwz lwgcid, coeng、gyu、

gihcingh、youzdoenghgo gak di he.

Guhfap:

1、Swiq byaekginzcai seuq, dwk roengz raemxgoenj bae log cug, vez hwnj ndik raemx hawq ronq baenz donh; dat naeng lwgcid swiq seuq ronq baenz gaiq;

2、Hai feiz coemh rek ndat, dwk youzdoenghgo coemh caet cingz ndat le dwk coeng roengz cauq, caiq dwk byaekginzcai caeuq lwgcid itheij fan cauq 3 daengz 5 faen cung;

3、Dwk gyu caeuq gihcingh diuzfeih couh ndaej daek hwnj gwn.



Gaen geij bi daeuj, riengzdwk yihyozgai yenzgiu binghdungxsaej mboujduenh haeujlaeg, gyoengqvunz fatyienh gwn byaek noh gonqlaeng gig miz gohyoz, mboujnex, couh gojnwngz rox sienghahh dungxsaej gengangh.

Sien gwn byaekheu caiq gwn noh. Gyoengq yingzyangjyozgyah genyi naeuz, gwn byaek noh gonqlaeng wnggai dwg baenzneix: Sien gwn byongh vanj dang roxnaeuz boi raemxmak singjsien ndeu, ciepi roengzdaeuj caiq gwn byaekheu, doeklaeng gwn noh caeuq gyaeq, baenzneix gawq ndaej hawj vunz hableix leihyungh gij yingzyangj gijgwn, youh ndaej gemjsiuj fudanh dungxsaej, vunz couh gengangh ndaej

Sien Gwn Byaekheu Caiq Gwn Noh Ndaej Gemjsiuj Fudanh Dungxsaej

先吃菜后吃肉可减少肠胃负担

lai lo.

Gwn haeux sat gaej sikhaek gwn mak. Gak cungj gijgwn ndawde, lwgmak cujyau cwngzfwng dwg dangzmak, de mbouj yungh doenggvaq aendungx daeuj siuvaq, cix dwg haeuj daengz saejlw bae cigciep deng supsou. Mboujgvaq, danghnaeuz gwn haeux sat doq sikhaek gwn lwgmak, dungxsaej couh aeu sien siuvaq

supsou gij denfwng、youzlauz caeuq danbwzciz gonq, doeklaeng cij ndaej supsou gij dangzmak ndaw lwgmak. Lwgmak youq ndaw ndang vunz diemj lai song diemj cung couh rox fatoemq, caemhcaiq naeuhlanh canjseng huqdoeg, vunz couh yungzheih baenz dungx in、saej humz daengj bingh.

Gwn haeux seiz caeuq gwn haeux doeklaeng mbouj hab gwn dang. Gwn

haeux seiz gwn dang, aenvih haeux caengz ndaej cungfaen nyaij mienz couh riengz dang ndwnj roengz dungx, gwn haeux sat doq gwn dang dwg aenvih raemxdang rox heuz saw raemxsiuvaq, dungxsaej siuvaq naengzlig couh gemjnyieg, caemhcaiq rox yinxhwnj aendungx mbe’gyangq gvaqbouh, nanz le, couh rox baenz doenghlig aendungx mbouj gaeuq.

Daj neix ndaej rox, caengz gwn haeux gaxgonq sien gwn byongh vanj dang ndeu haemq hab sengleix iugouz, aenvih de ndaej youq caengz gwn haeux gaxgonq diuzsaej couh deng dumznyninh, doengzseiz ndaej coi raemxsiuvaq miz gvilwd dwk iemqok.