



Seizhah Lai Gwn Hingndip Ndaej Re Bwtdaep Deng Liengz Baenzbingh

夏季多吃生姜可防内脏受凉诱发疾病

Gangj daeuj lauhei q cungj lawq lo, seizhah mbwn ndat wnggai fuengz hwnq gyangq ndat, simdaeuz yawz “dwgliengz” lone? Neix dwg aenvih

seizhah mbwn ndataeng, gyoengqvunz maij gwn huqgyoet daeuj gyangj ndat siu hwnq, yienghneix couh baenz rog ndat ndaw gyoet, nanz le simdaeuz couh “dwgliengz” lo. Seizhah fuengz simdaeuz “dwgliengz” miz song aen banhlap daeuj yw: It dwg lai gwn hingndip. Hingndip

ndaej giep caep, raeuz seizhah gwn huqgyoet roengz dungx le, gwn hingndip roengzbae gyoengq heiqcaep ok rog ndang daeuj, simdaeuz couh mienx deng “dwgliengz”, baujciz ndangdaej gengangh. Ngeih dwg ninz gaeuq. Seizhah gyangngoengz raez gyanghwnz dinj, yungzheih ninz mbouj

gaeuq, ndigah aeu ninzringz cij ndaej. Youq gwnndoet fuengmienh, seizhah cujyau gwn cit guhcawj, habdangq gwn di huqbouj he. Aeu duhheu, cehmbu, mbawngaeux, ragngox, duhbap caeuq haeuxsuen cawj cuk langh liengz gwn, ndaej cangq dungx, siu hwnq.

Bouxlaux Noix Yawj Densi Ndaej Yawhfuengz Hukngawz

少看电视可防老年痴呆

Daj bujgiz densi gvaqdaej, yawj densi gaeng baenz aen bouhfaenh youqgaenj gyoengqvunz siucawz naetnaiq ndeu, doiq bouxlaux noix ok dou daeuj gangj engq dwg baenzneix. Hoeng, yawj densi seizgan daiq nanz, mboujdanh doiq gengangh fouz leih, lij rox yingyangj daengz caeuq bouxwnq baedauq hwnj-roengz dem.

Daj yingyangj ndangdaej gengangh daeuj gangj, vunz noix hozdung, youzlauz couh yaemz youq ndaw ndang, gojnwngz rox

yaeuhfat baenz bingh sailwed sim uk, hawj gij bingh nyuenzlaiz couh miz haenx engq gya' naek. Daj cingsaenz fuengmienh daeuj gangj, couh dwg ciengzgeiz naengh nanz rox hawj lwed lae menh, goengnaengz sim bwt gemjnyieg gojnwngz yinxhwnj aen' uk hawj lwed mbouj gaeuq, yungzheih baenz binghhukngawz. Caiq gangj, danghnaeuz cungj dwg dinghdingh cim coh densi, naengzlig nyinh-rox aen' uk couh baenz deng beidung ciepsouh, hawj aen' uk yied daeuj yied “gik”. Ciengzgeiz

baenzneix, daengx aen goeng-naengz nyinhrox aen' uk couh doekdaemq. Daihsam, mbouj camgya sevei hozdung, mbouj caeuq bouxwnq ganggoj, aensim bouxvunz couh haep haeuq mbouj hai, aen' uk couh bienq ndaej ngangzngwd mbouj lingz.

Guek rog gaeng miz yenzgiu gvaq, moix lai yawj densi diemj cung ndeu, bouxvunz ngoenzlaeng laux caeux caeuq baenz binghhukngawz gijliz beij boux mbouj yawj densi sang 1.3 boix.

Ndigah, bouxlaux ngoenz-naengz yawj densi ceiq ndei dwg gamhanh ngoenz 1 daengz 2 diemj cung haemq ndei. Densi cezmuq ceiq ndei yawj sinhvwnz caeuq cezmuq lwgnyez, yiengh-neix ndaej hawj vunz lai angq, couh noix baenz binghhukngawz lo.



Boux Baenzin Mbouj Ndaej Gwn Dang

痛风患者不要喝汤

Baenzin dwg cungj byauling doxgaiq lawh gaeuq ok luenh le yinxhwnj lwed niusonh swng sang baenzbingh, cujyau caeuq yizconz yinhsu mizgven. Gwnndoet mbouj ngamj dwg aen cujyau yenzynh yaeuhfat baenzin ndawde aen ndeu. Boux baenzin danghnaeuz gwn gijgwn hamz byauling doxgaiq lai seiz couh yungzheih baenzin lo. Gijgwn hamz byauling doxgaiq lai haenx cujyau miz laeujbizciuj, gak cungj daep, mak, simdaeuz doihduz, bya, haijsenh, duh caeuq gij huq aeu duh guh, byaekbohcai.

Dingzlai byaekheu, lwgmak, cijvaiz, gyaeqgaeq hamz byauling doxgaiq haemq noix, ndaej lai gwn di.

Daegbied aeu haeujsim dwg, byauling doxgaiq yungzheih yungz youq ndaw raemx, naengh bungz daengz ndat yungz ndaw raemx engq vaiq. Gak cungj dang lumj dang ndoksej, dang nohgaeq, dang hojgoh daengj hamz byauling doxgaiq gig lai, ndaw noh hamz byauling doxgaiq dauqfanj haemq noix. Ndigah, boux baenzin ceiq ndei cijdan gwn noh, cienneiz gaej gwn dang bw. (Dwng Cez)

Sam Dan Ywdoj Yw Bouxlaux Haexgaz

中药外治老年便秘三则

Haexgaz song ngoenz rox-naeuz hajroek ngoenz ok mbouj ndaej haex seiz, dingzlai dwg aenvih miz bingh yinxhwnj.

Boiqfueng 1: Saenaz hung aen ndeu, di gyu he.

Yungh fap: Song yiengh caez daem yungz oep saejndw, hoemq baengzsa gvaq gwnz bae le baengzgyau dingh ndei, ngoenz vuenh yw baez ndeu, ceiq lai oep song baez couh ok ndaej haex.

Boiqfueng 2: Coengbieg daiq rag 3 dug, 30 gwz hingndip,

50 naed duhseih, 8 gwz gyu.

Yungh fap: Caez daem yungz nyaenj baenz gau yo ce bwh yungh. Aeu di ywgau he oep saejndw, hoemq baengzsa gvaq gwnz le yungh baengzgyau dingh ndei, naengh caengz ok ndaej haex couh caiq yungh aen fap neix guh baez moq, yaugoj haemq ndei.

Boiqfueng 3: 6 gwz buzsiuh (朴硝), 1.5 gwz lwgsaeg.

Yungh fap: Song yiengh caez ngenz mienz, mwh yungh seiz dwk di raemx he heuz baenz gau

oep saejndw, baengzsa hoemq gwnz baengzgyau dingh ndei, ndaej siq huj doeng haex, doiq haex ndat gaz ywyauq haemq ndei.



Ciengzgeiz baenzae: Aeu mingz-fanz liengx ndeu, nienj mienz heuz meiq gyaux baenz giengh, haemh-naengz yaek ninz gaxgonq aeu naed baenz duhhenj hung oep song angjindiz yungjceiz, yungh baengzsa suek ndei, haet daihngaih biengj bae, lienz guh 7 ngoenz.

Ae' ngab: Aeu buenq gaen duz-ndwen sauq, cauq henj ngenz baenz mwnh, aeu begdangz heuz raemx gwn, moix baez buenq beuzgeng, ngoenz gwn 2 baez, gwn liux couh ndei. Geih gwn huqmanh.

Dungxin, rueg raemxsoemj, dungx doekduiq, veidouyenz: Moix baez aeu gyauejsuenq hung liengx ndeu, daiq byuk coemh remj. Dwk vanj raemx ndeu cawj goenj, heuz di

Dan Yw Iq Ndawbiengz

民间小验方

begdangz ndeu mwh dungx byouq seiz gwn, ngoenz 2 baez, lienz gwn 7 ngoenz couh gatrag.

Dungx, cibngeihcijcangz biux naeuh: Aeu 30 aen gvamgyaeq cauq remj nienj mienz, buenq gaen mbamienh cauq remj, gyonjgyoeb gyaux yinz, haethaemh yaek gwn haeux gaxgonq yungh raemxgoenj heuz gwn, moix baez byongh beuzgeng, ngoenz gwn 2 baez, itbuen gwn fuk ndeu couh ndei, boux baenz

naek gwn 2 fuk ndeidingh.

Hezyaz sang, hezcij sang: Aeu ceh byaekginzcai liengx ndeu, baengzsa suek ndei, dwk rek gya 10 gaen raemx baek dang, gyanghaet, banngaiz, gyanghaemh gak gwn cenj ndeu. Boux gwn ndaej manh haenx, gyanghaet, banngaiz, banh-aemh gak gwn 2 aen gyauejsuenq ndip dem, ndaej gyangq hezyaz caeuq hezcij.

Binghsimdaeuz, gvanhsinh-

bing: Moix baez aeu byuk duhdoem liengx ndeu, 5 cienz duhheu, baek vanj raemx ndeu gwn, ngoenz gwn 2 baez, lienz gwn byongh ndwen.

Cangzveiyenz, dungxsiq: Moix baez aeu buenq liengx mbamienh cauq remj, dwk di begdangz ndeu yungh raemxgoenj heuz yinz, caengz gwn haeux gaxgonq gwn, ngoenz 2 baez, lienz gwn 2 daengz 3 ngoenz. Geih gwn lwgndae, gyoijhom caeuq gijgwn youznywnx.

Dungxraeng: Luep naeng ndaw dawgaeq 4 liengx cauq henj nienj mienz, yaek gwn haeux gaxgonq aeu raemxbegdangz heuz gwn, ngoenz 2 baez, moix baez byongh beuzgeng, lwgnyez gemj buenq, gwn fuk ndeu couh ndei, geih gwn saenaz.