

Seizhah Yawhfuengz Nyeznomj Fatsa

夏日预防幼儿中暑



Ndangraeuj diuzcez goeng-naengz nyeznomj caengz fatmaj caezcienz, roxnaeuz ndang nyieg rengz dingj bingh ca, nanz dingj ndaej ndataeng. Nyeznomj mwh mbwn ndataeng, hoengheiq mbaeqdoh daih, mboujmiz rumz,

hanh fwifat sinhoj, gij ndat ndaw ndang daiq lai seiz yungzheih baenz fatsa, mbaeu cix okyienh gyaеuj in, gyaеuj ngunh, rubmyaiz, rueg ok, ndangraeuj daemq, saeknaj haumiek, naengnoh ok hanh lai daengj yienghsiengq, naek cix okyienh oqndat, diemheiq feuh, meg diuq nyieg, hezyaz doekdaemq, yisiz mbouj cingcuj daengj binghyiengh. Naengh nyeznomj okyienh fatsa mbaeu seiz, ndaej senj de bae gizdieg liengzsangj yietnaiq, doengzseiz hawj de gwn di raemxgyu cit he, roxnaeuz 5% raemxdangz goenj daengj. Yietnaiq le bingh loq ndei roxnaeuz siu bae caez, danghnaeuz caengz siu bae, wng

gibseiz soengq bae yihyen genjcaz aeu yw. Yawhfuengz nyeznomj fatsa gvanhgen dwg bingzseiz haeujsim guh ndei yawhfuengz cosih. Ok rog ranz bae hozdung seiz, gaej hawj ndithaenq cigciep ciuq daengz gwnz ndang. Youq ndaw ranz hozdung seiz, ndaw ranz aeu baujciz doeng rumz doeng heiq ndei, daenj buhvaq aeu gvangqsoeng; gwnndoet aeu citdamh yungzheih siuvaq, hawj de ciengz gwn di caz vagut, dangduhheu, danglwglimz ndeu. Haeujsim nyeznomj gwnninz gvilwd, hawj de ninz gaeuq, guh ndei yawhfuengz baujgen cosih, couh ndaej hawj de ancienz dohgvaq seizhah lo.



Fap Gipgouq Uk Roenx Lwed

发生脑溢血的急救法

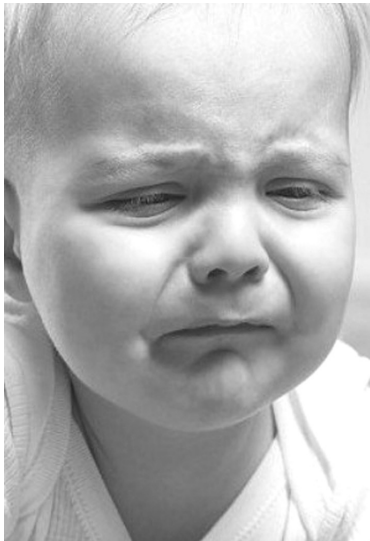
Bouxlaux baenz uk roenx lwed lai. Neix dwg aenvih hezyaz raemhrwnh swng sang, hawj diuz sailwed iq dekleg yinxfat baenz uk roenx lwed. Baez raen vunz uk roenx lwed le, vunz ndaw ranz wng ciuq banhfap baihlaj bae gipgouq: Baujciz caemcingx, hawj vunzbingh ninz daengjai bingz, gyaеuj ngeng gvaq henz bae, fuengz lwed caeuq huqrueg sup haeuj hozgyongx bae. Gej gaetbuh saivaq ok, baujciz ndaw rug doeng rumz ndei, seiznit aeu haeujsim bauj raeuj, seizndat aeu haeujsim siu ndat, yungh sujbaq dumz baeng najbyak, aenvih sailwed bungz gyoet rox sousuk, ok lwed noix di. Youq gwnz roen bae yihyen, aenci aeu baujciz bingzonj, noix saenqdaenh; loq daiz aen' gyaеuj vunzbingh hwnj, caemhcaiq haeujsim binghcingz bienqvaq.

Lwgnyez Heuj In Baenzlawz Cawqleix

儿童牙痛如何处理

Lwgnyez heuj in yenzyinh ciengz raen dwg heujnengz, danghnaeuz heujnengz mbouj ndaej gibseiz gajgez, lwgnyez heuj in seiz mboujdanh insep nanz dingj, caemhcaiq rox gawhbongz doz nong dem. Ndigah cawjranz aeu cibfaen yawjnaek cij ndaej. 1、Moix gek duenh seizgan ndeu, couh aeu yawjyawj naj-heuj lwgnyez miz mbouj miz diemjndaem roxnaeuz congh iq. Moix gek buenq bi daiq lwgnyez bae yihyen genjcaz diuzheuj sengmaj caeuq gengangh cingz-gvang. Yienghneix guh mboujdanh ndaej gibseiz fatyienh heuj lwgnyez miz mbouj miz bingh, caemhcaiq ndaej hawj lwgnyez gvaqlaeng mbouj lau yawj binghheuj. 2、Bingzseiz aeu son lwgnyez guh baenz aen gwnndoet

caeuq conghbak veiswngh sib-gvenq ndeu. Gwn haeux sat caeuq yaek ninz gaxgonq aeu riengx bak roxnaeuz cat heuj. Gaej hawj lwgnyez gwn huqdiemz lai, aenvih ndaw bak lamqlw miz dangzfwon, nonnengz couh maj ndaej engq vaiq. Moix baez gwn huqdiemz le, aeu sikhaek gwn raemx roxnaeuz riengx bak. 3、Danghnaeuz lwgnyez swenj heuj in, cawjranz cawz le cigciep cazyawj dwg mbouj dwg baenz heujnengz le, lij ndaej aeu sieg iq yaengyaeng roq heuj lwgnyez, ra ok diuz heujlawz miz vwndiz. 4、Danghnaeuz raen lwgnyez baenz heujnengz roxnaeuz gaenq baenz heuj in, wng sikhaek soengq de bae yihyen ceiyyw. Mienxndaej heujnengz yied daeuj yied haeujnaek,



daengz seiz fouzfap fong, couh cijnaengz ciemz bae lo. 5、Lwgnyez heuj in seiz, ndaej aeu daeh raemxndat baeng mbiengi gemj heuj in haenx, yienghneix ndaej gemjmbaeu insep. 6、Bingzseiz son lwgnyez yungh hamz fuz yazgauh cat heuj. Aenvih yungh hamz fuz yazgauh cat heuj, ndaej hawj najheuj hoemq caengz fuz doxgaiq ndeu, ndaej fuengz nonnengz caeuq dangz gaet diuzheuj.

Sam Fap Gijgwn Yw Conghbak Biux Naeuh

三款治疗口腔溃疡食疗方

Caz cehmbu: Aeu 3 gwz cehmbu, cimq raemxgoenj dang caz gwn. Cehmbu singq liengz feih haemz, ndaej bingz daep huj, siu dungx huj, gyangq bwt huj. Cunghyih nyinhnaeuz, boux najlinx biux naeuh cei q hab gwn cungj caz neix. **Raemx sae' gva:** Swiq sae' gva seuq, vat noh ok nap aeu raemx, hamz ndaw bak song faen cung baedauq ndwnj roengz, ndaej fanfoek baenzneix guh lai baez. Sae' gva singq caep feih diemz, hab gak cungj conghbak biux naeuh gwn. **Cuk lwgfaeg:** Aeu 250 gwz lwgfaeg, dat naeng swiq seuq ronq baenz gaiq; 100 gwz haeuxsuen swiq seuq caez cawj cuk gwn. Lwgfaeg singq liengz feih diemz, ndaej siu ndat, nod raemx, siudoeg, gawq ndaej siu dungx ndat, youh ndaej siq sim huj. Hab boux fanfoek baenz conghbak biux naeuh gwn.

Riengzdwk bi' ndwen ciemh ngoenz ciemh geq, gai ndaw ndok bouxlaux hix sied bae lai lo, haujlai bouxlaux baenz laeng gongz, hwet naet laeng in, ok hanhheu daengi bingh. Seizhah dwg aen geiqciet ndei bouxlaux bouj gai ndeu, mboujdanh ndit ciuq doh, daenj buhvaq noix, giz naengnoh lohgangh lai, giz ndit ciuq daengz lai. Naengnoh ginggvaq ndit ciuq le, ndaw ndang couh canjseng veizswngsu D, mizleih supsou gai. Linghvaih, ok rog ranz hozdung haemq lai, hozdung caeuq lienhdang ndaej demgya goetndok danzsingq caeuq nyinznyangq, ndaej gajjndei roxnaeuz

Bouxlaux Baenzlawz Bouj Gai

老年人如何补钙

gemjmbaeu baenz ndok soeng ndok byoiq. Bouxlaux bouj gai dwg daj ndaw gijgwn bae bouj, wng lai gwn gijgwn hamz gai sang haenx, lumj byuk nyauh, nohceng, byaekbohcai, gij huq aeu duh guh, gij huq aeu cij guh; mbangj bouxlaux mbouj naih ndaej raemxdangz, gwn cijvaiz le okyienh dungxsiq, aek ciengq daengi binghyiengh, cungj bouxlaux neix ndaej

senj gwn cijsoemj, gienghduh; mbangj bouxlaux gwn gienghduh le okyienh aek ciengq, cungj vunz neix ndaej senj gwn gij gienghduh aeu cungj duh wng daeuj guh haenx. Miz vunz nyinhnaeuz, ciengq lwgraz dwg gijgwn bouj cei q ndei, gizsaed cungj ciengq neix hamz miz daihliengh youzlaux, bouxlaux baenz hezyaz sang, bouxlaux baenz gvanhsinhbing, bouxlaux baenz bingh-

nyouhdangz mbouj hab gwn. Caiq gangj, ngoenz gwn gai 1000 hauzgwnz couh ndaej, mwh gwn haeux seiz gwn yaugoj cei q ndei. Linghvaih, yindung doi q gajjndei ndok soeng ndok byoiq cibfaen youqgaenj, bouxlaux ngoenznaengz aeu ok rog ranz bae guh yindung it daengz song diemj cung, okbae youzbyaij, dwk daigizgenz roxnaeuz bin bya, buet caemh ndaej. Doeklaeng, bouxlaux moix ngoenz aeu baujcwnz dak ndit 30 faen cung, ndaej senj youq gyanghaet 9 daengz 10 diemj, lajbyonghngoenz 3 daengz 4 diemj okbae dak, gizwnq seizgan yungzheih deng dak sieng roxnaeuz fatsa.