

Seizhah Boux Baenz Binghnyouhdangz Sam Haeujsim

糖尿病人盛夏三注意

Haeujsim 1: Gaej gwn dansonh yinjliu daiq lai. Aenvih mbwn ndat, ndang vunz ok hanh lai, caemhcaiq sied raemx lai, boux baenz binghnyouhdangz aeu gwn raemx lai cij ndaej fuengz duet raemx. Boux baenz binghnyouhdangz hab gwn raemxgoenj、raemxcaz cit、gvangcenzsuij daengj yinjliu mbouj hamz dangz haenx, mbouj hab gwn gojloz、sezbiz. Ciuq liujgaij, binaengz cungj raen miz-

mbangj boux baenz binghnyouhdangz aenvih dam gwn dansonh yinjliu daiq lai raemhrwnh maezgae deng soengq bae yihyen duenq yw. Danghnaeuz vunzbingh ok hanh haemq lai le mbouj ndaej gibseiz gwn raemx, vunz couh yungzheih maezgae bae.

Haeujsim 2: Habdangq gwn yinjliu gyoet、lwgmak. Doiq boux baenz binghnyouhdangz daeuj gangj, aenvih ndaw lwgmak hamz miz daihliengh

veizswnghsu、nyinzsei caeuq gvangvuzciz doxgaiq, boux hanhhaed hezdangz haemq ndei haenx ndaej habdangq gwn di he, hix ndaej habdangq gwn di yinjliu gyoet he, danhseih aeu youq gwn haeux sat songsam diemj cung cij ndaej gwn, mboujgvaq, aeu hanhhaed gaej gwn lai, doengzseiz daengz donq gwn haeux seiz iekliengh gwn haeux noix di.

Haeujsim 3: Mbwn ndat hix aeu

habliengh yindung. Vih mienx deng ndit cigsoh ciuq daengz, gizdieg yindung cei q ndei caenhliengh youq ndaw ranz daeuj guh. Danghnaeuz itdingh aeu ok rog ranz bae yindung, hix aeu youq haetcaeux roxnaeuz haeujaemh bae guh, gaej yindung daiq haenq lai. Linghvaih, mwh yindung seiz gaej daenj buhvaq ndaet caemhcaiq aeu doengheiq ndei, gibseiz bouj gwn raemx.

Danyw Iq Ndawbiengz

民间小验方



Ciengzseiz conghhaex humz: Aeu benq sanghsizgauh ndeu, haemhnaengz yaek ninz seiz nem haeuj conghhaex bae, haet daihngaih sik ok, lien z nem 3 ngoenz.

Lwgnyez mbwq gwn: Aeu 3 cien z maksanhcah, 1 cien z naeng dawgaeq, dwk buenq vanj raemx cawj haeux cug, yaek gwn haeux gaxgonq gwn liux, ngoenz 2 baez, lien z

gwn 3 ngoenz, ndaej sek dungx、bang siuvaq.

Aek in: Aeu benq naeng makgam ndeu baeng youq gwnz saejndw, caiq cau j buenq gaen gyu ndat(gaej ndat lai, mienxndaej log sieng naengnoh), dwk youq gwnz naeng makgam, doq sikhaek dingz in.

Loek gwn huqcab: Aeu buenq gaen byaekgep (gaej ronq soiq), cau j ndat dwk di lauzmou he baez dog gwn liux, huqcab couh riengz haex baiz okdaeuj.

Muz heuj: Haemhnaengz yaek ninz seiz gwn benq naeng makgam ndip ndeu, lien z gwn 2 daengz 3 ngoenz, ndaej yw lwgnyez roxnaeuz vunzhung ninz seiz muz heuj.

Myaiz rwi: Aeu buenq gaen byanouq cawz dungxsaej le dak sau j, cau j henj ngenz baenz mwnh, cung laeujhenj gwn, moix baez 2 cien z, ngoenz baez, gwn liux doq ndei.

Lwgnyez noix gai: Moix baez aeu 5 cien z byuk nyauh, 1 liengx haijdai caez baek raemx dwk gyu dwk youz gwn, ngoenz baez, lien z gwn byongh ndwen.

Hangzgauqmou: Aeu meiq caeuq raemxmaeg ciuq 1 : 1 heuz ndei, mauzbit yub aeu led giz hangzgauqmou, ngoenz led 5 daengz 6 baez, itbuen led 2 daengz 3 ngoenz gizde couh siu foeg.

Boux Baenz Dungxraeng Wng Noix Gwn Dangndok

消化不良者少喝骨头汤

Ngoenznaengz aeuq di dangndok he gwn doiq ndang vunz miz ik, hoeng boux baenz conghsaej hawnyieg mbouj hab gwn.

Gij yingzyangj cwngzfw n dangndok cujyau dwg youzlauz, hamz veizswnghsu caeuq gvangvuzciz gig noix. Raeuz rox, youzlauz nanz deng dungxsaej siuvaq, boux

baenz binghnaek dungxsaej bonjlaiz couh gig hawnyieg, gwn dangndok engq yungzheih baenz dungxraeng yinxhwnj baenz dungxsiq. Boux baenz binghnaek roxnaeuz boux ngamq haidau gvaq haenx sihyau bouj naengzliengh caeuq danbwzciz, ndigah gwn cijvaiz caeuq haeuxcuk cit lai ndei di.

Bouxlaux Gwn Byaek Cei q Ndei Dwk Meiq

老年人吃菜最好适当加点醋

Bouxlaux ciengz gwn di meiq he miz itdingh baujgen cozyung, hoeng yingzyangj conghyah Hungz Cauyi gyausou naeuz, gwn meiq aeu haeujsim fuengfap, dajcawj seiz miz gimqgeih, mboujnex, dauqfanj yingyangj ndangdae j bouxlaux gengangh.

Daih'it, cawj byaek seiz dwk di meiq he gwn ndaej sek dungx, daegbied dwg bouxlaux amqbak mbouj ndei, gwn byaekliengzban seiz dwk di meiq he, byaek byoiq youh habbak, sek dungx vunz lai gwn ndaej doxgaiq.

Daihngaih, mwh cawj byaek seiz dwk di meiq he, ndaej hawj veizswnghsu caeuq veizswnghsu C vayoz gezgou ndaw byaek engq onjdingh, baujhoh ndaej yingzyangj cwngzfw n ndaw byaek. Mwh cien bya、aeuq noh、aeuq dang ndoksej seiz dwk di meiq he, ndaej yungzgajj gij gai ndaw ndok, mizleih ndang vunz supsou, fuengz bouxlaux baenz ndok soeng ndok byoiq.

Daihsam, bouxlaux baenz hezyaz sang seiz, meiq ndaej daiqlawh gyu

gwn, ndaej gamhanh hezyaz swng sang. Caiq gangj, meiq deng ndang vunz supsou le, coi faengajj youzlauz okdaeuj, fuengz danjgucunz yaemz youq bangx sailwed, doiq yawhfuengz bouxlaux baenz binghsailwed miz itdingh cozyung.

Daihseiq, meiq ndaej sanq cwk、gej doeg、gaj nonnengz, ndaej hanhhaed sign miz haih sanjmaj.

Bouxlaux gwn meiq aeu haeujsim fuengfap, mbouj hab cigciep ndoetgwn, wng dwk roengz byaek bae gwn.



Aenvih meiq dwg huqsoemj, danghnaeuz mbouj heuz saw couh gwn rox sieng nemmuck aendungx, yinxhwnj baenz dungx in caeuq dungx biuxnaeuh, caemhcaiq rox yinxhwnj baenz siuhvadau ok lwed.

Cawj lauxbaeg nding caeuq byaekheu mbouj hab dwk meiq.