

Lai Gwn Dangzrwi Noix Gwn Hing

多喝蜂蜜水少吃生姜

Yingzyangj conhyah naeuz, haeuj daengz seizcou le, aeu lai gwn dangzrwi noix gwn hing. Neix dwg aenvih, seizcou mbwn hawqsauj, heiq sauj yungzheih sieng bwt, gyahwnj gwn hing dem, bwt engq yungzheih deng haih, aenndang bouxvunz yungzheih sied raemx, hawqsauj. Baenzneix, ndang vunz couh aeu ciengzseiz “bouj raemx” cij ndaej.

Conhyah genyi naeuz, gyang-ngoenz aeu gwn di raemxgyu he, gyanghaemh gwn di dangzrwi ndeu, gawq dwg banhfap ndei bouj raemx hawj aenndang, youh dwg aen danfueng gwnndoet seizcou ciengx ndang, dingj nyieglaux ndeu, doengz-seiz hix ndaej yawhfuengz baenz haexgaz dem. Gij yingzyangj cwngzfw ndaw dangzrwi gig lai, cujyau

cwngzfw ndaw dangzrwi gwn dangzrwi, linghvaih, lij hamz miz danbwzciz, anghihsonh, veizswnghsu A、veizswnghsu C、veizswnghsu D daengj dem. Gwn dangzrwi ndaej hawj ndang maenghcangq, daezsang ciliz, demgya hezhungzdanbwz daengj cozyung. Seizcou ciengzseiz gwn dangzrwi, mboujdanh mizleih bingh hoizdaug, caemhcaiq ndaej fuengz

aenndang deng sienghaih, youh hwnj daengz nyinh bwt ciengx bwt cozyung dem.

Yingzyangj conhyah daezsingj naeuz, seizcou wng mbouj gwn roxnaeuz noix gwn gijgwn hangqring manhget, lumj lwgmanh, vaceu, gveiqbeiz, hing daengj. Daegbied dwg gwn hing engq yungzheih hwnjhuj.

Seizhah Nyinhbouj Lai Gwn Dangnohbit

夏天滋补多喝鸭汤

Seizhah mbwn ndatoem youh dumzmbaeq, caiq gyahwnj ndang vunz sup haeuj caeuq baiz ok haemq hoengh dem, ndang sied rengz lai, haujlai vunz cungj gamjdaengz ndang unq rengz naiq, mbouj siengj gwn doxgaiq, lai gwn di gijgwn nyinhbouj he, ndaej ik heiq ciengx yaem, demgiengz rengzndang.

Seizhah nyinhbouj caeuq seizdoeng nyinhbouj mbouj dox-doengz, itdingh gwn cit di, mbouj ndaej gwn youznywnx lai,

mboujnex couh yungzheih sieng dungx. Cunghyih nyinhnaeuz, maenzcienz caeuq makdaihcauj ndaej cangq dungx ik heiq, hab boux dungx hawnyieg seizhah cawj cuk gwn, caiq gangj, song cungj huq neix cungj miz gij cozyung daezsang menjyizliz aenndang. Dangzrwi, cijvaiz, ngaeux, raet-ngaenz, gienghduh, beghab gawq ndaej ik heiq ciengx yaem, youh ndaej ciengx dungx seng raemx, dwg gijgwn ndei boux ndang nyieg bingh lai, boux ok hanh haemq lai,

boux mbouj siengj gwn doxgaiq seizhah gwn haenx.

Seizhah gwn noh wng gwn nohgaeq, nohbit, nohmou cing, noh roegdoxgap haemq ndei. Ndawde, nohbit mboujdanh hamz danbwzciz lai, caemhcaiq dwg aenvih de dwg doihduz ndaw raemx, gwn de ndaej nyinh yaem ciengx dungx, cangq dungx bouj haw, leih caep. Nohbit cei ndei dwg aeuq gwn, hix ndaej dwk ngaeux, lwgfaeg roengz itheij aeuq dang gwn.



Raetgimcim Geij Daih Ciengx Ndag Goengyauq

金针菇几大养生功效

Raetgimcim dwg cungj raet ndei yingzyangj lai youh ndaej giep bingh cangq ndang ndeu, danbwzciz gig sang, ndawde hamz miz 18 cungj anghihsonh, miz 8 cungj dwg ndang vunz aeu miz haenx. Gwn guh yw yungh miz baihlaj geij aen fuengmienh:

1、Dingj naetnaiq: Ciuq saedniemh baugau ndaej rox, hawj duznou itdingh seizgan gwn raetgimcim, duzde vaiqvet couh ndaej siucawz naetnaiq.

2、Ndaej dingj haenz: Raet caeuq ceh de mbangj mizyauq cwngzfw ndoiq ndang vunz hix miz siu haenz cozyung.

3、Fuengz hezcij sang, gyangq danj-gucunz: Raetgimcim ndaej laengz dangj doihduz aenvih gwn liuh yinxhwnj hezcij sang, gyangqdaemq danjgucunz, ndaej fuengz sai sim lwed baenzbingh.

4、Coi sup haeuj caeuq baiz ok: Yenzgiu ndaej rox, raetgimcim ndaej demgiengz ndang vunz swnggvuz vued-singq, coi ndaw ndang sup haeuj baiz ok, mizleih supsou caeuq leihyungh gak cungj yingzyangj ndaw gijgwn.

Seizhah Ciengx Lwed Wng Lai Gwn Gijgwn Hamz Diet Lai

夏季养血多吃含铁食物



Seizhah mbwn ndat lai, nanzsauh dangqmaz, haujlai vunz mbouj siengj gwn doxgaiq, maij gwn huqmanh daeuj gig dungxsaej. Conhyah vixok, seiz-hah ciengx ndang cujyau dwg ciengx lwed, wng lai gwn makynghdauz caeuq makseq daengj gijgwn hamz diet lai.

Seizhah mbwn ndat rox hawj vunz sim diuq engq vaiq, itbuen boux vunz ndang ndei moix faen

cung sim diuq 75 baez baedauq, mbwn ndat haenq seiz moix faen cung sim diuq lai gvaq 100 baez. Gyahwnj ndang vunz ok hanh lai, siuhauq daih, mbouj siengj gwn doxgaiq, ninz gvaiz hwnq caeux hong youh lai, ndigah seizhah dwg bi he ndawde ndwen guh-hong cei sinhoj ndeu. Vihneix, seizhah ciengx ndang aeu lai gwn makynghdauz, makseq, mak-yungz daengj lwgmak.

Baenzlawz Fuengzceih Lwgnyez Riuzhengzsingq Dwgliengz

怎样防治小孩流行性感冒

Lwgnyez riuzhengzsingq dwg-liengz dwg aenvih binghdoeg ganjyenj yinxhwnj baenz cungj gipsingq binghlah saidiemheiq ndeu, dingzlai dwg youq byai doeng co cin dienheiq bienqvaq haenq seiz fatseng. Lwgnyez baez baenz dwgliengz, gij yiengh-siengq de dwg mug rih, congghoz in, ae gebgeb caemhcaiq rueg ok. Lwgnyez baenz dwgliengz ndaej bingh haemq gip, ndangraeuj itbuen mauh-gvaq 38 doh, okyienh lau nit ndang saenz, gyaeuj in caemhcaiq daengx

ndang in dot daengj binghyiengh.

Danghnaeuz lwgnyez baenz dwgliengz lo, cawjranz aeu guh ndei geij gienh saeh lajneix:

1、Aeu haeujsim lwgnyez ndang-raeuj bienqvaq, moix gek 3 daengz 4 diemj cung bang lwgnyez dang ndangraeuj baez ndeu. Hawj de gwn ywdoiqndat, caemhcaiq hawj de lai gwn di raemxgoenj liengz ndeu, haeujsim yietnaiq, baenzneix mizleih de doiqndat.

2、Haeujsim ndaw rug veiswng

caeuq bauj raeuj, genjdanh siudoeg ndaw rug, yungh 2 daengz 4 hauz-swng yujsonh heuz 10 boix raemsaw gya ndat fwifaf siudoeg ndaw rug.

3、Haeujsim doeng rumz vuenh heiq, ndaw rug baujciz 55% dohmbaeq couh ngamj.

4、Gij cei lwgnyez uet mug aeu gibseiz cawgleix ndei, gij gaen de yungh gvaq haenx aeu yungh raemxgoenj siudoeg gvaq.

5、Lwgnyez dwgliengz caengz ndei gaxgonq gaej hawj de bae

youwzyenz, mienxndaej cienzlah hawj lwgnyez wng.

Raen miz baihlaj geij cungj cingzgvang seiz, aeu soengq lwgnyez bae yihyen genjcaz aeu yw:

1、Lwgnyez baenz binghnyouhdangz roxnaeuz ae ngab.

2、Fatndat roxnaeuz ndangraeuj youq 36 doh dauqndaw lij gyangq mbouj roengzdaeuj.

3、Baenz dwgliengz le youh raen naengnoh hwnj baenz diemj baenz diemj nding, gojnwngz dwg baenz mazcimj lo.

4、Ae dwk youqgaenj, gig gojnwngz dwg aenbwt ganjyenj.

5、Mug gwd saekhenj, gojnwngz baenz bizdouyenz lo.

6、Gamjdaengz ndaw rwz in dot, gojnwngz dwg baenz rwzmbog lo.

7、Rueg ok.