

Gangjgangj Seizcou Gwn Bouj

讲讲秋季进补

Habdangq gwn bouj ndaej hawj vunz yieŋjsouh daengz feihndei doengzseiz daeuj hoizfuk rengzndang、hoh ndang ciengx ndang、fuengz bingh yw bingh, danhseih mbouj dwg naeuz vunzvunz cungj hab gwn bouj. Conhgyah genyi naeuz, gwn bouj aeu yawj vunz bae bencing doiqdaih, yieŋhneix cij miz yaugoj.

1、Yawj aenndang cingzgvang bae dingh. Vunzbingh lwedhaw wng senj yungh gijgwn bouj lwed haenx,

lumj makdaihcauj、duhdoem daengj; vunzbingh yaemhaw wng lai senj ceh gaeujgij、beghab、megdoeng daengj. Yieŋhneix cij fazveih ndaej baujgen cozyung gij yw.

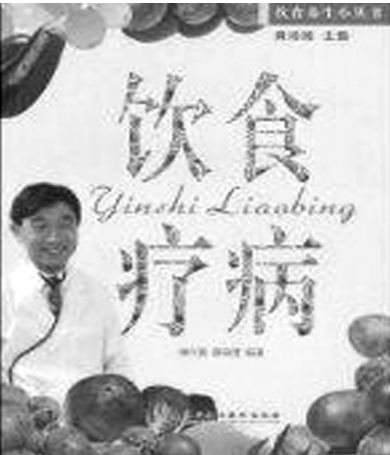
2、Yawj gunghcoz vanzging bae dingh. Danghnaeuz gij hong mwngz dwg youq laeng aen vanzging doeng rumz youh hawqsauj haenx, lumj rogranz roxnaeuz ndaw rug miz gunghdiuz, ndang vunz couh yungzheih canjseng heiqhuj, aeu bouj

gwn di gijgwn nyinh bwt ndeu; danghnaeuz dwg ciengzgeiz guhhong youq ndaw giz nitgyoet dumzmbaeq ndawde, mwngz caiq bae yw siq huj、nyinh ciengx couh mbouj miz eiqsei lo.

3、Yawj bi’ndwen bae dingh. Bouxvunz bi’ndwen hung iq mbouj doxlumj, gwn bouj seiz hix caemh mbouj ityiengh. Lwngding ndang haemq nyieg, senj bouj gijgwn mbouj hab daiq gyoet daiq ndat; bouxlaux dingzlai dwg daepmak mbouj gaeuq,

yungh yw mbouj hab raeujsauj; mehdaiqndang geih doengh heiqdai, mbouj hab yungh gij yw vued lwed nyinh raeuz. Mwh gwn bouj seiz wnggai haeujsim gijneix.

4、Yawj diegdeih bae dingh. Mbouj doengz diegdeih、mbouj doengz heiqhaeuh diuzgen、mbouj doengz bouxvunz gwndaenj sibgveng caemh mbouj doxdoengz, ndang vunz sengleix hozdung caeuq binghleix bienqvaq hix mbouj ityiengh. Beijlumj gizdieg dumzmbaeq, gwnnodoet dingzlai dwg raeuj hawq manhget; danghnaeuz dwg youq dieg nitgyoet, gwnnodoet dingzlai dwg gwn ndat caeuq nyinh nywnx. Mwh gwn gijgwn bouj seiz hix aeu ciuqei aen dauhleix neix bae guh cij baenz bw.



Raeuz moix vunz cungj myaiz rih gvaq. Lij iq myaiz rih lauhei dwg dwggvaez, danhseih hung le lij myaiz rih couh nyapnyuk lai lo.

Danghnaeuz lwgnyez beizheiq ndat、hwnjhuj rox miz myaiz saw lai, nanz gamhanh ndaej de,

Gijgwn Yw Myaiz Rih

常流口水的食疗方

caemhcaiq baenz gokbak nengz dem; lwgnyez beizheiq hawcaep, heiqhaw nanz yup ndaej raemx–myaiz, yieŋhneix couh myaiz saw myaiz raengh、haex saw siq mbouj dingz, saek naj caeuq naengbak haudamh.

Haujlai vunzchung mwh ninz seiz hix miz myaiz rih cungj cingzgvang neix. Canghyw naeuz, neix cujyau dwg aenvih gwn huqmanh daiq lai yinxhwnj beizheiq hwnjhuj cauxbaenz. Yieŋhneix, couh gaej caiq gwn huqmanh lo, doengzseiz, hix gaej gwn imq gvaqbouh, daegbied dwg

donqcaeuz, itdingh gwn noix di.

Canghyw naeuz, cangq beizheiq dwg aen banhfap yw myaiz rih ndeu, ndaej dwk di maenzcienz、duhbap、haeuxlidlu、cehmbu caeuq haeuxsuen ngauz cuk gwn; roxnaeuz aeu ngveih ikceiq(益智仁)、dawgaeq ngenz mwnh, ngoenz gwn di he, lwgnyez ngoenz gwn 0.5 gwz, vunzchung ngoenz gwn 3 daengz 6 gwz.

Doeklaeng, canghyw giengz–diuh naeuz, danghnaeuz myaiz rih youqgaenj, swhegij nanz gamhanh ndaej, cei q ndei dwg bae yihyen dueng yw.



Roek Fap Gwn Makhwz-dauz Ndae Yw Bingh

核桃六种吃法能治病

1、Aeu 5 gwz makhwzdauz, 1 gwz dangzrwi, cung raemx cimq gwn, ndaej nyinh saej doeng haex.

2、Aeu 6 aen makhwzdauz, boi cijvaiz ndeu, cawj cug le yaek haeujninz seiz gwn, ndaej cangq uk ninz ndaek vaiq.

3、Aeu ngveih makhwzdauz caeuq haeuxsan gak 50 gwz, dwk 500 hauzswng h raemx hai feiz cawj goenj le gaj yungh feiznumq cawj cuk gwn, ndaej gyangq danjgucunz、yawhfuengz sailwed giet ndongj.

4、Aeu ngveih daengz song ngveih makhwzdauz, gep daengz song gep hingndip doengzcae z nyaij gwn, ngoenznaengz haet–haemh gak bae z ndeu, ndaej bouj ik bwt beizheiq, vaq myaiz siu ae’ngab.

5、Makhwzdauz caeuq lwgraz gak 5 gwz, ngenz mienz le heuz baenz giengh gw d gwn, ndaej hawj byoemgyaeuj ndaem wenj.

6、Noh makhwzdauz、duhdoem gak 1 liengx, aen gyaeujbya hung ndeu, swiq seuq dwk di youz he cien hom; caiq au 6 aen makcauj nding、3 gep hingndip caez dwk gumeng gya raemx cawj 1 diemj cung gwn, ndaej bouj uk vunz coengmingz.

Ciengz Gwn Daezmou Ndae Fuengzceih Sinzgingh Hawnyieg

经常吃猪蹄防治神经衰弱

Yienhdaih yingzyangjyoz yenzgiu byaujmingz, ndaw daez–mou hamz miz danbwzciz、youz–lauz caeuq dansuij vahozvuz haemq lai, caemhcaiq hamz miz gai、linz、meij、diet、veizswng hsu A、veizswng hsu D、veizswng hsu E、veizswng hsu K daengj miz ik cwngzfwn dem. Hamz gyauhyenz

danbwzciz hix haemq lai, doiq bouxlaux sinzgingh hawnyieg(ninz mbouj ndaek) miz haemq ndei cei yw cozyung.

Aenvih gij ganh’anhsonh ndaw daezmou ndaej hawj cunghsuh sinzgingh caemcingx, mbangj vunz bingzseiz gahengh caeugaen roxnaeuz mazmwnh



haenx, ciengz gwn dang daezmou miz itdingh bangbouj cei yw cozyung. Hoeng, aenvih daezmou youzlauz haemq lai, boux baenz doenghmeg giet ndongj caeuq boux baenz hezyaz sang cei q ndei noix gwn di.

Seizcou mbwn liengzsangj, gyoengqvunz gamjdaengz cwxcaih haujlai lo. Danhseih heiqyiengz cugciemh caem roengz, sengleix goengnaengz caemcingx lai lo. Ndigah, vih sikhab aenmbwn bienqvaq daegdiemj, fuengz bingh souhyienz, bouxlaux wngdang haeujsim ciengx ndang cij ndaej.

1、Diuzciet gwnnodoet. Seizcou, bouxlaux gwnnodoet wng gwn noix gwn lai donq, lai gwn gijgwn unqmoeng sekduŋx yungzheih siuvaq he. Linghvaih, aenvih seizcou mbwn hawqsauj, gwnnodoet wng gwn makleiz、beghab、megdoeng、lwgcid、maenz–cienz、bwtmou、cehmbu、ngaex guhcawj, caemhcaiq lai gwn di.

2、Diuzciengx cingsaenz. Yenz–giu ndaej rox, mbouj ndei simleix swgiz aenndang, rox hanhhaed aenndang menjyiz fuengz bingh goengnaengz, yinxhwnj raemx ndaw ndang iemq ok caeuq sup haeuj baiz ok ok luenh, bingh doq ciemq haeuj ndang bae. Ndigah, bouxlaux wnggai daegbied haeujsim cingsaenz

baujgen, ndaej guh di dwkgeiz、dajveh、ciengx va ndaem nywj、ciengx roeg caemz roeg daengj vwnzyiz hozdung ndeu.

3、Haeujsim hwnq ninz. Seiz–cou aenmbwn bienqvaq haemq daih, heiqraeuj bien daemq, rumznit heiqrwix yungzheih ciemq haeuj sieng ndang, gyahwnj bouxlaux rengz dingj

bingh doekdaemq, yungzheih baenz dwgliengz、saidiemheiq donh baihgwnz ganjyenj、baenz feiyenz、sim bwt baenzbingh, caemhcaiq baenz sim nyieg oksaeh. Ndigah aeu guh ndei fuengz nit bauj raeuj, miz diuzgen seiz, ndaej aeu raemxgyoet swiq naj、raemxgyoet cat ndaeng, caemhcaiq aeu raemxgyoet dajcaemx, hawj aenndang lai dingj ndaej nit noix baenz dwgliengz.

4、Cungdenj fuengz bingh. Seizcou yungzheih baenzae、dwgliengz、menhsingq cihgi’gvanej fat–yiemz、dungx in、baenz fungcaep、ae–ngab caeuq sim sailwed baenzbingh. Ndigah, bouxlaux aeu cungdiemj fuengz gij bingh neix.

Bouxlaux Wng Haeujsim Seizcou Ciengx Ndang

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