

Seizcou Hoh Dungx Naek Youq “Haj Ciengx”

秋季护胃重“五养”

Haeuj cou le, mbwn ciemh ngoenz ciemh liengz, dwg aen geiqciet yungzheih fukfat baenz dungx in ndeu. Yihyoiz guekcoj nyinhnaeuz, dungxsaej deng nitgoet gig le cibfaen minjganj, danghnaeuz fuengzhoh mbouj ngamj, mbouj haeujsim gwnndoet caeuq swnghhoz gvilwd, dungxsaej couh rox okyienh fanj raemxsoemj, aek ciengq, dungxsiq, dungx in daengj bingh, roxnaeuz hawj gij bingh yenzlaiz gyanaek. Baenzneix, seizcou wnggai baenzlawz hoh ndei aendungx ne? Cujyau dwg naek youq “haj ciengx”.

Bauj raeuj hoh ciengx. Seizcou haethaemh vwnhdu doxca daih, boux baenz menhsingq dungx in gvaq

haenx, aeu daegbied bauj raeuj aendungx, habseiz dem daenj buhvaq, gyanghwnz haeujninz aeu hoemq denz ndei, fuengz aendungx deng liengz yinxfat baenz dungx in roxnaeuz bingh gaeuq gyanaek.

Gwnndoet diuz ciengx. Boux baenz dungx in seizcou gwnndoet aeu gwn raeuj, unq, cit, cai, singjsien guhcawj, gwn siuj gwn lai donq, hawj ndaw dungx ciengzseiz miz gijgwn caeuq veisonh doxcung, yienghneix ndaej fuengz nemmuek aendungx deng

gaet caeuq naj dungx biux naeuh le binghcingz gyanaek.

Geih bak hoh ciengx. Boux baenz dungx in aeu geih bak, gaej gwn gijgwn daiq gyoet, daiq ndat, daiq geng, daiq manh caeuq daiq niu, engq geih lanh gwn lanh ndoet, gaiq ien gimq laeuj. Linghvaih, gwn yw seiz aeu haeujsim gwn yw fuengfap, ceiq ndei dwg gwn haeux sat caiq gwn, yienghneix ndaej fuengz gig nemmuek aendungx hawj binghcingz gyanaek.

Damzdingz cingh ciengx. Conh-

gyah nyinhnaeuz, fatseng caeuq fazcanj baenz dungx in, cibngeih-cijcangz biux naeuh nem gij cingzsi bouxvunz, aensim baenzlawz yiengh miz gvanhaeh maedsaed. Ndigah, aeu gangj simleix veiswnggh, baujciz cing-saenz vaiqvued caeuq cingzsi onj-dingh. Gaej gaenjcieng, youcaez, fatheiq. Doengzseiz, haeujsim guhhong yietnaiq doxgiethab, fuengz baeg gvaqbouh dungx in nanz ndei.

Yindung cangq ndang. Boux dungxsaej miz bingh aeu giethab aenndang swheij cingzgvang, hab-dangq guh di diyyuz lienhdang ndeu, hawj aenndang lai dingj ndaej bingh, baujciz aenndang gengangh.



Seizcou Cingqngamj Ndei Gemjbiz

秋天正是瘦身好时节

Haeuj daengz seizcou, dienheiq ciemhciemh cienj liengz, bouxvunz gwn ndaej ninz ndaej, lauz couh rom youq ndaw ndang lai, vunz ciemh ngoenz ciemh biz. Daegbied doiq mbangj vunz biz daeuj gangj, seizhah lauz hoetsuk, daengz seizcou youh dauqcungz vued hwnjdaeuj, gyahwnj seizcou gyangngoenz seizgan dinj, gyanghwnz seizgan raez ninz nanz, vunz couh yungzheih biz. Wng caijcij cosih gemjbiz cij ndaej.

Boux vunz biz seizcou wng lai gwn di gijgwn noix ndat haenx, lumj duhnding, lauxbaeg, rangzndoek, haijdai, raetmoguh, duhngaz, gyaeujsuenq, lwgmanh daengj. Danhseih vunz biz itbuen amqbak ndei, doxgaiq liengz nanz gej ndaej bak ngah. Bonjfaenh wnggai doenggvaq hableix nunaenx, hawj noh ndaej hozdung, lwed lae baedauq gyavaiq, daegbied dwg nunaenx duenh aek, mboujdanh ndaej hawj lauz baiz okdaeuj vaiq, caemh ndaej siuhauq naengzliengh, coi conghsaej noddoengh, hawj vunz lai okhaex, gemjsiuj conghsaej supsou yingzyangj doxgaiq, yienghneix couh ndaej gemjbiz lo.



Byaekginzcai Sei Raet-rang Ndaej Baujhoh Sailwed Doenghmeg

芹菜香菇丝保护动脉血管

Byaekginzcai sei raetrang dwg meih byaek ndei gwn ndeu, hix dwg fuk yw bingz daep, cing ndat, gyangq hezyaz, baujhoh sailwed doenghmeg ndeu, gig hab boux hezyaz sang, boux baenz hezcij sang caeuq boux baenz sinzgingh hawnyieg gwn. Byaekginzcai singjsien ndaej yw hezyaz sang, gyangq hezyaz haemq mingzyienj. Raetrang sauq ginggvaq raemx cimq le hamz miz cujanhsonh, bingjanhsonh, bwnjbingjanhsonh, lieng' anhsonh, gezanhsonh, denhmwnzdungh anhsonh denhmwnz dunghsu, yizsenh' an, danjgenj caeuq senbyauling daengj cwngzfwn, de mboujdanh dwg yingzyangj doxgaiq, lij ndaej gyangq hezcij dem.

Gijgwn Mehdaiqndang Seizcou Mbouj Hab Gwn

秋天孕妇不适合吃的食物

Mehdaiqndang gwnndoet aeu lai cungj lai yiengh, mbouj ndaej bien gwn, byaekheu, bya, gyaeq, lwgmak, noh daengj yienghyiengh cungj aeu gwn, hawj aenndang miz naengzliengh caeuq gak cungj veizswngghsu cukgaeuq. Cunghyih nyinhnaeuz, mehdaiqndang daiqndang le gwnndoet wng geih manh, ien caeuq laeuj, byaekgep, hing, hozceu daengj gijgwn hamz ndat neix, yungzheih sieng lwgndawdungx, doengzseiz rox yinxhwnj lonlgw. Mbouj hab gwn gijgwn vued lwed, lumj maksanhcah, raetmoegnagaex ndaem daengj. Yienh-

daih yenzgiu nyinhnaeuz, gijgwn baihlaj hix mbouj hab gwn:

1、Moeggva. Ndaw moeggva hamz miz danbwzmeiz moeggva, ndaej caeuq yindungz doxcaeuq cozyung daeuj laengzdangj daiqndang caeuq cauhaenz lonlgw.

2、Makdauz. Makdauz feih diemz loq ndat loq manh soemj, miz di doeg ndeu. Makdauz rox vaih lwed, mehdaiqndang gwn le rox yinxhwnj lonlgw.

3、Gahfeih. Mehdaiqndang ngamq daiqndang seiz gwn gahfeih daiq lai rox cauhaenz lonlgw. Miz diucaz yienjseiq naeuz, mehdaiq-



ndang moix ngoenz gwn song boi gahfeih couh gojnwngz rox yinxhwnj lonlgw, danghnaeuz moix ngoenz gwn seiq boi gahfeih, lonlgw yungyiemj couh lai demgya boix ndeu.

Seizhah ndang vunz ok hanh haemq lai, sup haeuj caeuq baiz ok hix haemq vaiq, mbwn ndat vunz siuj gwn ndaej doxgaiq, daegbied dwg gijgwn ndat vunz engq mbouj haengj gwn lo, ndigah sup haeuj gij ndat couh haemq siuj, gyahwnj gyangngoenz hozdung lai, yungzheih baujciz ndang reux. Haeuj daengz seizcou le, riengzdwk mbwn ciemh liengz, ndang vunz iugouz gij ndat demlai, gwn hix ndaej lai lo, sup haeuj gij ndat hix gaenriengz demlai, gyahwnj siuj yindung, vunz couh yungzheih fatbiz.

Conhgyah genyi naeuz, gemjbiz gaej laep da mbaet gwn, mboujnex

Seizcou Cangqndang Gemjbiz Aeu Gangj Gohyoiz

秋季健身减肥要讲科学

yungzheih hawj menjyizliz ndang vunz doekdaemq, yungzheih baenz dwgliengz. Ceiq ndei gohyoiz banhfpap dwg baujcwngh cingqciengz sup haeuj gij ndat, lai ok rog ranz hozdung, guhbaenz aen gwnndoet sibgvenq ndei ndeu.

Daih'it, aeu gajjbiengq lujlaj gwnndoet sibgvenq. Aenvih gijgwn

caengz ginggvaq nyaij mienz couh ndwnj roengz dungx, cix mbouj naengz hawj aendungx imq vaiq, dauqfanj gwn doxgaiq ndaej lai, sup haeuj gij ndat couh lai.

Daihngaih, aeu gajjbiengq ngamq gwn donq dog aen sibgvenq neix. Aenvih lauheiq sup haeuj gij ndat daiq lai, mbangj mehmbwk cijdan gwn

donq haeuxcaeuz dog, baenzneix guh mboujdanh mbouj naengz gemjsiuj sup haeuj gij ndat, dungx iek gvaqbouh dauqfanj gig vunz lai gwn ndaej doxgaiq, gyahwnj gyanghaemh siuj yindung, vunz engq yungzheih fatbiz, caemhcai rox hawj aendungx yaeuhfat baenzbingh.

Daihsam, gajjbiengq gwn saejdaeuz dingj iek caeuq bien gwn aen sibgvenq vaih neix. Gizsaed, mboujduenh gwn saejdaeuz dingj iek yawj hwnjdaeuj lumjnaeuz beij gwn donqcingq siuj ndaej lai, hoeng, sup haeuj gij ndat cix mbouj siuj saek di, rom youq ndaw ndang le yungzheih habbaenz youzlauz.