

Seizcou Bingh Ciengz Raen Caeuq Yawhfuengz

秋季常见疾病与预防

Dangqnaj, riengzdwk rumznit ci haeuj daeuj, mbwn ciemh ngoenz ciemh liengz lo, hoeng, rumznit doiq ndang vunz gengangh hix miz itdingh yingjyangj. Aenvih seizcou mbangj bingh yungzheih fukfat, daihgya wnggai haeujsim gibseiz lai daenj buhvaq, gyagiengz lienhdang, hawj aenndang lai dingj ndaej bingh. Baenzneix, gij bingh lawz youq seizcou yungzheih fukfat ne?

Veibing: 10 nyied faenh dwg aen geiqciet menhsingq veiyenz caeuq aendungx、cibngeihcijangz biujnaeuh fukfat ceiq hoengh, ndigah, vunzraeuz aeu habdangq camgya mbangj dijuuz lienhdang hozdung he, ngoenznaengz gwnndoet wng raeuj unq cit caemhcai

yungzheih siuvaq cij baenz. **Ae'ngab:** Boux baenz ae-ngab gvaq doiq givwnh、mbaeqdoh bienqvaq gig minjganj, aenndang nanz sikhab. Linghvaih, nywj roz mbaw loenq nduknaeuh lai, hix dwg gij goekgaen yaeuhfat baenz ae'ngab yenzynh youqgaenj ndawde cungj ndeu, boux baenz ae'ngab gvaq wngdang noix bae bungqdeng gij huq neix. **Bingh sailwed sim uk:** Seizcou ceiq yungzheih fat baenz cungj bingh neix, nitgyoet rox yinxhwnj gvancang doenghmeg caeugaen, cigciep yingjyangj lwed gunghawj simdaeuz yaeuhfat baenz sim geuj in roxaeuz sim saek. Ndigah, boux baenz gvancang doenghmeg caeugaen gvaq wng

gwn gij yw yw cungj bingh neix caeuq yw gyangq hezyaz, dinghgeiz bae yihyen genjcaz simdienhdoz caeuq hezyaz, cizgiz yawhfuengz baenz dwgliengz.

Dungxsiq: Seizcou mbwn liengzsangj, vunz lai gwn ndaej doxgaiq, yungzheih lanh gwn lanh ndoet, dungxsaej fudanh gyanaek, goengnaengz luenhyab, hwnzngoenz vaenca haemq daih, aendungx yungzheih deng liengz roxaeuz yaeuhfat baenz gezcangz gominj, hawj saej noddough demgiengz cix baenz dungxsiq. Ndigah, aeu haeujsim gwnndoet gengangh, gaengawq dienheiq bienqvaq gibseiz dem daenj buhvaq.



Seizcou Hab Lai Gwn Duhdoem Caeuq Maenzcienz

秋天宜多食花生山药

Duhdoem miz aen mingzdaeuz ndei ndeu heuhguh “maksouhyienz”, gij yingzyangj gyaciz de caeuq gyaeggaeq、cijvaiz doxlumj. Daj cunghyih gakkoh daeuj gangj, gwn de ndaej dumznyinh aenbwt、vaq myaiz siu myaiz, ndaej bouj ciengx beizheiq. Lij ndaej dawz daeuj yw yingzyangj mbouj ndei、haex geng haex ndongj daengj vwndiz. Ceiq ndei gwnfap dwg daiq gvamq naengj cug lienz luep naeng hoengz naedduh itheij gwn, yienghneix mboujdanh yungzheih siuvaq, coi seng hezsiujbanj、gyagiengz gij sousuk goengnaengz sailwed conghbwn.

Seizcou gwn bouj cujyau dwg nyinh bouj. Maenzcienz miz aen mingzdaeuz “gijgwn duzbaed” ndeu, ceiq hab seizcou gwn bouj, beizheiq yungzheih supsou, mbouj gyanaek aendungx fudanh. Ndaw maenzcienz hamz miz daihliengh danbwz niu、veizswnghsu caeuq veizlieng yenzsu, ndaej mizyauq dwk laengzdangj hezcij yaemz youq bangx sailwed, yawhfuengz sai sim lwed baenzbingh. Hab naengj cug gwn, yienghneix baujlouz yingzyangj ceiq lai.

Seizcou Yungzheih Dwgliengz Yiemzfuengz Baenz Mbaqnaet

秋季易着凉 严防肩周炎

Haeuj daengz seizcou le, vwnhdu doxca daih, aeu haeujsim yawhfuengz baenz mbaqnaet. Mbwn liengz lo, vunz baenz mbaqnaet hix lai lo. Cawz hoh mbaq insep le, gingzhwnj roxaeuz iet gencueg haemq dwgrengz dwg aen cujyau biujyienh baenz mbaqnaet ndawde aen ndeu, baenz mbaqnaet caeuq gij sibgvenq mbouj ndei bingzseiz miz gvanhaeh maedsaed, gyoengq beksingq wnggai lai haeujsim cij ndaej.

Cigndaej haeujsim dwg gaej loh mbaq haeujninz. Haeuj seizcou caengz geijlai nanz, mbwn lij haemq ndat, haujlai vunz lij hai gunghdiuz ninz, neix yungzheih hawj doengjmbaq dwgliengz. Ndigah, mwh ninz seiz itdingh aeu haeujsim hoemqcw doengjmbaq ndei. Bouxcongnyenz caeuq bouxlaux daegbied aeu haeujsim bauj raeuj doengjmbaq, gaej hawj rumz gunghdiuz roxaeuz rumz denfunghsen cigciep ci daengz ndoenjhoz caeuq doengjmbaq. Linghvaih, haethaemh ok rog bae seiz ndaej daiq aen dapmbaq ndeu, yienghneix gawq ndeingonz youh ndaej baujhoh doengjmbaq.



Gijgwn Seizcou Nyinh Sauj

秋季润燥食物

nyinh bwt nyinh yaem nyinh sau. **Danhseih** gwn makleiz aeu habdoh. Cunghyih lijhun nyinhnaeuz, makleiz bien liengz, gwn lai sieng dungx. Ndigah, boux dungx hawcaep wng noix gwn. Doengzseiz, aenvih mbwn cienq liengz lo, boux dungxsaej goengnaengz haemq yaez caeuq bouxlaux、lwgnyez gwn makleiz lai rox baenzsiq. Vihneix, boux dungxsaej goengnaengz haemq yaez caeuq bouxlaux lwgnyez ceiq ndei dwg cawj gwn, lienz noh makleiz caeuq dang itheij gwn liux.

2、Dangzrwi. Seizcou aenmbwn daegdiemj dwg hawqsauj, ndaw hoengheiq hamz raemx noix, ndang vunz caemh dwg sied raemx lai. Vih sikhab seizcou aenmbwn hawqsauj daegdiemj, aeu ciengzseiz bouj raemx hawj aenndang.

Dangzrwi dwg daswyenz

soengq faenh huqlaex dijbauj hawj vunzraeuz ndeu, yingzyangj cwngzfwn lai, gwn de ndaej cangq ndang、daezsang ciliz、demgya hezhungz danbwz、gaijndei sinhgi, ciengzseiz gwn ndaej hawj vunz lai souhyienz. Ndaw 《Bwnjcauj Ganghmuz》geiq naeuz: “Dangzrwi miz 5 daih goengyauq: Siu ndat、bouj ndaw、gej doeg、nyinh sau、dingz in.” Yihyozy daih neix hix cwnghmingz, dangzrwi doiq boux sinzgingh hawnyieg、boux hezyaz sang、boux gvancang doenghmeg giet ndongj、boux bwt miz bingh cungj miz ceihyw yaugoj. Seizcou ciengzseiz gwn dangzrwi, mboujdanh mizleih gij bingh neix hoizfuk dauq ndei, caemhcai q ndaej fuengz seizcou hawqsauj sienghah ndang vunz hwnj daengz nyinh bwt ciengx bwt cozyung, vunz lai ndaej souhyienz.

Seizcou Haetcaeux Hwnqmbonq Geih Dwgliengz

秋季晨起忌着凉

Seizcou, daj geiqciet bienqvaq gakkoh daeuj gangj baujgen, haetromh hwnqmbonq geih yawjsiuj aenndang dwgliengz.

Neix dwg aenvih, seizcou rumz liengz, bouxvunz ninz youq gwnz mbonq, ndaw ndang sup haeuj baiz ok caeuq gak aen givvanh hozdung daihdaih gemjsiuj, daengzlaeng cijdan lw simdaeuz bwtdaep gag guh hozdung. Dangyienz, ndangraeuj hix mizdi doekdaemq. Ndigah, cijnaengz baengh longzmoeg、mauzdanj doenghgij neix daeuj bauj raeuj. Mwhde doq raemhrwnh hwnqmbonq, mbouj daenj buhbeu couh bae cat heuj swiq naj, ndang couh yungzheih dwgliengz.

Seizcou giz yungzheih ndaej bingh dwg diemheiq hidungj, danghnaeuz deng rumznit, gwn gijgwn ndat roengzbae, cungj yungzheih yinxfat baenz hozgyawh fatyiemz, okyienh baenzae、ae myaiz. Ngamq hainduj dwg ae mbouj ok caemhcai mbouj miz myaiz, mbouj geij nanz couh ae ok myaizsaw hauret daeuj, doeklaeng myaiz cugciemh bienqbaenz henjrawq gwldet. Danghnaeuz mbouj yw ndei, couh rox yinxhwnj baenz cihgi' gvanj fatyiemz roxaeuz feiyenz, mazfanz couh daih lo.

Yihyozy daih neix nyinhnaeuz, cihgi' gvanj fatyiemz baen miz gipsingq caeuq menhsingq song

cungj. Gipsingq cihgi' gvanj fatyiemz seiz, okyienh miz ndaeng saek、mug rih、aetcwi、conghhoz in、gyaeuj in、gyaeuj ngunh、genga naet、ndang naiq mbouj miz rengz daengj yienghsiengq, doengzseiz buenx miz ae dem. Youqgaenj seiz buenx miz aek mwnh、aek in、mbouj siengj gwn doxgaiq daengj.

Baenz gipsingq cihgi' gvanj fatyiemz seiz, daih' it aeu haeujsim gaej hawj aenndang caiq laebdaeb dwgliengz, gyanghaet hwnqmbonq aeu daenj buhbeu, gwn di gijgwn saw yungzheih siuvaq he, lai gwn raemxgoenj, bingh haemq naek seiz wng gibseiz bae yihyen genjcaz aeu yw.