

Lauxbaeg Ndaej Yw Lai Cungj Bingh

萝卜可治多种病

Yw benjdauzdij fat- yiemz: Aeu 100 hauzswngh raemx lauxbaeg gya 100 hauz- swngh raemxoij heuz ndei, yungh raemxraeuj soengq gwn, ngoenz 2 daengz 3 baez, ndaej siu yiemz gej doeg.

Yw ae' ngab: Aeu 300 hauzswngh raemx lauxbaeg gya 30 hauzswngh dangzrwi, heuz raemxgoenj raeuj gwn, moix baez gwn 100 hauzswngh, ngoenz 3 baez, ndaej nyinh bwt dingh ae.

Yw hezyaz sang gyaеuј ngunh: Aeu 150 hauzswngh raemx lauxbaeg, gya 50 gwz dangznding ndau yinz, ngoenz

gwn 2 baez, moix baez gwn 100 hauzswngh, ndaej siu ndat gyangq hezyaz.

Yw mbiengi gyaеuј in: Aeu lauxbaeg daem yungz nap aeu raemx gya di naegep ndeu ndau yungz ndik ndaeng, mbiengjswix in ndik congh- ndaeng baihgvas, mbiengjgvaz in ndik conghndaeng baihsuix.

Yw baeznit: Aeu laux- baeg daeuj cab baenz gaiq mbang, cuengq gwnz lozfeiz gyandat, swnh ndat cat gizde, ngoenz cat geij baez.

Yw ae myaiz lai: Aeu di lauxbaeg mwi rwed gvaq daeuj daem yungz nap aeu raemx,



gya di dangznae ndeu cawj goenj langh raeujremh seiz gwn, ngoenz gwn 2 baez, moix baez gwn 60 hauzswngh.

Yw conghhoz in: Aeu 300 gwz lauxbaeg, 10 aen makheu caez baek raemx dang caz gwn, ngoenz gwn geij baez.

Yw conghbak biux naeuh: Aeu 100 hauzswngh raemx lauxbaeg, gya daengj- liengh raemxgoenj riengx bak, ngoenz geij baez.

Seizcou Sien Diuz Dungx Caiq Gwn Bouj

秋天先调脾胃再进补

Seizcou dauqdaeј seizlawz baenz gwn bouj, baenzlawz gwn bouj cij habngamј ne? Itbuen daeuj gangj, yaek gwn bouj gaxgonq ceiq ndei miz aen gocwngz ndeu daeuj diuzleix aendungx, hawј aenndang swheij hab' wngq le caiq hainduј gwn bouj. Guek raeuz baihnamz dinglai digih haeuj laebcou le duenh seizgan gig raez ndeu mbwn lij haemq ndat, hoengheiq mbaeqdoh hix haemq daih. Youq cungj cingzgvang neix lajde mbouј hab gwn bouj, cix wng lai gwn di duhheu, duhbap, haeuxlidu, mbawngaeux daengj doxgaiq, hawј heiqcaep heiqndat daj ndaw nyouh baiz okdaeuj, coi goengnaengz aendungx hoizfuk dauq ndei. Cunghyih nyinhnaeuz, gwn cuk ndaeј huz dungx, bouj mamx, nyinh sauј, ndigah, boux aendungx hawnyieg youqgaenj, aeu youq canghyw dazyinx lajde gwn di yw ndeu daeuj cangq mamx, ik heiq, huz dungx, aeu daeuj coicaenh goengnaengz aendungx hoizfuk dauq ndei.

Doeklaeng aeu giengzdih dwg, bouxlaux caeuj boux baenz menhsingq veiyenz, cangzyenz haenx, aenvih goengnaengz aendungx gemjnyieg, haeuj laebcou le gaeј doq sikhaek gwn bouj, mbouјnex rox aenvih "haw mbouј souh ndaeј bouj" cix yinxhwnј baenz mbouј siengj gwn doxgaiq caeuj baenz dungxraeng daengj bingh.

Ciengx Yaem Daih- it Senj Dangzrwi

养阴首选蜂蜜

Haethaet gwn raemxgyu, haemhhaemh gwn dangzrwi. Haeuj daengz seizcou, aeu dawz bauјyangј heiqyaem ndaw ndang dangguh aen yinvu daih' it. Gijgwn ciengx yaem miz gig lai, lumј bya' nouq, lwgraz, makhwzdauz, haeuxcid, cijvaiz, duhdoem, maenzcienz ndip, makbwzgoј, makleiz, makcauj nding daengj, ndawde ceiq miz daibyauјsing dwg dangzrwi. Cunghyih nyinhnaeuz, dangzrwi ndaeј ciengx yaem nyinh sauј, nyinh bwt bouј haw, nyinh saeј doeng haex, geј yw dengdoeg, ciengx heiq mamx, meijyungz saeknoh. De dwg cungj gigwn bouј naengzliengh ndei ndeu, doiq vanјgaiј naetnaiq yaugoј gig ndei.

Dangzrwi ndaeј cigciep heuz raemxraeuj gwn, hix ndaeј heuz raemxmak gwn. Vet ngveih makleizsezliz ok, ndingq dangzrwi haeujbae maedfung naengј cuг gwn, ndaeј bouј yaem bwt mbouј gaeuq. Guh liengzban makyungz seiz rwed di dangzrwi ndeu roengzbae, feihdauh hix haemq ndei; hix ndaeј dawz de caeuj lwgmak wng gyaux gwn, feihdauh mbouј loek.

Seizcou Baenzlawz Bauјgen Ciengx Ndag

秋季如何进行养生保健

1、Habdangq lienh guh "dingj nit". Aenvih gvaq seiz- cou le couh daengz seizdoeng lo, vih lienh ndang vunz lai dingj nit, ceiq ndei dwg youq seizcou lienh guh di "dingj nit" he, couh dwg mwh dienheiq ngamq hainduј bienq liengz seiz gaeј daenj buhvaq daiq na daiq lai, ndei hawј aenndang

daeuj sikhab vanzging nit.

2、Habdangq lienh sim- leix. Seizcou rumz baet mbaw loenq, fanh faed reuqroz, hawј vunz yungzheih canjseng cungj cingzganј nyieglauх he, ndigah aeu onјdingh cingzi, gaeј daiq yousimgvaqbouh.

3、Haeuјsim hoh naeng- noh. Seizcou dienheiq hawq-

sauј liengzsub, naengnoh vunz- raeuz yungzheih dekleg, nengz- bingh yungzheih doenggvaq naengnoh ciemq haeuj ndang vunz bae, yinxhwnј naeng haenz hwnјwnј, gauxca vunz- raeuz cingqciengz guhhong caeuj yietnaiq. Ndigah, seiz- cou aeu haeuјsim hoh ndei naengnoh cij ndaeј.

Bouxsai Seizcou Aeu Lai Gwn Raemx Lai Ok Nyouh

秋天男性谨记多饮水多排尿



Seizcou mbwn haemq hawqsauј, vunz ok nyouh noix, sainyouh mbouјndaeј cingq- ciengz cungswiq vunz couh yungzheih baenz cenzlez-

senyenz. Itbuen boux vunz ngoenz gwn 2000 hauzswngh raemx, couh ndaeј ok nyouh daeuj cungswiq sainyouh, coicaenh raemxiemq cenz- lezsen baiz okdaeuj, couh ndaeј yawhfuengz cenzlezsen ganјyenј lo.

Linghvaih, nyouh gaep seiz ciengeiz gaeј nyaenx youq. Miz hauјlai vunz aenvih hong nyaengq lai cix nyaenx nyouh mbouј ok, doeklaeng nyouh dauqfanј lae dauq ndaw

rongznyouh yinxhwnј baenz cenzlezsen rengz dingj bingh doekdaemq. Linghvaih, ceiq ndei dwg mbouј gwn laeuj mbouј cit ien, mbouј gwn manh, lai gwn raemx.

Conhgyah giengzdih naeuz, naengh miz nyouh deih, nyouh gip, ok nyouh insep, ok nyouh mbouј ndaeј, naetnaiq, gvanbaz swnghhoz cizlieng doekdaemq daengj cingzgvang, wng gibseiz bae yihyen genјcaz ceihyw.

Gijgwn Ndei Mehdaiqndang Re Bingh Ciengx Ndag

孕妇防病养生好食物

Cazloeg—Gij caz mehdaiq- ndang ceiq ndei. Ndaw cazloeg hamz diet yenzsu haemq lai, ciengz gwn cazloeg ndaeј fuengz lwedhaw.

Ceh godaengngoenz—Gij saeјdaeuz mehdaiqndang ceiq ndei. Conhgyah genyі naeuz, mehdaiqndang ceiq ndei gaet di cehgva ndeu, lumј ceh godaengngoenz, ceh sae' gva, ceh namzgva daengj. Ceh godaengngoenz hamz veizswnghsu E lai, ceh sae' gva hamz yayouzsonh haemq lai, yayouz-

sonh ndaeј coi aen' uk lwgndawdungx fazyuz. Ceh namzgva yingzyangј caez- cienz, danbwzciz, youzlauz, dansuiј vahozvuz, gai, diet, linz, huzlauxbaeg doxgaiq, veizswnghsu B₁, veizswnghsu B₂, nizgwzsonh daengj yienghyiengh miz caez, yingzyangј bijli doxdaengh, mizleih ndang vunz supsou leihyungh.

Gyauјgwzliz—Gijgwn meh- daiqndang senglwг ceiq ndei. Meh- daiqndang senglwг seiz aeu yungh hauјlai rengz, gij goek rengz dwg daj



ndaw gigwn ndaeј daeuj, gak cungj gigwn ndawde suenq gyauјgwzliz ceiq ndei. Gyauјgwzliz yingzyangј lai, hamz ndat hix lai, 100 gwz gyauјgwzliz hamz miz 50 gwz dangz, caemhcaiқ yaepyet ndeu couh deng ndang vunz supsou le vaiqvet couh cienjvaq baenz gij ndat, doiq mehdaiqndang daeuj gangj dwg gigwn ceiq miz rengz lo.

Byaekbohcai—Gijgwn bauј dai ceiq ndei mehdaiqndang. Moix 100 gwz byaekbohcai hamz miz 350 veizgwz yezsonh, dwg sojmiz byaekheu ndawde baiz youq ceiq doekgonq. Ndigah, conhgyah genyі naeuz, mehdaiqndang daiqndang ndaeј song ndwen dauqndaw wng lai gwn byaekbohcai. Doengzseiz, daihliengh veizswnghsu B cuz ndaw byaekbohcai ndaeј fuengz congh- hoengq ndaw buenzndok mehdaiq- ndang ganјyenј, cingsaenz caemciek, ninzmbouј ndaek daengj bingh.

Makyungz—Gijgwn soemј ceiq ndei mehdaiqndang. Mehdaiq- ndang ciengz haengj gwn gigwn soemј. Makyungz, makseq, makyingh- dauz, makit, makgam, makbingzgoј daengj, ndawde suenq makyungz ceiq ndei.