

Seizcou Haeujninz Haeujsim “Bet Geih”

秋季睡眠注意“八忌”

Haeujninz dwg boux vunz raeuz hoizfuk rengzndang、baujcwnq gengangh、demgiengz aenndang menjyizliz aen soujduenh youqgaenj ndeu. Seizcou mbwn liengzsangj, vunzraeuz haeujninz lai ndei di lo, hoeng danghnaeuz mbouj haeujsim, haeujninz cizlieng hix rox deng yingyangj bo. Ndigah, seizcou mwh haeujninz seiz wnggai haeujsim baihlaj geij aen fuengmienh:

It geih yaek haeujninz gwn doxgaiq. Yaek haeujninz seiz gwn doxgaiq rox gyanaek dungxsaej fudanh, yungzheih cauhaenz siuvaq mbouj ndei, doiq aenndang miz haih, caemhcai rox yingyangj

daengz haeujninz dem. Dungx saed-caih iek lai, ndaej gwn di doxgaiq ndeu, caiq yietnaiq yaep ndeu cij haeujninz.

Ngeih geih gwn caz. Gah-feihgenj ndaw caz ndaej gig cunghsuh sinzgingh hidungj yinxhwnj fatangq, yaek haeujninz gwn cazgwd bouxvunz nanz ninz ndaej ndaek, gwn caz daiq lai gyanghwnz nyohu hix lai, yingyangj haeujninz.

Sam geih yaek haeujninz cingzsi gikdoengh. Yaek haeujninz seiz cingzganj fub hwnj fub roengz rox yinxhwnj heiqbwed luenhyab ninz mbouj ndaek, lij rox sienghaih daengz ndangdaej dem. Ndigah, yaek haeuj-

ninz gaxgonq gaej daiq youcaez roxnaeuz cingzsi gikdoengh lai, daeg-bied dwg gaej luenh fatheiq.

Seiq geih yaek haeujninz guh-angq gvaqbouh. Yaek haeujninz gaxgonq danghnaeuz guh’angq gvaqbouh, daegbied dwg guh hozdung gig gaenjcieng daiq nanz, rox hawj sinzgingh bouxvunz laebdaeb fatangq, nanz ninz ndaej ndaek.

Haj geih haeujninz seiz gangjah daiq lai. Mwh ninz seiz gangjah daiq lai rox sieng heiqbwed, hix rox hawj cingsaenz bouxvunz fatangq, yingyangj haeujninz.

Roek geih goemq naj ninz. Rag denz goemq naj ninz rox hawj vunz

diemheiq sinhoj, aenndang siuj heiqyangj, doiq ndangdaej gengangh fouz leih.

Caet geih mwh ninz aj bak. Haep bak haeujninz ndaej baujciz yienzheiq. Danghnaeuz aj bak diemheiq, sup haeuj rumznit caeuq faenx rox sienghaih aenbwt, aendungx hix yungzheih dwgliengz.

Bet geih haeujninz seiz deng rumz ci. Ndag vunz mwh haeujninz seiz haemq nanz sikhab vanzging bienvraq, yungzheih deng rumznit ciemqhaeuj. Ndigah mwh haeujninz seiz aeu haeujsim bauj raeuj, gaej hawj rumznit cigciep ci daengz aenndang.



Bouxlaux Seizcou Gwn-ninz Caeuq Daenjbuh

秋季老人的起居和穿衣

Haeuj cou le, mbwn ciemh ngoenz ciemh liengz, haethaemh dohraeuj doxca haemq daih. Ndigah, bouxlaux youq gwnninz caeuq daenjbuh fuengmienh aeu gangj gohyoz, gwnninz hab “ninz caeux hwnq romh”, daenjbuh hab “cin gop cou gyoet”.

Seizcou gwnninz aeu guh daengz ninz caeux hwnq romh. Aenvih ninz caeux ndaej diuzleix heiqyengz bouxvunz, hwnq romh ndaej hawj heiqbwed mbehai, fuengz heiqbwed yup haeuj daiq lai. Seizcou habdangq hwnq romh, ndaej hawj vunz siuj baenz lwed saek, doiq yawhfuengz uk saek lwed miz itdingh yiyi. Itbuen daeuj gangj, seizcou gyanghaemh 9 daengz 10 diemj cung haeujninz, gyanghaet 5 daengz 6 diemj hwnqcong haemq habngamj.

Seizcou fuengz cou gyoet. Ngamq haeuj seizcou, ndathwngq caengz siu sat, rumzliengz youh daeuj daengz, mwh mbwn raemhrwnh bienq gyoet seiz, aeu habdangq dem daenj buhvaq, swheij gamjdaengz liengz danh mbouj gamjdaengz gyoet couh ngamj, gaej daenj dwk nanwnwt raeujrubrub, swheij gamjdaengz cwxcaih couh ndaej.

Mehmbwk Seizcou Wng Lai Gwn Caznding

秋季女性多喝红茶

Mehmbwk seizcou ngoenznaengz gwn boi caznding ndeu miz maz ndeicawq ne?

Vunzraeuz caengz ndaej gwn haeux seiz gwn cazloeg roengzbae rox gamjdaengz aendungx mbouj cwxcaih, neix dwg aenvih ndaw cazloeg hamz miz cungj doxgaiq ndeu heuhguh cazdohfwnh, cungj huq neix naengz gig aendungx, dungx byouq seiz gwn roengzbae gig aendungx engq youqgaenj. Caznding couh mbouj doengz lo, de dwg oemq gvaq cij guh baenz, cazdohfwnh youq yangivameiz cozyung lajde couh hwnj yangjva fanjying, cazdohfwnh hamzliengh couh siuj lo, gig aendungx gihvei hix noix lo. Linghvaih, gij yangjva doxgaiq cazdohfwnh lij ndaej coi siuvaq dem, ndigah, gwn caznding mboujdanh mbouj sienghaih daengz aendungx, caemhcai ndaej ciengx dungx dem. Ciengzseiz gwn gij caznding dwk dangz caeuq gwn gij caznding dwk cijvaiz, ndaej siu haenz, caemh ndaej baujhoh nemmuek aendungx, doiq ceihyw biux naeuh miz itdingh yaugoj.

Seizcou Gaej Yawjsiuj Begsienj

秋季忌忽视头皮屑

Begsienj youq seizcou ciengzseiz raen miz, youqgaenj seiz doengjmbaq cungj bu rim “nae hau”, bouxcungnienz bouxcoz cei rox lai. Boux maij lengj engq nyapnyuk lai lo. Ndigah, seizcou gaej yawjsiuj begsienj bw.

Gemjsiuj begsienj cei ndei banhfap dwg: Gaijbienq naenggyaeuj sengmaj vanzging, hawj veizswnghvuz nanz sengmaj; gaijbienq gij sibgvenq rwix bae, noix ngauzhwnz, hag rox simleix diuzciet, gemjsiuj cingsaenz atlig; geih gwn gijgwn manhget caeuq gijgwn soemj, gwn di gijgwn hamzndaengq he. Aenvih miz gohyozgyah fatyienh, vunz daih neix gwnndoet gezgou dingzlai dwg bien soemj, mwh baiz ok gocwngz ndawde, yujsonh, niusonh, linzsonh louz youq

ndaw ndang nanz lai, rox hawj gij yingzyangj naengnoh aenggyaeuj deng yingyangj. Gwn gijgwn hamzndaengq lai di, ndaej hawj gij hamzndaengq (lumj gai, meij, sinh daengj) cunghab gij soemj ndaw ndang lai haenx, hawj soemj ndaengq ndaej doxdaengh, mboujdanh doiq yingzyangj naengnoh aenggyaeuj mizleih, caemhcai ndaej gemjsiuj naenggyaeuj loenqdoek dem.



Cuk Dwg Lajmbwn Daih’it Bouj

粥为天下第一补物



Ciupei geiqciet bae gwn cuk, seizcin gwn cukvagut, ndaej ciengx daep geij doeg; seizhah gwn cukduhheu, ndaej siu ndat siu hwngq; seizcou gwn cukraetngaenz,

ndaej nyinh yaem nyinh sauj; seizdoeng gwn cukbetbauj, ndaej raeuj dungx cangq mamx.

Ciupei ciengx ndang cangq ndang bae gwn cuk, boux ninz mbouj ndaek ndaej gwn cuk cehmbu beghab, ndaej an saenz bouj sim; boux hwet in hwet naet gwn cuk gaeujgij maknengznuengx, ndaej bouj mak giengz ndok; mehsenglwg gwn cuk haeuxfiengj dangznding, ndaej ciengx lwed cangq mamx; boux baenz foegraemx gwn cuk mbawngaeux duhnding, ndaej siu ndat leih caep; boux haexsiq gwn cuk haeuxcid daihcauj, ndaej cangq mamx ik heiq; boux ok nyohu mbouj swnh gwn cuk

haeuxyangz haeuxlidlu, ndaej leih raemx nyinh caep; boux baenz haexgaz gwn cuk maenzciengz lwgmaenz, ndaej ik heiq doeng haex.

Yungh va’ndip guh yenzliuh cawj cuk, feihdauh sien ndei sangj bak, gwn cuk haeuxsuen vabeghab, ndaej cing sim an saenz, dingz ae nyinh bwt; gwn cuk haeuxsuen vagveiq, ndaej daez saenz singj mamx, vaq cwk sanq cwk; gwn cuk haeuxsuen vagimngaenz, ndaej yw rumznat dwgliengz, congghoz ndingfoeg. Aeu va cawj cuk, sien dwk haeux cawj cuk cug caiq dwk va roengz, va ngamq cug couh baenz gwn.