

Seizcou Hohleix Naengnoh Miz Gimqgeih



It, naengnoh naetnaiq seiz geih baeng naj. Mwh naengnoh youq laj ndithaenq dak gvaq roxnaeuz ngauzhwnz, ninz mbouj gaeuq seiz, ciengeiz gaej baeng naj. Neix dwg aenvih, baeng naj

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rox gig naengnoh fajnaj, cauhaenz naengnoh fajnaj miz fudanh, naengnoh fajnaj couh beng engq haen.

Ngeih, geih madcat naengnoh gvaqbouh. Yunghrenz madcat naengnoh roxnaeuz muz sa fajnaj seuqsak, neix rox gig naengnoh, hawj naengnoh engq sau.

Sam, geih led ywnyinhnoh daiq lai. Naengnoh aeu miz raemx lai, mbouj dwg aeu miz youzcij lai, bingzseiz lai faet di raemxvaqcang ndeu couh ndaej.

Seiq, geih nunaenx naeng-

noh gvaqbouh. Nunaenx naengnoh seiz, itdingh aeu ciuqei nyinzsei noh fuengyiengq bae menh nunaenx, daegbied dwg giz naengnoh gvaengzda, gizde daegbied minjganj caemhcai q byoiq-nyieg, nunaenx seiz aeu daegbied siujsim.

Haj, geih naenx fajnaj. Mwh raeuz naenx fajnaj seiz gaenq dawz faenx, youzcij caeuq heiz nem haeuj naengnoh fajnaj bae lo. Ndigah, caenhliengh gaej yungh fwngez bae naenx fajnaj, yiengh-neix cij ndaej baujcwng naengnoh seuqsangj cwxcaih.



Fap Seizcou Cawj Duhndaem Guh Yw Gwn

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Duhndaem yingzyangj sang, seizcou raeuz wngdang gwn bouj ndang. Conhgyah naeuz, seizcou lai gwn duhndaem ndaej bouj mak, gij daeuhseih raeuz ciengzseiz gwn haenx, couh dwg aeu duhndaem fatoemq guh baenz, ndaej dwk guh boiqliuh.

Yingzyangj cwngzfw n duhndaem:

Duhndaem hamz miz vuengzdoengz duhhenj, caucunz duhhenj, danbwzciz lai, caemhcai q hamz miz B cuz veizswnghsu, cihfangzsonh, lauxbaeg nding doxgaiq, yezsonh dem. Daeuhseih yungh duhndaem oemq baenz hamz miz daihliengh niugizmeiz ndaej yungh lwed saek, hix miz siujliengh B cuz veizswnghsu caeuq gangginsu dem.

Ywyungh goengyauq duhndaem:

- (1) Vunz ciuhgonq nyinhnaeuz, duh dwg goeklueg aenmak, yiengh duhndaem lumj aenmak, feih diemz singq bingz, ndaej bouj mak cangq ndang, leih raemx gaij doeg, vued lwed nyinh naengnoh, daegbied hab boux mak haw gwn.
- (2) Daeuhseih yungh duhndaem oemq baenz lij ndaej siu fanz siu nyap, caemhcai q ndaej ceihsy bingh ndok soeng ndok byoiq, hezyaz sang, binghnyouhdangz daengj.
- (3) Yungh duhndaem guh baenz iengduh, daeuhfouh daengj gigwn, ndaej yw aenvih mak haw yinxhwnj mumh caeuq byoem bienq hau vaiq, byoem loenq, ndigah duhndaem youh heuhguh “mehmbwk byoem ndaem”.
- Fuengfap gwn duhndaem:**
- Ndae j cigciep cawj cug gwn, hix ndaej guh baenz iengduh, daeuhfouh daengj gigwn.

Seizcou Hawqsauj Yungzheih Haep Daengz Aenbwt Gengangh

秋燥易威胁肺部健康

Hawqsauj dwg gij cawjheiq geiqciet seizcou, aen ciet neix ndang vunz yungzheih deng hawqsauj ciemqhaeuj sieng daengz aenbwt. Guek raeuz daj ciuhgeq roengzdaeuj couh miz aen gangjap naeuz hawqsauj yungzheih sieng bwt neix. Seizcou hawqsauj youh faen baenz “raeuj hawq” caeuq “liengz hawq” song cungj, cungj doekgonq dwg youq ngamq haeuj seizcou mbwn lij ndat roxnaeuz ndit nanz mboujmiz fwn seiz fat miz cungj cingzvang neix, cungj doeklaeng dwg youq haeuj seizcou duenhlaeng mbwn cienj liengz seiz fat miz. Danhseih mboujlwnh dwg cungj cingzvang lawz, daengzlaeng cungj rox yinxhwnj baenz siuhauq raemxyaem, naengnoh caeuq raemx ndaw

ndang bouxvunz sied bae caemhcai q sieng daengz aenbwt, ndaej raen miz bak sau, naengbak dekleg, ndaeng saek, congghoz in, baez rwd baez rwd gan ae, caemhcai q ndaeng ok lwed roxnaeuz ae gij myaizgwd daiq miz sailwed daengj ithaehlied yienghsienq.

Seizcou fuengzceih bingh-hawqsauj, gvanhgen dwg youq laeng ciengx bwt. Haeuj cou le, mwh vaendoh caeuq mbaeqdoh fatseng haemq daih bienqvaq roxnaeuz vunzbingh deng binghdoeg, sigin ganjenj seiz, ngamq hainduj biujmienh dwg nemmuk congghndaeng nyaeuqhoet cix gamjdaengz hawqsauj, riengzdaeuj cunghwed miz di in ndeu, okyienh congghndaeng haenzswg insep, gan ae myaiz siuj. Aenvih



biujmienh nemmuk congghndaeng danbwz gezgou fatseng bienqvaq, nemmuk heiqguenj saihoz fatbingh cix ae mbouj dingz, neix heuhguh “gan ae”. Danghnaeuz mbouj gibseiz ceihsy, couh rox yinxbaenz heiqguenjiemz caeuq cihgi’ gvanjyenz, aenbwt sienghail engq youqgaenj. Linghvaih, aenvih goengnaengz aenbwt deng hanhhaed, aenndang gojnwngz okyienh soengq yangj mbouj gaeuq, yienghneix couh cauhsaenz naengnoh humzhaenz, byoemgyaeuj henjroz daengj, hix gojnaengz rox baenz haexgaz dem. Ndigah, cijmiz ciengx ndei bwt le, gijwnq goengnaengz daengx ndang caeuq aenbwt mizgven haenx cij ndaej gaenriengz ndei hwnjdaeuj.

1.Aeu gyaeujsuenq daem yungz baenz giengh dwk roengz bingzbyouq bae, bakbingz doiqcinj congghndaeng, caenhliengh mupnyouq feihget gyaeujsuenq, yawj binghcingz moix ngoenz mupnyouq 4 daengz 5 baez, feihget damh le lingh vuenh suenqnaez haeujbae, aenbingz gaej hung lai, bakbingz sup ndaej haeuj congghndaeng couh ngamj.

2.Moix haemh yaek haeujninz gaxgonq, swiq din seuq le, cab gyaeujsuenq baenz gaiq mbang nem giz yungjcenz angjdin (liz giujdin coh angjdin daih’ iek 1/3), doeklaeng aeu gyauhbu nem maenh. Aenvih gyaeujsuenq rox gig naengnoh, ceiq ndei haetlaeng hwnqmbonq doq sik bae. Cungj fuengfap neix doiq baenzae, ndaeng ok lwed caeuq haexgax miz itdingh ywyauq, laebdaeb nem 7 daengz 10 ngoenz, yaugoj engq ndei. Gojnengz miz mbangj vunz nem angjdin le rox hwnjbop, ceiq ndei caj bop dek le naengnoh hobndei caiq nem, yienghneix haemq ndei di.

Gyaeujsuenq Baek Raemx Ywbingh Yaugoj Ndeiraeuh

大蒜煮水治病效果好

3.Lwgnyez ae’ ngab seiz aeu 2 daengz 3 dip gyaeujsuenq, vunzhung ae’ ngab seiz aeu 7 daengz 8 dip bek soi q dwk roengz vanj bae goeb fa ndei cai q dwk roengz rek bae naengj, sien yungh feizhaenq coemh goenj cai q gaij yungh feiznumq naengj 15 faen cung, ae youqgaenj seiz ngoenz gwn 3 baez, gojyij mbouj gwn gyaeujsuenq dan gwn raemx de. Ngoenz daihngaih cai q naengj seiz aeu gya di dangznae ndeu, lwgnyez dwk naed ndeu, vunzhung dwk 2 naed. Ndaewbiengz ciengz yungh aen dan neix daeuj yw baenzae, hozgyawh fatyiemz, ae’ ngab caeuq feizeghzw.

4.Gyaeujsuenq gya dangznae baek raemx gwn, lwgnyez dwgliengz baenzae, gwn le yaugoj beij gwn yw dajcim yaugoj engq ndei. Fuengfap dwg: Aeu 30 gwz gyaeujsuenq, 10 gwz dangznae gya 200 hauzswng h raemx, sien hai feizhaenq coemh goenj, cai q gaij yungh feiznumq baek geij faen cung, doeklaeng ngauz baenz raemx lw vanj iq ndeu hawj lwgnyez gwn. Lwgnyez ae youqgaenj seiz, gyanghaet, banngaiz, banhaemh gak gwn baez ndeu, ngoenz daihngaih couh raen miz yaugoj, gwn 3 ngoenz couh ndeidingh.

5.Danghnaeuz ae’ ngab youqgaenj, caemhcai q miz myaizsaw

haurik, gangjmingz dwgliengz haemq naek, gwn gij yw gwnzneix doengzseiz, cai q gya hingndip, gyaeujsuenq, dangznding itheij baek raemx gwn. Lwgnyez ndaej aeu 3 gep hingndip, 3 dip gyaeujsuenq, byongh sieg dangznding, vunzhung ndaej aeu 7 daengz 8 gep hingndip, 7 daengz 8 dip gyaeujsuenq, sieg dangznding ndeu dwk rek gya raemx, hai feiz coemh 10 faen cung le gwn, baenz naek seiz ngoenz gwn 3 baez.

6.Aeu 3 daengz 4 aen gyaeujsuenq bok naeng ndei le cab baenz gaiq mbang, gyanghaemh yaek ninz seiz cab baenz gaiq mbang baijcuengq youq henzbien saeuqfeiz ring, haet daihngaih ca mbouj lai deng ring sau j lo, danhseih haeujsim gaej ring remj. Doeklaeng daem mienz. Aeu beuzgeng mwnh suenq ndeu dwk roengz boi bae, cai q dwk di dangznding he, ndingq di raemxgoenj ndeu ngauz yinz gwn, ngoenz gwn boi daengz song boi, lien z gwn 3 ngoenz, ae doq ndeidingh.