

Seizcou Boux Baenz Ae'ngab Baenzlawz Ciengx Ndang

秋天哮喘病人如何养生

Dangqnaj, youq gwnz yihyoz gaenq nyinhdingh miz haujlai gijgwn ndaej yinxhwnj ae'ngab fukfat. Itbuen bya singjsien ndaw haij, duznyauh, duzbau, lwggwz seizcou cungj yungzheih yinxhwnj gominj ae'ngab, boux baenz ae'ngab wng geih gwn gij huq neix. Linghvaih, boux baenz ae'ngab nit wng siuj gwn makleiz, byaekbohcai, rangzndoek daengj, wng gwn di gijgwn raeuj lumj nohyiengz, hing; boux baenz ae'ngab ndat cix cingqngamj doxfanj. Lwgcid, lauxbaeg hau, noh makhuzdauz, makcauj nding, cehmbu, maenzcienz ndaej cangq mamx vaq myaiz, ik mak ciengx bwt, gwn

de doiq fuengz ae'ngab fukfat miz itdingh cozyung. Caiq gangj, bouxbingh ndaej gaen-gawq aenndang loihhingz, habdangq senj gwn di ywbouj he, neix doiq daezsang menjyiz goengnaengz aenndang, dem-giengz huhgizdau fuengz bingh naengzlig gig miz bangcoh. Ae-ngab fukfat seiz, wng siuj gwn duh, maenzdoengzlingz, lwgmaenz daengj, mienxndaej aek ciengq at duenh aek cix diemheiq sinhoj. Ae'ngab dingzlai dwg youq gyanghwnz fukfat, ndigah, vunzbingh ae'ngab baujciiz miz itdingh dohraeuj caeuq dohmbaeq, hix ae'ngab baujciiz hoengheiq riuzdoeng

ndei. Aenrug ngamq byoq youz-caet gaej sikhaek haeujbae ninz, cei q siuj ae'ngab hai dou doeng rumz aen singhgiz he cij ndaej haeujbae ninz, fuengz bouxvunz bungqdeng yinxhwnj gominj. Gij denz caeuq buhvaq boux baenz ae'ngab wng siuj yungh seifaiq caeuq bwnnyungz daeuj guh. Seizcou mbwn liengz, vunzbingh wng haeujsim yindung caeuq lienhdang dingj nit. Linghvaih, bin bya yawj gyae, youz bya dangh raemx hix ndaej hawj simcingz vaiqvued, cuengqsoeng cingsaenz, mbehai heiiguenj, doiq yawhfuengz ae'ngab fukfat miz itdingh cizgiz cozyung.



Seizcou Seiq Fap Henhoh Hohndok

秋季四招护好关节

Hohndok gyaeujhoq baenzin caeuq mehmbwn bienqvaq miz gvanhaeh maedsaed, ndigah, seizcou ae'ngab daegbied haeujsim cij ndaej.

Fap 1: Aeu haeujsim fuengz nit bauj raeuj. Boux hohndok baenzin seizcou ae'ngab haeujsim gaej hawj deng nit, wng gibseiz daenj buh na mad na. Deng nitgyoet le ae'ngab gibseiz yungh raemxndat daeuj oep, coi mbangjgiz hohndok lwed lae baedauq. Yaek haeujninz gaxgonq yungh raemxndat cimq din, ciengzseiz ae'ngab raemxndat oep giz hohndok gyaeujhoq. Gyangngoenz lai ok rog ranz bae dak ndit.

Fap 2: Naengh eij sang. Boux hohndok baenzin wng caenhiengh naengh eij sang, hawj din ndaej iet soh, danghnaeuz naengh seiz ga ciengzseiz deng hoet haeuj, rox hawj hohndok deng at sieng.

Fap 3: Hableix yindung, gamhanh ndang-naek. Boux baenz hohndok in wng habdangq okbae guh di yindung ndeu, lumj youzbyaij daengj daeuj demgya rengz noh, hawj hohndok onjdingh. Doengzseiz ndaej doenggvaq lienhdang caeuq gwnndoet daeuj gamhanh ndangnaek, daeuj gemjmbaeu hohndok fudanh.

Conhgyah daezsingj naeuz, boux baenz hohndok in wng siuj bae benz bya, hwnj laeuz roengz laeuz, maeuq naengh, dwk daigizgenz. Aenvih gij yindung neix rox hawj hohndok deng at sieng youqgaenj.

Fap 4: Gwnndoet doxdaengh, geih gwn huqsoemj daiq lai. Gwnndoet soemjndaengq doxdaengh dwg aen hothoh ceiwyw caeuq fuengzceih hohndok youqgaenj ndeu. Lai gwn byaekheu, haeujsim bouj gai bouj veizswnghsu, gamhanh sup haeuj danjgucunz daiq lai.

Lwgnding Cei Ndei Lai Gwn Haeuxndaem

幼儿最好多吃黑米

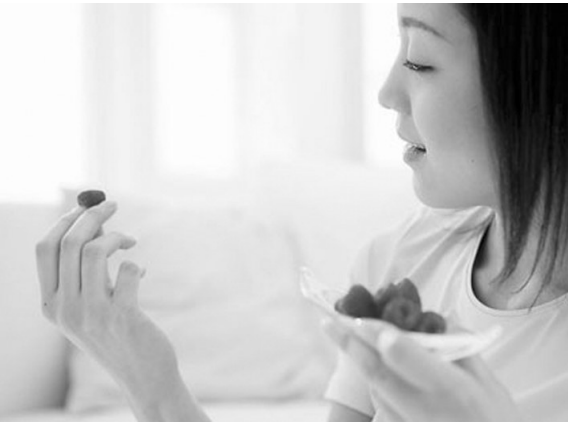
Doiq gij lwgnding cingq maj ndang daeuj gangj, wnggai hawj de lai gwn di haeuxndaem he. Haeuxndaem hamz miz danbwzciz, youzlauz, veizswnghsu B, gai, linz, diet, sinh daengj doxgaiq, yingzyangj gyaciz sang gvaq cungj haeux wng.

Ciengzseiz gwn haeuxndaem, doiq boux baenz binghmenhsingq, boux bingh ngamq ndei hoizfuk geizgan caeuq lwgnding miz haemq ndei nyinh bouj cozyung, ndaej mingzyienj daezsang saek lwed caeuq hezhungzdanbwz ndang vunz hamzliengh, mizleih sim sailwed hidungj baujgen, mizleih goetndok caeuq aenuk lwgnyez fatmaj, caemhcai q ndaej coi mehsenglw g, boux bingh ngamq ndei ndang haw hoizdauq ndei.

Linghvaih, haeuxndaem lij ndaej nyinh yaem bouj mak, ik hei q giengz ndang, cangq mamx sek dungx, bouj daep raeh da, dingj nyieg ciengx naj, fuengz bingh cangq ndang dem.

Mehmbwk Gwn Maz Ndaej Bouj Lwed

女性吃什么能够补血



1、Makit. Ndaw makit hamz miz gai, linz, diet gig lai, doengzseiz hamz miz lai cungj veizswnghsu caeuq anghihsonh daengj doxgaiq dem, dwg gij huqndei bouxlaux, mehmbwk, boux ndang nyieg lwedhaw caeuq boux guhhong naetnaiq gvaqbouh gwn; mehmbwk daiqndang ndaej lai gwn di, mboujdanh doiq lwgndawdungx miz yingzyangj, hix ndaej hawj mehdaiqndang saeknoh hoengzmaeq, sailwed doengswnh, danghnaeuz cawx mbouj ndaej

makit ndip, cawx makit sau j gwn caemh ndaej.

2、Namzgva. Ndaw namzgva hamz miz danbwzciz doenghgo, lauxbaeg nding doxgaiq, veizswnghsu caeuq anghihsonh, gai, sinh, diet, guh, linz daengj, ndawde, guh dwg habbaenz gij cwngzfwn veizswnghsu B₁₂ ndawde cungj ndeu, ndaej bangcoh hungzhezgiuz ndaw lwed cingqciengz yinhsoengq; sinh ndaej cigciep yingyangj hungzhezgiuz goengnaengz habbaenz; diet dwg caux hezhungzdanbwz gihbwnj veizlieng yenzsu ndawde cungj ndeu, cienzbouh dwg gij yingzyangj doxgaiq ndei bouj lwed haenx.

3、Oij. Ndaw oij hamz miz lai cungj veizlieng yenzsu, baugvat diet, sinh, gai, linz, mungj daengj, ndawde hamz diet cei q lai, moix goenggaen oij hamz miz diet 9 hauzgwz, baiz youq sojmiz lwgmak ndawde vih daih' it. Mboujgvaq, oij dwg singq caep, boux dungx hawcaep wng noix gwn di.

4、Makcauj nding. Ndaw makcauj nding hamz miz veizswnghsu caeuq dangzoiq, gak cungj anghihsonh daengj, ndaej ciengx lwed hoh lwed, gaijndei lwed lae baedauq. Caeuq noh maknganx boiqhab gwn, mboujdanh ciengx lwed bouj hei q, lij ndaej meijyungz dem.

Bouxlaux Mbouj Hab Ngoenzngoenz Gwn Cuk

老人不宜天天喝粥

Guek raeuz miz coenz vahsug ndeu naeuz: "Bouxlaux gwn cuk, fuk lai gyaeu nanz." Bouxvunz geq lo, siuvaq hidungj nyiegdoi q lo, habdangq gwn cuk saedcaih mizleih siuvaq, hoeng ngoenzngoenz gwn cuk, dauqfanj doiq ndangdaej fouz leih.

Ciengzgeiz gwn cuk miz baihlaj geij aen yinhstu mbouj ndei: Aenvih gwn cuk mbouj yungh heuj bae nyaij mienz, siuj nyaij rox hawj diuzheuj doiqvaq engq vaiq; nyinzsei ndaw cuk hamzliengh haemq siuj, doiq

bouxlaux baiz doeg mbouj leih.

Gwn haeux ae'ngab yungh heuj nyaij, heuj nyaij mboujdanh nyaij naedhaeux yungz bae, doengzseiz lij ndaej coi raemxmyaiz iemqok, gij meiz ndaw raemxmyaiz hix ndaej siuvaq denfwnj. Gwn haeux mbouj yungh heuj myaij, denfwnjmeiz ndaw myaiz couh mbouj naengz dawz gij denfwnj ndaw cuk cungfaen faengej baenz dangzmegngaz, baenzneix couh yingyangj siuvaq. Raemxmyaiz lij ndaej cunghab veisonh, coih ndei nemmuck aendungx,



gwn cuk seiz conghbak ca mbouj lai mboujmiz raemxmyaiz iemqok, yienghneix couh nanz baujhoh ndaej nemmuck aendungx lo.