

Seizcou, aenvih byoemgyaeuj baiz ok yenzyinh, byoemgyaeuj loenq gig lai, miz 30% mehmbwk byoemgyaeuj loenq ndaej youqgaenj. Seizcou mbaeqdoh haemq siuj, byoemgyaeuj yungzheih hawqsauj reuqroz. Danghnaeuz ndaw ndang yingzyangj riengz mbouj hwnj, byoemgyaeuj engq yungzheih loenq-doek. Ciuq bingzseiz daeuj gangj, boux vunz ndeu ngoenz loenqdoek 50 daengz 125 diuz byoemgyaeuj dwg cingqciengz. Danhseih gyanghaet hwnqmbonq seiz gwnz gyaеujswiz miz 50 diuz byoem doxhwnj loenqdoek, caemhcai q mwh roi gyaеu j loenqdoek haemq lai, couh mbouj cingqciengz lo. Haujlai mehmbwk byoem loenq

Seizcou Baenzlawz Yawh-fuengz Byoem Loenq

秋季怎么预防脱发

le siengj yungh ywfouggyaeuj daeuj gaijndei de, caemhcai q dei hdeih fou gyaеu j, yienghneix couh mbouj ndei lo. Seizcou wng noix swiq gyaеu j fou gyaеu j, gaenx swiq gyaеu j fou gyaеu j lai, byoem loenq engq lai, moix singhgiz fou baez daengz song baez couh ndaej lo. Caenhliengh siuj yungh raemxfouggyaeuj ndaengq daeuj fou,

doengzseiz aeu lai yungh ywhoh-byoem, lij ndaej youq ndaw raemx-fouggyaeuj gya di gyu、meiq ndeu fou gyaеu j, raemxfouggyaeuj gaej ndat lai roxnaeuz gyoet lai; mwh fou gyaеu j, ndaej mienh fou mienh nunaenx. Cigndaej daezsingj dwg, mehmbwk maij lengj cix gemjbiz dwg byoem loenq aen yenzyinh youqgaenj

ndeu, haujlai mehmbwk moix ngoenz sam donq cungj dwg byaekheu caeuq lwgmak, yienghneix guh rox hawj yingzyangj ndaw ndang mbouj gaeuq, yienghneix couh nanz miz cukgaeuq danbwzciz、diet daengj yingzyangj doxhaiq daeuj gunghawj conghbwn byoemgyaeuj couh cauhbaenz byoem loenq. Mehmbwk bingzseiz byoem loenq wng lai gwn di bya、duhhenj、gyaeqgaeq、nohcing、biuz ndaw haij、gyapbangx、byaekbohcai hamz veiz-swnghsu B₂、byaekbohcai hamz veizswnghsu B₆、rangzngox、gyoi jhom、daepmou daengj doxgaiq, doiq baujhoh byoemgyaeuj、doiceiz nyieg-laux miz ndeicawq, hix mizleih byoemgyaeuj cingqciengz sengmaj.

Lwgmak Raemxmakit Doxheuz Giuj Ywbingh

葡萄汁水果配巧治病

Makit dwg cungj mak seizcou ciengz raen ndawde cungj ndeu, yingzyangj gyaciz gig sang, gwnfap hix miz haujlai yiengh, ndaej nap aeu raemx、dak sau j、cimq laeuj. Baihlaj gaisau sei q cungj yunghfap, dawz daeuj fuengzceih gij bingh seizcou ciengz raen haenx:

1、Raemxmakit heuz raemxoij gwn, ndaej yw conghhoz hep.

Yenzliuh: Raemxmakit、raemxoij gak boi ndeu.

Fuengfap: Ciuq amqbak swhgeij heuz ndei heuz yinz, menhmenh ndoet roengzbae.

2、Raemxmakit heuz raemx byaekginzcai gwn, ndaej yw hezyaz sang.

Yenzliuh: Raemxmakit、raemx byaekginzcai gak boi ndeu.

Fuengfap: Dawz song cungj raemx neix gyaux yinz, yungh raemxraeuj soengq gwn.

3、Raemxmakit heuz raemxmakcengz gwn, ndaej sek dungx, hawj vunz lai gwn ndaej doxgaiq.

Yenzliuh: Aeu 10 aen makit, raemx-makcengz caeuq dangzrwi gak geng ndeu.

Fuengfap: Nap makit aeu raemx, gyahaeuj raemxmakcengz caeuq dangzrwi gyaux yinz gwn roengzbae.

4、Raemxmakit gya gyoi jhom gwn, ndaej fuengz haexgaz.

Yenzliuh: Aeu 10 aen makit, aen gyoi jhom ndeu, 50 gwz cijvaiz, geng dangzrwi he.

Fuengfap: Makit cawz naeng, bok naeng gyoi jhom ok le caeuq cijvaiz itheij nyaenj yinz, heuz dangzrwi gwn.

Makit dwg cungj ywbouj ndeu, gwn de ndaej bouj haw cangq dungx. Boux ndang haw、boux yingzyangj mbouj ndei, lai gwn di makit roxnaeuz makit sau j ndeu, ndaej bang hoiz dauq ndang ndei. Aenvih makit hamz miz danbwzciz、anhgihsonh、lonjlincij、veizswnghsu caeuq gvangvuzciz daengj lai cungj yingzyangj cwngzfwn, caemhcai q cujyau dwg dangzmakit, yungzheih deng ndang vunz cigciep supsou.



Dungx Mbouj Ndei Gaej Gwn Haeuxcid

脾胃不好别吃糯米

Haeuxcid hix dwg cungj huqndei baiz doeg ndeu, ndaw haeuxcid hamz miz danbwzciz、youzlauz、dangz、gai、linz、diet、veizswnghsu daengj yingzyangj cwngzfwn, ndaej bouj ndaw ik heiq、ciengx dungx cangq dungx、dingz siq、gej doeg yw baez, caemhcai q ndaej bangbouj yw hawcaep dungx in、aendungx caeuq cibngeihcijcangz biux naeuh、heiq haw hanh lai daengj bingh.

Mboujgvaq, conghgyah daezsingj naeuz, haeuxcid nanz siuvaq, mbouj hab gwn lai, bouxlaux、lwgnyez、boux dungx hawnyieg cei q ndei mbouj gwn.

Seizcou Bouxlaux Baujgen Seiq Gaiq

老人秋季保健四戒

Youq ndaw seizcou, haujlai bouxlaux cungj gamjdaengz ndang naet rengz naiq, ndigah, conghgyah daezsingj naeuz, bouxlaux siengj ndang cangq rengz maengh, itdingh aeu guh daengz baihlaj “seiq gaiq”:

It gaiq gikgyanx, habdangq ok rog bae guh hozdung, lumj menhbuet、youzbyaij、dwkgienz、diuqfoux、guh dijcauh daengj cangq ndang hozdung, youq ranz seiz hix aeu guh di hongranz ndeu, lai hozdung aenndang, gaej naengh youq nanz lai.

Ngeih gaiq naetnaiq gvaqbouh, mwh guh lienhdang、hongranz seiz aeu anbaiz ndaej ndei, guhhong yietnaiq doxgiethab, yienghneix cij ndaej hawj gak aen cujciz gi’ gvanh aenndang ndaej daengz yietnaiq ndei.

Sam gaiq gwn imq gvaqbouh, gwn imq gvaqbouh rox hawj ndangnaek demgya le fat biz, fat biz rox hawj hezdangz、hezyaz、ganhyousanhcij、danjgucunz swng sang.

Seiq gaiq bungz saeh fatheiq, bouxlaux



cingzsi fubfeb, bungz saeh mbouj swnhsim seiz fatheiq, rox hawj gak aen gi’ gvanh cingqciengz sengleix goengnaengz deng gauxca, yungzheih yaeuhfat baenz dungx-saej biux naeuh、hezyaz sang、gvanh-sinhbing daengj bingh. Ndigah, mwh bungz daengz gij saeh mbouj swnhsim seiz, wng gamhanh swhgeij gaej ndatheiq.

Seizcou Ndaeng Ok Lwed Gwn Caz Hohngaeux Ragngox

秋天鼻出血喝藕节芦根饮

Guhfap dwg: Aeu hohngaeux、ragngox gak faenh ndeu, itheij cab soiq, baek vanj raemx ndeu baez dog gwn liux, ngoenz 2 baez, laebdaeb gwn 5 ngoenz.

Cunghyih nyinhnaeuz, seizcou mbwn hawqsauj, ndang vunz sied raemx lai. Boux ndang yaem haw aenvih geiqciет bienqvuenh seiz sied raemx yinxhwnj yaem haw huj hoengh, hujndat cung hwnj conghndaeng le cauhbaenz conghndaeng ok lwed. Caz hohngaeux ragngox doi q yw ndaeng ok lwed、rueg lwed、ae ok lwed、nyouh lwed、haex lwed caeuq mehmbwk raemxsag lai cungj miz haemq ndei yaugoj.

Linghvaih, ragngox feih diemz singq caep, ndaej siu ndat seng raemx, cawz nyapnyuk dingz rueg, ciengz yungh daeuj yw bwt ndat baenzae、dungx ndat rueg ok daengj bingh, yaugoj cibfaen ndei. Boux seizcou ndaeng yungzheih ok lwed haenx, gwn cungj caz neix cei q ndei lo.

Hohngaeux ndip daem yungz nap aeu raemx roxnaeuz dawz de dak sau j ngenz aeu mwnh, dingz lwed yaugoj haemq ndei. Danghnaeuz baek raemx gwn yaugoj mbouj daih ndei, ndaej youq mwh gwn raemx ragngox doengzseiz, caeuq raemx hohngaeux itheij heuz gwn, caemhcai q ndik 3 ndik roengz conghndaeng bae dem.