

Maklaeq Aeuq Gaeq Cangq-ndang Mak Mbouj Haw

栗子炖鸡强身健体肾虚



Maklaeq hamz miz daihliengh mba caeuq danbwzciz、youzlauz、veizswnghsu, singq diemz gam raeuj, ndaej hawj dungxsaej dem na, bouj heiq mak, ndaej ciengx ndang、cangq mamx、bouj mak、nyangq nyinz、vued lwed、siu foeg. Hab boux aenvih mak haw yinxhwnj baenz hwet caeuq gyauejhoq naetunq、boux nyouh lai caeuq boux mamx hawcaep yinxhwnj baenz menhsingq oksiq haenx gwn, hix ndaej nyangq nyinz cangq ndang.

Yienhdaih yingzyangjyoz nyinh-naeuz, nohgaeq hamz danbwzciz bijli haemq sang, cungjloih lai, caemhcai q yungzheih deng ndang vunz siuvaq supsou, ndaej dem ndangrengz、cangq ndang. Nohgaeq doiq yingzyangj mbouj ndei、lau caep lau nit、ndang naet rengz naiq、dawzsaeg mbouj hezdiuz、lwedhaw、hawnyieg daengj miz bangbouj ceihiw cozyung. Yihyoz guekcoj nyinhnaeuz, nohgaeq ndaej raeuj ndaw ik heiq、bouj haw dem

raemxcing、cangq dungx、vued sailwed、nyangq nyinz ndok、bouj haw、ik heiq lwed, vunzvunz hab gwn.

Guh fap: 1、Dwk youz roengz rek lai di, youz cien daengz roek cingz ndat seiz dwk nohgaeq roengz cau j yaep ndeu, naeng gaeq nyaueq couh daek hwnj. 2、Dwk youz roengz rek seiz ndaej cigciep dwk hing、suenq、vaceu roengz cau j rang, cuengq nohgaeq le dwk di laeuj he, caiq dwk ciengqyouz fan cau j yaep ndeu le dwk

raemx roengz mued gvaq nohgaeq couh ndaej, doeklaeng dwk di coeng、batgak、mba vaceu, feizhaenq cawj goenj le gaij yungh feiznumq aeuq 10 faen cung, caiq dwk maklaeq roengz le youhcai q aeuq 15 faen cung, dwk di gihcingh he le couh ndaej daek hwnj.

Seizcou Hab Lai Gwn Byaekgaiqlanz

秋季宜多吃芥蓝

Liggaeuq 9 nyied, mbwn ciemh ngoenz ciemh liengz, cingq dwg aen seizciet sou byaekgaiqlanz ndeu, hix cingq dwg seiz byaekgaiqlanz yingzyangj cei q fungfouq、ceiq ndei gwn ndeu.

Seizcou bouxvunz yungzheih okyienh siliz doekdaemq、lw gda hawqsaep、huhgizdau ganjyen j daengj vwndiz, gwn byaekgaiqlanz couh ndaej gig ndei bae yawhfuengz seizcou hawqsau j caeuq dwgliengz. Byaekgaiqlanz yingzyangj cibfaen fungfouq, hamz

huzlauxbaeg doxgaiq、veizswnghsu C hix gig lai, beij cungj byaek wnq ndei gwn lai lo. Engq youqgaenj dwg, ndaw byaekgaiqlanz hamz liuzdai buzdaudzangzgan h lai, cungj huq neix hamz dingj aiz cwngzfwn gig giengz gig miz rengz, ciengzseiz gwn de ndaej gyangqdaemq danjgucunz、haw j sailwed bienq unq、yawhfuengz binghsimdaeuz. Daj cunghyih gakdoh daeuj gangj, gaiqlanz mizleih vaq myaiz、cawz ndat、gaij naet、cing sim raeh da. Ndaw



gaiqlanz hamz miz youjgihgenj, feih loq haemz, de ndaej gig sinzgingh amqbak, hawj vunz lai gwn ndaej doxgaiq, gyava i q dungxsaej noddooengh, bangcoh siuvaq. Ndaw gaiqlanz lij hamz miz daihliengh nyinzsei gijgwn, ndaej fuengz vunz baenz haexgaz.

Cuk Ciengx Nandang Seizcou

秋天的养生粥

1、**Cukmakleiz:** Aeu 2 aen makleiz, swiq seuq lien z naeng daiq ngveih ronq soiq, 100 gwz haeuxsuen, caeuq raemx itheij cawj cuk gwn. Aenvih makleiz ndaej nyinh sau j, dwg gijgwn baujgen seizcou ciengz gwn haenx.

2、**Cukmaklaeq:** Aeu 50 gwz maklaeq, 100 gwz haeuxsuen, caeuq raemx itheij cawj cuk gwn. Aenvih maklaeq ndaej ciengx dungx cangq dungx、bouj mak nyangq nyinz、vued lwed dingz lwed, daegbied hab bouxlaux hwet naet ga naiq、hoh in gwn.

3、**Cuklwgraz:** Aeu 50 gwz lwgraz, 100 gwz haeuxsuen, sien cau j lwgraz cug nienj mienz, caj cawj cuk haeuxsuen cug le gyaux mba lwgraz gwn. Hab boux baenz haexgaz、boux bwt sau j ae lai、gyaeujngunh daraiz gwn.

4、**Cuklauxbaeg nding:** Dwk youz cau j lauxbaeg nding, gya 100 gwz haeuxsuen caeuq raemx cawj cuk gwn. Aenvih ndaw lauxbaeg nding hamz miz huzlauxbaeg doxgaiq, ndang vunz sup aeu le ndaej cienjvaq baenz veizswnghsu A, hab boux naengnoh hawqsau j、boux naengbak dekleg gwn.

5、**Cuk vagut:** Aeu 60 gwz vagut, 100 gwz haeuxsuen, sien baek vagut aeu raemx caiq caeuq haeuxsuen cawj cuk gwn. Aenvih vagut ndaej sanq rumz ndat、cing daep huj、raeh da, doiq seizcou rumz ndat dwgliengz、sim fanz hoz sau j、da nding foeg in miz haemq ndei ceihiw goengyauq.

Seizcou Ndae j Habdangq Gwn Cehmbu

秋天可适当多吃莲子



Vih gaijndei vunzraeuz aen-vih doh gvaq seizhah le aendungx siengdoi q hawnyieg cungj cang-

gvang neix, cunghyih baujgen conghyah daezsingj lwgminz naeuz, haeuj cou le ndaej habdangq gwn di cehmbu he daeuj cangq dungx.

Baekging Cunghyih Yihyen Cunghyih Dwzswzgoh Lij Gen cujyin yihsw h vixok, mwh mbwn yied daeuj yied liengz seiz, vunzraeuz yied daeuj yied gwn ndaej doxgaiq lo. Hoeng, ginggvaq aen geiqciet seizhah raezrang he, goengnaengz aendungx vunzraeuz gaenq haemq nyieg, raemx ndaw

ndang mbouj gaeuq, goengnaengz siuvaq supsou yaepseiz caengz ganj ndaej hwnj, ndigah siuhvadau gig yungzheih ok vwndiz, lumj baenz dungxraeng、dungx ciengq、baenzsiq daengj.

Conghyah daezsingj naeuz, yawhfuengz siuhvadau ok vwndiz, aeu noix gwn gijgwn hamz youz lai haenx, gaej lanh gwn lanh ndoet; doengzseiz hix aeu cangq dungx, lai gwn di cehmbu、duhdoem、maklaeq、makhwzdauz daengj makgenq he.

Giu j Gwn Lwgmak Yw Bingh Bouxsai

巧吃水果治男科疾病

Lwgmak yingzyangj gyaciz ndei, bouxvunz couh suenq mbouj miz bingh gwn de doi q gengangh hix miz ik. Cijdwg lwgmak yienznaeuz caiq ndei, gwn ndaej ngamjhab cij ndei. Lajneix gaisau gwn geij cungj lwgmak miz maz ndeicawq:

Makcauj nding: Ndae j ik lwed cangq saenz, ciengzseiz gwn de ndaej bouj lwed, doi q bouxsai hengz fuengzsaeh caeux biu caeuq yangzvej miz haemq ndei ceihiw cozyung.

Makit: Aeu 250 gwz makit singjsien ma, bok naeng cawz ngveih, nap aeu raemx de gya habliengh raemxraeuj gwn, ngoenz baez daengz song baez, lien z gwn song aen

singhgiz, ndaej yw cenzlezsenyenz caeuq ok nyouh dinj nding sep.

Makgai: Aeu 10 gwz ngveih makgai, dub myaz le baek raemx gwn, ngoenz 2 baez, lien z gwn song aen singhgiz, ndaej yw gyaeqraem in caeuq gyaeqraem gawh in.

Moeggva: Aeu 250 gwz moeg-gva, cab baenz gaiq le dwk roengz 2 gaen laeujhaeux bae cimq song aen singhgiz gwn, moix baez gwn 15

hauzswngh, ngoenz gwn 2 baez, lien z gwn song aen singhgiz, ndaej yw mak haw viz mbouj ndongj caeuq caeux biu.

Makhwzdauz: Ngoenz gwn 2 daengz 4 aen, ndaej cangq mak bouj lwed, lij ndaej bangbouj yw mak gietsig caeuq sainyoh gietsig, caemh ndaej doiceiz nyieglaux.

Maklaehcei: Aeu 15 daengz 20 aen maklaehcei, dub soiq le gya

raemx baek gwn, ndaej yw gyaeqraem gawh in.

Cehmbu: Aeu cehmbu singjsien 15 gwz(cungqgyang cehmbu di ngaz-loeg de gaej mbek bae), baek raemx lien z cehmbu itheij gwn roengzbae, ndaej yw fangzhwnz loq laeuhcing. Hix ndaej aeu cehmbu singjsien 10 gwz (dai q simngaz) cuengq gwnz haeux naengj cug nyaij gwn, ngoenz gwn 2 baez, lien z gwn 2 ngoenz.