

Lai gwn bya doiq bouxlaux seizdoeng ciengx ndang daeuj gangj daih miz ndeicawq. Aenvih lauz bya hamz miz cihfangzsonh, cihfangzsonh dwg gij doxgaiq cei q ndei coi aen' uk fazyuz. Yienghneix, mbouj doengz cungj bya cungj miz gij baujgen goengnaengz lawz ne?

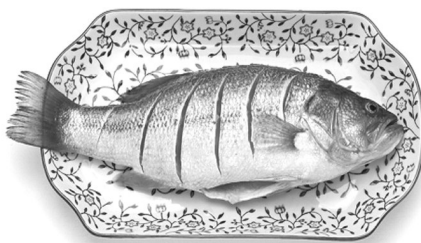
Byavanx: Ndae j raeuj dungx giep fung, dwg gijgwn raeuj ndaw bouj haw ciengx ndang.

Byadaiyiz: Ndae j raeuj dungx, bouj haw, nyinh naengnoh, giep fung, gaj non, bouj dungxsaej, ndae j bangbouj yw gipsingq ganhyenz, menhsingq ganhyenz. Boux baenz ganhyenz au byadaiyiz singjsien ma naengj cug le raenz au caengz youz baihgwnz gwn, ciengzseiz gwn ndae j gaijn dei binghcingz.

Byacaek: Ndae j ik hei q, cangq dungx, leih raemx siu foeg, siu ndat gej doeg, doeng meg ok raemxcij. Boux dungx foegraemx au byacaek singjsien ma caeuq duhnding caez cawj dang gwn. Hix ndae j au byacaek singjsien caeuq daezmou feiznumq menhmenh auq gwn dang caeuq noh,

Gij Ndeicawq Seizdoeng Gwn Bya

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ndae j hawj mehmbwk senglgw le ok raemxcij lai.

Byafonx: Ndae j bouj dungx leih raemx, siu cw k seng moq, siu ndat giep fung, bouj daep bouj mak. Aeu byafonx caeuq hingndip, makcauj nding caez cawj gwn ndae j bangbouj cei h yw bwt gezhwz. Caeuq dangznding auq gwn ndae j yw mak in. Mehmbwk au byafonx daeuj naengj gwn ndae j coi ok raemxcij caeuq bouj lwed.

Byamaeg: Ndae j nyinh daep nyinh mak, bouj hei q lwed, cing dungx cawz ndat. Dw g gij baujgen sizbinj mehmbwk, ndae j ciengx lwed, raeh da, doeng saeg, an dai, dingz lwed, coi raemxcij daengj.

Byaleix: Ndae j cangq dungx sek dungx, leih nyouh siu foeg, dingz ae bingz ae, an dai doeng cij, siu ndat gej doeg. Caeuq lwgfaeg, coengbieg cawj dang gwn ndae j yw mak in foegraemx. Byaleix lien z gyaep cawz dungxsaej feiznumq menhmenh cawj gwn, ndae j yw vuengzbiu. Aeu byaleix lix caeuq daezmou auq dang gwn, ndae j yw mehmbwk senglgw le raemxcij siuj.

Byalienz: Ndae j raeuj ndaw ik hei q, raeuj dungx, nyinh naengnoh, dwg gijgwn raeuj ndaw bouj hei q ciengx ndang.

Byaheu: Ndae j bouj hei q ciengx dungx, vaq caep leih raemx, giep fung

siu fanz. Ndawde hamz miz gij sinh caeuq sih daengj veizlieng yenzsu ndae j bangcoh dingj aizcwng.

Byamanyiz: Ndae j ik hei q ciengx lwed, unq nyinz leih ndok.

Byalae: Ndae j bouj haw, giep fungcaep, nyangq nyinz giengz ndok, ndae j diuzcez hez dangz. Boux baenz hei q lwed song haw ndae j au nohsei byalae caeuq ywdoj vangzgiz (baengzsa suek ndei) gya raemx cawj cug dwk diuzliuh gwn. Lwgnyez baenzgam, ndang byom noix gangj ndae j au duz byalae ndeu, ronq baenz donh le caeuq di dawgaeq ndeu cawj cug gwn. Boux baezhangx baihdaw ok lwed, rongzva lot dui q ndae j cawj byalae gwn, ciengzseiz gwn mizyauq.

Seizdoeng Gwnndoet Ciengx Nandang Miz Sam Hab

冬季健康饮食调养有三宜

Daih' it wng gwn cuk, ciengx ndang conhyah daihlaux dizcang haet seizdoeng hwnqdaeu j gwn cuk ndat. 《Gwnndoet Cwngyau》nyinhnaeuz, seizdoeng wng gwn cuk nohyiengz daeuj bouj hei qyiengz. Danghnaeuz youq ndaw cuk haeuxsuen gya di makcaujnding roxnaeuz duhnding ndeu, ndae j hawj vunz gamjdaengz ndang raeujrub, goengrengz gyaboix. Ndawbiengz miz aen sibgvenq he dwg doengceiq gwn cuk duhnding, ndwenlab ngoenz cobet gwn "cuklabbet", ndwenlab ngoenz ngeihhaj gwn "cukbetbauj". Seizdoeng wng gwn cuk meggak ciengx sim cawz fanz, cuk lauxbaeg siu gijgwn vaq myaiz, cuk maenzcienz bouj bwt ik dungx, cuk makhwzdauz ciengx yaem rom cing, cuk fuzlingz cangq mamx ciengx dungx, cuk makcauj hung ik hei q ciengx yaem, cuk haeuxyangz diuz ndang sek dungx, cuk lwgmaenz nyinh daep bouj mak daengj.

Daihngeih wng gwn gijgwn raeujndat. Beijlumj nohcwz, nohyiengz, nohma, noh maknganx, makcauj, gyaeq, maenzcienz, lwedmou, haeuxcid, byaekgep daengj. Seizdoeng haemhnaengz gwn boi laeuj iq ndeu, yienghneix doi q bouxcungnienz, bouxlaux ciengx yaem gig ndei.

Daihsam wng gwn gij lwgmak geng, lumj makhwzdauz, maklaeq, ceh gocoengz, duhnamh, ceh godaengngoenz, lwgraz, duhndaem, haeuxndaem daengj. Yaek haeujsim dwg, boux vunzbiz cei q ndei mbouj gwn gijgwn diemz, raeujndat, feihget.

Seizdoeng, mbwn nit dei h gyoet, ndang vunz souyo, wng cagaen j gwnbouj. Itbuen daeuj gangj, seizdoeng bouxvunz gwn ndae j doxgaiq. Neix dwg aenvih baihrog dohraeuj daemq, ndang vunz yaek au haemq lai ndat daeuj veizciz cingqciengz ndangraeuj. Vih demgiengz rengz ndang, haujlai vunz cungj youq seizdoeng gwn di doxgaiq bouj he. Beijlumj caem, loegyungz, ohgyauh, vangzgiz daengj, gij huq neix doi q ndang vunz ndei, hoeng danghnaeuz gwn mbouj deng couh rox dai q daeuj fucozyung. Wng habdangq gwn bouj, yienghneix gawq yungh cienz noix youh mbouj miz maz fucozyung; seizdoeng gwn bouj dwg ciq rengz hei qyiengz menhmenh dem raeuj, hawj ndaw ndang vunz ndae j doxdaengh, yienghneix daeuj habwngq dienhei q baihrog, hawj ndang vunz lai dingj ndae j bingh, dwg cungj saeh guh noix ndae j lai ndeu.



Gosuenq: Gosuenq dwg gijgwn vih daih' it yungh daeuj yawhfuengz aendungx baenzaiz he, gij goengyauq de dingj aendungx baenzaiz gig mingzyienj. Liuzhingz Bingyoz diucaz ndae j rox, doengh boux gwn gosuenq ndip haenx aendungx gig noix baenzaiz, yenzyinh dwg, gosuenq ndae j gyangqdaemq yasuihsonhyenz ndaw dungx hamzliengh, gemjsiuj yasuihsonh' anh habbaenz, ndigah ndae j fuengz aendungx baenzaiz.

Yiengzcoeng: Ciengzseiz gwn yiengzcoeng ndae j gyangqdaemq yasuihsonhyenz ndaw dungx hamzliengh, aenvih yiengzcoeng hamz miz cungj doxgaiq he ndae j dingj baenzaiz. Yenzgiu ndae j rox, doengh boux ciengzseiz gwn yiengzcoeng

Ciengz Gwn Seiq Cungj Gijgwn Yawhfuengz Aizdungx

常吃四种食物预防胃癌

haenx, aendungx baenzaiz fatbinghlwd beij doengh boux noix gwn roxnaeuz mbouj gwn yiengzcoeng au noix 25%, aendungx baenzaiz dai bae hix doekdaemq 30% baedauq.

Doengh goraet: Cuiyau dwg raetdoeng caeuq raetrang, raetgimeim, raetmoengngaex daengj. Ciengzseiz gwn geij cungj raet neix, doi q aendungx baenzaiz miz yawhfuengz cozyung gig ndei. Raetdoeng hamz miz dohdangzdij, dingj baenzaiz cibfaen ak. Raetmoengngaex ndaem, raetmoengngaex hau hix hamz miz dohdangzdij, caemh ndae j dingj aendungx baenzaiz.

Makyungz: Ndaw makyungz hamz miz gij nding caeuq lauxbaeg nding doxgaiq, cungj huq neix ndae j dingj yangjva, daegbied dwg gij nding makyungz, ndae j cunghab swyouzgi h ndaw ndang bouxvunz, doi q dingj aendungx baenzaiz caeuq siuhva hidungj baenzaiz mizleih, doengzseiz, doi q yawjfuengz yujsenaiz caeuq cenzlezsenaiz hix miz yaugoj.

Nyeziq Baenz Feiyenz Baenzlawz Hohleix

宝宝患肺炎怎么护理？

1、Maedsaed cazyawj nyeziq ndangraeuj bienqvaq, cingsaenz baenzlawz yiengh, diemhei q cingzgvang. Vanzging au caemcingx seuqsak, baujcwn g hawj nyeziq yietnai q gaeuq, ndaw ranz au ciengzseiz doeng rumz vuenh hei q, baujciz itdingh dohraeuj caeuq dohmbaeq.

2、Gwnndoet au citdamh. Aenvih nyeziq fatndat, ok hanh, diemhei q vai q daengj, aenndang sied raemx lai, ndigah, au hawj de gwn raemx gaeuq, yienghneix ndae j hawj myaizgwd de bienq saw, mizleih bi q okdaeuj. Gaengawq nyeziq bi'ndwen daegdiemj, daezgung hawj gijgwn yingzyangj lai, citdamh caeuq yungzheih siuvaq he, danghnaeuz de buenx miz fatndat, ndae j hawj de gwn souhsaw, mienhdiuz, gaugyaeq daengj doxgaiq.

3、Fan ndang bek raeblaeng de. Boux nyeziq

myaiz lai wng caenhliengh heuh de bi q okdaeuj, fuengz raemxmyaiz bi q ok mbouj ndae j cix yingjyangj feiyenz hoizdauq ndei. Danghnaeuz nyeziq mbouj rox bi q myaiz, bizyau seiz au bang de sup myaiz. Hix ndae j umj nyeziq hwnj, yaengyaeng bek raeblaeng de. Danghnaeuz de ninz hwnq mbouj ndae j, wnggai ciengzseiz bang de fan ndang.

4、Baujciz conghndaeng doengswnh. Nyeziq baenz feiyenz seiz, hei q ndaw bopbwt gyauvuenh deng gaz, ndaw ndang mbouj doengz cingzdoh noix yangjgi. Danghnaeuz conghndaeng de saekdimz roxnaeuz ndaw hei qguenj, cihgi' gvanj miz myaiz lai, rox yingjyangj de sup haeuj hoenghei q, noix yangjgi engq youqgaenj. Ndigah, wng gibseiz bang de siu myaiz roxnaeuz sup myaiz, baujciz conghndaeng diemhei q doengswnh.