



Seizdoeng Boux Baenz Gvanhsinhbing Hab Haeujsim Swnghhoz Baujgen

冬季冠心病患者宜注意生活保健

Yihyoz yenzgiu swhliu byauj-mingz, bingsimdaeuz bouxvunz raemhrwnh fat baenz sim geuj in、simlwd mbouj doengz bingzciengz、simdaeuz fwt dai, seizdoeng fatbingh dwg seizzah song boix lai. Doengzseiz, boux baenz gvanhsinhbing youq bi ndeu dauqndaw dingzlai dwg youq ndaw seizdoeng dai bae.

Youq seizdoeng swnghhoz ndawde, fat baenz gvanhsinhbing hougoj cibfaen youqgaenj. Ndigah, boux baenz gvanhsinhbing seizdoeng wng haeujsim swnghhoz baujgen. Gidij

cosih lumj baihlaj: Daih’ it, haeujsim bauj raeuj, gaej hawj dwgliengz. Moix ngoenz yawj densi、gvangjbo, gibseiz liujgaij moix baez rumznit seizlawz daeuj daengz caeuq daeuj geijlai ngoenz, guh ndei fuengz nit bauj raeuj cosih. Boux baenz gvanhsinhbing seizdoeng guh ndei bauj raeuj cibfaen youqgaenj.

Daihngaih, “ninzringz buenq diemj cung, gvanhsinhbing siuj sam cingz”. Miz vwnzyen baudauj naeuz, moix ngoenz ninzringz buenq diemj cung beij boux mbouj ninzringz baenz gvanhsinhbing dai bae fatbinghlwd doekdaemq 30%, yenzyinh dwg caeuq mwh ninzringz hezyaz doekdaemq,

simlwd gemjmenh, hawj gyangngoenz hezyaz gauhfunguh okyienh duenh seizgan doekdaemq ndeu mizgven.

Daihsam, fuengz “mohgvej seizgan”. Swnghvuzcungh cietlwd yenzgiu byaujmingz, hwnzngoenz ndeu 24 diemj cung ndawde, gyanghaet 6 daengz 11 diemj dwg duenh seizgan fatbingh gipsingq sim saek、fwt dai cei q gaenj ndeu, deng heuhguh “mohgvej seizgan”. Neix caeuq gyauhganj sinzgingh fat angq、simlwd gyavaiq、hezyaz swng sang、ndaw ndang hauq yangj lai、hezsiujbanj comzrom demlai mizgven. Ndigah, bouxlaux baenz gvanhsinhbing haemq naek haenx, gyanghaet hwnqmbonq le

aeu daezgonq gwn yw, gyanghaet gaej anbaiz hozdung daiq lai.

Daihseiq, sam aen buenq faen cung, bauj diuzmingh bingzan. Yenzgiu byaujmingz, mbangj bingh sailwed sim uk gyanghwnz oksaeh roxnaeuz fwt dai caeuq gyanghwnz sawqmwh hwnqcong ok haexnyouh, aenndang gajbienq daiq vaiq cauhaenz yaepseiz sim uk soengq lwed mbouj gaeuq mizgven. Gyoengq conhyah genyi naeuz: Mwh gyanghwnz ndiusingj seiz, wng sien ietnonh gwnz mbonq buenq faen cung, caiq song fwngz gaemh bien congz buenq faen cung cij bae ok haexnyouh.

Lwgnyez Seizdoeng Daenj Geijlai Geu Buhvaq Habngamj

冬季宝宝穿几件衣服合适

Hawj lwgnyez daenj geijlai geu buhvaq, itbuen dwg gaengawq aenmbwn bienqvaq daeuj dem gemj, itbuen vunzhung daenj geijlai geu lwgnyez couh daenj geijlai geu, danghnaeuz vunzhung mwh mbouj doengh seiz mbouj roxnyinh nit, hix mbouj roxnyinh ndat, couh gangmingz habngamj lo, lwgnyez hix dwg yienghneix. Mbangj lwgnyez ndang mbouj daiq ndei, lumj baenz binghndokunq、ndang noix diet lwedhaw roxnaeuz bingzseiz haengj baenz dwgliengz haenx, wng beij vunzhung lai daenj geu buhvaq ndeu. Danhseih aeu haeujsim diemj ndeu dwg, lwgnyez haengj doengh、haengj guh youzheiq diuq hwnj diuq roengz seiz, aeu gaengawq cingzgvang dem gemj buhvaq, mienxndaej ok hanh daiq lai yinxhwnj baenz dwgliengz.

Gijgwn Fuengz Dwgliengz Seizdoeng

冬防感冒的食物

Ngamq haeuj seizdoeng, vunz yungzheih dwgliengz. Lajneix gaisau geij cungj fuengfap yawhfuengz dwgliengz:

- 1、Lai gwn gijgwn hamz veizswngshu A lai haenx, lumj lauxbaeg nding、byaekbohcai、namzgva、lwgmak saeknding roxnaeuz lwgmak saekhenj、bwtdaep doihduz daengj.
- 2、Lai gwn gijgwn hamz sinh lai haenx, lumj noh、doxgaiq ndaw haij、gak cungj duh、mak genq daengj.
- 3、Lai gwn gijgwn hamz veizswngshu C lai haenx, lumj gak cungj byaekheu mbaw loeg、gak cungj lwgmak daengj.

Linghvaih, dangnohgaeq、makyungz、mak genq、gyaeq、cijsoemj、daeuhfouh、byaekhom、souh daengj.

Dang Dangznae Raetngaenz:

Dwg Seizdoeng Lwgnyez Yw Gyangqhuj

冰糖银耳汤：孩子冬季天然降火药

Mwh seizdoeng yawhfuengz lwgnyez hwnjhuj, banhfap cei q ndei dwg hawj de beizyangj baenz sibgvenq gwnndoet ndei, baugvat hawj de lai gwn raemx、byaekheu caeuq lwgmak. Byaekheu caeuq lwgmak hamz miz veizswngshu A caeuq veizswngshu C lai, gawq ndaej demgiengz gij menjyizliz de, youh ndaej gibseiz boujcung raemx, fuengz de hwnjhuj. Lumj byaekhou、byaekginzcai、byaekvohswnj、ngaeux daengj, neix caemh dwg gij gwn cing huj. Danghnaeuz lwgnyez gaenq hwnjhuj, mboujfuengz aeuq di dang dangznae raetngaenz he hawj de gwn.

Linghvaih, couhcinj dwg seizdoeng, ndaw ranz hix aeu baujciz hoengheiq riuzdoeng ndei, gyangngoenz mbwn loq raeuj seiz lai hai cueng doeng rumz. Vaendoh ndaw ranz gaej ndat lai, itbuen baujciz youq 18 daengz 22 doh cei q ndei. Danghnaeuz ndaw ranz daiq hawq daiq sauj, ndaej cuengq bat raemxsaw ndeu, hawj mbaeqdoh ndaw ranz youq 55% daengz 60% couh ngamj, yiengh-neix gawq ndaej baujciz hoengheiq ndaw ranz moqsak, youh ndaej fuengz nyeznomj naengnoh caeuq nemmuk congghndaeng hawqsauj.

Fap guh dang dangznae raetngaenz: Dwk raetngaenz sauj roengz doengh aen



dajcaeng bae, caiq ndingq raemx roengz cimqceh hawj de gawhbongz.

Cimq raetngaenz gawhbongz le vez hwnj swiq seuq dwk rek cawj, cawj baez daih’ it sien coemh feizhaenq cawj goenj, caiq gaj yungh feiznumq cawj, doeklaeng dwk di cehmbu、noh maknganx roengz caez cawj buenq diemj cung baedauq.

Doeklaeng dwk dangznae (roxnaeuz dwk di gyu he, gaej dwk daiq lai), cawj yaep ndeu couh baenz gwn.

Fap Seizdoeng Ciengxhoh Naengnoh

冬季保养皮肤的方法

- 1、Yaek okdou gaxgonq, wng led di yw nyinh naengnoh ndeu, daegbied aeu led di yw hoh naengbak he.
- 2、Siuj yungh raemxndat swiq naj, ngoenz yungh raemx-ndat swiq naj baez daengz song baez couh ndaej. Siuj yungh genj

- ndaengq swiq naj.
- 3、Ciengzseiz nunaenx naengnoh fajnaj, coi lwed lae baedauq, moix aen singhgiz yungh baez daengz song baez menmoz.
- 4、Swiq naj gvaq le, led di vacanghbinj hoh naengnoh ndeu,

giz din fwngz dek haenx, led di wyyouz fuengz dek ndeu.

- 5、Lai gwn raemxgoenj, lai gwn byaekheu、lwgmak singhsien, habliengh gwn di nohgaeq、nohbya ndeu, aeu daeuj bouj raemx caeuq yingzyangj ndaw ndang.