

Gangjgangj Seizdoeng Yawhfuengz Ndaenghaenz

冬季 鼻 炎 的 防 治



Rumznit gominjsing ndaeng-haenz cujyau dwg vix hoengheiq nit yinxhwnj baenz cungj gominj

fanjying ndeu. Biujyienh dwg cung-lwed caeuq foeograemx, vunzbingh ciengz okyienh ndaengsaek、rih mug saw、ndaeng haenzswgswg、conghhoz mbouj cwxcaih, baenzae daengj.

Fap yawhfuengz:

(1) Gaej bungqdeng gij feih noengzget. Yanghsuij、vacanghbinj daengj doxgaiq rox gig nemmuk conghndaeng, wng caenhliengh gaej bungqdeng de.

(2) Ndaw ranz aeu baujiz miz dohraeuj caeuq dohmbaeq. Ndaw rug hai gunghdiuz seiz, moix ngoenz aeu hai cueng doeng rumz, hawj hoengheiq singisien haeuj ndaw rug bae, ndaw rug ndaej cuengq raemx bauj cumx, baujiz ndaw rug mbaeqdoh youq 30% doxhwnj.

(3) Baujiz seuqsak. Haet-naengz yungh raemxgyoet swiq naj, hag rox saengq ndaeng, baujiz conghndaeng seuqsak. Sien yungh cik fwngz ndeu nyaenj aen conghndaeng ndeu, lingh aen conghndaeng yaengyaeng saengq-mug okdaeuj. Leuxle vuenh lingh aen conghndaengq ciuqyiengh baenzneix guh, danhseih haeujsim gaej yunghrengq saengq.

Gyoetndat doxlwnz hix dwg aen yenzyinh yaeuhfat baenz ndaenghaenz ndeu, heiqnit dwg cauhaenz seizdoeng gominjsing ndaenghaenz cujyau yenzyinh. Ndigah, seizdoeng yaek daeuj daengz seiz, vunzraeuz engq aeu guh ndei hong fuengz nit bauj raeuj cij ndaej.

Maklaeq: Seizdoeng Bouj Mak Nyangq Nyinz

冬季 补 肾 强 筋 的 板 栗 食 疗 方

Vunz baez geq le, aenvih heiqliengz ciemhciemh nyiegdoi, mboujdanh rox gamjdaengz ndang in hwet naet、gen'ga naiq, heuj lij gojnwngz lonlat loenqdoek dem, neix couh dwg heiqliengz mbouj gaeuq lo, wnggai daj bouj mak hainduj caeux di yawhfuengz, gwn maklaeq ndip couh dwg gij banhfap ndei ndawde aen ndeu.

Ngoenznaengz haethaemh bouxcungnienz caeuq bouxlaux danghnaeuz ndaej gwn 5 daengz 10 aen maklaeq sau ndeu, couh ndaej dabdaengz yawhfuengz caeuq ceih-yw mak haw、ndang in hwet naet aen muzdiz neix lo. Danhseih boux beizheiq caeuq dungx mbouj ndei gwn maklaeq sau mbouj ndaej mauhgvaq 5 aen.

Maklaeq feih diemz singq raeuj, ndaej cau gwn roxnaeuz dumq gwn, gwn de ndaej huz dungx cangq mamx. Aeu maklaeq caeuq haeuxsuen ngauz cuk, bouxlaux caeuq lwgnyez cungj hab gwn.

Fap guh yw gwn: Maklaeq caeuq gaeqnohndaem aeuq gwn.

Yenzliuh: Aeu 10 aen maklaeq, duz gaeqmeh noh ndaem ndeu.

Guhfap: Maklaeq bok naeng aeu ngveih de bwh yungh, gaj gaeqnohndaem ciemz bwn cawz dungxsaej swiq seuq langh hawq. Dwk nohgaeqndaem caeuq maklaeq roengz guenqmeng bae, gya raemx mued gvaq nohgaeq caeuq maklaeq, caiq dwk gep hing ndip ndeu roengz le goeb fa aeu feiznumq aeuq 2



diemj cung, dwk di gyu ndeu, ceiq ndei gaej dwk veicingh gwn.

Ywyauq: Nohgaeqndaem ndaej nyinh yaem ik heiqli, caemh ndaej bouj bwt caeuq mak. Maklaeq ndaej bouj mak nyangq nyinz.

Seizdoeng Haj Cungj Genjdanh Yindung Cangq Nandang

冬季 5 种 简 单 运 动 强 身 健 体



1. **Diuqcag.** Diuqcag dwg cungj miz yangjgi yindung ceiq miz yauq ndeu, diuq 30 faen cung couh siuhauq bae 400 gaj ndat, dwg cungj genmeij yindung vunzlai haemq maij he. Diuqcag vyiengh gig lai, miz genjdanh youh miz fukcab, daegbied hab seizdoeng yindung, diuqcag yungh seizgan dinj, hauq

naengzliengh daih.

2. **Caij danci.** Caij danci hix ndaej cangq ndang, caemhcai ndaej lienh nohga caeuq hohga. Ciengzseiz caij danci, ndaej bang coi lwed lae baedauq, youh ndaej lienh hohga caeuq hohdabaeu.

3. **Bin bya.** Bin bya dwg cungj yindung depgaenh daswyenz ndeu, ndaej coi ndang vunz sup haeuj caeuq baiz ok, hix ndaej coi lwed lae baedauq, daengx ndang sangsaks, ndaej daezsang menjyizliz, daezsang rengz dingj bingh.

4. **Menhbuat.** Menhbuat dwg cungj yindung hoengqhanz ndeu, mbouj yungh douzhaeuj daiq lai, danhseih yauiy gig sang. Seizdoeng haujlai vunz lau nit gik doengh, danghnaeuz ndaej sawq menhbuat 30 faen cung, ciuqyiengh ndaej daengz cangq ndang muzdiz.

5. **Gwih max.** Gwiq max miz itdingh yungyiemj, danhseih mwh mwngz gwih sug le, doiq giengzvaq nohga gig miz ndeicawq.



Seiqdoeng Gwn Hojgoh Haeujsim Saehhangh

冬季 吃 火 锅 注 意 事 项

Hojgoh mboujdanh ndei gwn, caemhcai miz haujlai vwnzva gwnndoet neihanz youq ndawde dem.

Gwn hojgoh yienznaeuz feihdauh ndei, hoeng mwh gwn seiz aeu haeujsim veiswng, caemhcai gangj gohyoz. It dwg senj liuh dwg singisien, mienxndaej fatseng gijgwn dengdoeg; ngeih dwg gaem ndei leizfeiz, danghnaeuz gijgwn youq ndaw hojgoh goenj nanz lai, yingzyangj cwngzfw couh deng buqvaih, feih mbouj singisien; danghnaeuz raemx caengz goenj couh gwn, youh yungzheih yinxhwnj bingh conghsaej. Linghvaih, gwn hojgoh seiz gaej gwn raemxdang daiq ndat, mboujnex nemmuk conghbak caeuq saihoz yungzheih deng logsieng.

Bouxlaux Seizdoeng Hab Lai Dak Ndit

冬季 老 年 人 宜 多 晒 太 阳

Ndit seizdoeng doiq bouxlaux gengangh miz ik. Yenzgiu ndaej rox, seizdoeng bouxlaux lai ok rog bae dak ndit, mboujdanh ndaej fuengz baenz ndok soeng ndok byoiq, caemhcai ndaej gemjsiuj binghyouheiq dem.

Gij bouxlaux ciengzseiz soeg youq ndaw ranz、gig siuj ok rog bae dak ndit haenx, dingzlai dwg aenndang siuj veizswngshu D, cujyau biujyienh dwg ndang hawnyieg、fanjying ngawzngwd caeuq baenz ndok soeng ndok byoiq daengj. Conhgyah yinhnaeuz, seizdoeng gujli bouxlaux ok rog bae hozdung dak ndit, hozdung aenndang mbat ndeu, ndaej bangbouj yawhfuengz baenz ndok soeng ndok byoiq.

Yienhdaih yihoz yenzgiu nyinh-naeuz, ndit ciuq daengz gwnz ndang vunz le, rox fatseng ithaehlied sengleix bienqvaq. Lumj hungzvaisen rox hawj conghbwn sailwed mbehai, hawj lwed lae baedauq gyavaq. Youq swjvaisen cozyung lajde, lij ndaej hawj gij hwzswzsu yangjva、veisonh iemqok demlai, gij hezhungzdanbwz gai、linz、meij ndaw lwed、daengj hamzliengh hix gaenriengz swng sang.

Ndigah, seizdoeng mwh ok ndit seiz, bouxlaux wng caenhliengh ok rog bae hozdung, lai dak ndit, yienghneix doiq ndangdaej gengangh daih miz ndeicawq.