



Seizdoeng Baenzlawz Fuengzceih Dwgliengz

冬季感冒的防治

bienq baenz menhsingq cihgi' gvanj fatyiemz dem.

Fap yawhfuengz:

Yawhfuengz seizdoeng dwgliengz cawz haeujsim bauj raeuj lai lienh-ndang, baujiz ndaw ranz hoengheiq riuzdoeng le, lij aeu haeujsim baihlaj geij diemj dem:

(1) Mbouj hab gwn imq lai. Gwn byaekheu, lwgmak, nohcing, gyaec caeuq duh, noix gwn gijgwn youznywnx; lai gwn raemxgoenj, haeujsim boujcung di raemx ndeu daeuj heuz saw huqdoeg ndaw lwed.

(2) Ciengzseiz saeg denz dak denz, gyaecswiz, yungh ndit daeuj siudoeg, fuengz binghdoeg sanjlai.

(3) Ngoenznaengz yungh raemx-ndat swiq din, raemx ndat daengz nyaenxsouh ndaej couh ngamj, raemx aeu mued gvaq laengdin, cimq hawj song cik din fat hoengz, ngoenznaengz cimq din ceiq ndei mauhgvaq 15 faen cung, yienghneix ndaej yawhfuengz baenz dwgliengz.

Fap ceihyw:

(1) Habdangq yindung. Gaej nyinhnaeuz dwgliengz lo couh mbouj

haengj yindung, yindung ndaej hawj dwgliengz loq ndei di. Aeu haeujsim dwg, mwh yindung itdingh aeu bouj gwn di raemx he, fuengz ndang duetraemx.

(2) Gwn dangraemxhing. Dang-raemxhing doiq ceihyw rumznit dwgliengz yaujoj gig ndei, danhseih youz ndat yinxhwnj baenz dwgliengz cix mbouj hab gwn dangraemxhing. Cawj dangraemxhing gig genjdanh, couhdwg cunjbei di hing caeuq coengbieg ndeu, gya vanj raemx he cawj goenj le dwk dangznding roengz bae, yungzvaq couh baenz gwn.

(3) Doiq fwindat sup heiq. Ndingq aeu boi raemxgoenj he ma, doq iet ndaeng gvaq gwnz bakboi bae sup fwindat, cigdaengz raemx ndaw boi mbouj miz fwindat cij dingz, doeklaeng ndingq raemx bae le caiq vuenh aeu boi raemxgoenj ndeu ma sup, genhciz moix ngoenz sup geij baez, ndaej gemjsiuj ndaengsaek.

Seizdoeng Vunzbaz Sim Gitgaz Baenzlawz Guh

女性冬季心情抑郁怎么办?

Seizdoeng vunzbaz yungzheih fatseng sim gitgaz, gij vunzbaz 20 daengz 30 bi gaenq gezvwnh caeuq 50 bi doxhwnj, daegbied dwg boux mbouj gangj mbouj damz, luenh siengj luenh ngeiz, gyahdingz vunzbaz gamjcingz byoiqbyet wnggai daegbied siujsim gijneix.

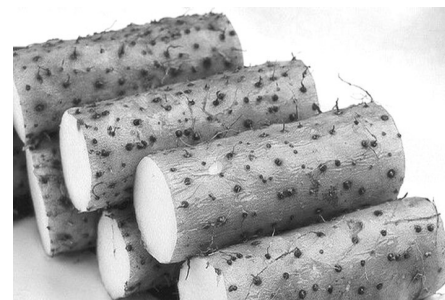
Seizdoeng baez fatseng sim gitgaz, bouxvunz yungzheih ndang naiq, doiq gunghcoz mbouj miz saemqsim. Daegbied dwg boux saedceij gvaq ndaej mbouj swnhsim, guh saeh mbouj baenz haenx, yungzheih laghoz dai.

Gij vunz yungzheih fatseng sim gitgaz moix daengz seiznit, cingsaenz cangdai mbouj ndei, yungzheih siengsim, youheiq, sim-

nyap, cuyiliz nanz cizcungh, gamj-daengz seiqgyaiq fwzrikrik, mbouj miz vuedlig. Gyoengq vunz neix daegbied haengj ninz, fangzhwnz loq lai, ninz mbouj ndei, ndiusingj le ndangndok naet, gwn noix, haengj ndoj youq ranz, vunz mbouj haengj doengh, yungzheih bienq biz.

Vih fuengz seizdoeng fatseng cungj saeh neix, ceiq ndei dwg lai okrog bae dak ndit, gaenx guh hozdung. Doengxngoenz gaenx hai cueng, hawj hoengheiq riuzdoeng. Lai dingq yinhyoz, lai camgya vwnzdij hozdung. Lai caeuq baengzyoux gangjvah, doeg gij saw gengangh, cizgiz haenx, hawj cingzsi caeuq swhveiz vued hwnjdaeu. Louzsim gyagiengz yingzyangj,

gaijbienq gwnndoet gezgou, habdangq lai gwn di gijgwn hamz ndat, doiq uk ndei caeuq mak, byaek singsien he. Noix gwn di gijgwn mba lai haenx, gwn haeux mbouj ndaej gwn imq lai. Ciuqseiz yietnaiq ninz ndei ninz gaeuq.



Seizdoeng Gwn Maenzcienz Ndei Gvaq Gwn Ywbouj

冬季吃山药 胜过吃补药

Maenzcienz yingzyangj cwngz-fwn lai, lij hamz miz danbwz, anghihsonh, dohfwah yangjvameiz daengj yingzyangj cwngzfwah dem, gwn de ndaej demgiengz ndang vunz menjyizliz.

Maenzcienz ywyungh gyaciz gig sang. Cunghyiz nyinhnaeuz, maenzcienz singq diemz, fouz doeg, ndaej bouj dungx ik mak, ciengx bwt, dingz siq, dingz raemxhanh, dwg gij yw ndei gwn bouj.

Hab gij vunz gwn: Gij vunz siengj seizdoeng gwn bouj, lwgsau dajsuenq gemjbiz, mehmbwk din fwngz gyoet, boux veibing fukfat, bouxlaux yungzheih baenz dwgliengz, boux baenz dungxraeng, mehmbwk bouxsai baenz makhaw, boux bwthaw baenzae, bouxlaux sailwed sim uk miz bingh, nyeznomj dungxsiq.

Daegbied daezsingj: Maenzcienz hamz mba lai, boux baenz aek ciengq, haex ndongj haex sau, boux baenz haexgaz ceiq ndei noix gwn. Maenzcienz dwg ywbouj, vandiempz caemhcai bien ndat, boux yungzheih hwnjhuj wng noix gwn. Boux baenz binghnyouhdangz baez dog mbouj ndaej gwn daiq lai, mboujnex doiq hezdangz miz itdingh yingjyangj. Linghvaih, boux siuvaqsingq biux naeuh caeuq boux baenz daep ndongj, siengj gwn wng yungh naengj, aeuq daengj fuengfap daeuj gwn, geih ciencauj gwn. Boux conghsaej mbouj ndei gwn maenzcienz seiz, gaej doengzseiz gwn siusuhdaj. Bouxsai cenzlezsen baenzaiz, mehmbwk baenz yujsenyenz mbouj hab gwn.

Ngoenznaengz Siujdungcoz Ndaej Fuengz Binghsailwed Sim Uk

日常小动作能防心脑血管病



Aj haep bak. Ndaejhoengq seiz, ciengzseiz guh aj haepbak yindung, bak aj dwk ceiq gvangq, doengzseiz guh diemheiq laeg, haepbak seiz diem heiq okdaeu. Baenzneix laebdaeb guh 30 baez. Aj bak gvangq caeuq haepbak, doenggvaq sinzgingh fajnaj fanjse gig aen' uk, ndaej gaijndei lwed ndaw uk lae baedauq, demgiengz danzsingq sailwed aen' uk, mizleih yawhfuengz mauhfung caeuq bouxlaux fatngawz.

Gaenx doengh din. Dabaeu faenbous miz sailinzbah, sailwed, sinzgingh daengj cujiz youqgaenj, gawq dwg giz congghbak cikdin lwed riuzdoengh youqgaenj he,

youh dwg giz gyaudoeng lienzhaeh aenndang caeuq cikdin ndeu. Dabaeu unqdup miz danzsingq, ndaej bangcoh lwed megcingx dauq lae haeuj simdaeuz, fanj gvaqdaeu, danghnaeuz dabaeu lauxvaq gengndongj, yungzheih hawj lwed lae dauq sim deng gaz, simdaeuz fudanh couh gyanaek.

Vihneix, ngoenznaengz caeu di seizgan ndeu daeuj guh hohdaeuz dabaeu yindung, ndaej vanjgaij hezyaz sang, lij ndaej coicaenh daengx ndang lwed lae baedauq, demgya lwed lae dauq simdaeuz, daj neix ndaej daengz baujhoh simdaeuz, yawhfuengz mauhfung cozyung.