

# Seizdoeng Ciengx Uk Hoh Uk Caeuq Re Bingh Ciengzrox

## 冬季养脑护脑和防病常识

Seizdoeng dwg aen geiqciet sailwed aen' uk yungzheih fatbingh ndeu, sailwed ndang vunz sousuk, hezyaz swng sang, sailwed aen' uk mboujdanh yungzheih fukfat, mbangj boux caengz fat gvaq cungj bingh neix hix rox fatbingh lo. Sanghaiz Vangz Gveisungh bozsw vixok, aeu baujcwnng gihnwngz aen' uk fazveih ndaej cingqciengz, seizdoeng ciengx uk hoh uk ceiq youqgaenj.

### 1、Bingh'uk Fatbingh Vaiq-riengj Fwt Dai Lai

Seizdoeng givwnh raemhrwnh doekdaemq, sailwed deng gaz hezyaz swng sang, sim uk fudanh gynaek, uk ok lwed gihvei couh lai. Deng nit gig le cenhveiz danbwzyenz ndaw lwed swng sang, lwed daiq gwd seiz, yungzheih yinxfat baenz noix lwed mauhfung.

Aenvih sailwed bingh'uk raemhrwnh fat, yungzheih fwt dai,

mbangj boux fatbingh gaxgonq mbouj raen miz maz binghyiengh, ciengz dwg youq mwh guhhong roxnaeuz hozdung seiz sawqmwh gamjdaengz seiq gen ga naetnaiq, gyaеuј in gyaеuј ngunh daengj, ndigah vunzbingh aeu ciuqseiz gwn yw, haeujsim ciengx uk hoh uk.

### 2、Gwn Daenj Youq Byaij Boiqhab Hoh Uk

Mienx deng nit gig, daegbied dwg gij lwgnyez caeuq bouxlaux ndang nyieg haenx. Mwh ndaw ranz haemq raeuј seiz ndaej habdangq gemjsiuј buhvaq, danhseih ndaw ranz rog ranz vwnhdu doxca mbouj ndaej hung lai. Danghnaeuz vwnhdu doxca daih, couh yungzheih yinxhwnj sailwed sousuk caeuq mbehai goengnaengz saetdiuz, yaeuhfat baenz sailwed aen' uk oksaeh.

Youq gwnndoet fuengmienh,

aeu lai gwn raemx caeuq byaekheu、lwgmak daeuј bouј raemx caeuq veizswnghsu, lai gwn di nohcing、nohgaeq、nohbya、cij caeuq gijgwn aeu duh guh baenz haenx, noix gwn gijgwn youz nywnx, gimq laeuј gaiq ien, gwnndoet aeu damh、lauz noix、dangjucunz noix. Doengzseiz aeu lai ok rog ranz bae guh di lienhdang he, hoeng aeu gaengawq ndangrengz swhgeij daeuј dingh, ceiq ndei gaeј guh yindung haenq lai.

### 3、Boux Baenz Binghmenh-singq Aeu Haeujsim Onjdingh Cingzsi

Boux hezyaz sang aeu ciengz-seiz gwn ywgyangqyaz daeuј veizciz. Boux baenz dangzniubing aeu gamhanh hezdangz youq cingq-ciengz suiјbingz; gij vunz uk miz bingh wng youq canghyw sonyinx lajde ciuqseiz、ciuqliengh gveiһfan gwn yw.



## Seizdoeng Conghhoz In Baenzlawz Fuengzceih

### 冬季咽炎的防治方法

Conghhoz in ciengz raen dwg conghhoz haenzswg、conghhoz sauј、ndwnj doxgaiq gamjdaengz insep, lumј miz doxgaiq gaz youq nei, youqgaenj seiz diemheiq sinhoј、nemmuek ndaw conghhoz fatyiemz, ndaw hoz miz muekmbang roxnaeuz ok nong、fatndat, gwnz hoz okyienh linzbahsen gawhhung daengj yienhsiengq.

#### Fap yawhfuengz miz:

(1) Haeujsim bonjndang veiswngh, gyanghaemh aeu raemxgyu cit riengx bak, riengx le caiq gwn boi raemxgyu cit ndeu, yienghneix ndaej hawj conghhoz seuqsak dumznyinh, yawh-fuengz nengzbingh ganjyenj.

(2) Gaiq ien gimq laeuј. Ien ndaej gyangqdaemq fangzyi goengnaengz aenbwt, ndoet laeuј ndaej seng caep cwк myaiz, song yiengh neix doiq fuengzceih saiһoz baenzbingh fouz leih.

(3) Lai gwn gijgwn yungzheih siuvaq he. Bouј gwn di gijgwn sangiset siu huj caeuq gijgwn unqoiq raemx lai he, lumј makgam、makbohloz、oij、makgyamј、makleizbit、makbingzgoј daengj, roxnaeuz lai gwn raemx caeuq gwn yinjliu cingliengz. Geih cit ien caeuq ndoet laeuј, gaeј gwn sojmiz gijgwn manhget.

#### Fap ceihyw:

Aeu ganhcauј roxnaeuz vagim-ngaenz cimq raemx dang caz gwn, yw conghhoz in daegbied miz yaugoј. Mbouјgvaq, boux caep saek ndaw imq、boux rueg ok caeuq boux foegraemx aen imq geih gwn ganhcauј. Boux ndang haw caeuq mehmbwk geiz dawzsaeg mbouј hab gwn vagimngaenz.



1. Raemxgyu hing yw din haeu. Dwk di gyu caeuq geij gep hing roengz raemx bae hai feiz cawј goenj, langh raeuјremh seiz cuengq din roengzbae cimq swiq geij faen cung, mbouјdanh ndaej cawz din haeu, lij gamjdaengz din gig soengset, caemh ndaej siucawz naetnaiq.

2. Meiqhau yw din haeu. Boux baenz din haeu, ndaej aeu faiqmienz yub aeu meiqhau led gizde, gawq ndaej siu haenz youh ndaej gaj nengz, miz lot di naeng he, led baez ndeu dingj ndaej byongh ndwen, caiq haeu caiq led.

3. Raemx vaceu gyu yw din haeu. Aeu 10 gwz vaceu, 20 gwz gyu, dwk raemx cawј goenj, langh

## Gaisau Geij Cungj Banhfap Yw Din Haeu

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raeuјremh seiz moix haemh cimq swiq 20 faen cung, laebdaeb cimq swiq aen singhgiz he couh ndeidingh. Gij raemx neix yungh gvaq le, ngoenz daihngeih caiq cawј goenj laebdaeb yungh. Boux din gaenq biux naeuh yungh seiz aeu siujsim di.

#### 4. Meiqhaeux yw din haeu.

Aeu gaen meiqhaeux ndeu ndingq roengz bat bae cimq din roxnaeuz swiq din, ngoenz 2 baez, moix baez daih'iek 1 diemj cung, boux baenz mbaeu 4 ngoenz couh ndeidingh.

#### 5. Gyaеuјsuenq yw din haeu.

Aeu 2 aen gyaеuјsuenq, bok naeng dwk roengz buenq gaen raemxmeiq bae cimq 3 ngoenz le aeu gyaеuј-suenq cat gizde, ngoenz 3 baez, lienз cat 7 daengz 10 ngoenz, ndaej siu haenz caeuq gaj dai sigin.

6. Lauxbaeg hau siu din haeu. Aeu buenq aen lauxbaeg hau ma cab baenz gaiq mbang, dwk rek gya raemx feizhaenq cawј goenj 3

faen cung, caiq gaiј yungh feiznumq cawј 5 faen cung, ndingq roengz bat bae caj raeuјremh seiz fanfoek swiq din, lienз swiq geij baez.

7. Raemx duhhenj yw din haeu. Aeu 150 gwz duhhenj, 1 goenggaen raemxsaw, feiznumq cawј 20 faen cung, langh raeuјremh seiz cimq din, itbuen cimq 3 daengz 4 ngoenz couh ndeidingh.

#### 8. Laeuјbizciuј yw din haeu.

Ndingq laeuјbizciuј roengz bat bae, mbouј yungh heuz raemxsaw, cuengq din roengz cimq 20 faen cung caiq dwk raemx cungswiq gvaq. Moix singhgiz guh 1 daengz 2 baez.

#### 9. Byaekgep yw din haeu.

Aeu 250 gwz byaekgep ronq mienз dwk bat, dwk raemxgoenj roengz, langh raeuјremh seiz dwk din roengz cimq buenq diemj cung. Raemx aeu mued gvaq najdin, ndaej doengzseiz song ga nucat. Gvaq aen singhgiz he caiq swiq baez ndeu, yaugoј gig ndei.

**Ndokhoz naet:** Ndok duз-yiengz(ndip roxnaeuz cawј gvaq cungj ndaej) 2 liengx, dub soiқ cauј henj, dwk roengz gaen laeuјhau ndeu bae cimq, gvaq 3 ngoenz le dawz daeuј led ndokhoz, ngoenz 3 baez, itbuen mbouј gvaq byongh ndwen couh ndeidingh.

**Ga caeugaen:** Aeu liengx mak-nengznuengx ndeu, dwk vanј raemx he baek dang baez dog gwn liux, ngoenz 2 baez, 5 ngoenz ndeidingh.

**Gen ga mazmwnh:** Aeu liengx nyinz seigva geq ndeu, dwk vanј raemx ndeu baek dang baez dog gwn liux, ngoenz 2 baez, laebdaeb gwn aen singhgiz he, miz daegbied yaugoј.

**Baezhangx rog ndaw:** Moix ngoenz aeu duз saenaz hung ndeu, mbek fa' goemq bae, dwk cienз naegep he roengzbae, gvaq 5 faen cung le yub aeu raemx de led giz baezhangx, ngoenz 2 baez, led aen

singhgiz ndeu ndeidingh. Geih gwn laeuј caeuq huqmanh.

**Goekeiq haeu:** Aeu hozceu caeuq vaceu gak 50 naed ngenз baenz mwnh, caiq dwk 2 cienз naegep, dwk wyyungh ciuјcingh heuz yinz, moix ngoenz aeu di ndeu led goekeiq caemhcaiқ yungh baengzgyau nem ndei, moix ngoenz vuenh baez he, lienз yungh byongh ndwen couh ndeidingh.

**Bak mbeuј da ngeng:** Aeu lwed byalae led fajnaj, mbeuј coh baiһswix couh led baiһswix, caemhcaiқ yungh angјfwngz daj swix yiengq gvaz fanfoek mad gvaqbae, moix baez 2 faen cung, ngoenz 2 baez, mbeuј coh baiһgvaz couh fanј mad, lienз guh samseiқ ngoenz couh ndei dauq.

**Gywnј conh:** Moix baez aeu buenq gaen byaekgep, dwk 2 gaen raemx baek goenj swiq conghhaex,

ngoenz 2 baez, lienз swiq 3 ngoenz.

**Doekswiz:** Aeu raemx byaekgep gya' ndat led ndokhoz, ngoenz cat caetbet baez, led 2 daengz 3 ngoenz couh ndei.

**Gaiq ien:** Aeu liengx gaeu namzgva sauј ndeu, baek vanј raemx he gya dangznding baez dog gwn liux, ngoenz gwn 3 baez, gvaq aen singhgiz ndeu le couh mbouј siengj cit ien lo.

**Gimq laeuј:** Aeu duз byalae lix ndeu, dwk roengz laeuјhau bae cimq 2 ngoenz le gwn gij laeuј neix, moix baez gwn 1 daengz 2 liengx, ngoenz gwn 3 baez, gwn laeuј liux gvaqlaeng couh caiq hix mbouј siengj ndoet laeuј.

**Ndoet laeuј mbouј fiz:** Aeu cienз raggaeugat ndeu, caengz ndoet laeuј gaxgonq cimq boi raemxgoenj he gwn caiq ndoet laeuј, ndaej geј ciuјcingh, baenzlawz ndoet cungj mbouј fiz.

## Danyw Iq

### 小 验 方

**Hohndok in、mbaq naet:** Aeu gaen gyumienз ndeu dwk rek cauј ndat, caiq dwk ragcoeng、hingndip gak 3 cienз, itheij aeu baengz suek ndei, swnh ndat baeng gizin giznaet daengz gyu liengz; ngoenz baez, laebdaeb baeng aen singhgiz he, ndaej siu fung giep caep.

**Hwet sieng:** Aeu liengx mbaw-ngaih ndeu, byuk baeu 1 liengx cauј henj, dwk roengz gaen laeuјhau ndeu bae cimq, gvaq 3 ngoenz dawz daeuј cat aenhwet, ngoenz 2 daengz 3 baez, cat 7 daengz 10 ngoenz couh ndeidingh.