

Hing Dwg Gijgwn Seizdoeng Ciengx Ndang Ciengz Yung

生姜是冬季养生常用食物



Bouxlaux ciengz gangj: Doeng gwn lauxbaeg hah gwn hing. Gizsaed, hing hix dwg gijgwn ndaw swnghhoz seizdoeng ciengx ndang siuj mbouj ndaej ndawde cungj ndeu. Cunghyih nyinhnaeuz, hing ndaej raeuj ndaw dingz rueg, gaij biuj sanq caep. Yienhdaih yozlij yenzgiu nyinhnaeuz, ndaw hing hix miz gij huq gaj nengz doenghgo, gij gaj nengz cozyung de mbouj beij coeng caeuq suenq yaez. Gij manh ndaw hing ndaej gig raemxdungx iemqok, caemh ndaej coi siuvaq; ndawde hamz vei hfazyouz haemq lai, ndaej hanhhaed ndang vunz supsou danjgucunz, fuengz daep caeuq lwed romcwk danjgucunz.

Seizdoeng haetcaeux habdangq gwn di hing ndeu, ndaej gyoepeanq nitgyoet, yawhfuengz

dwgliengz. Haeuj daengz gyanghaemh, heiqyiengz ndang vunz sousuk, heiqyaem hainduj hoenghvuengh, ndigah, wng lai gwn di gijgwn cing ndat, siu heiq siu gwn ndeu, yienghneix mizleih gyanghwnz yietnaiq, lumj lauxbaeg daengj.

Gyanghaet gwn hing miz haujlai fuengsik, ndaej cawj dang gwn, hix ndaej dwk begdangz iep gwn roxnaeuz dwk roengz byaek cau j gwn.

Daih' it, gyanghaet hwnqdaej hamz hing gep: Haetnaengz hwnqmbonq le, sien gwn boi raemxgoenj ndeu, doeklaeng gvet naeng hing ronq baenz gep mbang, cuengq 4 daengz 5 gep roengz raemxgoenj bae log yaep ndeu le dwk haeuj bak bae hamz 10 daengz 30 faen cung caiq menhmenh nyaij gwn menhmenh ndwnj. Ciengzseiz genhciz, ndaej yawhfuengz baenz dwgliengz.

Daihngieh, gwn dang makcauj hing: Haetnaengz au 10 aen makcauj, 5 gep hingndip, di dangznding ndeu, baek raemx dang caz gwn, ngoenz baez, daegbied hab boux seizdoeng din fwngz gyoet gwn. Aeu gangjmingz dwg, hing dwg loq raeuj, gwn daiq lai rox sieng yaem hoengh yiengz, boux yaem haw huj hoengh mbouj hab gwn lai.

Daegbied daezsingj dwg, ciengeiz gaej gwn hing naeuh, gwn de rox yaehfat daep baenzaiz caeuq saihoz baenzaiz.



Seizdoeng Gwn Cuk Cangq Mamx Youh Giep Nit

冬季吃粥健脾驱寒

Seizdoeng mbwn nit, gyanghaet gwn vanj cuk ndat ndeu, gawq ndaej raeuj dungx, youh ndaej giep nit. Gwn cuk yungzheih deng aenndang supsou, gibseiz bouj hawj rengzndang. Danghnaeuz rox gohyoz dapboiq gwn di doxgaiq wng dem, ciengx ndang yaugoj engq ndei.

Aenvih cuk hamz raemx lai, bingzseiz lai gwn cuk, cawz ndaej hawj dungx imq dingj iek le, lij ndaej bouj raemx hawj aenndang dem, hix ndaej fuengz haexgaz; doengzyiengh dauhleix, de doiq boux dungxsaej haemq nyieg, gij bouxlaux caeuq lwgnyez yungzheih baenz haexgaz hix miz ywyauq.

Seizdoeng Baenzlawz Fuengz-ceih Bingh Sailwed Sim

冬季心血管疾病的防治

Seizdoeng ciengz fatseng sim sailwed baenzbingh, lumj simsaek daengj.

Doengh cungj vunz lawz yungzheih ndaej cungj bingh neix ne? Cujyau dwg bouxcungnienz, bouxlaux, vunz ndawsingz gwn gij huq youznywnx lai yindung noix haenx.

Fap fuengzceih:

(1) Haeujsim bauj raeuj, habdangq yindung. Boux simdaeuz mbouj ndei ceiq ndei caj daengngoenz okdaeuj caiq okbae yindung, ceiq ndei dwg youzbyaij, menhbuet, dwk daigizgenz daengj yindung mbouj daiq haenq haenx.

(2) Habdangq gwn bouj. Haujlai vunz miz aen sibgvenq youq seizdoeng gwn bouj he, danhseih aenvih seizdoeng yindung noix, danghnaeuz daihliengh gwn bouj gijgwn ndat, dauqfanj yinxhwnj hezcij swng sang, miz gojnwngz rox fatseng sim sailwed loeklak.

(3) Menhmenh gaiq ien. Yenngenh ndaw ien rox hawj vunz sim diuq gyavaig, hezyaz swng sang, aensim hauq yangigi lai, ndoet laeuj gvaqbouh rox hawj rengz aensim sousuk doekdaemq. Ndigah, boux sim sailwed miz bingh au yiemzgek gaiq ien gimq laeuj, fuengz demgya simdaeuz fudanh yinxhwnj simlwd saetciengz, daengzlaeng baenz doenghmeg giet ndongj.

(4) Lai gwn gijgwn baujhoh sim sailwed he. Lumj cijvaiz, nohbya, byaekginzcai, haeuxyangz daengj.

(5) Dinghgeiz genjcaz. Boux sim sailwed miz bingh au ciuqseiz gwn yw, mbouj ndaej raemhrwnh gemj yw roxnaeuz dingz yw.



Seizdoeng Lai Gwn Haij Dai Yawhfuengz Dinfwngz Gyoetgyang

冬季多吃海带预防手脚冰冷

Bouxvunz lau nit dwg aenvih caeuq ndang vunz sup haeuj mbangj gyangvuzciz noix mizgven. Lumj gai youq ndaw ndang vunz lainoix ndaej cigciep yingyangj daengz aensim, sailwed caeuq noh hoetsuk caeuq fatangq; ndaw lwed noix diet couh yinxhwnj baenz noix diet lwedhaw, ciengz biujyienh dwg ndaw ndang siuj ndat, ndangraeuj daemq daengj yienghsiengq.

Ndigah, bouj gwn gijgwn hamz gai caeuq diet lai he ndaej hawj aenndang lai dingj nit. Gyoengq gohyozgyah fatyienh, moix 100 gwz haijdai hamz miz 1177 hauzgwz gai, 150 hauzgwz diet. Vihneix, haijdai doiq lwgnyez caeuq bouxlaux, mehmbwk baujgen miz cozyung youqgaenj.

Haijdai hamz denj lai, denj ndaej coi gyazcang sensu iemqok, doengzseiz ndaej canjseng ndat. Ndaw gij raemx gyazcang sensu ndang vunz iemqok haenx miz cungj huq ndeu heuhguh gyazcang sensu, ndaej gyavaig haujlai



cujciz sibauh ndaw ndang yangjva, hawj aenndang lai canj ndat okdaeuj, lwed naengnoh lae vaiq, yienghneix couh ndaej dingj nit dingj gyoet lo. Itbuen vunzhung au miz veizlieng yenzsu——denj dwg 150 veizgwz baedauq, 100 gwz haijdai ndawde couh hamz miz 240 hauzgwz denj lo.

Boux Sai Seizdoeng Aeu Gwn Seiq Cungj Doxgaiq

男人冬季要多吃四种美食

1、Cazloeg. Cazloeg ndaej fuengzceih gak cungj aizcwng, lumj dungx baenzaiz, saihoz baenzaiz, daep baenzaiz caeuq naengnoh baenzaiz daengj; linghvaih, au cazloeg daeuj riengx bak, mboujdanh ndaej fuengz non dwk heuj, lij ndaej yawhfuengz simdaeuz baenzbingh dem.

2、Byasamfaenz. Ndaw noh byasamfaenz hamz miz cihfangzsonh, cungj huq neix ndaej mizyauq dwk fuengzceih sailwed saekdimz, hix ndaej yawhfuengz aen' uk lauxvaq, lumj bouxlaux baenz binghngawz daengj; linghvaih, de lij ndaej gyangqdaemq danjgucunz dem.

3、Byaekbohcai. Ndaw byaekbohcai hamz

miz daihliengh diet caeuq yezsonh, ndaej fuengzceih sailwed baenzbingh caeuq simdaeuz baenzbingh; byaekbohcai ndat noix, ndaej baujhoh siliz.

4、Vasaelamz. Ndaw vasaelamz hamz miz huzlauxbaeg doxgaiq caeuq veizdahming C gig lai; ndaej hawj vunz noix baenz gak cungj aizcwng, lumj aencij baenzaiz, saejgyoenj baenzaiz, aendungx baenzaiz daengj.

Boux sai youq seizdoeng wnggai lai gwn seiq cungj gijgwn gwnzneix, aenvih geij cungj gijgwn neix ndaej bangbouj yingyangj hawj ndang vunz, lij ndaej yawhfuengz gak cungj bingh dem.