

Seizdoeng Haj Cungj Dang Bang Mwnghz Fuengzbingh Ywbingh

冬季五款汤帮你防病治病

Dangnohcwz. Ndaw nohcwz hamz miz daihliengh veizswnghsu B6, ndaej hawj ndang vunz lai dingj ndaej bingh, coi habbaenz danbwzciz caeuq sup haeuj baiz ok. Danghnaeuz ronq nohcwz cawj dang caemhcaiq dwk di makyungz he gwn, cungj dang neix mboujdanb bauhamz haujlai yingzyangj ndaw nohcwz, lij dem miz gij hoengz makyungz, gojsonh ndaej hawj nyinzsei nohcwz bienq unq, yingzyangj engq lai.

Dangndok. Gij yingzyangj cwnghzfnw caeuq gyauhyenz danbwz ndaw ndok ndaej coi ndang vunz lwed loq lae baedauq, doengh boux 50 daengz 59 bi goetndok lauxvaq ceiq vaiq, lai gwn di dangndok he ndaej yawhfuengz caeuq gamhanh goetndok lauxvaq, doiq doiceiz

nyieglax miz itdingh bangcoh.

Dangnohbya. Ndaw dangnohbya miz cungj cihfangzsonh daegbied ndeu, ndaej dingj humzhaenz, ndaej bangbouj ceihyw saihoz haenz, yawhfuengz baenz binghae'ngab, doiq binghae'ngab lwnyez daegbied miz yaugoj.

Dangnohgaeq. Ndaw dangnohgaeq daegbied dwg gij yingzyangj cwnghzfnw danggaeqmeh, ndaej gyavaiq congghoz caeuq cihgi' gvanj lwed lae baedauq, hawj raemxniu lai iemqok, gibseiz cingcawz binghdoeg ndaw saihoz, vaijgaj aenvih dwgliengz yinxhwnj baenzae caeuq congghoz sau, congghoz in daengj bingh. Aeuq dangnohgaeq seiz, ndaej gya dwk di haijdai, raetrang ndeu, yienghneix baujgen yaugoj engq ndei.

Dangdaezmou. Ndaw dangdaezmou hamz miz gyauhyenz danbwz ceiq lai, ciengz gwn cungj dang neix ndaej meijyungz ciengx noh. Danhseih aeu daezsingj dwg, aeuq dangdaezmou seiz ceiq ndei dwk di byaekheu he, lumj ngaeux, byaekyouzcai daengj, yienghneix ndaej hawj raemxdang mbouj nywnx, byaekheu lij ndaej coi siuvaq.

Danghnaeuz youq seizdoeng mbouj yawjnaek gwn bouj caeuq baujgen, menjyizliz aenndang couh doekdaemq, caiq gyahwnj mbouj bae cizgiz guh yindung dem, mbangj bingh couh rox ciemq haeuj ndang bae. Ndigah, wng haeujsim yawjnaek gengangh gwnndoet, gohyoz bae senj gwn mbangj yingzyangj doxgaiq ndeu.



Bouxlaux Gwn Haeux Sat Baenzlawz Ciengx Ndang 老年人的饭后养生之道

Riengx bak. Baujciz congghak dumzmbaeq caeuq seuqcingh, yienghneix ndaej gig goekfeih najlinx, demgiengz feihbak goengnaengz, mizyauq dwk bae fuengzceih congghak caeuq diuzheuj baenzbingh, caemhcaiq ndaej bangcoh siuvaq.

Naenx dungx. Angjfwngz dep haeuj naengdungx bae, aeu saejndw guh cungsim, menhmenh swnh seizcim caeuq fanj seizcim naenx naengdungx gak 20 hop.

Menhbyaij. Gwn haeux sat menhbyaij, ndaej coicaenh dungxsaej noddongh, bangcoh raemxsiuvaq dungxsaej iemqok caeuq siuvaq supsou gijgwn, danhseih mbouj ndaej byaij vaiq, hix mbouj ndaej guh yindung haenq. Wng youq gwn haeux sat 20 faen cung baedauq caiq bae menhbyaij, gaej gwn haeux sat doq sikhaek bae. Boux ndang yaez caeuq boux baenz dungx doekduiq gwn haeux sat mbouj hab bae menhbyaij, wnggai ninzbingz 10 faen cung. Boux sailwed sim uk miz bingh hix mbouj hab bae menhbyaij.

Dingq yinhyoz. Gwn haeux seiz dingq di yinhyoz ndeu, ndaej hawj vunz sek dungx caemhcaiq mizleih siuvaq. Gwn haeux sat dingq yinhyoz, ndaej hawj vunz simcingz vaiqvued, angqyangz.

Seizdoeng Habliengh Gwn Laeujmakit Ndeicawq Lai 冬季适饮葡萄酒好处多

Daih' it, seizdoeng habliengh gwn di laeujmakit he ndaej bang fuengzceih bingh sailwed sim. Seizdoeng mbwn nit, sailwed ndang vunz yinhsoengq deng gaz, hezyaz hix gaenriengz swng sang, boux baenz hezyaz sang caeuq boux baenz binghsimdaez demlai. Ndaw laeujmakit hamz miz gak loih gvangvuzciz caeuq lai cungj veizswnghsu, ndaej gyangqdaemq danjgucunz hamzliengh ndaw ndang, hawj ndang vunz mizyauq dwk bae yawhfuengz baenz

bingh sim sailwed.

Daihngaih, ndaej bangcoh fuengzceih baenz dwgliengz. Seizdoeng mbwn hawqsauj caemhcaiq nitgyoet, haujlai vunz yungzheih baenz siengfung dwgliengz. Ndaw laeujmakit daegbied dwg laeujnding hamz miz daihliengh dohfwnh doxgaiq caeuq veizswnghsu, ndaej bang vunzraez dingj binghdoeg dwgliengz, daezsang menjyizliz.

Daihsam, ndaej bang vunzraez baujhoh dungxsaej. Seizdoeng

mbwn nit, ndang vunz yungzheih cauhaenz heiqliengz hawnyieg caeuq beizheiq hawcaep, ndaw laeujmakit hamz danhningz lai, ndaej diuzcez gij goengnaengz gezcangz (结肠), baujhoh dungxsaej.

Laeujmakit yienznaeuz ndei gwn, danhseih lwnyez, boux daep miz bingh, mehdaiqndang, boux dungx miz bingh mbouj hab gwn, mboujnex aendungx deng gig le bingh engq haeuj naek.

Seizdoeng Baenzlawz Fuengz Naengnoh Humzhaenz 冬季如何避免皮肤瘙痒

Seizdoeng baenzlawz fuengz naengnoh humzhaenz ne? Ndaej daj baihlaj geij fuengmienh bae guh:

1、Aenvih seizdoeng mbwn nit, ndang vunz noix ok hanh, gaej yungh caemxdang daiq lai, moix singhgiz caemx baez ndeu couh ngamj. Caemxdang fuengsik wnggai dwg rwed caemx ceiq ndei, gaej cimq roengz bat bae caemx, raemx hix gaej ndat lai.

2、Caemxdang seiz gaej yungh gij genj daiq ndaengq(daegbied dwg gij vunz naengnoh hawqsauj haenx), naengh itdingh aeu yungh genj ndaengq, ceiq ndei senj yungh gij genjhom cunghsing, cizlieng haemq ndei haenx. Caemx le sikhaek led di youzcij ndeu, gemjsiuj raemx ndaw ndang fwifat.

3、Gaej daenj gij buhvaq bwnnyungz caeuq cocauq, hawj naengnoh noix deng gig, buhvaq aeu senj cawx gij aeu faiq daeuj guh,



cizlieng saeqnaeh youh gvangq unq haenx.

4、Haeujsim ndaw ranz ndaw rug gya cumx, daegbied dwg boux youq laeuzsang engq aeu haeujsim di neix. Lai gwn raemx, moix ngoenz gwn 2 swng raemx daeuj nyinh naengnoh.

5、Habliengh gwn di gijgwn youzlauz lai ndeu, siuj gwn laeuj caeuq siuj gwn gijgwn manhget, lai gwn di byaekheu caeuq lwmak ndeu.

Seizdoeng Lwgnyez Gwn Bouj Fuengfap 儿童冬季进补方法

Haeuj laebdoeng le faex nywj reuqroz lo, cien non fanh roeg cungj ninzdoeng, heiqliengz bouxvunz caem youq, heiqaem hoenghvuengh, baenzneix, gij lwnyez bingh lai ndang nyieg haenx wnggai baenzlawz gwn bouj ne?

1、Cawjranz gaej laepda hawj lwgnyez gwn bouj. Itbuen daeuj gangj, cawjranz mbouj daiq rox gij cihsiz gwn bouj, roxnaeuz ngamq rox di ndeu, dingq bouxwnq gaisau le, roxnaeuz luenh saenq meizdij gvangjgau luenh gangj, couh bae cawx baujgen sizbinj, yingzyangj doxgaiq caeuq gij yw hamz miz veizswnghsu gvangvuzciz daeuj hawj lwgnyez gwn bouj, doeklaeng cij hawj bohmeht saetmuengh ndwi, mbangj lij miz fucozyung dem. Mbangj huqbouj lumj funghvangzcanh hamz miz itdingh soqliengh gizsu, lwgnyez gwn le baenz singq caeux cug. Mbangj yingzyangj baujgenbinj hamz miz yingzyangj doxgaiq daiq lai roxnaeuz

dengdoeg, lumj veizswnghsu A caeuq veizswnghsu D dengdoeg daengj. Faensik gij yenzynh neix, cujyau dwg cawjranz caengz loengh cingcu j ndaw ndang lwgnyez dauqdaej dwg siuj gijmaz couh luenh bae cawx ma hawj lwgnyez gwn, wnggai bae hawj canghyw duenq ndei cingcu j le dingq canghyw bae cawx ma gwn bouj.

2、Itbuen cingzgvang lajde, gij yingzyangj lwgnyez bingq mbouj sihyau doenggvaq ywbouj daeuj gwn bouj, ngoenz sam donq gya diemjsim couh gaeuq lo, cawjranz aeu roengzrengz anbaiz ndei gijgwn lwgnyez doxdaengh, lwgnyez miz mbouj ndei sibgveng aeu gibseiz gajcingq gvaqdaej.

3、Hawj lwgnyez gwn bouj seiz, lij aeu doiq lwgnyez gojnwngz miz binghmenhsingq roxnaeuz bingh gipsingq miz cimdoi q dwk bae ceihyw, yienghneix yaugoj cij ndei hane.