

Gaisau Geij Cungj Huqndei Seizdoeng Bouj Uk Ciengx Ndang

冬季养生补脑美食

1. Lwgraz. Ngenz lwgraz mienz, gya di begdangz heuz raemxgoenj gwn, haethaemh gak gwn baez ndeu, 7 ngoenz guh aen liuzcwngz ndeu, gwn 5 daengz 6 aen liuzcwngz le, bouj uk cangq uk yaugoj maqhuz ndei.

2. Makhwzdauz. Aenvih ndaw makhwzdauz hamz miz bubaujhoz cihfangzsonh, deng guek raeuz conzdungj nyinh guh gijgwn cangq uk, ngoenz gwn 2 daengz 3 aen couh ngamj. Genhciz ciengzseiz gwn couh ndaej ciengx uk, demgiengz geiq-singq, siucawz uk naetnaiq. Danh-

seih mbouj ndaej gwn daiq lai, gwn lai rox baenz haex ndongj, ndaeng ok lwed.

3. Ceh godaengngoenz. Ndaw ceh godaengngoenz hamz diet, sinh, gyaz, meij daengj vezlieng yenzsu caeuq vezswnghsu E gig lai, miz itdingh bouj uk cangq uk cozyung. Sizcenj cwnghingz, bouxvunz haengj gaet ceh godaengngoenz, mboujdanh naengnoh hoengzmaeq, unqoiq, caemhcai aen'uk singsag, geiq-singq gig ndei, gangjvah miz diuz miz leix.

4. Haijdai. Haijdai hamz miz

yayouzsonh, lonjlinzcih daengj yingz-yangj cwngzfwn, gwn de ndaej cangq uk. Linghvaih, de hamz miz gyaz yenzsu, seizdoeng gwn de ndaej dingj nit.

5. Cijvaiz. Cijvaiz dwg gij goekmboq youhciz danbwzciz, hwzvangzsu, gyaz, gai, linz, veiz-swnghsu B12, vezswnghsu D, gij yingzyangj doxgaiq neix ndaej bang aen'uk daezgung hawj lai cungj yingzyangj. Seizdoeng dwg aen geiqciet cei ndei rom naengzliengh ndeu, lai gwn cijvaiz ndaej bauj raeuj.



Seizdoeng Dungx Mbouj Ndei Gwn Song Cungj Dang

冬季胃不好要喝两款汤

1、Dangdanghgeveh、hingndip caeuq nohyiengz: Danghgeveh 10 gwz, hingndip 20 gwz, nohyiengz 200 daengz 300 gwz, hai feizhaeng coemh goenj le gaij yungh feiznumq aeuq buengq diemj cung, yienghneix dang couh ndei gwn lo. Gij dang neix doiq vunzbaz seizdoeng lau nit, dungx in miz yaugoj.

2、Hingndip caeuq dangz-nding baek raemx: Hingndip caeuq dangznding it yiengh it di, dwk geij aen makcauj nding itheij baek raemx, seizdoeng aeuq dang neiz lij ndaej cuengq geij aen nohmaknganx roengzbae dem. Gwn cungj dang neix ndaej raeuj dungx.

Boux Baenz Binghnyouhdangz Seizdoeng Hoh Din Miz Sam Hab

冬季糖尿病患者护脚三宜



1、Hab bauj raeuj. Vahsug naeuz: "Nit daj laj din hwnj." Aenvih angjdin lizhai simdaeuz gyae, lwed gunghawj haemq siuj, youqlauz biujmienh mbang, bauj raeuj naengzlig ca, baez deng liengz le, gig yungzheih baenz dwgliengz, aek in, hwet in din naet. Daegbied

dwg gij bouxlaux baenz binghnyouhdangz haenx, din yungzheih dekleg deng nit sieng, hab daenj gij mad yungh faiq guh youh na haenx daeuj bauj raeuj.

2、Hab seuqsak. Genhciz moix ngoenz swiq din, yaek ninz gaxgonq aeu raemxndat cimq din saek 10 faen cung, ciengzseiz vuenh mad.

3、Hab lienhdang. Fajdin youq gwnz ndang vunz deng heuhguh "aen simdaeuz daihngaih", de liz simdaeuz cei gyae, danhseih de cix cigciep cozyung youq aen simdaeuz. Boux baenz binghnyouhdangz geih dinghdingh naenghsoengz daiq nanz, ndaej gaengawq aenndang genh-gangh cingzgvang ciengzseiz genhciz

guh di yindung fajdin ndeu. Daegbied dwg youq ndaw seizdoeng, gaej dungx byouq bae yindung, caemhcai guh daengz dinghseiz dinghliengh, Vih hawj aen siuvaq hidungj goengnaengz mienx deng yingjyangj, wnggai gwn ngaizromh gvaq 30 faen cung le caiq bae yindung. Boux baenz binghnyouhdangz ndang youh haemq ca haenx, haethaemh okbae yindung mbouj ndaej siuj gvaq 30 faen cung. Danghnaeuz mboujmiz seizgan okbae yindung, hix wnggai youq ndaw ranz menhbyaij 5000 lai yamq. Baenzneix ndaej gaijndei fajdin lwed lae baedauq, demgiengz rengz dingj bingh, hawj vunz mbouj yaeuhfat ndaej binghfazcwng.

Seizdoeng Wng Ciengzseiz Guh Lienhdang Dingj Nit

冬季应常做耐寒锻炼

Lienhdang dingj nit doiq ndang vunz miz ik, doiq sim sailwed, diemheiq, siuvaq, yindung, raemx ndaw ndang iemqok caemh miz bangcoh, ndaej gemjsiuj fatseng gvanhsinhbingh, sailwed uk loeklak, dwgliengz, baenzae, hoh in, fat biz daengj bingh. Doengzseiz, dingj nit ndaej hawj vunz souhgyaeu, doiq bouxcoz daeuj gangj, dingj nit lij ndaej lienh ceiqliengq bouxvunz.

Bouxvunz dingj nit yienznaeuz miz itdingh hanhdoh, vunz caeuq

vunz aenndang mbouj doxdoengz, deng nitgyoet gig fanjying hix miz cabied, hoeng, doenggvaq lienhdang ndaej hawj ndang vunz lai dingj ndaej nit. Baenzlawz ok baihrog bae lienhdang? Caj mbwn nit le caiq lienhdang couh ceiz lo. Aenvih dohraeuj daj sang bienq daemq, bouxvunz lienhdang hix wnggai hawj ndang vunz cugciemh sikwngq nitgyoet. Danghnaeuz vunzraeuz genhciz daj ngoenz mbwnndat daengz ngoenz mbwngyoet



moix haet ok rog bae youzbyaij, sup aeu hoengheiq singisien baihrog, yienghneix bouxvunz couh menhmenh dingj ndaej nit lo. Danghnaeuz mbwn caiq gyoet di, wng caiq guh di lienhdang haengq ndeu, beijlumj buet, dwkgiuz, bin bya daengj, bouxvunz youq ndaw rumzgyoet hix mbouj gamjdaengz nit lo. Vunz ciuhgonq cunggez ok aen fuengfap "seizcou liengz" ndeu, gizsaed couh wnggai dwg lienhdang daeuj dingj nit.

Danyw Iq Ndawbiengz

民间小验方

Dungxraeng: Aeu 4 liengx naenghenj dawgaeq cau j henj le ngenz mienz, yaek gwn haeux seiz yungh raemx begdangz heuz gwn, ngoenz 2 baez, moix baez 2 cienz (daih'iek byongh beuzgeng), lwgnyez gemj buengq, gwn fuk ndeu couh ndei, danhseih geih gwn saenaz.

Aek mwnh ciengq heiq: Aeu 5 cienz faen lauxbaeg baek vanj raemx ndeu gwn, ngoenz gwn 3 baez, lienz gwn 3 ngoenz couh ndei.

Sinzgingh hawnyieg: Aeu liengx ukmou ndeu, heuz beuzgeng dangzrwi he naengj cug gwn, ngoenz baez, lienz gwn 5 daengz 10 ngoenz.

Lwedhaw: Gaj gaeq gaj bit seiz, aeu mbaw cei seuq ndeu dangj aeu lwed de dak sauj nu baenz mwnh, aeu laeujmakit heuz gwn, moix baez byongh beuzgeng, ngoenz 2 baez, lienz gwn byongh ndwen, geih gwn haijdai.

Ndaw ndat bak sauj: Aeu ragngox, duhheu gak 5 cienz, dwk vanj raemx ndeu cawj goenj le gya habliengh dangznae, cawz ragngox gwn duhheu caeuq dang, ngoenz 2 baez, lienz gwn 3 ngoenz, ndaej seng raemx nyinh bwt, gyangq huj siu ndat.

Menhsingq ganhyenz: Moix baez aeu 2 liengx raghaz hau, baek vanj raemx ndeu gwn, ngoenz gwn 3 baez, lienz gwn buengq ndwen, geih gwn huqmanh.

Mbei, mak, sainyoh gietsig: Aeu dawgaeq, mumh haeuxyangz gak 50 gwz, baek vanj raemx ndeu baez dog gwn liux, ngoenz gwn 2 daengz 3 baez, lienz gwn 10 ngoenz. Geih gwn bwt daep doihduz, nohbiz caeuq hakgyaeq.