

Mehmbwk Seizcin Ciengx Daep Gwn Maz Byaekheu Ndei

女性春季养肝吃什么蔬菜好



1. Byaekgep. Seizcin aenmbwn nitgyoet, au ciengx heiqliengz cij ndaej, byaekgep singq raeuj, cei hab heiqliengz aenndang bouxvunz. Yihyoze guekcoj nyinhnaeuz, seizcin heiqliengz aenndang bouxvunz yungzheih bien hoengh, yienghneix couh yinggyangj daengz gij goeng-

naengz dungxsaej siuvaq supsou, ndaej demgiengz gij heiqliengz aendungx bouxvunz. Daj aen gakdoh neix daeuj gangj, seizcin cei hab gwn byaekgep lo. Aenvih byaekgep nanz siuvaq, ndigah baez dog mbouj ndaej gwn daiq lai.

2. Rangzcin. Yihyoze daih neix cingqsaed, gwn rangz ndaej nyinh yaem, ik lwed, vaq myaiz, siu cw, leih haexnyouh, rae da. Rangzcin yingzyangj lai, raemx cukgaeuq, hamz miz danbwz doenghgo caeuq gai, linz, diet daengj yingzyangj cwngzfw n caeuq veizlieng yenzsu ndang vunz au miz haenx, daegbied dwg hamz miz nyinzsei doxgaiq gig lai. Gwn rangz ndaej bangcoh siuvaq, yawhfuengz baenz haexgaz.

Rangzcin yienznaeuz yingzyangj gyaciz sang, danhseih de singq gyoet feih diemz, youh hamz miz nyinzsei co haemq lai, gwn lai nanz siuvaq, hawj dungxsaej demgya fudanh, boux dungxsaej miz bingh mbouj hab gwn lai, boux baenz sanyouh gietsig, boux baenz mak gietsig, boux baenz cibngeihcijangz biux naeh youqgaenj, boux dungx ok lwed, boux daep ndongj, boux baenz menhsingq

saej in, boux dungx hawnyieg cungj mbouj hab gwn rangz.

3. Duhngaz. Seizcin mehmbwn hawqsauj, yungzheih okyienh bak hawq naengbak sau daengj gokbaknengz binghyienh, hoeng duhngaz feihdauh ndei gwn, ndaej nyinh ciengx hawqsauj, siu ndat gej doeg. Haicin gwn duhngaz, mizleih so doeng heiqliengz, cangq mamx huz dungx. Duhngaz gwnfap miz lai yienh, ndaej guh byaekliengzban gwn, hix ndaej cawj dang gwn, caemh ndaej dwk hojgoh gwn.

4. Coeng. Seizcin lai gwn di coeng he, mboujdanh ndaej bouj yienh sanq nit, doengzseiz ndaej gaj nengz dem.

5. Gyaeujsuenq. Seizcin gwn gyaeujsuenq, mboujdanh aenvih de singq raeuj, bouj heiqliengz hawj ndang vunz, caemhcai ndaej gaj nengz dem, hix ndaej fuengzceih aenvih nonnengz uqlah yinxhwnj baenz dwgliengz. Vihneix, seizcin lai gwn di gyaeujsuenq he, aenvih de lij ndaej coicaen sup haeuq caeuq baiz ok, hawj vunz lai gwn ndaej doxgaiq, ndaej yawhfuengz doenghmeg giet ndongj caeuq hezyaz sang dem.



Cukbyaekhomnyaueuq Cing Huj Gaijdoeg

薄荷粥清火解毒

Riengzdwk seizcin mbwn lij cengx hai gunghdiuz caeuq gwn nohring, gwn hojgoh daengj yinxhwnj hwnjhuj, seizhah vunz yaehfat baenz congghoz in ciemh ngoenz ciemh lai. Cukbyaekhomnyaueuq dwg gij yw ndei yw congghoz in ndawde cungj ndeu, ndaej bangcoh gaijndei binghyienh.

Caizliuh: Aeu 20 gwz byaekhomnyaueuq, 100 gwz haeuxsuen, 5 gwz dangznae.

Guhfap: Byaekhomnyaueuq cawz cab, mbaet byawgeq, mbawhenj bae, swiq seuq ndik raemx hawq bwh yungh; raemx dauz haeuxsuen seuq cigciep roengz gu dwk di raemx he, hai feizhaenq cawj goenj le gaij yungh feiznumq ngauz cuk gwd, dwk byaekhomnyaueuq caeuq dangznae roengz cawj goenj couh baenz gwn.



Mehsenglwg Caeuq Bouxlaux Hab Gwn Haeuxsuen

产妇老人宜吃糯米

Gij haeuxsan bingzseiz raeuz au daeuj cawj haenx heuhguh haeuxsuen. Gaijfangginh 309 Yihyen yingzyangjgoh yingzyangjsw h Coj Siujyaz gaisau naeuz, haeuxsuen hamz miz denfw n, danbwzciz, youzlauz, veizswnghsu, yenhsonh, gai, diet daengj yingzyangj cwngzfw n ndang vunz au miz haenx, ndaej hawj aenndang vunzraeuz demlai yingzyangj caeuq ndat. Doengzseiz, haeuxsuen ndaej cangq beizheiq, bouj heiqliengz ndaw, ciengx yaem seng raemx, cawz simfanz gaij hozhawq, nyinh saej dingz siq, hab boux beizheiq hawnyieg, simfanz hozhawq, yingzyangj mbouj ndei caeuq boux ngamq bingh ndei haenx gwn. Yungh haeuxsuen cawj cuk gwn ndaej ciengx ndang souhgyaeu, caengz bwx de ndaej bouj raemx dem cing, bouxbingh, mehsenglwg caeuq bouxlaux cei hab gwn cungj cuk neix. Mboujgvaq, boux baenz binghnyouhdangz mbouj hab gwn cuk haeuxsuen.

Mbouj Doengz Fuengsik Doiqdaih Seizcin Hwnjhuj

不同方式对待春天上火

Seizcin rumz lai fwn noix, mbwn hawqsauj, dienheiq bienqvaq mbouj dingh, nanz baujci aenndang sup haeuq caeuq baiz ok doxdaengh caeuq onjdingh, yinxhwnj sengleix gihnwngz saetdiuz baenz hwnjhuj. Lumjbaenz congghoz sau in, da nding saep, congghndaeng ndat manh, naengbak sau dek, amqbak mbouj ndei, haex ndongj, nyouh henj daengj. Seizcin hawqsauj baen miz raeuj sau caeuq liengz sau song cungj, wnggai doiq bingh bae siu huj.

1. Liengz sau. Liengz sau dwg hawqsauj caeuq rumznit giethab ciemq haeuq ndang vunz yinxhwnj. Vunzbingh miz gan ae, myaiz siuj

roxnaeuz mboujmiz myaiz, congghndaeng hawqsauj, congghoz haenz, giem miz lau nit fatndat, gyaeu in mboujmiz hanh daengj. Ndae cawj cuk dangznding lwgraz dangq yw gwn. Aeu 50 gwz lwgraz, 100 gwz haeuxsuen, di dangznding ndeu. Sien cau lwgraz gug ngenz mienz. Dwk haeuxsuen cawj cuk gwd seiz gyaux dangznding lwgraz roengz caiq loq cawj yaep ndeu couh baenz gwn.

2. Raeuj sau. Biujyienh ok gan ae, bak sau, myaiz noix caemhcai rangh miz seimyaiz, nanz ae ndaej ok, mwh ae seiz aek in, ndaw myaiz miz lwed caemhcai buenx miz ndaeng saek gyaeu in, lau nit ndang

ndat daengj. De dwg youz heiqliengz caeuq rumznit giethab baenz, ndae cawj cuk maklaeq dangznae guh yw gwn. Aeu ngveih maklaeq 50 gwz, haeuxsuen 100 gwz, di dangznae ndeu. Sien cab ngveih maklaeq soi caeuq haeuxsuen dwk gu gya raemx cawj cuk gwd seiz dwk dangznae diuzfeih gwn.

Linghvaih, lij au haeujsim lai gwn byaekheu, lwgmak, geih gwn giugwn manhget, lai gwn raemx. Seizcin fuengz hwnjhuj lij au haeujsim gwndaen gvilwd, guhhong yietnaiq doxgiethab, habdangq yietnaiq, cijndaej baujcaeng aenndang doxdaengh, daezsang menjyizliz.

Seizcin Baenzlawz Ciengx Dungx

春季如何养胃

1. Mbouj hozhat hix au gwn raemx. Youq ndaw ngoenzciet, dungxsaej vunzraeuz fudanh bej bingzseiz lai ndaej lai. Vihneix, swiq congghsaej gig miz bizyau. Wng noix gwn haeuxmienh, dangzmak, huqdiemz. Daegbied au haeujsim lai gwn raemx, cei ndei dwg gwn raemxgoenj roxnaeuz raemxaz. Baenzneix ndaej gyavaiq dungxsaej noddongh caeuq sup haeuq baiz ok, gemjsiuj noh caeuq laeuj sienghaih

aen'daep.

2. Lai gwn byaekheu caeuq lwgmak. Ngoenzci et dingzlai dwg gwn noh gwn bya roxnaeuz gij huq ciengaq nem huqdiemz. Gwn gij huq ciengaq yungheih hawj aendungx yaemz ndat, yinxhwnj baenz haexgaz caeuq dungx ciengq, gwn huqdiemz daiq lai hix rox baenz mamx haw seng caep, yinxhwnj siqdungx. Ndigah, gvaq ciet le au lai gwn di byaekheu mbawloeg caeuq lwgmak

he, yienghneix ndaej boujcung nyinzsei giugwn, bangcoh baiz labcab ndaw ndang okdaeuj, caemhcai ndaej doeng haex caeuq diuzleix dungxsaej dem. Linghvaih, maenzcienz baenz yw, hix ndaej nyinhciengx aendungx, cawj guh byaek roxnaeuz cawj cuk gwn caemh ndaej.

3. Haeujsim bauj raeuj aendungx. Gvaq cieng le guek raeuz dingzlai digih lij doek nae mbwn nit, au haeujsim bauj raeuj aendungx, mienxndaej deng nit le dungxsaej mbouj cwxcaih. Boux baenz dungx hawcaep au haeujsim bauj raeuj, mienxndaej dwgliengz.