wo ai chi shu cai de pin yin

zai xian dai she hui zhong，jian kang yi shi yue lai yue duo ren guan zhu de hua ti。xu duo ren zai yi shi jie gou shang kai shi geng jia zhu chong ying yang ping heng，er shu cai zuo wei ri chang yin shi zhong de zhong yao zu cheng bu fen，yue lai yue bei shou ke。ben wen jiang cong shu cai de jian kang yi yi、zhong lei tui jian ji ru he jiang shu cai rong ru ri chang yin shi deng fang mian jin xing jian yao jie shao。

shu cai de jian kang yi yi

shu cai fu han you ren ti suo xu de duo chong wei sheng su、kuang wu zhi he zhi xian su，ta men bu jin neng gou tian bu ji su de ying yang bu zu，hai neng you xiao di tiao jie ti nei de sui yan ping heng。li ru，lv ye cai le han you feng fu de ye lü su he tie zhi，you li yu xue ye de jian kang；hong se he huang se de shu cai（ru fan qie he nan gua）ze fu han bei ta luo bo su，neng gou zeng qiang ti nei de mian yi li。

tui jian de shu cai zhong lei

zai xuan ze shu cai shi，ying jin liang xuan yong bu tong ying yang te dian de shu cai，yi dao dao cheng ying yang quan mian de mu de。bi ru，bo cai、ou li、xi hong shi、lu dou、hong lu song、qiu ju、hu lu ba he zi yang yu deng dou shi fei chang jian kang de xuan ze。mei zhong shu cai dou you qi du te de ying yang cheng fen，dui ti nei de ge zhong ji neng dou you jian kang de zu yong。

ru he jiang shu cai rong ru ri chang yin shi

yao rang shu cai cheng wei ri chang yin shi de zhong yao zu cheng bu fen，bu dan yao zhu yi cai gou de duo yang xing，geng yao zhu yi zhi zuo fang fa de ke xue xing。ke yi xuan ze qing chao、qing zheng、yan ban deng fang shi，jin liang bi mian shi yong guo duo de you zhi he yan。zao can shi ke yi pei zhi yi xie xian cao zhi de shu cai sha la，wu can he wan can ke yi pei he zhu shi he dong wu xing ying yang，zhi zuo cheng fu he jian kang li nian de wan zheng can shi。

jie yu

zong er yan zhi，ai chi shu cai bu jin shi yi zhong jian kang de yin shi xi guan，geng shi yi zhong li luo de sheng huo fang shi。zhi yao zai mei yi cai de zhi zuo zhong zhu yi shu cai de da pei he xie tiao，ji ke yi rang mei yi cun you jian kang de mei gan，neng gou rang ti nei de ying yang bao chi zai yi ge li xiang de zhuang tai。rang wo men cong ling hui“wo ai chi shu cai”de kuai le kai shi，yong jian kang de yi shi qu ying jie geng mei hao de sheng huo ma？

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