shan shi xian wei de pin yin zen me du

"shan shi xian wei" de pin yin shi "shàn shí xiān wéi"。zhe ge ci hui chang jian yu ying yang xue he jian kang chi di de tan lun zhong，shi yi zhong dui ren ti xiao hua xi tong you yi de cheng fen。

zuo yong yu gong neng

shan shi xian wei bing bu ru tong chang suo li jie de "yang fen" na yang neng tig gong re neng，dan ta zai chang dao jian kang、xue tang kong zhi ji xue zhi diao jie fang mian qi zhu yao zuo yong。ta ke yi zeng jia fa dong tai de ti ji，tian chang zi fu gan，bing qie you zhu yu bi mian bian mi。

lai yuan yu fen lei

shan shi xian wei ke yi an zhao rong jie xing zhi fen wei "ke rong xian wei" he "bu rong xian wei"。qian zhe ru yan mai、yan mai pian、gua gua、gu deng，ke yi bang zhu jian man tang fen de xi shou；hou zhe ru shu cai de pi、gu tou deng，zhu yao zuo yong zai zeng jia fa dong de ti ji。

ru he zeng jia she ru

yao xiang zai ri chang yin shi zhong zeng jia shan shi xian wei de she ru，ke yi duo chi quan gu、shu cai、shui guo、dou lei he ying su。ling wai，zai xuan ze yu bao jian pin shi，yi xie han you gu zhen de pei fang ye ke yi zuo wei bu chong de lai yuan。

zhu yi shi xiang

jia ru guo duo de shan shi xian wei，ye ke neng yin qi fu bu bu shi、qi zhang huozhe ying xiang qi ta yang fen de xi shou。yin ci，ying gai gen ju ge ren de xiao hua neng li shi dang an pai yin shi，tong shi pei he zu gou de shui fen she ru，yi bian xian wei neng gou geng hao de fa hui zuo yong。

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