

# HSIN YEY TAIWANESE MANDARIN



- Cathy      Cindy, 妳有沒有覺得最近換季, 季節從秋天變成冬天, 這種換季的時候, 身體特別容易不舒服阿?  
Cindy, have you ever felt uncomfortable during the change of season from fall to winter?
- Cindy      會欸, 我以前覺得這只是我運氣不好, 剛好感冒了而已。但是時間一久就會發現, 其實這是因為季節變化引起的過敏。  
I used to think it was just my bad luck that I had a cold. But as time passes, I realize that this is actually an allergy caused by seasonal changes.
- Cathy      真的, 我以前也覺得季節變換沒什麼, 但過了青春期之後就發現自己好容易因為季節變化而過敏。難道是因為我已經沒那麼年輕了嗎?  
I used to think that seasonal changes were fine, but after puberty, I realized that I am prone to allergies due to seasonal changes. Is it because I'm not that young anymore?
- Cindy      可能吧...哈哈, 我也不知道。反正過敏真的很不舒服, 我超級討厭過敏的。  
所以我們今天就想來跟大家聊聊有關過敏的症狀, 還有住在台灣的時候要怎麼樣減少過敏的機會。  
Maybe... Hahaha, I don't know. Anyway, allergies are really uncomfortable and I hate them.  
So today we'd like to talk to you about allergy symptoms and how to minimize them when living in Taiwan.
- Cathy      對呀, 首先, 過敏的症狀有很多, 像是流鼻水、咳嗽、打噴嚏、跟鼻塞之類的。  
有些人會有更嚴重的症狀, 像是皮膚發癢、脫皮等等。  
First of all, there are many symptoms of allergies, such as runny nose, coughing, sneezing, and nasal congestion.  
Some people have more serious symptoms, such as itchy skin and peeling.

- Cindy 其實過敏也不只是身體上的不舒服而已，心理上也會不舒服喔！像是有些人會感覺特別容易累、吃不下飯，這些也是過敏症狀喔。  
Allergies are not just about physical discomfort, but also about psychological discomfort. For example, some people may feel tired easily or have trouble eating, which are also symptoms of allergies.
- Cathy 對我來說，我覺得身體上的不舒服更討厭。因為我是很容易鼻塞的人，所以只要一過敏，我就沒辦法呼吸，整個人都很難受。  
To me, I think physical discomfort is even more annoying. Because I have a stuffy nose easily, I can't breathe when I am allergic, and I feel very uncomfortable.
- Cindy 鼻塞確實很不舒服，因為鼻子被堵住了就沒辦法正常呼吸，其實我也是個常常鼻塞的人，所以我都隨身攜帶鼻通噴劑，英文叫做Nasal spray來緩解鼻塞症狀  
Nasal congestion is indeed very uncomfortable, because the nose is blocked, you can not breathe normally, in fact, I am also a person who often have nasal congestion, so I always carry a nasal spray, called Nasal spray to relieve the symptoms of nasal congestion.
- Cathy 原來如此，我每次過敏的時候也會用鼻通噴劑，但我覺得那對我來說沒什麼用，因為我還是會鼻塞。所以我後來都用按摩鼻子來解除鼻塞。我最近也有買了一個舒緩鼻塞的藥布，但我還沒用，所以不知道效果怎樣。  
I used to use nasal sprays whenever I had allergies, but I didn't think it would help because I was still congested. So I used to massage my nose to relieve the congestion. I also recently bought a medicine cloth to relieve my stuffy nose, but I haven't used it yet, so I don't know how effective it is.
- Cindy 按摩鼻子跟鼻塞藥布...好新奇的東西喔...，我第一次聽說欸，或許我也應該來試試看。  
Nose Massage and Nasal Stuffing Cloths... What a novelty! This is the first time I've heard of it. Maybe I should try it too.
- Cathy 對阿，我推薦大家上網找一些Youtube的影片學習怎麼按摩鼻子，這樣鼻塞的時候就能派上用場。  
Yes, I recommend you to look up some Youtube videos to learn how to massage your nose, so that it can be useful when you have a stuffy nose.
- Cindy 那感覺在台灣好像很多人有這個鼻塞的過敏症狀對不對？不然怎麼會有這麼多按摩鼻子的影片跟鼻通噴劑可以選。  
It seems like a lot of people in Taiwan suffer from nasal congestion and allergies, right? Why else would there be so many nose massage videos and nasal sprays to choose from?

- Cathy 對阿! 特別是台灣的環境非常潮濕, 所以不管是什麼東西都很可能發霉, 這對過敏的人真的很不友善。  
Yes! Especially in Taiwan, the environment is very humid, so whatever you have is likely to get moldy, which is really not friendly to people with allergies.
- Cindy 對, 什麼東西都容易發霉這點我一想到就覺得可怕。之前我去全聯買吐司, 才剛買不到兩天而已就已經發霉了, 真的超扯。  
那我們身為在台灣出生長大的台灣人, 有什麼減少過敏的小撇步嗎?  
Yes, it's scary to think that everything is prone to mold. I went to buy toast from Allied and it had mold on it less than two days after I bought it, which is ridiculous.  
As Taiwanese born and raised in Taiwan, do we have any tips to minimize allergies?
- Cathy 有喔! 第一個就是買一台、或是兩台大型的除濕機。然後除濕機在換季期間都不要關, 要24小時運轉, 總而言之, 就是盡量把家裡的空氣變得越乾燥越好  
Yes! The first step is to buy one or two large dehumidifiers. Then leave the dehumidifier running 24 hours a day during the changing seasons. In short, try to make the air in your home as dry as possible!
- Cindy 可是空氣太乾燥的話不是對身體也不好嗎?  
But isn't it bad for your health if the air is too dry?
- Cathy 你太小看台灣的濕氣啦! 在台灣, 有時候的平均濕度可是有85%呢! 除濕機每天24小時不停地開著, 也只能夠把濕度降到60%而已喔  
You are underestimating the humidity in Taiwan! In Taiwan, the average humidity is sometimes as high as 85%! A dehumidifier running 24 hours a day can only reduce the humidity to 60%!
- Cindy 我的天啊, 台灣真的很潮濕欸, 難怪這麼多台灣人都很容易過敏。  
My goodness, Taiwan is really humid, no wonder so many Taiwanese are allergic.
- Cathy 是呀! 還有一個降低過敏的方式就是飲食清淡, 盡量少吃豆製品和奶製品, 堅果類也盡量少吃, 據說就可以降低過敏的機會喔  
Yes, it is! Another way to minimize allergies is to eat a light diet, minimize soy and dairy products, and minimize nuts, which is said to reduce the chance of allergies.
- Cindy 那我覺得在台灣還蠻容易可以做到的欸! 台灣有很多素食餐廳, 最近也有很多健康料理的餐廳, 然後在台灣, 吃大量的乳製品, 例如牛奶、起司、優格等等, 本來就不是我們文化的一部分, 所以我覺得在台灣生活的話還蠻容易可以做到的。  
I think it's pretty easy to do in Taiwan! There are a lot of vegan restaurants in Taiwan, and recently there have been a lot of healthy restaurants, and in Taiwan, eating a lot of dairy products like milk, cheese, yogurt, etc. is not part of our culture, so I think it's pretty easy to do if you live in Taiwan.

Cathy 是呀！雖然飲食習慣跟每個人的成長背景很有關係，可能一時之間沒辦法改變就是了。

Yes! Although dietary habits are very much related to the background of each person, it may not be possible to change them overnight.

Cindy 這麼說好像也是，總之，如果大家是住在台灣的話，可以試試看我們今天分享的兩個降低過敏的方法喔！希望大家都能跟換季過敏say goodbye  
Anyway, if you live in Taiwan, you can try the two ways to reduce allergies that we shared today! We hope everyone can say goodbye to seasonal allergies!

Cathy 那麼今天的podcast就到這邊，我是你的主持人Cathy  
So that's it for today's podcast. I'm your host, Cathy.

Cindy 我是Cindy  
This is Cindy.

Together 我們下次見，掰掰！  
See you next time, bye!