

# Niropon Hor\_mo Tahe~n Babo\_t Ja\_rur\_ak´ jo\_mak´ko

Hor\_more ja~ha~ lekan rog birud ten'igo daram lekan khemota tahe~n khan, a.d.i algate rog khon rukia.bo n'amdarekea. Noakanak´ thor.a jo\_m babotre latarre ta.lika. emena.

Se\_ke\_rkenda: Se\_ke\_rkenda re beta-carotene tahe~nok´a. End.ekhan noa jo\_mak´ hor.ak´ hor.more bo\_lo\_kate Vitamin-A re pheraok´a. Noa reak´ gun-man hor.more rog sa~oe la.pa.r.haia.

Ra\_sun: Jo\_to\_ hor.ak´ or.ak´re ra\_sun tahe~na. Ra\_sunte ekal utu reak´ sebel-so\_r.o.me sarsaoa. Be\_re\_l ra\_sunte bacteria, virus ar sealom (chotrak) oka do\_ me~t´e ban´ n´elo\_go\_k´kan nonkanak´ birudrey ka.mia. Asokaete, hor.mo reak´ harta se\_ chal napaeeye do\_hoea.

Adhe: Jo\_mak´re jhan´j ja.sti la.git´ adhe reak´ ja~ha~n tula.uak´ge ba.nuk´anan´. Ente ona do\_ anti-oxidant reak´ ho~ mit´t.en mon´j onor.kana. Pho\_lmul se\_ ar.ak´ sakam khonak´ n´amak´ Anti-Oxidant a.d.i tur.ighur.i hor.morey ka.mia.

Tormuj: Tormujre Gluthaione n´utuman Anti-Oxidant tahe~n bar.ak´a. Noa jo\_mte hor.more rog birud asamher.e ka.mia.

Hako: Omega-3 ar Fatty Asid bhut.ela se\_ ganga.nia. jo\_mak´ je\_mon hako jo\_mte Immune system d.herok´ kana.

Amlo\_ki: Amlo\_ki sa~o thor.a adhe ar khijur rit´ gund.a mar.an´kate n´u lekhan hor.mo la.git´ a.d.itet´ bha.la.ianak´ge hoe bo\_tec´kok´a honan´. Ente noare Vitamin-C menak´ akada.

Toa ar Dahe: Toa ar dahe re zink menak´a, noa hor.more rog birud jaogei ka.mikana. Toa ban´ hajam ta.nic´lenkhan toate benaoak´ jo\_mak´ jo\_m ja\_rur. kana. Jao hilok´ge 100 grams dahe ban´khan mit´ cup toa n´ui reak´ kurumut.ui hoyok´a.