Bir̥i-Sikar̥et̥ N´ute Hoedar̥eak´ Muskilanak´ Ko

Jo̥to̥ hor̥gebon pust̥aua Bir̥i-cut̥i do̥ hor̥mo lḁgit´ muskilanak´ kana mente. Noa kakhante hor̥more nana-parkan rog n´elo̥go̥k´a. Thamakur lekan jinis bḁr̥ti beohar khḁtir Cancer lekan gujuk rog ho˜ d̥her idik´kana.

Bir̥i n´ute Cancer sa˜o arho˜ ekal high blood pressure ar cholesterol d̥herogo̥k´ kana. Thamakur jo̥mte hor̥more ma˜ya˜m pasnaok´ kan sirre dhu˜ḁ jarwak´a, nonkate stroke heart attack hoe dar̥eak´a.

Jaribte n´elo̥go̥k´ kana, amdaj 34.6 percent se˜r̥a˜ metak´me haratḁl hor̥ko bḁr̥tiko n´ujon̥ kana. Noa simḁ baher n´u kakhante aema lekan rog bihinte jḁbunkate bo̥cho̥rre amdaj mit´ karor̥ hor̥ko gujuk´ kana. Ar bir̥i n´ute bo̥cho̥rre amdaj 53 percent hor̥ko gujuk´ kana.

Menkhan pasec´ d̥her hor̥ge babon bad̥aea, bir̥i n´ute me˜t´re muskil he̥c´ par̥aok´a. Ente gobesona meneda, Thamakur dhu˜ḁte eyae hajar khon bḁr̥ti chemical saran´jam menak´ akada. Noa ko modre thor̥a do̥ me˜t´ lḁgit´ ḁd̥itet´ bḁr̥ic´anak´ kangea. End̥ekhan dela thor̥agan bon bad̥aelege, bir̥i n´ute cet´ cet´ muskil dosa hoe dar̥ekea-

Me˜t´ ro̥ho̥r̥ok´a se me˜t´ dak´ an´jetok´a-

Hor̥mo rean̥ maran̥ utḁr tarantar kana noa me˜t´. Sikar̥et̥ se bir̥i dhu˜ḁte me˜t´ kho̥n dak´ lekan bo̥stu ekal an´jet´ok´a. Ar nonkate bḁi bḁite me˜t´ ro̥ho̥r̥ok´a. Bḁr̥tikaete, me˜t´re arak´ dag, me˜t haso se me˜tre nana parkan muskil dosa do̥ he̥c´ par̥aok´a. Noakage calao idilenkhan mit´ okte me˜t marsal ad metak´me ka˜r̥a˜ reak´ bo̥to̥r tahe˜nok´a.

Me˜tre chḁuni:

Arho˜ bḁr̥ti bir̥i cut̥i n´ute ja˜ha˜ umerege me˜tre chḁuni n´elo̥go̥k´a. Bir̥i n´ute me˜tre maran̥ ucḁt̥ par̥aok´a.

Bad.aekak´bon, umerte lahalen khange me˜tre cha.uni n´elo_go_k´a, menkha bir.i cut.i n´ute ho˜ ja˜ha˜ umerrege cha.uni hoe dar.eak´a. Ona ia.te sa.rige noa khonak´ pharakre tahe˜nge bogea. End.ekhan nonkan dosare o_ho_bon par.aolena.