

Tina.k' Muskil Jan'gare Horok' Panahi Niye

Fashion se sajoni kur.i se maejiukoak' apnarak' la.bit' kat.a reak' joton do a.d.ige hewa menak'takoa. N'elkeabon kat.a reak' panahi do a.d.ige ja.rur. jinis kana. Ar nia. kat.are horok' panahi jokhon apnar hor.mo reak' sajko sa~o mit'kate mon'jge horogok'a un oktege ona do hoyena nia. jug rean' fashion. Ar nia. jug rean' nonkan n'elok' lekan panahi ho~ amak' hor.mo la.git' muskil hoe dar.eak'a. Jodi am t.hik map ar usul reak' panahi ban' hoelen khan hor.mo la.git' mit' maran' khoti hoedar.eak'a.

Hi-Hil re tina.k' muskil: Okoeko kur.i se maejiuko sajok'ko kusiak' onko la.git' do maran' mit't.en on'so do hoyok' kana nia. hil send.el. Onko do noa. usul send.el a.d.iko bachao jon'ok'a. Nia. usul panahi modre menak'a pencil hil, platform hil, semi hil ar ho~ nonkan nanan n'utuman hil panahiko. Ar kur.i hor. ho~ nia.ko sokh kateko kirin'a. Ar ritimoto ona horok' kate tar.amko prakt.isa. Cet' lekakate ac'ak' tar.am hoelenre ona send.el se hil nia. d.aharre ban'e bhinda.r.ok'. Menkhan nia. usul hil horok'te a.d.i maran' muhim hoedar.eak'a. Jaoge Hi-hil horok' lekhan hor.mo reak' bisi jan' hasoa. Ona eskar do ban' menkhan a.d.i jaoge bebohar lekhan bisi jan' reak' haso khon ehop'kate hor.mo a.d.i a.r.is a.ika.uk'a ar jan' reak' khoe do ba.i ba.ite hoyok'a. Ar aema din dea haso khon Arthritis n'utuman rog ho~ hoedar.eak'a nia. usul send.el se hil horok' ia.te. Oka okte tar.am jokhen ho~ har.ak' bhinda.r. reak' sombhobona tahena. 2 inci usul hil jan'gare sabhabik khon 50 percent ba.r.ti cape teara.

Muskil Flat Send.elre ho~: Bha.bitok' kanabo je usulak' panahirege joto somossa, menkhan ban' flat send.el reho~ hor.mo reak'e khotiegea. Hi-hil jemon dea hasoe ehop'a onkage flat send.el teho~ kat.a reak' id.i hasoa. Pa.hil re flat se soman send.el mon'j aramge a.ika.uk' reho~ a.d.i aema din horok' lekhan thor.a thor.a id.i hasoge tayomte la.t.ukate bisi jan' hasore muca.dok'a. Ona ia.te jaoge usul send.el ban' horok'kate okte okte flat send.el ar ho~ okte okte flat se soman send.el horok' horok' usul send.el ho~ horok' ja.rur.a.

Tobe tina.k' usul se cet'lekan send.el (panahi) horok'a: University of Calofornia Bio-medical labrotary reak' mit' gobesona re n'elakana, mit't.en hor. dinre gor.re 60 hajar khon 1 lakh bar tar.am la.git' jan'ga dohoea ar e rakaba. Ja~ha~e Jodi 70 serma ban'caok' khan sabhabik bhabege uni do tina.k' bar kat.atae tar.am la.git'e tul are dohoea ona do bo at.kar dar.eak' kangea. Onate nuna.k' bar kat.a tar.am la.git' mon'j panahi horok' reak' ja.rur. menak'a mente doctor ko meneda. Hor.mo reak' jan' se id.i, d.and.a, gunt.hi t.hik dohoe ar jan'ko reak' khoe ko khon mon'j dohoe la.git' ja.rur.a pamp shoe se naseak' usul send.el. Din hilok' kat.are beohar la.git' send.el se panahi reak' usul 1 1/2 inci khon usul jemon ban' hoyok'. Ar nanha hil bodol mot.a ca.rkona payawak' hil send.el horok' lekhan hor.more jhuki kom tahena.