

Hor_more Adhe Reak´ Bha_la_itet´

Adhe do a.d.i upka_r jinis kana. Got_a dha_rtiren hor_ noa adhe aema lekateko beoharet´ kana. Berelte ar utuk´ katet´ aema lekate jomogok´a. Adhe do ran-rehet´ lekate ho~ beoharok´a. Noa reak´ gun karonak´te Ayurved ar Homeopathy reho~ t_ha_~i akawanae. Ente adhe redo Antioxidant ar Anti-inflammtory ak´ gun menak´a, oka do hor_mo la_git´ bha_la_ianak´kan. Din hilok´ mit´ gila_s dak´ adhe sa~o hed_ec´ katet´ n´u~ lekhan aema lekan rog hor_mo khon sahar_ok´a. Ar nonkate hor_mo niropon tahena.

End_ekhan bon bad_aelege adhe khon cet´ cet´ko upka_r n´amok´a:

Rog birudre ka_mia:

Adhe re Antibacterial reak´ gun menak´a. Onate din hilok´ adhe hed_ec´ dak´ n´u~ do hor_more rog birude ka_mia. Khok´-manda, na_nd_ri haso emanteak´ rua_re napaeye ka_mia.

Ojon komok´a:

Adhe dak´ n´u lekhan hor_mo reak´ ojon komok´a. A.d.i alga ar usa_rate hor_mo reak´ itil komok´a. Jomak´ sana se ren´gec´ ho~e d_ant_aoa. Khonrond katet´ n´el akana, adhe do a.d.i gha_r.ic´ lac´ perec´ se bi doho dar_eak´a.

Up´ ar Hor_mo reak´ harta mon´je dohoea:

Harta reak´ nanan muskilak´ ko noa adhe rukhia_ dar_eak´a. Cedak´ je, adhe re menak´ Anti-oxidant, Antibacterial ar Anti-inflammetory reak´ gun do joto lekan rog khon hor_mo rukhia_ea. Nonkate harta ho~ sapha sa_phi tahena. Adhe redo vit_amin A , C menak´a, oka do up´ reak´ gor_hon mon´je dohoe kurumut_uiea. Ona sa~ote hor_more ma~ya~m ho~ sarsao ar sapha sa_phi dohoea.

Hajam dar_e d_herok´a:

Dinre mit' dhao katet' noa adhe dak' n'ulere hajam dar.e d.herok'a.
Nonkate gas acid hoyok' reak' sombhab kom tahena.

Adhe dak' benao reak' bhan'jtet':

Pe cup dak're adhe kot.ec' katet' em hoyok'a. Dak' mon'jte hed.ec'
tayom gila.s re chakao hoyok'a. Noare mit' camoc' dumur rasa mesao
katet' n'ui hoyok'a.

Got .a Disomre Raban' D .her Akana

Calaoen bar din laha khonak' got.a disomre a.d.i kajak raban' do
at.karok' kana. Ar kur.ha. kha.tirte setak' tora sin cando ho~ bae
n'el n'amok' kana. Ente ona da.ria. kur.ha. n'utte sin' cando do
danan'ge tahe~n kana. Khan sin' cando a.d.i bilom n'ok'te rakabok'
kana. Adom adom t.ot.hako ren hor. do sin' cando ak' marsalge bako
n'el n'ameda.

Onate d.ahar ar.e ato gharon'jkore rear.-raban' khonak' ban'caok' se
thor.agan urgumok' la.git'te sen'gel jol katec' hor.ko jorogok' kana.
Nonkan dosare hoe-dak' bichna.u officer ko (Abohaobid) menet' kana
Sa.nicar (07 January) khon thor.agan reho~ noa abohaoa do bodolok'a
menteko bad.ae ocoyet' kana. Enreho~ bodol uta.rok'a ona do ban'a mit'
bar din tayom arho~ nonkage rear. raban' se kur.ha. hoe dar.eak'a.
Nia.ko dinre sanam hor.ko a.d.i muskil dosare menak'koa. Ba.r.tikate
ren'gec' nacar hor.ko, okoe do horok' la.git' lolo kic'ric'
ba.nuk'tako nonkan hor.ko a.d.i haron kost.o talate akoak' jion jingi
ko khemaoet' kana. Ina.kate ho~ ka.mi ka.sni hor.ko, okoe do mit'
jaega khon ar mit' jaega calak' hoyok'kantako onkan ko hor. ho~ nia.ko
raban' dinre a.d.i haron sahao hoyok' kantakoa.

Ba.r.tikaete har.am-bud.hi hor.ko okoe do umerteko laha akan ar ka.t.ic' gidra.ko la.git' ho~ noa raban' din do a.d.i muskilanak' kangea. Cedak'je har.am-bud.hi hor. ar gidra.ko setak' re raban' kha.tir bahre ban'ko od.ok' dar.eak kana. Nia.ko raban' dinre sanam gogo babawak' ja.rur. kana aboren gidra.ko napaete ta.n'khiko. Eken gidra. moto do ban' joto umer ren ko la.git'ge noa raban' do botoranak' kana. Ente noa raban' mit' dhao hor.more bololen re muskil dosare par.aok' hoyok'tabona. Metak'me aema lekan rua. hasorebon ja.bun dar.eak'a. Ar ona khon ban'caok' reak' jahan horge babon n'ama honan'. Onate delabon noa rear. raban' dinre sanam ko a.d.i sontor rebon tahena. Jemon noa rear.-raban' aloe ka.bu bon ma. Ar nonkate noa raban' dinre sanamko mon'j bon taken bon kurumut.ui ma. Sanamkoak' ja.rur. kana aboak' apnarak' hor.mo apnarak' gharon'jren hor.ko ra.khi jogaoko do aboak'ge da.yik kana.

Hor.mo Niphut. Dohoe La.git' Eyae (7) Got.en Upa.iko

Hor.mo do hoyok' kana Isorak' Mundil. Onate hor.mo sapha sa.phi taken do a.d.ige ja.rur.a. Hor.mo jok'ton hoyok'tabona jemon abo gharon'jren sanamko sapha sa.phi ar niphut.bon taken.

1.Sapha sa.phi gharon'j:

- Dina.m hilok' d.a.bra.k' hoyok'a.
- Haptare mit' dhaokate bohok' up' sa.bunte saphae hoyok'a.
- Joto kic'ric'ko hed.ec' se sa.bunte saphae hoyok'a.
- Gidra.koak' ghao se si eman menak'koa se ba.nuk'koa n'el hoyok'a, ar

saphaetako hoyok'a.

-T.a.nd.ite se racate tayom ti sa.bunte a.rup' saphae hoyok'a.

-Jomak' tear lahare ar jom lahare ti sa.bunte a.rup' saphae hoyok'a.

-Ka.t.up' reak' rama ka.t.ic' ar sapha dohoe hoyok'a.

Or.ak' duar.:

-Dina.mge or.ak' jok' saphae hoyok'a.

-Somoe somoe bhit se t.a.t.i jok' saphae hoyok'a.

-Jom tayom ho~, caor.a aloko hijuk' la.git' hirc' pa.sir sikr.iko jok' saphae hoyok'a.

-Or.ak're seton',hoe ar marsal bolo ocoak' hoyok'a jemon capr.a, cut.ia. emanko or.ak're aloko d.era dar.eak'.

-Somoe somoe at.et'ko seton're od.ok' hoyok'a.

-Gitijok' somoe sor sor gitijok' ban' hoyok'a, ente rid.a.t' cirit' gitic' do hor.mo la.git' ban' besa.

-Ja~haman benao t.a.nd.ite se racate ban'kate t.a.nd.ite or.ak' se pa.ikhana benao hoyok'a.Pa.ikhana sor re enec' ocoako ban' hoyok'a.

2.Dak':

-Ma.ila. dak' khon aema lekan rog n'an'ama, d.herkaete lac' has oar patla t.a.nd.ite onate sanam okte sapha dak' n'ui hoyok'a.

-Sanam okte ku~i eset'kak' hoyok'a.Pukhri se gad.a ar.e t.a.nd.ite ban' hoyok'a.

-Patla t.a.nd.ite ma.ila. akan kic'ric' pukhrire tis ho~ ban'saphae hoyok'a, bickom juda. jaegare, ar ona ma.ila. dak' khetre dul hoyok'a.

-Gad.a se pukhri dak' n'ule khan lac' haso n'an'ama, ja.rur. khan, noa dak' do hed.ec' kate n'ui hoyok'a.

-Dar_eak' bhor nolkup reak' dak' bebohar hoyok'a.

-Pukhri ar ku~n' ar_ere pa_ikana or_ak' bek'nao do ban' besa.

3.Mon'j_jomak':

-Ja~ha~n jo jom lahare se ar_ak' sakam utui lahare sapha dak'te a_rup' hoyok'a.

-Utui somoe beste isin ocoe hoyok'a, asokaete jel utu.

-Jomak' lolo takenre jomge besa.

-Ja~ha~n jomak' sarec'len khan beste eset'kak' hoyok'a.

-Toa beste hed_ec'kate n'ui hoyok'a.

-Vit_amin do rog ten'go daram dar_ey badhao ocoea ar joto lekan rog khon hor_moe dar_e ocoea. Niphut_ taken la_git' vit_amin do a_d.i ja_r.ur.a. Pepe, ul, kant_har, anaros, kaera, libu, komla, gajor, sa_pri, joto lekan ar_ak' sakam emenkore aema vit_amin menak'a.

4.Beyam:

-Aboak' hor_mo la_git' thor_a se hor_mo bhajao do ja_rur.gea. Tar_am bar_ae se ka_mi bar_ae ho~ beyam kangea.

-Beyam len khan hor_mo reak' ma~ya~m bes lekate pasnaok' jelko dp ket_ejok'a ar sar_eak'a.

5.Ja_pit':

-Aboak' hor_mo la_git' jira_u do ja_rur.gea tinre abo dobon ka_mia unre hor_mo reak' dar_e do thor_a komaok'a.Ja_pit'le khan se jira_ulen khan arho~ dar_ebon n'am, rua_k' okte babo ja_pit'le khan usa_ra babon besok'a.

-Ja_pit' okate mosari beboharlena khan, sikr_ic' bako ger dar_eabona. Sikric' ger kom tahelen khan, malaria ar pila_rua_ n'an'am reak' botor komge tahena.

6.T_ika_:

-Bar bochor latarren gidra. do t.ika. ocoko hoyok'a janam tora khon t.ika. ehop'len khan boge hoyok'a. T.ika. hotete turui got.en muskil rog khonko ban'caok'a, ar onako rog ban' n'amkoa.

7.Pa.tia.r tahe:

-Judi bapla lahare juripa.ri epemok' ban' hoelen khan, ar baplakate unkin bapla akan hor. pa.tia.rgekin tahe, AIDS se et.ak' rog ona okte ban' pasnaok'a.

KHOK' MANDA RUA.

Khok' ar manda do etak' karonko leakage sadharon karon kana. Menkhan noa reak' do d.her hor.ge ja.sti bako moneak'a. Noa do d.her idilen khan se noa khon ban'caok' la.git' d.hili sililen khan tayom te muskil ho~ hoe dar.eak'a.

KHOK' DO TINA.K' LEKANA?

1. Rohor. khok', sigaret. d.herko n'u lekhan noa khok' hoyok'a.
2. Lohot' khok'. Manda okte khok' khok'te kharak' od.okok'a.
3. TB khok'. A.d.i din khon ko khoga ar muca.t're khok' khok'te kharak' sa~ote ma~ya~mgeko ula.ya.

MANDA KHOK' CINHA.KO

-Na.nd.ri hasoa.

-Bohok' hasoa.

-Hor.mo hasoa.

-Ka.t.ic' gidra. do patla se sunuc' t.a.nd.ite ho~ n'am dar.eakoa.

BESOK' REAK' UPA.IKO

-Aema halka jomak'ko do jom n'ui hoyok'a, metak'me dak', toa, ca emanteak' ko. Asolkaete loloak' do khok' la.git' a.d.i besa ente noate bhitri reak' kharak' do dagok'a.

-Tulsi sakam gel got.en turui t.hop' libu rasa mit' gela.s hed.ec' dak're dar.eak' bhor lolo lolo n'ui hoyok'a.

-Or.ak' dua.r sapha sa.phi dohoe hoyok'a. Or.ak're jemon sanam okte hoe bolo dar.eak'.

-Kharak' do jemon otre aloko thoe, bickom culha.re se bises jaegare. Kharak'te rogren tejo do ko pasnaok'a.

-Udga.r a.ika.uk' khan d.a.bra.k' hoyok'a. Rua.k' somoe do lohot' kicric'te got.a hor.mo saphae hoyok'a.

Ran Ocok' ar D.aktar t.hen tinre rugi idiye hoyok'a:

-Bar hapta khon d.her khok' tahe~len khan.

-Hor.mo lolo ban' komaolen khan.

-Judi khok' d.herlen khan ar kharak' reak' ron' arak', ha.ria.r. se sasan'dak' leka n'ellen khan.

-Na.nd.ri d.herger hasolen khan.

-Na.nd.ri haso sa~ote hot.ok' hasolen khan.

Me~t' Rakap' Se T_oke Rog

Nia_ko dinre n'elogok' kana me~t' rakap' se t_oke rog cha_pla_u akana. A_d_i algatebon bujha_ukea je, me~t' aragok' kana ar haso. Gidra_khon ehop'kate joto lekan umerren hor_ko noa muskilreko par_aok' kana. Noa me~t' rakap' rog do a_d_ige pasnaok' kana. Mit' hor_khon et_ak' hor_t_hen algatege uca_r_ok' kana.

Delabon bad_aelege me~t' rakap' se t_oke rog reak' thor_a cinha_ko:

- Me~t' aragok'a metak'me pond_on'sotet' ho~ arak' cabak'a
- Me~t' dak' jorok'a.
- Me~t' haso ar babat' at_kar.
- Me~t' phula_u.
- Me~t'te pusta_ute ban' n'en'el
- Me~t' ben'jagok'a.

Noa rog khonak' sontor tahe~n la_git'te cet' cet' cekae hoyok'a?

Ma_ila_-ja_br_i, dhur_i, seton', sen'igel a~c' khon pharak're tahe~n. Bad_aebon je, noa rog do uca_r_ok'a, onate un jokhen hor_ko talare se iskul_teho~ calak' ban' ja_rur_a. Hende cosma ho_ro_k' hoyok'a. End_ekhan hor_ko t_hen ban' uca_r_ok'a. Ba_r_tikaete mobile se Tv ko_m n'o~k' n'el hoyok'a. Ja_rur_lere daktar ko t_hen porames hatao hoyok'a. Ar nonkan rog n'amakat'ko hor_ko khon pharakre tahe~nok' hoyok'a. End_ekhan algatege noa rog khon rua_khia_bo n'am dar_eak'a.

Setak're Dak' N'u~ Reak' Bha.la.itet'

Dak' do jiu reak' rehet' kana. Ente dak' begorte cele jib-janwarge ban'cao bako tahe~ dar.eak'a. Onate din hilok' mimit' hor.ak' 4-6 lit.er dak' n'u~ ja.rur.a. Jarnahakoak' katha lekate, din hilok' ren'gec' lac're mit' gila.s dak' n'u~ lekhan hajamre mon'j upa.ka.r n'amok'a. Enkate lac're gas se lac' phula.uk' lekan muskil khon rukhia.bo n'am dar.ekea.

Ren'gec' lac're dak' n'u~ lekhan hor.mo khon toxin ho~ cabak'a. Ona ia.te setak're beret' tora mit' gila.s dak' n'u~i hoyok'a. Ina.chad.a ho~ ren'gec' lac're dak' n'u~re cet' cet' upka.r se bha.la.i menak'a, thor.abon n'ellege-

Din hilok' ren'gec' lac're dak' n'u~i la.git' hewak' hoyok'a. End.ekhan hor.more ma~ya~mko sarsao akan tahe~na. Setak're beret'kate ko_m se ko_m pe_ gila.s urgum dak'em n'u~lere got.a n'inda.te jarwa akan ma.ila.ko racate hotete od.on'ok'a.

Ne.be.tar jugre jo_m n'u~re bhul kha.tir aema hor.ge a.d.i a~jhat. se jala jon'jal (Kostokathinno) lekan mu~hinreko par.aok' kana. Menkhan ren'gec' lac're metak'me a.uri jo_mre dak' n'u~ lekange a.d.i algate noa khon rukhia. n'amok'a. Nonkage calao idilenre thor.a hapta tayomge nist.a.n noa reak' jo_ do n'amok'te ho~ n'amok'gea.

Arho~ din hilok' setak're ren'gec' lac're dak' n'u lekhan kidney, hor.mo baha (menses), na.nd.ri reak', emanteak' ro_g khon sahar.bon tahe~ dar.eak'a. Onate setakre dak' n'u a.d.ige ja.rur. kana.

Eken ina. do ban', dak' do hor.mo reak' jan'ko ho~e ket.eja. Onate setak're dak' n'u~ lekhan hor.mo reak' jan'ko ket.ec' ar nira.i tahe~na. Nonkate hor.more jahan hasoko tahe~nre algate cabak'a. Aboak' hor.mo ar me~t' mut.ha.n ho~ mon'j dohoere dak' do a.d.ige upka.ranak' kangea. Ar nonkate niropon hor.mo bon tahe~ dar.eak'a.

Cehaona Katha

Ba.rsa. oktere serma dak' ar d.uba. hoe dar.eak'a. Ar oka kore dak' perejok' ar d.uba. hoyok' ona jaega kore bin' a.d.iko da~r.a~ bar.aea. Aema oktere or.ak'te bin'ko bo_lo_k'a. Onate bin' khon ban'caok' se rukhia. n'am la.git' Lifebouy sa.bun or.ak're do_hokak' a.d.ige ja.rur. kana. Ente noa Lifebouy sa.bun redo Carboxylic Acid se Carbonyl Asid tahena. Ar noa Asid ia.te bin' ban'ko hijuk'a.

Ar ban'khan Carbonyl Asid bo_to_l reak' benet' ocok' kate doho lekhan ho~ hoyok'a. Ar ban'khan noa Carbonyl Acid ban' tahe~len khan munga. d.a.r se ra.sun ka.t.ic' ka.t.ic' kut.ra. kate or.ak' got.a t.a.nd.i ar ber.haete dohoka hoyok'a. End.ekhan nonka ka.mi lekhan bin' or.ak'te o_ho_geko bo_lo_ dar.eak'a.

N U R S E

Calaoen 12 ta.rik do tahe~kana International NURSE Day. Delabon bad.aelegi NURSE reak jos katha; N-Nurture; pusti, U-Universal; sanamko la.git', R-Responsible; Da.yik, S-Smart; budan, Jhu~k monan, E-Educated; bhage sikhna.t hamet..

International Council Nurses (ICN) 2022 sal reak' asol jos do tahe~kana; Nurse ak' a.ida.ri manot babot. Sa.rige Nurse ak' tina.k' manot ar da.yikan kanako, ona reak' jo do sanamko me~t' tebon n'elkeda; COVID-19 lekan maran' rogre. Apnarak' jiwi alaikatet

sanamkoak' jiwi rukhia.i la.git'ko ka.mi akada.

Jao sermage ICN hotete Adhunik hor.mo ha.t.in' re jopor.ao tahe~kan Florance Naitangel ak' janam ma~ha~ 12 May re Got.a Dha.rti Nurse ma~ha~ko manao ganaoeda. ICN ren maran' per.a manotan Dr. Pamela Cipriano doe men akada; Got.a corona okte re nurse ko do a.d.i a~t. haron arko kost.o akana; Babon at.karakat rog coronate aema nurse doko goc'akana, se corona te la.r.ha.ikatetko ban'cao akana apnar ar sanamko. Nonkan haron ka.mi re aema bhageak' doko ka.mi akada; ar thor.a tolopteko ka.mi kana se ka.mi tha.~ire bako lekha ocok' kana. Sanam disomren sorkar jemon noa babotre a.d.i kha.ndri doe hudis ar ban'khan hor.mo joton ka.mire menakko la.git' a.d.i maran' laksan do hoyok'a. Hor.mo joton ka.mi kanko begor hor.mo do banuka.

International Council Nurses (ICN) 2022 sal re barea nurse ak' khat.o katha ol rakapkeda. Pakistan period khon nit habicte Bangladesh reak' uta.r nakha Rajshahi bibha.g; Rajshahi jila., Chapai jila. ar Naogaon jila. ren sanam hor.ko a.d.i joto selet' boge treatment doe em a.guieda – Amnura Lutheran Mission Hospital. Olak 'sec'te bad.aeaok' kana je; noa hospital do ehop'akana 1966 sal khon dispensary hisa.bte, ina. tayom Clinic ar nitok do 10 beds Hospital. Noa Hospital re 22 got.en total staffs menak'koa, Ona modre 6 got.en nurse doko ka.mi kana. Onko modre bar hor.ak' ol kathan' sodoreda; Songita Murmu do Rajshahi Christian Mission Hospital – Nursing Training Center khon Diploma in nursing doe pura.u akada. Training muca.t' tora khonge uni do Amnura Lutheran Mission Hospital re ka.mi ehop' akada; Onka leka Mery Hembrom do Sahamokhdum Nursing Institute khone par.hao akana ar nitok do Amnura Lutheran Mission Hospital reye kami kana. A.d.i ra.ska. selet' dokin ka.mi kana. Ar bana hor.ge a.d.i bhage ar jhu~k montekin ka.mi kana. Hospital ren sanam nurse ge hor. kanteke ar ba.r.ti hor. rogiko joton ka.mi kha.tir a.d.i bes doko at.karet kana. Nonkan kami re hejuklagitbartiuskurdokonamakadaGogoar Baba khon.

Kerina Soren ho Rajshahi Christian Mission Hospital khon Diploma in Nursing doe pura.uakada. Kerina do gogo hor.mo re taken okterege ac' baba doe goc'lana. A.d.i haron talate ac' gogo doe joton harakedia ar Nurse doye par.hao ocoakadea. Kerinaren baba do ac'kageye goc'ena; dactor khanako ho a.d.i sa.n'gin re tahekante bako edi dar.eadia.

Onate ac' gogoak' maran' sana ar as do hoyok' kana; jemon mit din in' ren gidra. hor.koe ran ako ar onkate bogeko taken. Kerina ho~ a.d.i ra.ska. doe at.karet kana; hopon tolopte kami katet ho. Entet uniak' maran' jos ar motlob do rogiko joton talate bhage bhage kami.

Noa Nurse ma~ha~ sec'te got.a dha.r.tiren sanam nurse ko la.git taken kana aema manot ar dula.r. johar. Hor.mo do maran' mit' sompot kana sanam manwakoak'. Entet hor.mo t.hik ban' tahelen khan sanamakge bes ban' bujha.uk'a. Onate delabon sanamko; aboren nurse ko ba.r.ti bon manotkoa ardhur.i dharti re taken bhor jemon bhage upka.r bon n'am se sebako emabonte nurse ho~ akoak' ekrar., josar motlob do pura.uk. Darakan din re la.git nonkan as sanamko dohoeda.

Bir_i-Sikar_et_N'ute Hoedar_eak' Muskilanak' Ko

Jo_to_ hor.gebon pust.aua Bir_i-cut.i do_ hor.mo la.git' muskilanak' kana mente. Noa kakhante hor.more nana-parkan rog n'elo_go_k'a. Thamakur lekan jinis ba.r.ti beohar kha.tir Cancer lekan gujuk rog ho~ d.her idik'kana.

Bir_i n'ute Cancer sa~o arho~ ekal high blood pressure ar cholesterol d.herogo_k' kana. Thamakur jo_mte hor.more ma~ya~m pasnaok' kan sirre dhu~a. jarwak'a, nonkate stroke heart attack hoe dar.eak'a.

Jaribte n'elo_go_k' kana, amdaj 34.6 percent se~r.a~ metak'me harata.l hor.ko ba.r.tiko n'ujon' kana. Noa sima. baher n'u kakhante aema lekan rog bihinte ja.bunkate bo_cho_rre amdaj mit' karor. hor.ko gujuk' kana. Ar bir_i n'ute bo_cho_rre amdaj 53 percent hor.ko gujuk' kana.

Menkhan pasec' d.her hor.ge babon bad.aea, bir_i n'ute me~t're muskil he_c' par.aok'a. Ente gobesona meneda, Thamakur dhu~a.te eyae hajar

khon ba.r.ti chemical saran'jam menak' akada. Noa ko modre thor.a do_ me~t' la.git' a.d.itet' ba.r.ic'anak' kangea. End.ekhan dela thor.agan bon bad.aelege, bir.i n'ute cet' cet' muskil dosa hoe dar.ekea-

Me~t' ro_ho_r.ok'a se me~t' dak' an'jetok'a-

Hor.mo rean' maran' uta.r tarantar kana noa me~t'. Sikar.et. se bir.i dhu~a.te me~t' kho_n dak' lekan bo_stu ekal an'jet'ok'a. Ar nonkate ba.i ba.ite me~t' ro_ho_r.ok'a. Ba.r.tikaete, me~t're arak' dag, me~t haso se me~tre nana parkan muskil dosa do_ he_c' par.aok'a. Noakage calao idilenkhan mit' okte me~t marsal ad metak'me ka~r.a~ reak' bo_to_r tahe~nok'a.

Me~tre cha.uni:

Arho~ ba.r.ti bir.i cut.i n'ute ja~ha~ umerege me~tre cha.uni n'elo_go_k'a. Bir.i n'ute me~tre maran' uca.t. par.aok'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.

Niropon Hor.mo Tahe~n Babo_t Ja_rur.ak' jo_mak'ko

Hor.more ja~ha~ lekan rog birud ten'go daram lekan khemota tahe~n khan, a.d.i algate rog khon rukia.bo n'amdar.ekea. 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 napaeye 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~ bar_ak'a. Noa jo_mte hor_more rog birud asambher_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.