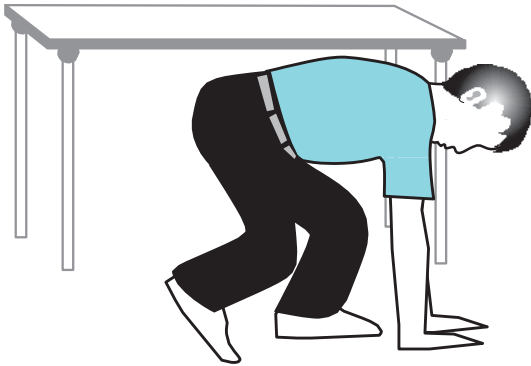


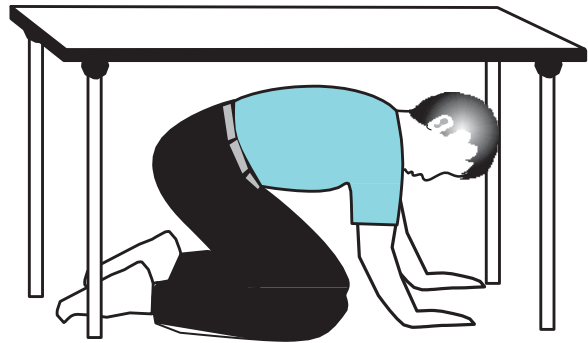
Sida nabad loo ah Inta lagu jiro Dhul

Marka dhulka gariiro...

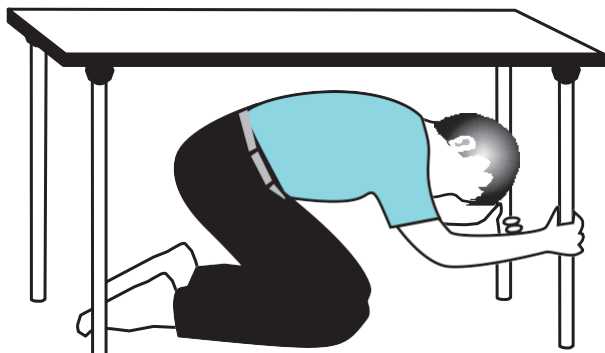
Dhulka isku tuur...



Is dabool...



Sug...





Ha ordin inta lagu jiro gariirka.

Dhaawacyada badan waxay dhacaan inta lagu jiro sheeyada soo dhacayo, ma ahan dhismooyinka dumaya

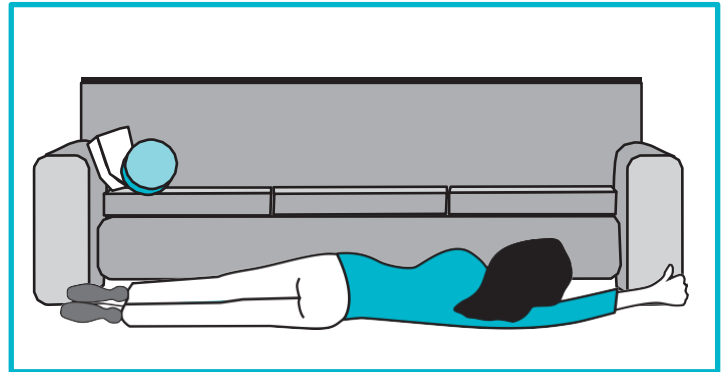


Dhulka isku tuur, isdabool iyo qabso miiska hoostiisa ama miis.

Halkaas joog ilaa gariirka ka istaago.



Haddii aad meel ku jirtid meeshaas oo aan miis jirin, hoos u foorarso! Isku day in aad hoos gashid ama dhinaca wax. Dooqa ugu wanaagsan waa gelid miiska hoostiisa ama miis. Ku fariiso dhaxda darbiga. Foorarsiga marka dhinac laga dhigo alaabaha guriga culus ama kadaloobsiga u dhaxeeyo leemanka korsiga ee kaniisadaha shaneemooyinka iyo garoomada ama ku xigga ama hoosta dambiisha dukaanka.



Haddii aad joogtid meel kabaxsan meel furan halkaas joog. Fariiso iyo ku dabool madaxa gacmahaaga.



Haddii aad banaanka joogtid, laakiin aad u dhowdahay dhismo dhiniciisa ka fogow dhismaha si aad uga fogaatid muraayadaha soo dhacayo iyo sheeyada kale. Aaaga isla markaas kabaxsan banaanka dhismaha loo yaqaan sida “aaga halista”.



OGOW: Wadooyinka albaabka LAGUMA talin e pmeel ammaan ah ee noqoto dhulgariir. Way adagtahjay in la joogo wadada albaabka inta lagu jiray gariirka albaabka intabadan waxay sababtaa dhaawac kadibna way isbedeshaa iyo wy xirantaa inta lagu jiro gariirka.