

Nā kūlana Makahiki Hou Me ke

kahu kia'i hou e hele mai nā kūlana CGNA. He 4. He lawelawe kaiāulu lākou!

Palena elima 1 CPs 1 No ke ola 'ana i ke kino o ke kanaka, pono ka pale 'ana i ke aniau! 'O nā mea ho'oweliweli: Lā (radiation), Mahana (wela, anuanu), Mākū (hu'ihu'i, hypothermia), makani (puhi, hau'oli, lepo). 'O ka mālama 'ana i ke ea he pale po'o, nā lole pale, nā kāma'a pale. 'O ka ho'oweliweli i ke kino o ke kanaka i 'ike 'ole 'ia ka 'ili (hule) i nā mea.

Nā ana ma'amau 1 Ms 1 kahu mālama mālama i ka New

Age standards (NAs) e ana. He mana metric hou. He lawelawe kaiāulu UCG.

Loihi 'āpana kumu: mika (m) ~ 'Āpana 'āpana kumu : mika-pāha'i (m²) ~ 3 D mika (m³) ~ Volume 'āpana kumu: lita (l) ~ Weight 'āpana kumu: gram (g)

Packaging standard 1 Ps 1

Ps 1 (Packaging standard) e uhi ana i nā pono o ka mea kū'ai aku: 'oia'io ma'alahi e ho'ohālikelike i ka nui o nā huahana 'a me ka 'eke. Hiki ke hana hou 'ia ka 'eke a biodegradable. Ps 1 he lawelawe kaiāulu UCG.

Moe moe 1 Ss 1

Pono ka hiamoe no ke ola o ke kino kanaka. Pono nā hola 7 e hana. 'O ka nele i ka hiamoe ke alaka'i i ka make akā ma hope o ka hele 'ana i ka 'eha loa ma o ke kaumaha a me ka puka 'ana o ka pupule.

AS it is Written It Shall Be



'O ka ma'amau o ka

makahiki hou no ka pale 'ana i ke aniau 1 CPs 1 No ke ola 'ana i ke kino o ke kanaka, pono ka pale 'ana i ke aniau!

'O nā mea ho'oweliweli: Lā (radiation), Mahana (wela, anuanu), Mākū (hu'ihu'i, hypothermia), makani (puhi, hau'oli, lepo). 'O ka mālama 'ana i ke aniau me ka pale-po'o, nā lole pale, nā kāma'a pale. 'O ka ho'oweliweli i ke kino o ke kanaka 'a'ole i 'ike 'ia i ka 'ili.

Ho'oka'awale 'ia ka pale maka i 2 'āpana: Practical: ho'okahi lens (visor).

Kaulana: 2 lens (nā makaaniani).

1. Rim: pono e mālama i nā 'āpana ea ma nā 'ao'ao a pau (lalo, 'ao'ao, luna). Pono e pale 'ia ('a'ole nahā ke kau 'ia). Hiki ke kala i kekahi waiho'olu'u.

2. Nā Lens : hiki 'ole ke haki, 'a'ole hiki ke 'oki 'ia, pale i nā kukuna UV, 'a'ole ho'oulu 'ia i ka noe, ho'oponopono 'ālohilohi (ho'ololi i ka 'ele'ele, māmā, māmā, 'ele'ele).

Ho'ohana mau 'ia ka pale maka i waho!

V Pale pale po'o i ke kīkēkē. Pono ka lauoho a me ke po'o i ka ho'omalū 'ana i ke aniau mai ke anu, ka pulu, ka radiation nui a me ka pollution. Pono ke po'o i ka pale mai nā kīkēkē: he V Helmet me ka GPS tracker, kelepona, video-recorder..

'O ka pūpū o waho he metala a synthetic paha. Loa'a iā ia ka laina waena (hiki ke ho'onani 'ia, plumage). 'O ke kaula auwae 'ili e pa'a i kahi microphone. 'O ka vi-sor ka 'ao'ao 'ao'ao, pololei i luna, lalo, 'a'ole hiki ke uha'i 'ia, 'oi aku ka pale 'ana, pale i nā kukuna UV, 'a'ole e ho'ohu'e, ho'oponopono 'ālohilohi ('ele'ele, māmā, māmā, 'ele'ele). He 'ili hope ko ka mahiole ma ke 'ano he pale 'ā'.

V Aia i loko o ka pāpale ili. Ho'okomo 'ia i loko o ka padding nā 'āpana pepeiao. Hiki ke ho'ohana 'ia kahi Balaclava (Beanie) a i 'ole K Scarf ma lalo o ka mahiole.

No ka ho'oma'ema'e 'ana i ka uhi o loko o ka mahiole mai ka hou 'ana, ka dandruff, ka momona. 'O nā mea kōkua waho: kukui kukui, kukui kukui infrared; he pahu hopu.

Uhi 'o Balaclava (Beanie) i ke po'o holo'oko'a me nā maka wale nō.

Ho'opili 'ia me ka hulu hipa a i 'ole ka hui 'ana o ka pulupulu a me ka hulu hipa ('a'ohe synthet-ic fiber). Hiki ke kala a i 'ole ke 'ano he pom pom ma luna. Inā 'a'ole pono ka pale maka a me ka 'ā'ī, hiki ke 'ōwili 'ia 'o Balaclava a lilo i 'Beanie'.



Hiki iā K-Scarf ke uhi i ke po'o holo'oko'a me ka wehe wale 'ana i nā maka (palena ki'eki'e). Hana ia ma ke 'ano he uhi po'o a me ka pale.

Ho'opili 'ia mai ka hulu hipa a i 'ole ka hui 'ana o ka pulupulu a me ka huluhulu (no



fiber synthetic). Hiki ke kala a i 'ole ke 'ano.

Mālama 'o Balaclava a i 'ole K-Scarf ma ka uhi 'ana i ka ihu a me ka waha. 'O ka pollution in-haling, nā ma'ī lele make a me nā pepeke u'ī pale 'ia. Ho'emi i ka hopena o ka ea malo'o a me ke anuanu. 'Ale'a a me ka Asthma ua hoemiia. Loa'a i ka ho'olaha 'ana i ka ma'ī lele.

Ho'ohana mau 'ia ka pale po'o i waho!

Pono nā lole pale no ka pale 'ana i ke kino mai ke aniau, ka ma'ī 'eha, ka pollution. Pono nā lole pale e 'olu'olu, pono, hiki ke kū'ai. 'O nā lole pale e pili ana i ka uhi po'o, nā lole, nā pūkini, nā wāwae palekana. Ho'ohana mau 'ia nā lole pale i waho.

Pono ka ili i ka pale nui, mai nahu (holoholona, kanaka), Stings (Insects, Needles), Infections (Bacteria, 'O nā fungi, Germs, Virus), Radiation (Heat, Solar, Nucle-ar), Exposure (Acid, Fire, Frost, sharp-sides, wet).



Hana 'ia nā lole mai loko mai o nā pulu maoli: 'ili holoholona, 'ili mea kanu, siliki, cot-ton a huluhulu paha. 'A'ole ho'ohana 'ia nā fiber artificial no nā lole pili i ka 'ili.



Nā lole pale, Ka uhi (me ka pu'u) a i 'ole 2 'āpana i hana 'ia me ka pulupulu, mea kanu, Wool, a i 'ole hui pū 'ana o ka pulupulu a me ka hulu hipa ('a'ohe fiber synthetic) . kala i kekahi kumu. Pono e loa'a i ka 'āī t-shirt, puff* lima, wāwae pani 'ia ma nā lima lima a me nā ku'eku'e wāwae (draft proof). *E hiki i nā lima a me nā wāwae i ho'oki'eki'e 'ia e hiki i nā hui ku'eku'e a me nā kuli ke ne'e manuahi a 'o ka ea o loko e hana i ka aniau. ho'omalua no ka 'ili a me ke kino. 'A'ole pono e ho'ohana 'ia nā fiber artificial no ka lole a i 'ole kekahi mea pili i ka 'ili kanaka.

Pono nā wāwae i ka pale mai ke ea a me ke kīkēkē. 'O ka 'ili, nā manamana wāwae a me nā ku'eku'e wāwae i ka pilikia. Ma waena o nā manamana wāwae ka wahi kūpono no nā Infections (bacteria, germs, fungi, virus). Hiki ke kīkēkē 'ia nā manamana wāwae. He mea nui nā manamana wāwae a pono e pale. 'A'ohe manamana wāwae, 'a'ohe hele wāwae. Ku'eku'e wāwae, wili, 'eha 'elua. 'O nā'eha wāwae lō'hi e alaka'i i ka ma'ī ho'onāwaliwali: Arthritis.

Hana 'ia nā soka me ka pulupulu, ka hulu hipa, a i 'ole ka pulupulu, hui pū 'ia ('a'ohe fiber synthetic) kekahi kala a me ke 'ano. Loa'a nā socks nā 'āpana kālā ma'ema'e ('a'ohe alloy) i ulana 'ia i loko, e hā'awi ana i nā mea anti-bacte-rial, anti-microbial a me nā waiwai anti-static, e hō'emi ana nā mea 'ala. Uhi wāwae wāwae a hiki i 7 km ma luna o Ankle.



He 'ili pale luna o nā kāma'a (a'ohe synthetics),
'ili palupalu o loko (a'ohe synthetics), 'ili kapu a i 'ole rub-ber (hiki
ke hana hou 'ia). 'O nā kāma'a kāma'a e pale i nā wāwae a hiki i
7 knm ma luna o nā Ankle. 'O ka pale wāwae i pale 'ole (Sandal,
Slippers, Thongs) wāwae, 'a'ole pono nā ku'eku'e wāwae.
Pono ka pale wāwae i waho. He maika'i 'ole ka hele wāwae wāwae
'ole i waho.



Ho'ohana 'ia ka pale lima ma ke 'ano o Gves!
Hana 'ia nā mīkina lima me ka 'ili, ka pulupulu, ka huluhulu, a i 'ole ka pulupulu,
hui hulu hipa (a'ohe fiber synthetic) kekahi kala a me ke 'ano.



He pilikia ke ola kino ka 'ili synthetic! Ho'opau i ka hana 'ana!

Ho'ohana mau 'ia nā lole pale i waho

E ha'alele i ka hilahila:

'Ano wikiwiki! 'O kēlā me kēia makahiki ke kū'ai 'ana i kahi hā'ule hou, ho'oilo, pūnāwai,
summ-er ka mea ho'ohaumia kaiapuni! Ua pau!



'O ka lepili mea ho'olālā he 'āpana elitist o ka waiwai apartheid. 'O ka lepili mea ho'olālā
'oi aku ke kumu kū'ai. Hana 'ia e ka hana kauā. Hana 'ia no ka ho'oki'eki'e 'ana i ka po'e
'ilihune a 'ilihune. Ua pau!

Ho'ohenehene nā kānaka 'a'ahu 'eha'eha i ka home 'ole. Uku lakou no ka holoia ana o ka
lole, a hanaia na puka iloko o lakou.

Ho'opailua! Ua pau! E ho'opa'a i kēia po'e i ke kuleana!



'A'ole 'ae 'ia ke code lole 'ōpala: E 'ike i ka po'e 'ōpala 'o lākou
'ōpala.

Kūlana Makahiki Hou

Nā ana ma'amau 1 Ms 1

Ho'ohana ka Luna kia'i i nā kūlana Makahiki Hou (NAs) e ana. He mana metric hou. He lawelawe kaiāulu UCG.

Ka lō'ihi kumu : mika (m) ~

'Āpana kumu 'āpana : mika square-mika (m²) ~ 3 D mika (m³) ~

Puke kumu Volume : lita (l) ~

Kaumaha kumu 'āpana: gram (g)

Ana prefix. E ho'ohana i nā prefix i ka nui no nā mana maika'i.

Mana Hoailona Prefix [] Waiwai

Yotta Y 10²⁴ 1,000,000,000,000,000,000,000,000

Zetta Z 10²¹ 1,000,000,000,000,000,000,000

Exa E 10¹⁸ 1,000,000,000,000,000,000

Peta P 10¹⁵ 1,000,000,000,000,000

Tera T Giga 10¹² 1,000,000,000,000

10⁹ 1,000,000,000

Mega M 10⁶ 1,000,000

Myria My 10⁴ 10,000

Kilo K 10³ 1,000

Hecto H 10² 10¹ 100

Deka D 10⁰ 10

kumu b deci 10⁻¹ 1

keneta 10⁻² 0.01 0.1

c

mili m 10⁻³ 0.001

micro μ 10⁻⁶ 0.000,001

nano n 10⁻⁹ 0.000,000,001

pico p femto f 10⁻¹² 0.000,000,000,001

atto zepto z 10⁻¹⁵ 0.000,000,000,000,001

yocto a 10⁻¹⁸ 0.000,000,000,000,000,001

y Length Base 10⁻²¹ 0.000,000,000,000,000,000,001

unit: mika (m) 10⁻²⁴ 0.000,000,000,000,000,000,000,001

~ l'ilii hua prefixes he () waiwai o

kumu. [0] Hō'ike nā pale i ka waiwai o ka mana. Ka mamao ma waena o 2 helu.

La'ana 0..ā..10 = 10

Mana Hoailona Prefix [] Waiwai

1 Yotta Ym 10 [24] 1,000,000,000,000,000,000,000,000
 1 Zetta Zm 10 [21] 1,000,000,000,000,000,000,000
 1 Exa Em 10 [18] 1,000,000,000,000,000,000
 1 Peta Pm 10 [15] 1,000,000,000,000,000
 1 Tera Tm 10 [12] 1,000,000,000,000
 1 Giga Gm 10 [9] 1,000,000,000
 1 Mega Mm 10 [6] 1,000,000
 1 Myria Mym 10 [4] 10,000
 1 Kilo Km 10 [3] 1,000
 1 Hecto Hm 10 [2] 100
 1 Dekka Dm 10 [1] 1 mika m 10 10
 [0] 1 deci dm 10 [-1] 1 keneta 1
 knm 10 [-2] 0.01 0.1

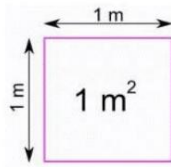
1 mili mm 10 [-3] 0.001
 1 micro μm 10 [-6] 0.000,001
 1 nano nm 10 [-9] 0.000,000,001
 1 pico pm 10 [-12] 0.000,000,000,001
 1 femto fm 10 [-15] 0.000,000,000,000,001
 1 ma ka hola 10 [-18] 0.000,000,000,000,000,001
 1 zepto zm 10 [-21] 0.000,000,000,000,000,000,001
 yocto ym 10 [-24] 0.000,000,000,000,000,000,000,001

'Āpana mika huinaha : mika (m²) ~ nā hua mua hua li'ili'i he () waiwai o
 kumu. [0] Hō'ike nā pale i ka waiwai o ka mana. Ka laula, ka laula o kahi wahi i hoonuiia
 La'ana 10 • 10 = 100 m²

Mana Hoailona Prefix [] Waiwai

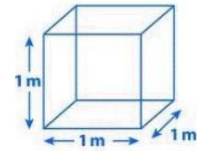
1 Yotta Ym² 10 [24] 1,000,000,000,000,000,000,000,000
 1 Zetta Zm² 10 [21] 1,000,000,000,000,000,000,000
 1 Exa Em² 10 [18] 1,000,000,000,000,000,000
 1 Peta Pm² 10 [15] 1,000,000,000,000,000
 1 Tera Tm² 10 [12] 1,000,000,000,000
 1 Giga Gm² 10 [9] 1,000,000,000
 1 Mega Mm² 10 [6] 1,000,000
 1 Myria Mym² 10 [4] 10,000
 1 Kilo Km² 10 [3] 1,000
 1 Hecto Hm² 10 [2] 100
 1 Dekka Dm² 10 [1] 1 mika m² 10 10
 [0] 1

1 deci dm^2 10^{-1} 1 keneta cm^2 0.1
 10^{-2} 0.01
 1 mili mm^2 10^{-3} 0.001
 1 micro μm^2 10^{-6} 0.000,001
 1 nano nm^2 10^{-9} 0.000,000,001
 1 pico pm^2 10^{-12} 0.000,000,000,001
 1 femto fm^2 10^{-15} 0.000,000,000,000,001
 1 mai am^2 10^{-18} 0.000,000,000,000,000,001
 1 zepto zm^2 10^{-21} 0.000,000,000,000,000,000,001
 yocto ym^2 10^{-24} 0.000,000,000,000,000,000,000,001



huinaha
mika
(m^2)

Cubic
mika
(m^3)



'Āpana mika kubiko : mika (m^3) ~ hua mua hua li'ili'i he () waiwai o kumu. [0] Hō'ike nā pale i ka waiwai o ka mana. Ka laula, ka laula, ka hohonu o kahi wahi māhuahua . La'ana $10 \cdot 10 \cdot 10 = 1000 \text{ m}^3$

Mana Hoailona Prefix [] Waiwai

1 Yotta Ym^3 10^{24} 1,000,000,000,000,000,000,000,000
 1 Zetta Zm^3 10^{21} 1,000,000,000,000,000,000,000
 1 Exa Em^3 10^{18} 1,000,000,000,000,000,000
 1 Peta Pm^3 10^{15} 1,000,000,000,000,000
 1 Tera Tm^3 10^{12} 1,000,000,000,000
 1 Giga Gm^3 10^9 1,000,000,000
 1 Mega Mm^3 10^6 1,000,000
 1 Myria Mym^3 10^4 10,000
 1 Kilo Km^3 10^3 1,000
 1 Hecto Hm^3 10^2 100
 1 Dekka Dm^3 10^1 1 mika m^3 10
 [0] 1 deci dm^3 10^{-1} 1 keneta 1
 cm^3 10^{-2} 0.01 0.1

1 mili mm^3 10^{-3} 0.001
 1 micro μm^3 10^{-6} 0.000,001
 1 nano nm^3 10^{-9} 0.000,000,001
 1 pico pm^3 10^{-12} 0.000,000,000,001
 1 femto fm^3 10^{-15} 0.000,000,000,000,001
 1 mai am^3 10^{-18} 0.000,000,000,000,000,001

1 zepto zm^3 10^{-21} 0.000,000,000,000,000,001

1 yocto ym^3 10^{-24} 0.000,000,000,000,000,000,001

Volume Base unit: **lita (l)** ~ li'ilii hua prefixes () waiwai o

kumu. [0] Hō'ike nā pale i ka waiwai o ka mana. **Volume ma waena o 2 ana.**

La'ana 0..ā..10 = 10

Mana Hoailona Prefix [] Waiwai

1 Yotta **Yl** 10^{24} 1,000,000,000,000,000,000,000

1 Zetta **Zl** 10^{21} 1,000,000,000,000,000,000

1 Exa **El** 10^{18} 1,000,000,000,000,000,000

1 Peta **Pl** 10^{15} 1,000,000,000,000,000

1 Tera **Tl** 10^{12} 1,000,000,000,000

1 Giga **Gl** 10^9 1,000,000,000

1 Mega **Ml** 10^6 1,000,000

1 Myria **Myl** 10^4 10,000

1 Kilo **Kl** 10^3 1,000

1 Hecto **Hl** 10^2 100

1 Deka **Dl** 10^1 1 **lita l** 10^0 10

[0] 10^{-1} 10^{-2} 0.01 1

1 deci **dl** 1 0.1

centi **cl** 1 mili

ml 1 micro μl 10^{-3} 0.001

1 nano **nl** 10^{-6} 0.000,001

pico **pl** 10^{-9} 0.000,000,001

femto **fl** 10^{-12} 0.000,000,000,001

atto **al** 10^{-15} 0.000,000,000,000,001

zepto **zl** 10^{-18} 0.000,000,000,000,000,001

yocto **yl** 10^{-21} 0.000,000,000,000,000,000,001

10^{-24} 0.000,000,000,000,000,000,000,001



Volume

(l)

Kaumaha

(g)



Weight Base unit: **gram (g)** ~ li'ilii hua prefix he () waiwai o

kumu. [0] Hō'ike nā pale i ka waiwai o ka mana. **Kaumaha ma waena o 2 ana.**

La'ana 0..ā..10 = 10

Mana Hoailona Prefix [] Waiwai

1 Yotta **Yg** 10^{24} 1,000,000,000,000,000,000,000

Zetta **Zg** 10^{21} 1,000,000,000,000,000,000

Exa **Eg** 10^{18} 1,000,000,000,000,000,000

1 Peta Pg	10 [15]	1,000,000,000,000,000
1 Tera Tg	10 [12]	1,000,000,000,000
1 Giga Gg	10 [9]	1,000,000,000
1 Mega Mg	10 [6]	1,000,000
1 Myria Mg	10 [4]	10,000
1 Kilo Kg	10 [3]	1,000
1 Hecto Hg	10 [2]	100
1 Dekka Dg	10 [1]	10
1 gram g	10 [0]	1
deci dg	10 [-1]	0.1
1 centi cg	10 [-2]	0.01
1 mili mg	10 [-3]	0.001
1 micro µg	10 [-6]	0.000,001
1 nano ng	10 [-9]	0.000,000,001
1 pico pg	10 [-12]	0.000,000,000,001
1 femto fg	10 [-15]	0.000,000,000,000,001
1 a hiki i ka	10 [-18]	0.000,000,000,000,000,001
1 zepto zg	10 [-21]	0.000,000,000,000,000,000,001
1 yocto yg	10 [-24]	0.000,000,000,000,000,000,000,001

PS-1 (Packaging-standard) uhi i ka pono o ka mea kū'ai: pono oluolu i ho'ohālikelike i ka nui o nā huahana', packaging. Hiki ke hana hou 'ia ka 'eke.

Pono ke aupuni e ho'ohālikelike i ka nui o ka waihona: pa'a (gram, Kg), wai (lita). Pono e pili ka ma'amau i ka 'oihana, 'oihana a me ho'opili pilikino. Pono e hana hou 'ia ka 'eke.

Universe Custodian Guardian Packaging Standard Table.

'O nā paona pa'a (g, Kg) a me nā paona wai (l) hiki ke ho'opa'a wale 'ia, pu'unaue 'ia, kū'ai 'ia ma nā nui he 14 i hō'ike 'ia ma ka papa.

10 mg > 20 mg > 50 mg > 100 mg
 200 mg > 500 mg > 1 g > 10 g > 50 g
 100 g > 200 g > 500 g >
 1 Kg > 2 Kg > 5 Kg > 10 Kg > 50 Kg
 100 Kg > 500 Kg > 1000 Kg > 2000 Kg



10 ml > 20 ml > 50 ml > 100 ml
 200 ml > 500 ml >
 1 l > 5 l > 10 l > 20 l
 50 l > 100 l > 200 l

New Age standard

Packaging standard 1 Ps 1

Ps 1 (Packaging standard) e uhi ana i nā pono o ka mea kū'ai aku: 'oia'ī'o ma'alaha e ho'ohālikelike i ka nui o nā huahana 'a me ka 'eke. Hiki ke hana hou 'ia ka 'eke a biodegradable. Ps 1 he lawelawe kaiāulu UCG.

Universe Custodian Guardians packaging table standard Solid gram g wai milliliter ml

Kilogram Kg lita l Ton T Kiloliter Kl



1 g > 2 g > 5 g > 10 g > 20 g > 50 g > 100 g > 200 g > 500 g > 1 Kg > 2 Kg > 5 Kg > 10 Kg > 20 Kg > 50 Kg > 100 Kg > 200 Kg > 500 Kg > 1 T > 2 T > 5 T > 10 T > 20 T > 50 T > 100 T > 200 T > 500 T > 1 ml > 2 ml > 5 ml > 10 ml > 20 ml > 50 ml > 100 ml >

200 ml > 500 ml > 1 l > 2 l > 5 l > 10 l > 20 l > 50 l > 100 l > 200 l > 500 l > 1 Kl > 2 Kl > 5 Kl > 10 Kl > 20 Kl > 50 Kl > 100 Kl > 200 Kl > 500 Kl > Ke alaka'i mea kū'ai Pa'a, Hō'ike nā kaupona wai i ke kumu kū'ai no 1 kg, 1 l.

E ho'ohālikelike i nā kumukū'ai, + ke kaumaha maoli a me ke kumukū'ai.

'O ka huahana me ka ha'aha'a kg, l ke kumu kū'ai 'o Bargain !

Ho'opili ho'opunipuni (ho'opunipuni nā mea kū'ai aku)

Hā'awi nā 'oihana waiwai i ka hewa hewa 'Deceitful Pack-aging (ho'opunipuni mea kū'ai aku)'. Pono nā mea kū'ai aku i ka palekana mai ka ho'opunipuni, ho'opunipuni, parasitic, predatory, mea ho'ohua waiwai, manufacturers a me nā mea kū'ai aku e ho'ohana ana i ka 'Deceitful packaging' (down sizing content) e ho'ohana i ka pono ('oki'oki) o nā mea kū'ai.

Nā la'ana o ke 'ano o ka hana 'ana o ka 'ōnaehana ho'opunipuni, ho'opunipuni.

Hele mai kahi huahana i loko o kahi pū'olo 0.440 kg me ka ho'ohana 'ana i kā lākou hō'ailona hō'ailona. Ho'opa'a inoa 'ia ka huahana like ma ke 'ano he hale kū'ai hale kū'ai, akā ua ho'emi 'ia ka 'ikepili i ka 0.415 kg. Hana 'ia i hiki i kahi mea kū'ai aku ke kū'ai aku i ko lākou hale kū'ai ma ke kumu kū'ai ha'aha'a ma mua o ka mea hana. 'O kēia ka ho'opunipuni (ho'opunipuni, ho'opunipuni, ho'opunipuni) i ka mea kū'ai aku i ka no'ono'o 'ana he kū'ai kū'ai ka brand home ma muli o kona kumu kū'ai ha'aha'a. I ka 'oia'ī'o, loa'a i ka mea kū'ai aku ka lī'lī'i o ka huahana 'a'ohe mālama. I kekahi manawa ho'opau ka mea kū'ai aku i ka uku hou aku. Ho'opunipuni nā mea kū'ai aku!!! MS R3

Ho'opili kekahi mea hana i kāna huahana i loko o kahi pū'olo 0.440 kg. Ho'ohana kekahi hō'ailona i ka nui like 'ole o ka 'eke akā ma ke 'ano ho'opunipuni, ho'opunipuni, ho'opunipuni, 'ona wale nō e ho'okomo i ka 0.425 kg o ka huahana . Loa'a i ka mea kū'ai aku nā huahana li'ilii' no ka nui o ke kālā i ho'olilo. Ua ho'opunipuni 'ia ka mea kū'ai. Inā kū'ai aku ka mea hana 2 ma ke kumu kū'ai ha'aha'a, ua like kona huahana me kahi kū'ai. Ma muli o ka emi o ka huahana i loko o ka pū'olo 2, pono ia e kū'ai aku i ka li'ilii', 'a'ole ia e ho'olilo hou iā ia i mea kū'ai aku a mana'olana ka mea hana ma ke 'anond ho'opunipuni, ho'opunipuni, kuko, 'o ka 2 'a'ole e nānā ka mea kū'ai i ke kaumaha no ka aku! mea ua like kona 'ano me ka nā huahana ho'okūkū. Ho'opunipuni nā mea kū'ai Hele pinepine mai 'o MS R3 Packaging me ka li'ilii' ma mua o ka piha piha (ma luna o ka nui o ka pahu).

Ho'olālā 'ia ka Packaging e ho'opa'a i nā mea 6 akā aia wale nō ka 5. 'O kēia ho'opunipuni ka mea e ho'opunipuni i nā mea kū'ai aku i ka mana'o'i'o e loa'a iā lākou ka mea i loa'a maoli! Ho'opunipuni nā mea kū'ai aku!!! MS R3 E

emi mai > uku hou aku! Ho'emi ka mea hana i ka pa'akai li'ilii', ke kō. Lepili huahana 'Hoemi' a me ka uku hou aku! 'O ka ho'emi 'ana 'o ka ha'i 'ana aku i ka mea kū'ai aku he kumu kū'ai keu (kahi mea i lawe 'ia, ho'emi 'ia). No laila, pono ke kumu kū'ai ki'eki'e. 'A'ole Pono, 'a'ohe uku keu. Ho'emi ka mea hana i loko, no laila e emi ke kumukū'ai. Ho'opunipuni nā mea kū'ai aku!!! 'O MS R3 Re-duce 'o ia ho'i ka ho'emi 'ana i loko.

Ho'opili 'ia nā waiwai i lawe 'ia e like me nā huahana kūloko. Ho'opunipuni nā mea kū'ai aku MS R3. Ho'opili 'ia nā huahana kūloko e nānā i nā haole, lawe 'ia mai. Ho'opunipuni nā mea kū'ai aku MS R3.

Pono e hana !

Pono ke aupuni e ho'ohālikelike i ka nui o ka waihona i ka Custodian Guardian New Age standard, Ps 1. Pili 'ia ka Standard i ka pā'oihana, i loko o ka lepo, i ho'opili pilikino. Nānā! Ua pau nā hana Imperial. Hiki ke hana hou 'ia nā Packaging āpau.

E ho'opau i ka ho'opunipuni-

packaging e ho'okumu i nā UCGPs 1 (packaging standard)

Kāko'o Ps 1 Packaging standard ho'opa'i ho'opunipuni ho'opunipuni alaka'i alaka'i!

'O nā paona wai pa'a e hō'ike ana i ke kumukū'ai no 1 kg, 1 l.

E ho'ohālikelike i nā kumukū'ai + ke kaumaha maoli a me ke kumukū'ai.

'O ka huahana me ka ha'aha'a kg, l ke kumu kū'ai 'o Bargain !

Ka ma'amau o ka

makahiki hou ma'amau moe 1 Ss 1

Pono ka hiamoe no ke ola o ke kino kanaka. Pono nā hola 7 e hana. 'O ka nele i ka hiamoe ke alaka'i i ka make akā ma hope wale nō o ka hele 'ana i ka 'eha nui ma o ke kaumaha a me ka puka 'ana o ka pupule.



No ka ho'omaha ho'omaha 'ana i ka hiamoe, pono e 'ele'ele ka lumi moe e like me ka hiki a me ka nele o ka wala'au o loko a me waho. Pono ke aupuni kūloko (Shire) e ho'okō i ka curfew pō! Ho'omaopopo: he mea ma'amau ka loa'a 'ana o 2 mau moe me ka ho'omaha ma waena. 'O ka 1 st hiamoe ma kahi o 3.5 mau hola me ka ho'omaha hola 1.5 a ma hope o ka hiamoe 3.5 hola.

'O ka hemahema o ka hiamoe e ho'onele ana i ke kino i kona hiki ke ho'ōla e pili ana i ka pu'uwai, immune, endocrinology, neurological, psychological and general anabolic functions. Hiki i ka hiamoe 'ole ke hopena i ka apnea, ka momona, ka pale 'ana i ka insulin a me ke kaumaha mau. 'O ka nele i ka hiamoe hiki ke alaka'i i ka make.

Ho'oka'awale 'ia ka hemahema o ka hiamoe ma ke 'ano he Torture.

'O ka hiamoe maika'i 'o ia ka ne'e 'ana i ka wā hiamoe, moe pololei a i 'ole me nā kuli hāpai 'ia, ma ke kua, ma kēlā 'ao'ao a i 'ole ka 'ōpū. Ua pili ka hiamoe me ke kaulike o nā 'ōnaehana penei: Cortisol, Melatonin, hormone ulu, Insulin, Noradrenalin, Protactinium, Serotonin .

'O ka nele i ka hiamoe 'a'ole 'oe e mā'ona ma hope o ka 'ai 'ana, makemake nui i ka mea'ai e hopena i ka 'ai nui (obesity). 'O ka hele wāwae he ma'i e pono ai ka mālama kino.

Poelele, po. No ka ho'omaha ho'omaha ho'omaha, pono e pō'ele'ele ka lumi moe. 'O ka nele o ka wala'au kūloko a me waho he mea pono 'Shire' e ho'okō i ka 'Night curfew'. Ua hala ka hola 1 mai ka hānai hope 'ana. Palaki niho a holoi i ke kino holookoa ma mua o ka moe. Ho'omana 'pule hiamoe'.

Moe ka pule Aloha 1

1 Ke kali nei ke Akua e lohe mai ia oe

ke Akua, ka Mea nana i hana i ka honua nani loa E hoomalu mai ia'u i ko'u pilikia loa. na moeuhane No ka nani o 1 ke Akua a me ka pono o ke kanaka



Ho'ohana 'ia kēia pule ma mua o ka hele 'ana i ka hiamoe!



I loko o ka hola 1.5 ho'omaha hiamoe Ala

ka po'e, hele i ka lua . 'O ka po'e ala 'ole, pule, heluhelu, kākau, kama'ilio kāne,

,

hoa ('oi aku ka mālie o ka po'e i ka hāpai 'ana), ...

Ho'oikaika kino i ka pō : E

¹kau i nā poho lima ma waho o kou mau kuli. E kaomi i nā lima i loko, nā kuli i waho, e pa'a i 2 kekona (Ua mana'o 'oe he ten-sion i nā lima, nā wāwae, nā po'ohiwi). Ho'omaha, lawe i ka hanu, 7 hou, inu wai, moe i lalo, hiamoe maika'i. * ho'ohana 'oko'a i nā lima Ho'oma'ama'a 2 : Hana i nā lima * kau iā lākou i

loko o kou mau kuli.

E kaomi i nā lima i waho a me nā kuli i loko, e ho'opa'a i 2 kekona ('ike 'oe i ka 'eha ma nā lima, nā wāwae, ka 'ōpū). Ho'omaha, lawe i ka hanu, 7 hou, inu wai, moe i lalo, hiamoe maika'i. *ho'ololi e ho'ohana i nā lima palahalaha

Ho'oma'ama'a 3 : E kulou i nā lima (90%) ma ka pae o ka umauma huli lima hema i luna e kulou ana i nā manamana lima, e huli i ka lima 'ākau i lalo e kulou nā manamana lima. Ho'opili pa'a nā manamana lima. I kēia manawa, e huki lima i ka 'ao'ao 'ē a'e, e pa'a i 2 kekona (Ke mana'o nei 'oe i ka 'eha ma nā manamana lima, nā lima, ka umauma).

Ho'omaha, lawe i ka hanu, 7 hou,

inu wai, moe i lalo, hiamoe maika'i. Ho'oma'ama'a 4 : E kulou i nā lima (90%) ma ka pae umauma e huli i ka lima hema i luna, e ho'ohuli i ka lima 'ākau i lima. E kau i ka lima ma ka lima e kaomi i lalo i ka manawa like e kaomi i ka lima hamama i luna, e pa'a i 7 kekona. E ho'ohuli i ke kā'ina, pa'a i 7 kekona ('ike 'oe i ka 'eha ma nā lima, nā lima, ka 'ā'ī, ka umauma). E ho'omaha, e hanu a inu i ka wai e moe i lalo, e hiamoe maika'i. 'A'ohe hana hou.

Ho'ohui ka po'e me ke kua i kēia ho'oikaika kino i kēlā me kēia ho'oikaika kino: Kau i nā lima ma nā kuli. E ho'oku'u i ke po'o i hope a laila e ha'alulu i mua me ka nalowale 'ole o ka pilina me nā kuli (Ua 'eha 'oe i nā lima, kua, 'ōpū). Ho'omaha, lawe i ka hanu, 7 hou, inu wai, moe i lalo, hiamoe maika'i.

Aia nā mea e pono ai ma mua o ka moe 'ana.

E ho'opiha i ke aniani inu ('a'ohe plastik) me ka 0.2 l o ka wai kōnana ('a'ohe mea i ho'ohui 'ia) ma kēlā me kēia pākaukau moe. I kēlā me kēia pō ma mua o ka moe 'ana e kau i ke aniani ma ka papa 'aina. Nānā! E inu i ka pō i kēlā me kēia manawa ma hope o kou kipa 'ana i kahi lua a i 'ole ka malo'o o ka 'ā'ī, inu ho'omaha i ke ala 'ana i ke kakahiaka. E loa'a i 1 kī'aha aniani leo gula (1 wale nō no nā pālua) i loa'a ka hui 'ana o ka lā'au ma ka 'ao'ao o ka puka aniani.

He pō'ele'ele ka lumi me ka 'ole o ka wala'au o loko, waho.

Pono 'o Shire (aupuni kūloko) e ho'okō i ka curfew pō. Ka papahale o ka lumi, nā paia, ke kaupaku, 'o ia ka cyclone, ke ahi a me ka ha'aha'a ha'aha'a ki'eki'e precast nā paneli 'i'o me ka 'ili pua'a 'ōma'oma'o. Nā mea hana e hana ana i nā nalu electromagnetic (kamepiula, ho'omehana, TV, lekiō, kelepona, ka'a. nā moena mana, nā moena wai) pono e mālama 'ia ma waho o ka lumi. 'O kēia mau mea ho'opilikia ka nalu i nā pō'aiapuni moe maoli. 'O ka wela waena (ka mahu, ka wai wela), 'O ka ho'olu'u 'ana ma ke kahe 'ana o ka ea maoli. 'O ka mahana wela 17-19 ° C.

Nui lumi (ana i loko i nā mika) 2 nui, 4 pā: Ki'eki'e 2.15 m, lō'ihī 3.15 m, laula 2.15 m. Ho'okahi (keiki) Bunk (keiki): 2 ho'okahi moe, 1 lalo ('ōpiopio) + 1 ma luna.

2.15 m ke kiekie, 3.15 m ka loa, 3.20 m ka laula. 'Elua (kālua): 2 ho'okahi moena e pili ana kekahi i kekahi. Moe 'o ia ma ka 'ao'ao puka.

Na paia rumi 4 paia o ka pakahi mua. He kala nā paia a pau a me ke kaupaku 'ōma'oma'o, 'ele'ele, 'ele'ele, antistatic. 1 paia me ka puka pahe'e puka (h 2.05 m, w 0.9 m) ākea 0.2 m mai ka 'a'ahu. 1 pā me ka puka aniani e kū pono ana i ka lā (nā 'ao'ao a pau 0.7 m) 1 m o ka papahale (ākea: waena waena). 1 pā pa'a ('ao'ao po'o) he .9 m o ka papahale 1 kukui moe wale nō (ākea: waena waena). 1 pā pa'a ('ao'ao wāwae) he papahale a hiki i ke kaupaku ka laulā piha o lumi lole lumi (0.5 m hohonu, hukihuki, papa, ko'oko'o 'a'ahu), pani puka.

'O ka papahale o ka lumi ('a'ohe kāpeti): Pono ka papahale e ho'oma'ema'e 'ia, 'a'ole pahe'e, antistatic, mold, mildew, inhibiting, hygienic.

'O ka pukaaniani lumi (ka ho'ohehe'e 'ana i ka 'ao'ao): 'O ka puka aniani ho'ohehe'e ho'ohehe'e 'ia he aniani pālua. Pāku'i kumu lā'au 'ole i loko o ke ana: 0.7 mx 0.7 m. 'A'ohe pale a i 'ole nā pale ma waho o nā pani pani (hiki ke laka 'ia) i loko o nā pale iniseti ho'ohehe'e 'ia.

'O ka puka lumi (ka ho'ohehe'e 'ana): 'O ka puka he 2 ho'ohehe'e ākea nā puka: 'O loko, pa'a, hiki ke pa'a i loko o ka puka waho. 'O waho, 'inike puka pale, hiki ke laka, 1 ala hihio.

Ma'ema'e lumi: 'O ka ho'oma'ema'e hale a me ka paia' he antibacterial, anti germicide, antistatic mold, mildew inhibiting hiki. 'O ka 'Door and Robe-cleaner' he antistatic, antibacterial, anti dust mite, anti germicide, hiki ke pale i ka hau hau. 'O ka 'puka ho'oma'ema'e' he anti streak, anti glare, condensation inhibiting hiki.

'Ōlelo A'o! 'A'ohe lā'au lapa'au! E nānā i ka ho'ohaumia 'Radon'!

Base, Moena pono mua: Pono ke kumu e hā'awi i ka moena pa'a kākō'o a hā'awi i ke kahe ea i ka moena. Pono ka moena e ho'omau i nā 'eke kūlohelohe o ka iwi kuamo'o i kēlā me kēia kūlana moe.

Pa'a ke kumu, 'a'ohē leo. 'A'ole ia e hā'awi i nā nalu magnetic uila (me ka mana ka'a). Pono e pae pae ('a'ohē 'āpana tilting). Loa'a iā Base 7 mau papa lā'au pa'a hiki ke ho'one'e 'ia (malo'o, kahiko) ka laula o ka moena. 'O ke kumu lepo mite manuahi. Kāko'o piha ia i ke kaumaha o 150 kg (ho'okahi) he Warran-ty o 14 mau makahiki. No ka ho'omaha ho'omaha 'ana i ka hiamoe, pono e moe ke kino luhi 'oi aku ka maika'i ma lalo o kahi moena. Ho'oikaika i nā wahi i kāko'o 'ia o kou kino pono e līlī'i. Pono ke ea micro o ka moena e 'ai i kona mahana.

Base, Nui moena (ana i nā mika). He 0.09 m ka nui o waho ka papahēle. Hiki i ka ea holo, ho'oma'ema'e ma lalo o kahi moe. Ki'i loko: laula 1.06 m, lō'ihi 2.06 m (pono moena laula 1.05 m, lō'ihi 2.05 m). Aia i loko o ka pahu he 7 mau papa lā'au wehe: 1.06 m ka laulā, 0.03 m ka mānoanoa, 0.03 m mau āwāwa ma waena o nā papa (ho'onui i ka ea o ka moena), ka mamao ma waena o ka papahēle, 'o nā papa he 0.1 m. Ka hakahaka kaawale ma waena o ka papahēle a me 'O nā papa no ka holo 'ana o ka ea, ho'oma'ema'e ('a'ole waiho 'ia) mālama 'ole. Moena moena nui: laula 1.05 m, lō'ihi 2.05 m. Nānā! He 1 wale nō ka nui o ka moe ho'okahi Moena kumu. He 2 moe ho'okahi Base moena e pili ana i nā kāne.

Kāko'o piha ke kumu moena i ke kaumaha o ke kino o 150 kg. Ho'opa'a 7 makahiki. Hypoallergenic, kāko'o, pu'unauē i ke kaumaha o ke kino, ho'omaha i ke kaumaha nā kiko, ka wela ha'aha'a, pale 'ana i nā ha'i, Chlorofluorocarbons manuahi.

'O ka uhi moena (aia he 2: pale, waho) he mīkini nā uhi 'elua hiki ke holo. Loa'a i ka uhi pale i kahi zip e hiki ai i ka ho'opiha ke holo 'ia, ho'ohui 'ia, ho'opiha 'ia. He mau kala kala ma'ema'e ('a'ohē alloy) i ulana 'ia no ka hā'awi 'ana i nā waiwai antibacterial, antimicrobial, antistatic, loa'a nā mea 'ala. 'O ka uhi waho he pepa pulupulu i ho'opa'a 'ia e uhi ana i ka pale uhi, Moena kumu. Ho'opa'a 'ia nā 'āpana elastic ma kahi. Nānā! Ke kipa 'oe (holidaying) e lawe mai i kou mau uhi moena pono'i ('elua).

Ho'oma'ema'e 'ia ka moena i kēlā me kēia 7 makahiki, ho'ololi 'ia ka moena me 1. Ho'ololi hou 'ia puhi ka moena! I kēlā me kēia 7 pule e holo 'ia nā uhi 'elua me mea ho'oma'ema'e e ho'opa'a i nā 'ili, 'ala, ho'omālamalama, ho'ohehe'e i ka momona, starch, pro-tein, a holo 'ia me ka wai ma'ema'e i ka wai 60°C. (Akā! 'A'ole ho'oma'ema'e malo'o). Pono ka ho'omalo'o 'ana i ka ea kahe maoli, ka makani ('a'ohē mea malo'o) , malu ('a'ole pololei ka lā).

'Ōlelo A'o! Mai ho'ohana hou a hā'awi i ka moena pono'i. Mai ka'ana like a uhi moena. Ho'opilikia ka ka'ana like 'ana i ka laha 'ana o nā ma'i lele.

Pillow, Quilt prerequisites: 'O ka ho'olālā uluna e mālama i ke kuamo'o i ke kūlohelohe alignment, ho'opau i nā wahi kaomi a kāko'o i nā kūlana moe like 'ole ('ao'ao, kua, 'ōpū). Pono e hana like ka ho'olālā Quilt.

Loa'a i ka ho'olālā uluna ka hiki ke ho'opili 'ia e kūpono i ke kūlana moe kū ho'okahi o ka mea ho'ohana a ho'onui i ke kahe o ka maka. 'O ka ho'olālā uluna he hypoallergenic, 'a'ohe o nā toxins, hiki ke holo i ka mīkini. Kāko'o ka ho'olālā uluna i ka moe-er o ke kaumaha 150 kg ki'eki'e.

Loa'a i ka Quilt nā 'āpana kālā ma'ema'e ('a'ohe alloy) i ulana 'ia i ka hā'awi 'ana i ka antibacterial, antimicrobial, antistatic waiwai pale i nā 'ala. Loa'a i ka ho'olālā Quilt ka hiki ke hō'oi i ka hā'awi 'ana i ka wela a me ka holo 'ana o ka ea. 'O ka ho'olālā he hypoallergenic, 'a'ohe toxins a hiki ke holo i ka mīkini.

Pono kēlā me kēia kanaka e moe me kā lākou iho. No ke aha mai?

'O ke kā'ili 'ana i ka lolo i ka wā hiamoe, lawe ka hoa i ka lolo holo'oko'a a ha'alele iā 'oe wehe 'ia. E ho'ohuli i nā mea moe 'elua i nā 'ao'ao 'ē a'e e hana ana i kahi āpau hā'awi ke ea anuanu i ke anuanu. Ho'opau 'ia nā ma'i lele 'ole .

Nānā! Ke kipa (holidaying) e lawe mai i kou quilt pono'i, uhi quilt ('elua). Ho'ohana like 'ia i ka 'eke 'eke Hooded Quilt.

Hooded Quilt bag kiai kiai paipai no na po anu a nā ma'i e pono ai ka ho'oma'ama'a mau 'ana i ka 'Hooded Quilt bag'. Hā'awi ia i kahi hiamoe lani snug. 'O ka 'eke 'eke Hooded Quilt' kahi 'eke moe i hana 'ia no ka ma'amau o luna Quilt! He palupalu, 'olu'olu, aloha ka 'ili me ka wela like dispensation, hiki ke holo i ka mīkini.

Pillow, Quilt, Hooded Quilt nui eke (ana i na mika) Uluna-nui: laula 0.8 m, ka loa 0.4 m; Ka nui o ka Quilt: 1.40 m ka laulā, 2.15 m ka lō'ihī Hooded Quilt nui eke: laula 1 m, lō'ihī 2.15 m.

Pillow, Quilt, Hooded Quilt filling ('A'ole: hulu, mau'u, lolo, mau'u) he hypoallergenic, mālama i ka elasticity o ka uluna, hiki ke holo i ka mīkini.

Uhi uluna (he 2: loko, waho), Quilt, Hooded Quilt bag.

'O ka uhi i loko o ka uluna he zip e hiki ai ke ho'opiha, ho'ohui, ho'ololi, holo.

Loa'a i ka uhi o loko nā 'āpana kālā ma'ema'e ('a'ohe alloy) i ulana 'ia i loko, e hā'awi ana i ka antibacterial, antimicrobial, antistatic properties, curb odors. Pillow and Quilt

'O ka uhi waho i hana 'ia me 100% pulupulu a loa'a kahi zip. 'eke Quilt Hooded

Loa'a i ka uhi nā 'āpana kālā ma'ema'e ('a'ohe alloy) i ulana 'ia i loko, e hā'awi ana i ka antibacterial, antimicrobial, antistatic waiwai, curb ala. Ua ho'opa'a 'ia nā 'eke 'upena makika e ho'ohana 'ia no ka mālama 'ana i ka wela a me ka holo 'ana o ka ea.

Pillow, Quilt, Hooded Quilt eke: ma'ema'e (wai wela, 'a'ohe mea malo'o, 'a'ohe ho'oma'ema'e malo'o) i kēlā me kēia 7 pule. 'O ka uluna (ho'opiha, nā uhi 'elua), Quilt, Hooded Quilt bag holo i ka mea holo holo e ho'opau ai i nā stains, 'ala, ho'omālamalama, ho'ohehe'e ka momona, ka starch, ka protein, a holo i ka wai ma'ema'e i loko o ka wai 60°C. ('A'ohe ho'oma'ema'e malo'o). Ka malo'o 'ana i waho i ka ea kahe maoli, ka makani ('a'ole mea malo'o), malu ('a'ole pololei ka lā).

Pono nā lako lumi moe:

'O nā lako lumi moe 'ē a'e he 2 mau mea (**Headboard, Bedside-table**) 'a'ole pono nā lako 'ē a'e e ho'opili i ka lumi. 'O nā lako lumi moe hana, antistatic, 'a'ole ho'oku'u i nā 'awa'awa, pono he lā'au pa'a.

Loa'a nā 'ao'ao pō'ai, nā kihi. 'A'ohe hale hana i nā mea hana nā nalu electromagnetic (**TV, lekiō, kelepona, kamepiula, ho'omehana, nā moena ho'o'kele wai**). Nānā! **E ho'ohana wale i ka lā'au pa'a 'a'ole lā'au glued (papa pu'upu'u, plywood..).**

'O ke po'o (**ka lā'au malo'o malo'o**) he papa lā'au pa'a e pili ana i kahi kumu moe. Nui po'o: laula 1.10 m (**ho'okahi**), ki'eki'e 0.5 m. Pono nā 'ao'ao pō'ai, nā kihi. **Nānā! Ho'ohana pālua i ka 2 ho'okahi e pili ana kekahi i kekahi.**

Pakaukau 'ao'ao moe (**ka lā'au malo'o malo'o**) lako me 2 huki. Nui: laula 0.7 m, hohonu 0.4 m, kiekie 0.35 m. Kau 'ia ka papa 'aina moe ma ka 'ao'ao pukaani o ke kumu. **Aia nā papa 'elua 'ao'ao moe ma ka 'ao'ao 'ao'ao o ka waihona.**

Nā mea pono o ka papa'aina: Ke kī'aha inu a me ke kī'aha aniani leo gula 'O ke aniani inu (**'a'ohe plastic**) i ho'opiha 'ia me ka 0.2 l o ka wai kānana (**'a'ohe mea ho'ohui ma kēlā me kēia pākaukau Bedside**). I kēlā me kēia pō ma mua o ka moe 'ana e kau i ke aniani Papa moe. Nānā! **E inu i ka pō i kēlā me kēia manawa ma hope o kou kipa 'ana a hale lua a i 'ole ka 'āī malo'o, inu ho'omaha i ke kakahiaka.**

1 ipu aniani leo gula (**1 wale no na mea palua**) i loko o ka huikau laau ma ka aoao puka makani Papa moe. Ke evaporates ka concoction hā'awi pau i ka uahu pono. 'O ka concoction lā'au lapa'au he 7 mau mea kanu: **Chamomile (matricaria chamomilla), Eucalyptus (eucalyptus globulus), Hops (hu-mulus lupulus), Hyssop (hysopus officinalis), Lavender (lavendula offici-nalis), Lemon balm (melissa officinalis), Rose (rosa damascena).**

Hoomaemae Lako (**Laau**): Holo me ka lole Micro fiber maloo.

Ananiani: Holo me ka mea holo holo kī'aha antibacterial, a laila holo me ka wai kānana, malo'o me ke kāwele pulupulu.

'O ka kānana wai kānana e ho'emi: **arsenic, asbestos, chlorine, chloro-form, carbonate hardness, keleawe, lepo, herbicides, heavy metals, lead, pesticides, rust,...**

Nā mea e pono ai ke kapa komo:

Aia nā 'ano 'elua o ka 'a'ahu: 'a'ahu moe, 'a'ahu 'a'ahu. Ka lole moe ua aahu ia ma kahi moe. Ho'ohana 'ia ke kapa 'a'ahu i ka wā e ha'alele ai i ka lumi. 'A'ahu 'ia nā 'a'ahu e He, She. **'Ōlelo A'o! Mai ka'ana like i kahi Gown. Ka'ana like**

pilikia ka laha ana o na ma'i lele.

'O ka 'a'ahu 'a'ahu 'a'ahu 'a'ahu lima lima ku'eku'e, 'a'ahu pō ka lō'ihī o ka papahēle i hana 'ia me ka pulupulu (100%). He 1 waiho'olu'u paha. 'A'ole 'olu'olu ke kapa moe e ho'oku'u i ka ea a puni ke kino. 'A'ohe mea 'ē a'e e 'a'ahu 'ia ma lalo o ka Nightgown. Holoī 'ia ka 'a'ahu moe i ho'okahi manawa i ka pule ke 'ole ka lepo i ka wā e ho'ololi 'ia ai no kahi lole moe 'ē a'e.

'O ka 'a'ahu 'a'ahu he kola shawl, ho'opa'a kaula pūhaka, 'elua 'eke 'ao'ao, lima lima lō'ihī, he mau kuli ka lō'ihī. He satin kilika. He 1 waiho'olu'u paha.

Ho'okomo 'ia ke kapa 'a'ahu ma luna o ke kapa moe. Holoī 'ia ka 'a'ahu 'a'ahu i kēlā me kēia pule he 4 ke 'ole ka lepo i ka wā e ho'ololi 'ia ai i ke kapa 'a'ahu 'ē a'e.

Pono e ho'okomo 'ia nā kāmā'a wāwae me kahi kapa komo. 'O ke kapa ma'ema'e (ka wai wela, 'a'ohe mea malo'o, 'a'ohe ho'oma'ema'e malo'o) I kēlā me kēia pule e holoī 'ia ka 'a'ahu pō a me kēlā me kēia 4 pule i ka lole 'a'ahu me ka mea holoī holoī e ho'opau ai i nā 'ele'ele, 'ala, ho'oma'ama'a, ho'ohehe'e i ka momona, starch, protein, a holoī 'ia me ka wale nō. ka wai ma'ema'e i ka wai 60 ° C. ('A'ohe ho'oma'ema'e malo'o). Ka malo'o 'ana ma waho i ka ea kahe maoli, ka makani ('a'ohe mea malo'o), ka malu ('a'ole pololei ka lā).

Aloha kakahiaka, e ala a'e, e kī'aha i ka wai kānana, hele i ka lua, hana 'Daily Fit (Exercises)', ho'omana 'Daily Prayer', holoī maka a me nā lima, 'ai i ka 'aina kakahiaka, a'a'ahu. E nānā i kāu 'Planner'. I kēia manawa ua mākaukau 'oe no ke ola ex-experiences. I ka hele 'ana i waho e ho'okomo i ka 'a'ahu pale' a me ka pale po'o.

