



# Survival-Chain

Welcome to the Wonderful World of Human Survival

Ukusinda eyakho, imindeni yenu, Community yakho, Planet, kuyinto eza kuqala kuwe.

## Ukusinda oda:

1.Specie, 2.Habitat, 3.Community, 4.Family, 5.Individual, 6.Animals, okungokwayo 7.Personal.



## Ukusinda ngu Ubudala:

1.Unborn, 2.Newborn, 3.Baby, 4.Child, 5.Juvenile, 6.Adult, 7.Senior.



## 1 NKULUNKULU ulinde ukuzwa kuwe!

### Ukusinda Nomthandazo

### Ukusinda Day 11.1.7 N-Atm

Sawubona 1 NKULUNKULU , UMdali womhlaba wonke kanye nezulu kakhulu amahle athobekile futhi athembekile umnakekeli wakho kakhulu umgcini (1<sup>st</sup> igama)  
Siyabonga 'nawe Ukusinda of Humankind ngiphishekela isiza umzimba wami, uhlobo, umphakathi, ukusinda ngiyokwenza sokusinda No.1 yami igunya Sicela ukusekela imizamo yami ukuze usinde Ukuze Inkazimulo 1 NKULUNKULU Omuhle of Humankind



Lomthandazo hlabelela ku Ukusinda Day noma lapho kufaneleka!



I **SurvivalChain** has 7 izixhumanisi zonke izinto ezidingekayo ukuze siphile womuntu.

**esiwuhogelayo EMOYENI** ngaphandle-ke une imizuzu ukuphila.

**DRINKABLE AMANZI** lutho ukuba ngiphuze ngeke kuhlale ngesonto!

ezidliwayo **UKUDLA** ngoba amandla & kahle. Akukho ukudla wena azibulale!

**UKULALA** re vitalizing. No Sleep ushona!

**UKUVIKELWA KWESIMO SEZULU** ukusinda.

**INHLANZEKO** ukuba sigcine imizimba yethu enempilo.



**UKUPHEPHA** ukuvikela ebudloveni. Ayikho ukungalondeki esizayo!



**Pheqela: 2**, Izibopho: 2 usitshela: Vikela umzimba womuntu kusuka ception bawa- kuze ekupheleni kwaso. I Ukusinda-Chain kuyisisekelo ukugcina le Isibopho. **Bephika noma yimuphi umuntu kwalezinto ezibalulekile ungukuphila threaten-** ing ubugebengu ngokumelene Humankind, Anti 1 **NKULUNKULU** saziso:

**MS R 7**

## Threat Burning



Ngemva isintu wathola indlela yokusebenzisa umlilo. It wabona lokhu njengesibusiso.

Izinkuni esivuthayo kwenezelwa ezimbiwa phansi uphethiloli ovuthayo. AmaKristu IsiZulu ethula ezezimboni waqala nokungcola esiholela ekuguqukeni kwesimo sezulu. **Fire Futhi ukushiswa Manje usongo kuyisiqalekiso.**

**MISA Burning MANJE !!!**

**Misa evutha: osikilidi, amalahle, ubulongwe, udoti, igesi, uwoyela, i-uranium, ukhuni, ...**



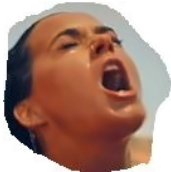
A ayingozi ingxenye kakhulu wokusha okungukuthi, intuthu. Ngo imililo kufike komkhulu wabo

usongo empilweni kanye nokushona kuyinto ukuhogela intuthu. On a okukhulu ngezinga umusi womuzi wenyukela phere atmos- eyeka ukushisa ekuphunyukeni emkhathini. amanzi siya sifudumala Surface, womhlaba siya sifudumala, ice Udambisa: UKUSHINTSHA KWESIMO SEZULU!



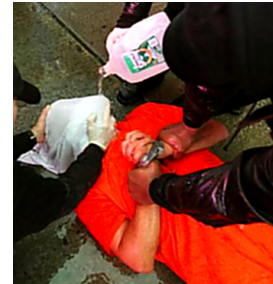
Ukuze sisinde izidingo umzimba womuntu **Esiwuhogelayo emoyeni.**

Ukuphefumula umoya lesi- senziwa yamagesi (Carbon dioxide, i-nitrogen, umoya-mpilo, i-methane) , Amanzi kanye ukungcola (Uthuli, amagciwane, ezinhlamvu) . Ukuphefumula umoya thina kudingeka i-nitrogen ne-oxygen okusezingeni eliphezulu okuqukethwe. It has ongaphakeme-carbon dioxide futhi okuqukethwe i-methane. okuqukethwe Amanzi (Nomswakama) kuyadingeka, umswakama high iba ungakhululekile futhi bungaba yinkinga yempilo. Ukungcola kungukuthi zazimdinga bokhela emaphashini.



Kuyoze ungakwazi ukubamba umoya wakho? 4 Amaminithi, khona-ke Gulp umoya. Wawungekho umoya ukuze gulp, Ushona! Abantu bafe ngokushesha imililo, wawungekho umoya.

Ukugodla umoya is ukusetshenziselwa ukuhlukumeza kanye nokubulala abantu nezilwane. Ukugodla brea- emoyeni thable ukuhlukumeza (Amanzi boarding) isetshenziswa US Administration, abasebenzi kuhulumeni, osonkontileka uhulumeni, Tyrannies angaphandle zokuzivikela Ted by US. Ukuhlukumeza kuyicala: **MS R7**



(Abantu) , **MS -R4** ( izilwane) .

Ukugodla umoya ukuze ngokubulala kuyinto ngephutha (Intuthu anobuthi e umlilo) noma ukuzilimaza (Ukuzibulala: ngenjongo ukuhogela kanzulu-carbon dioxide noma igesi ukupheka) , uhulumeni (Igesi chamber, neveli, sokuhlushwa) , abanye (Izigebengu: garroting, ukuklinywa, angafi, ulenga) . Uhulumeni ukubulawa lobugebengu uthole, **MS R7** . Khona Ngengozi (Ezempilo nokuphepha) , **MS -R4 self** (Balandise apethwe 1 **NKULUNKULU**) .

Abantu evutha izinto usongo olukhulu ukuze 'umoya.



Kuqala ngendlela esikhulisa ngabanye abasebenzisa uqhoqhoqho yabo njengoba ngefasi tele wamaphaphu yabo njengoba ngesihlungo ngoba intuthu ezinobuthi futhi emoyeni ukungcola. Ukusebenzisa umzimba womuntu ngokuthi kushimula kuyinto impilo engozini ezinzima, Zihlazisa 1 **Nkulunkulu** ukuklama.

Ukubhema lo mkhuba! Ukufelwa womuntu! A umthwalo emphakathini!

Ukuluthwa okuphindayo ukuziphatha okuphoqelelayo Kuyancomeka isidingo okucatsangelwayo. Imilutha badukise ngokuzehlukanisa akamukeli umonakalo ukuziphatha kwabo yenzani. Ngowabo, umndeni, abangane, umsebenzi izinsikazi futhi umphakathi.

Imilutha musa ukuba bakholwe umlutha nje ozithokozelayo ngokwabo futhi ubambe ezimpilweni zabo ndawonye. Imilutha zibe usongo ngokwabo futhi emphakathini. Ziba kokudumazeka, anti kwezenhlalo, yokungathembeki, ukuziphatha okubi, abakhohlisayo elinobugovu nelishisekela abangakhathaleli. Lokhu amabutho Shire (Umphakathi) ukulawula indlela yabo yokuphila. Linganisa inkululeko namalungelo abo.



Abantu ababhemayo inuke aphuma ngomlomo. izingubo zabo ukunuka. Bona inuke up ikamelo. umlotho wabo zikhona yonke indawo. zikagwayi zabo zikhona yonke indawo. Basuke ngabanengekayo, ongcolisayo ezinukayo ngabanye. Gwema kwabo Shame kubo

Abantu ababhemayo Uyi ingozi yezempilo ukuze ngokwabo. Bashisa yabo izindebe, amazinyo, izinsini, umlomo, nomphimbo, umphimbo kanye namaphaphu, kokugula, umthwalo emphakathini. Ababhemayo banamathuba ethatha lazy eziningi intuthu amakhedu kanye self inflicted sickies. Obaphendulisayo!



Abantu ababhemayo Uyi ingozi empilweni kwabanye. Abakhulelwe ababhemayo bayalimala yabo eyayingakazalwa. Ngemva kokuzalwa kuka-lezi osanda kuzalwa bagwetshwa ukuphila kokuba izindaba zezempilo. Bangase babe sengozini, abakhubazekile, .. abakhulelwe ababhemayo ezivela phambi kwenkantolo, ilimaze abangakazalwa: **MS R3** .



intuthu Yokwenziwa (Ukushaya) libuhlungu abantu. Abantu ababhemayo ukudala ukuthi yokwenziwa intuthu zokwazi, **MS R3** . Amabhizinisi (Ezokungcebeleka, ukuzijabulisa, umsebenzi ..) evumela ukubhema zokwazi, **MS R3** pay isinxephezelo. Uhulumeni ezivumela ukubhema esikhundleni, + **MS R7**

Ababhemayo banamathuba budedengu. Bathoma imililo: amakhaya, utshani, ihlathi. Basuke bajeza, **MS -R4** futhi pay isinxephezelo. Bona ukulimaza abantu, izilwane , **MS -R5** Bahlaba abantu, izilwane, **MS R6** .



Ngo-1951 (Ikhalenda yobuqaba) kwase kunesiqiniseko ukuthi ukubhema akunampilo

usongo ezinzima. Uhulumeni kanye Uhulumeni ejensi, neminyango elalinge 'Ban' ukubhema kuhlulekile (**Dereliction of duty**) ukukhonzisa, ukuvikela umphakathi. umthetho zokuhlola sidlulile. Lezi zokwazi icala,  
**MS R7** .

Noma yimuphi umuntu noma iqembu, ibhizinisi noma elinye ibhizinisi okukhuthaza (**Bies** ngokukhululekile, ukukhangisa, ukumaketha) , uvumela (**Abazali, othisha, umsebenzi, amakilabhu, zokudlela eziseceleni, ukuzijabulisa indawo, ...**) , inzuzo (**Abahlinzeki, abakhiqizi, abathutha, Wholesalers, abathengisi**) , Okwenza kutholakale 'ebhema' futhi noma izesekeli ukubhema **MS R7** Akunandaba ukuthi 'ebhema' aqukethe. Isenzo ukubhema kunobungozi empilweni.

## ZERO TOLERANCE ukuze UKUBHEMA!

Abantu sehlise ukutholakala umoya ovuthayo gas, ubulongwe, ukhuni, amalahle, amafutha okupheka

(**Kuhlanganisa izoso**) Ngifudumeza, amandla. Kuphela Manje!

Sebenzisa ugesi ukuthi yezinga eliphakeme ikhiqizwa ngaphandle evuthayo. **Breach**, imiphumela ukudliwa, ukubhujiswa imishini futhi **MS u-R2**



**PowerStations** ukuthi ezishile (**Amalahle, igesi, i-uranium, uwoyela, ..**) ukwakha amandla evalekile, adiliza. Lingcolisa Abanikazi, opharetha ezivela phambi kwenkantolo, **MS R7** . Amalahle Uranium ezimayini kukhona evaliwe futhi babekwa uphawu. Imayini Abanikazi opharetha uthole, **MS R7** . **Amandla** kuveza izindlela non esivuthayo.

Burning ukuhambisa yasekhaya, okungezona Uphela ezokuthutha yasekhaya! **Negesi,**

Oil babe non ukusetshenziswa esivuthayo. **Domestic non ezokuthutha ezifuyiwe**

Imigwaqo kufakwe 'Freeway trams!' Amade olunqamula ezokuthutha iwukuba

Rail kuphela. Ukusetshenziswa udizili, kaphethiloli, LPG, kuphelile!



**lingcolisa** Ezokuzijabulisa Uphela!

**In the Air:** Air imibukiso, yangasese ephethwe air zokuthutha (**Drone, indiza, jet, indiza, mkhathi, ...**) .

**Ngo, ngaphansi kwamanzi:** ezinezinjini isikebhe yamahashi, yangasese ephethwe ulwandle ezokuthutha (**Gumbi impi esheshayo engahlomile kakhulu, kufika imikhumbi, hovercraft, jet eqhweni, izikebhe ezinesivinini** ,

izikebhe, yezikebhe, ..).



**On izwe:** zonke isondo 2, 3, 4, .. ezinezinjini: imijikelezo, amabhayisikili, buggies, Suv, izimoto ezemidlalo, Limousines, izimoto okunethezeka. Imijaho yezimoto, imoto stunts. Izivakashi izitimela. Abagqogquzeli ungcolisa Ezokuzijabulisa kanye Abahlinzeki of Izimoto for ungcolisa Ezokuzijabulisa ezivela phambi kwenkantolo, **MS R7**

**nail salon** ukudala intuthu anobuthi. Abasebenzi baye ukuphefumula Ukuvikelwa. amaklayenti **Dumb (Izisulu)** ungapheli. Nail Salons e Shopping Centres avulekele. intuthu yabo anobuthi bamukele abedlula by. Eneka ukuba abantu ezingozini zempilo. Ikakhulukazi abesifazane abakhulelwe, kuzalwa, asthmatics, abadala. Uma uvezwe intuthu anobuthi ukumangalela salon kanye Isikhungo sokuthenga isinxephezelo.

Nail salon Uyi ingozi yempilo kungcola emoyeni. Basuke wavakashela ngabantu abangekho lazy kakhulu ukwenza izinzipho abo futhi banezindlela imali eningi kakhulu. Shut phansi, ukuvimbela kubo. Nokushushisa abanikazi, **abaphathi, MS R7**



Nobuhle salon Uyi ingozi yempilo kungcola emoyeni. Basuke wavakashela ngabantu abangekho lazy kakhulu ukwenza ukwakheka abo, babe imali eningi kakhulu.

**Shut phansi, ukuvimbela kubo. Abanikazi, zezinkampani, ukuthola, MS R7**

Wezinwele abasungula intuthu anobuthi shaqa kuthiwa, waquliswa icala, **MS R7** Wezinwele cha qamba ukungcoliswa komoya kahle.

kosozimali (Abahahayo okuzingela amagciwane) Ohulumeni ukhuthaze amakhaya ngeze izingadi. umnikazi Ikhaya amathuluzi ukusetshenziswa likaphethiloli motor engadini (Izimpimpi, shredders, ibhulashi bezihlahla, chainsaws, mowers, ..) engcolisa



(Emoyeni, umsindo, inhlabathi) . Abanikazi, Abakhiqizi, Izitolo, zokwazi **MS R7** .

Uhulumeni ukuthi ukuvumela lolu nokungcola indawo, zokwazi **MS R7** .



Zinambuzane Ngaphandle ezisetshenziswa izitshalo, amasimu ezithelo, ..  
Ukudla cr ops, amasimu ezithelo ukuthi ingcoliswe kukhona  
langakufanelekela yabantu noma yezilwane ukusetshenziswa. Pollu- Ted  
sika, ukudla washisa wumphakathi (Shire) .  
umkhiqizi Commercial zokwazi sika **MS R7** . Uhulumeni ukuthi ukuvumela  
lolu nokungcola indawo, zokwazi **MS R7** .

Ngaphakathi Zinambuzane esetshenziswa, ukuhlasela isimiso  
sezinzwa. Zenza fuzz ft noh hujan ongakazalwa nomntwana  
osanda kuzalwa. Zinambuzane obulimaza kwaBantu nemiSebenzi  
izinhlelo isilwane zokuphefumula. Ungayisebenzisi Zinambuzane  
ngaphakathi.



Military kungcolisa emoyeni nge ezokuthutha, iziqhumane,  
**A, N (Atomic, senuzi) B (Oyizalayo) C (Chemical)**  
izikhali. Ziyakwazi usongo umuntu, isilwane futhi plantlife. Ososayensi  
adala lezi zikhali ezivela phambi kwenkantolo, **MS R7** . Ukukhiqizwa  
izindawo lezi izikhali sabhidlizwa, kwathi ngishiswa le Shire.

Abanikazi, abaqondisi, abaphathi, umphathi kwalezi zikhungo uthole, **MS R7**  
. Military eziye zasebenzisa noma usebenzisa lezi uhlobo izikhali ezivela  
phambi kwenkantolo, kusukela elisezingeni NCO phezulu, **MS R7** . Uhulumeni  
ezivumela ukukhiqizwa futhi noma isitoreji yalezi zikhali esikhundleni futhi  
waquliswa icala, **MS R7** .

Iziqhumane Uyi kungcola ezinkulu. Ziba kwande ezinkulu  
ezingaphezu ungcolisa. ni Depend- ku isimo sezulu ukungcoliswa  
komoya kungase lin- thela ngoba wosuku. ukungcola Particle  
luhlala emanzini ungcolisa ke. Ukwenza ingakufanelekeli  
ukuphuza.

Iziqhumane Ukuphela! Laser izibani zithathe isikhala sawo.



Non-esiwuhogelayo Air Sikunika imizuzu 4 kuya bukhoma!

Noma yimuphi umuntu, inhlango noma Uhulumeni ophika umoya noma imbangela  
nemphumela air angcolile. Ingabe bajeza, get sivalelwe,

**MS R7 . Befuna Air esiwuhogelayo kuba 1 NKULUNKULU inikezwe ilungelo!**

## Zero Tolerance to EMOYENI kungcolisa !!!!!!!

Ukuze sisinde izidingo umzimba womuntu **Drinkable**  
**Amanzi**



60 +% womzimba wethu liqukethe amanzi. Njalo cell emzimbeni wethu iyalidinga.

Amanzi athambisa amalunga ethu, izinga lokushisa emzimbeni wethu futhi Ukufikelwa ukushisa imfucuzayo yethu ...



Kucindezelwe asemkhathini umhwamuko amafomu amaconsi amandla adonsela phansi eMhlabeni ukudansela isiginci sakhe amaconsi phansi (Imvula falling) kwamanzi. Imvula liwumthombo omkhulu wamanzi amasha. Lokhu amanzi emvula isetshenziselwa ukuphuza, upheke, ukupheka, ukuwasha, inhlanzeko yomuntu siqu, ...

Umuntu esetshenziswa ukwazi ukuphuza amanzi emvula, ukuyisebenzisela nokulungiselela ukudla. Hhayi manje, amanzi emvula angcolile, okungenampilo, ene-asidi, ezinobuthi, yokunambitha ezimbi, ukuhogela ezimbi. Laundry akufanele inyumbazana emvuleni baba angcolile. enza Akukhona nje kubukeke ezingcolile, kuyinto kamnandi ezimbi kodwa ungase ucasuke lapho sihlala esikhunjeni.



imvula Cold uwela njengoba nesichotho, liqhwa. Isithwathwa aqoqana ezintabeni eziphakeme, Arctic nase-Antarctic amanzi ekudaleni fresh izinqolobane. Isithwathwa simhlophe,



iqhwa ezingcoliswe ngubumpunga ngisho elimnyama. iqhwa Black itholakala zaseHimalaya, izinguzunga zeqhwa worldwide, Greenland, Arctic, Antarctica.

Imiphakathi ukudala fresh amadamu amanzi. Lezi amadamu ancike amanzi imvula ukuncibilika kweqhwa ukugcwalisa kubo. Ngenxa ukungcola la manzi kudingeka ukwelashwa ngaphambi yabantu noma yezilwane ukusetshenziswa.





Reservoir kufanele kube ejulile kunokuba engajulile. amanzi Deep kuyabanda, ukunciphisa ukuhwamuka, ulwelwe ukukhula ikakhulukazi uhlobo ezinesihlungu KWAMAGUNDANE isinambuzane. Imidlalo yamanzi banqatshelwe ukuba stop ukuchama, osesikhathini futhi pooing emanzini. Amanzi izikebhe (Jet ski, motorboats ,..) kungcolisa (Uwoyela, uphethiloli, i-asidi yebhethri, ..) basuke uvinjelwe! Ukwehluka: Ipaki Ranger ezokuthutha.

Umuntu angakwazi yini sincike umphakathi benza khona khona. Asilapheki, impatho ngokwengxenywe, impatho embi, izindlela zokwehlisa izindleko, inkohlakalo, sobugebengu, .. ukuphathwa Ikhaya yamanzi buya saziso.

ukuphathwa Ikhaya yamanzi kudinga filtration. Kuyinto ukwehlisa: arsenic, asbestos, chlorine, chloroform, ubulukhuni carbonate, ithusi, ukungcola, yokubulala ukhula, izinsimbi ezisindayo, phambili, imithi yokubulala izinambuzane, nokugqwala, ... Futhi ngo sezulu esishisayo amanzi elicwengekileyo kudingeka abilise ukuvikela yokulwa nezifo ezibulalayo (Umzimba micro) .



## Izinsongo fresh-amanzi

Ngokushesha ukufuneka fresh-amanzi ngeke idlule ukutholakala fresh-amanzi.



imvula ezingcoliswe kungabangela upende ukuze ikhasi, ukugqwala izakhiwo steel (Amabhuloho) , Ukuguguleka itshe, wilting amahlamvu nezinye izimila, isikhumba ukucasuka, ..  
Hlola 'esiwuhogelayo emoyeni' futhi 'Green Concept' ku aluleka indlela aqukethe ukungcola.

**Irrigation!** Ukusebenzisa komhlaba ukunisela depletes kwesigubhu komhlaba amanzi ngokushesha kunokuba kungaba ubuyise. Okuholela ayasha lonke Ecosystem nokudala ukushoda angenasawoti. Ground samanzi okunisela kuphelile. Okungekho emthethweni usebenzisa komhlaba ukunisela kuyicala, **MS R7** . Uhulumeni ukuvumela Komhlaba ngenkasa, kuyinto

indawo, waquliswa icala, **MS R7** .

Irrigation, usebenzisa amanzi asuka emfudlaneni, umfula, ichibi, ..  
siyehla ukugeleza kwamanzi. Lokhu kukhuthaza ion evaporat-  
Okuholela isomiso! Lolu hlobo ngenkasa kuholele ophela impucuko.  
Qeda wokunisela.



Ezingcoliswe mfula sika (**Emfudlaneni, umfula, ichibi, ..**) ukuntuleka  
angenasawoti. amanzi ezikhukhula egcwele ubuthi, imithi, ubuthi ..  
elingekho emthethweni ukulahlwa kwemfucumfucu yezimboni, ubuthi,  
ubuthi .. Lingcolisa ka nemifula kuphelile, kungcolisa ezivela phambi  
kwenkantolo, abantu **MS R3** bonke abanye, **MS R7** .

## Supplement angenasawoti

Kungeyona isebenzisa amandla amaningi, imali eningi ulungiswa. Edonsa amanzi has ezingezinhle  
nomthelela wendawo ezungezile kubantu, edonsa inqwaba inhlanzi, izimbaza, amaqanda abo, ..  
ohlelweni. izilwanyana zazolwandle Okukhulu babambeke ngokumelene izikrini maphambili isakhiwo  
eyanele. ukwelashwa Chemical, ukugqwala, dala brine efudumele okuyinto ikhishwe emuva olwandle.



Kungeyona has a high boron okuqukethwe ukwenza ngoba phansi kunabaphostoli izinga lamanzi. Lokhu namanzi  
asetshenziswa kwezolimo, ranching nemiphumela ukukhiqizwa kokudla ngendlela boron okusezingeni eliphezulu  
ezingeni Ukudla. Isikhathi eside esivuthayo sawo amazinga aphezulu boron akunampilo.

emanti langcolile ezase, indle maqembu ngokusebenzisa yokwelapha  
eyinhloko ukuze athathe ukudla okuqinile, izakhi ziyasuswa izihluzi ususe  
amagciwane kakhulu nama-virus.

Amanzi ke adluliswe olwelwesini ukususa ama-molecule. Toilet ukuba  
kampompi kuyinto eyokugcina. Ukuhlolwa ayivezi yonke abantu  
ezingozini zempilo.



amanzi asemabhodleleni (**Ebizayo**) kufanelekile travel. amabhodlela amanzi Plastic

amakhemikhali ukukhululwa okuyinto abe yingozi lapho iyazifudumeza (**Ilanga, heater**) . Ungayisebenzisi nezipakupaku ukudla noma isiphuzo. Musa purchase ukudla noma isiphuzo izigubhu epulasitiki. Glass (**Akukho phambili**) amabhodlela, iziquthi yanconywa. Ungayisebenzisi simunyangaso plastic noma Cutlery. Ungayisebenzisi nezipakupaku ukupheka noma ukukhonza ukudla.

## amanzi enongiwe ukuphuza

Ukuze amanzi ezihlukahlukene ukuphuza kungase enongiwe. Ezinye isithokela angekhe enempilo ke ukuze kugwenywe. amanzi enongiwe kungenzeka bakhonza uyabanda noma ushise.

**Kufanele** iziphuzo enongiwe: akhiphe yenkomo, Chicken akhiphe Ukhokho, Tea, Coffee, Fruit, Amakhambi, Izinongo, Vegetable.



**Akulungile** enongiwe iziphuzo bese wengeza Ons: **Utshwala, umbala Artificial, Artificial** isithokela, Artificial futhi Sweetener zemvelo, carbonated, Cola, kamnandi, Energy isiphuzo, Lemonade, ikhofi Decaffeinated, juice izithelo, nezivimbela kuvunda, sodium ..



## amanzi okuphuza engcono



**Daily-isimiso:** Sukuma, aphuze ingilazi 0.2l ka kancane chilled, amanzi elicwengekileyo. Ngaphambi zonke kokudla (**Breakfast, uSuku Early isidlo, ilantshi, Late Day isidlo, Dinner**) abe ingilazi 0.2l ka kancane chilled, amanzi elicwengekileyo. Yibani Ukuphuza ingilazi (**Akukho plastic**) egcwele 0.2l yamanzi ehlungiwe etafuleni ngalinye eliseceleni kombhede. Isiphuzo ngobusuku njalo ngemva uvakashile yangasese nalapho kokuba umphimbo ezomile, isiphuzo ukuphumula lapho ngivuka ekuseni.

**engayitholi Ayikho liquid. Une izinsuku 4 kuya bukhoma!**

Noma yimuphi uMuntu, Inhlango, Uhulumeni ophika amanzi drinkable noma imbangela nemphumela yamanzi angcolile. Ingabe baphendule ngabakwenzile, **MS R7**

Befuna amanzi drinkable kuba **1 NKULUNKULU** inikezwe ilungelo!

**Kufanele** iziphuzo enongiwe:

## Ikhofi isiphuzo wasezulwini inkanuko



Coffee isiphuzo ukwenziwa okulungiselelwe kusukela imbewu okugazingiwe of coffeepants.

Coffee Yenziwe omisiwe, ngosile, imbewu yesihlahla ikhofi, kwanda ezishisayo, sezulu ezizimanzi kanye yenkabazwe. Kukhona 2 izinhlobo: **Ubhontshisi robusta** abe flavour oqinile futhi okugcwele komzimba. **Arabica** ubhontshisi ikhula ngezanga engamamitha ephakeme, uzwa imisindo evame ukuzwakala bushelelezi futhi izimfanelo elimnandi ngaphezulu.

Uma abelethwe, omisiwe, ikhofi ubhontshisi basuke ngosile ngezithuba 200 ° C. Lokhu kuvumela uhlelo Ngokudla ushukela bhontshisi ukuze caramelize nokunambitheka kwe ikhofi ukuthuthukisa. The eside ubhontshisi kuthiwa losiwe, noma ayanda erature temp-, lo mnyama eyosiwe kuyoba kanye esigcwele ukunambitheka, e wosa jikelele ukukhanya abe libukhali, ukunambitheka esidi ngaphezulu, kuyilapho mnyama wosa abe ezijulile, ukunambitheka acebile. A amnyama eyosiwe awukona ngempela, 'namandla'. Amandla inkomishi yekhofi incike angakanani amanzi sengezwe kuyilapho ikhofi wenziwa ukwenziwa.



## Indlela yokwenza inkomishi yekhofi?

Kanjani ukuze uthole okuningi kusukela inkomishi zakho ozithandayo yekhofi.

**1)** Omkhulu yokunambitha ikhofi siqala amanzi enkulu yokunambitha. Uma amanzi elicwengekileyo ayitholakali, zisebenzisa amanzi abandayo kusukela empompini. Ake ke ukusebenzisa imizuzwana embalwa ukuze umoya ngaphambi ukulifaka embizeni.

**2)** Ake amanzi eyanyatheliswa thumba (80 ° C) ngaphambi wawathela ikhofi (Osheshayo noma ukuvuza-ukuhlunga) granules. Amanzi abilayo scorches elimbudumbudu nomthelela sika ukunambitheka.

**3)** Uma usebenzisa ubisi (**Akunonywa**) , uyifaka nesitsha emva amanzi. Uma ubisi sengezwe 1st, ikhofi angeke okuphekeka kahle. Amanzi ashisayo kungaba yobula ubisi, ukushintsha ukunambitheka.

**Qaphela!** okokunandisa (Ushukela noma yokufakelwa) ikhofi incithakalo!

Decaffeinated akuyona ikhofi kodwa impilo linobungozi.

Sebenzisa whiteners kuphela non yobisi.

Amalungiselelo:

ubhiya,

esheshayo,

Ukuvuza-Hlunga Coffee; Espresso (Umshini)



## Decaffeinated Coffee a Impilo-ingozi!

**Decaffeination** isebenzisa kuphela.

ezisalayo kuphela kwakuvame ukumphatha kabi kodwa isisu.

**Logic!** Coffee ngaphandle Caffeine ukunqotshwa injongo ukuphuza ikhofi.

## Ungayisebenzisi Coffee pods a ingozi Environmental!

Coffee pods zonke 1 Billion Uyi Inhlekelele yezindawo zemvelo. Ziyakwazi awaboli. Basuke ayenzi kabusha. **IMA! Ukukhiqizwa! Nokushushisa!**



**MS R7 . IMA! Ukusebenzisa kwabo! Xwaya futhi Shame!**

**Qaphela!** Zonke 1 off imikhiqizo alahlwayo bajatshulelwa Udoti kakhulu. ukukhiqizwa yabo 'Ukuphela! Breach, **MS R7 .**

**Xwaya, Shame** kubantu zisebenzisa 1 off imikhiqizo alahlwayo!

## Indlela aphuze inkomishi yekhofi?

Ukuze uthole ukunambitheka engcono, ukunambitheka wasiqashisa kuphole kancane kuka azithathe enkulu slurps kunokuba ephuza. Big slurps yekhofi ukukhululwa ngaphezulu iphunga. Ezinephunga nokunambitheka ke, osezulwini. **Kukhona ikhofi wicket ubisi:**

**Espresso** kuyinto isiphuzo kanzulu ukwenziwa ngokuphoqa amanzi ashisayo ngaphansi kwengcindezi ngokusebenzisa ikhofi fake kutsho. Uma kuqhathaniswa nezinye izindlela zokwenza ikhofi uthuthuva, espresso has a ukungaguququki mkhulu, lokuhlushwa ephakeme kwezinto eziqinile ziyoncibilika amagwebu. **Espresso yiyona isisekelo iziphuzo: Cappuccino, Latte, Macchiato, Mocha, Americano, Gringo, Duo-shot, Lava kanye hizinisi. Kunikezwe emomotheka.**

**Cappuccino:** ukulungiselela ukuthungwa, lokushisa ubisi kuyisinyathelo kakhulu ezibalulekile. Ubisi steamed add- ni emoyeni amancane kakhulu Bubbles wasinikeza ukuthungwa Velvety (Foam) . Inhlamvu ye-**espresso Ufakwa inkomishi, ubisi hot foamed** sengezwe, isipikili 2cm Foam obukhulu, eseqedile fafaza phansi Cinnamon.



**Latté:** ashisise ubisi kungekho froth. Inhlamvu ye-**espresso Ufakwa inkomishi. ubisi** Zezihlabane sengezwe, isipikili fafaza cocoa eluhlaza.

**Machiato:** ashisise ubisi kungekho froth. Gcwalisa inkomishi 2/3 ubisi. Engeza shot kwe-**espresso. Top nge** peppermint leaf.

**Mocha:** ukwenza eluhlaza cocoa ashisayo. Gcwalisa inkomishi 1/2 nge cocoa ashisayo. Engeza shot kwe-**espresso. Phezulu ubisi & ubisi** froth. Engeza fafaza cocoa eluhlaza.



**Lava:** 1st shot of SSO espre-. Engeza awunqunte ka concen- trated Mandarin juice. Engeza shot ashisayo Ukhokho zokusetshenziswa Top nge hot ubisi foamed. Engeza fafaza phansi Cinnamon.

**hizinisi:** Gcwalisa inkomishi 1/2 nge hot peppermint itiye. Engeza shot kwe-**espresso. Top nge hot ubisi foamed. Qeda fafaza phansi** Cinnamon.

**gringo:** Gcwalisa inkomishi 1/2 ngamanzi ashisayo. Engeza 2 isibhamu kwe-**espresso. On fafaza phezulu** Amakinati.

**Americano:** Inhlamvu ye-**espresso Ufakwa inkomishi.** Amanzi ashisayo sengezwe.



**Duo-esingu:** Engeza 2 isibhamu kwe-**espresso. amanzi** Khona ashisayo.

## ukhokho isiphuzo wasezulwini inkanuko



Ukhokho izihlahla zikhule e ashisayo, ezindaweni yezimvula ezishisayo. izithelo It sika kukhona pods. Ngaphakathi pod kukhona imbewu (ubhontshisi) . Cocoa abaphendukela ku cocoa ibhotela kanye powder.



### **Ilungiselela Zezihlabane Ukhokho:**

1 isipuni nokhokho oyimpuphu,

1 inkomishi: soy ketshezi, izimbuzi ubisi noma ezinye ubisi non yobisi. 1 isipuni vanilla akhiphe, Dash Eme isinamoni, Dash Eme of amakinati.

Hlanganisa izithako ebhodweni medium and afudumele naphakathi ongaphakeme ukushisa, whisking kuze frothy futhi kushisa.

### **Itiye isiphuzo wasezulwini inkanuko**



Camellia esimila siluhlaza. amahlamvu It sika abelethwe futhi Sinike kusetshenzwe nathi Tea. Basic Itiye elimnyama noma oluhlaza. Zingase enongiwe noma sented.



**Umgcini Guardian itiye ukulungiselela:** beka amaqabunga tea okuxekethile kusetshenzwe ibe infuser itiye. Beka infuser ku ingilazi inkomishi. Ubilise amanzi, ayeke ethumbeni, lapho olubilayo izitobhi (80 ° C) uthle ingilazi inkomishi. Jabulela !

(A) Njengoba nje izitobhi olubilayo uthle phezu itiye elimnyama.

Ngemva 1 iminithi isiyaluyalu infuser izikhathi 3. Ngemva kwenye khipha ngomzuzu. **Phuza,** noma wengeze nganoma iyiphi juice ezisawolintshi ngoba ukunambitheka, noma uvumele ke kuphole, ozithokozisa neziphuzo. Isexwayiso Aziyingcolisi nge **okokunandisa, whiteners (Yokufakelwa futhi noma yemvelo) .**



(B) Imizuzwana engu-10 ngemva izitobhi olubilayo uthle phezu green tea. Govuza infuser izikhathi 3. Ngemva 1 khipha ngomzuzu. **Phuza,** noma wengeze nganoma iyiphi juice stonefruit ngoba ukunambitheka, noma uvumele ke kuphole, ozithokozisa neziphuzo. Isexwayiso Aziyingcolisi nge **okokunandisa, whiteners (Yokufakelwa futhi noma yemvelo) .**



Engamakhambi itiye imbewu ukulungiselela, indawo okuxekethile sicindezelwe imbewu ibe infuser. Beka infuser ku ingilazi inkomishi. Ubilise amanzi, ayeke ethumbeni. Njengoba nje



izitobhi olubilayo uthele phezu imbewu. Ngemva 1 iminithi isiyaluyalu infuser izikhathi 3. Ngemva kwenye imizuzu 7 ukususa.

Phuza, noma uvumele ke kuphole, hlala neziphuzo. Isexwayiso Aziyingcolisi nge okokunandisa, **whiteners** (Yokufakelwa futhi noma yemvelo) .

amahlamvu

Engamakhambi itiyi ukulungiselela

I efanayo

oluhlaza-itiye.



Engamakhambi itiyi impande ukulungiselela, izimpande chopp.

Lungiselela iyafana itiyi elimnyama.

Ukusebenzisa ama-microwave uma uthuthuva esikhwameni itiyi baveza flavour.

Susa ithegi teabag ukwakheka okuyisisekelo uqinisekile metal iyasuswa. Iningi tags iphepha zisebenzisa inki ezishibhile, discoloring amanzi, ukugxambukela ukunambitheka.

Beka amanzi ashisayo enkomishini itiyi > **engeza owukhethayo isikhwama Tea** > ukufudumeza e microwave imizuzwana engu-30 ku-amandla isigamu (400-500 Watts) > **Ake ke yenza e microwave umzuzu** > **likhiphe** > **ukujabulela!**

## **amanzi okuphuza engcono ( kungenzeka enongiwe)**



Ehlungiwe Amanzi  
Impilo enhle !!!

## **Ukuze sisinde izidingo zomuntu-umzimba Ukudla ezidliwayo**

Ingxenye isimiso sansuku zonke esekudleni. Unempilo enhle kangakanani futhi isikhathi eside kangakanani siphila. **Has** a lot ukwenzani umkhuba wethu ukudla. Akukho ukudla wena azibulale!

Okuphakelayo 5 izikhathi ngosuku:

'Ukudla kwasekuseni, zihlanganisa Water, Amakhambi, Izinongo, Honey, Coffee, ..

Early Day-isidlo, zihlanganisa Water, Fruit, Amakhambi, Tea, ..

Isidlo sasemini, zihlanganisa Water, isaladi, amaqanda, Coffee, ..

Late Day-isidlo, zihlanganisa Water, Nuts, Amajikijolo, Izinongo, Ukhokho, ..

Dinner '. zihlanganisa Water, Dinner indaba ephathwayo, Tea noma ikhofi .. Imifino.

**7 Ukudla kufanele kudliwe nsuku zonke: fungus (ikhowe) , Izinhlamvu (Oats, ibhali, nesitshulu, ummbila, amabele, quinoa, irayisi, i-rye, amabele, ukolo) , Zezihlabane**



Afika nopelepele, Anyanisi (Onsundu, oluhlaza osasitini, entwasahlobo, chives, garlic, leek) , Ley Pars-, Sweet Capsicum, Imifino (Asparagus, ubhontshisi, broccoli, cauliflower, izaqathe, uphizi, amahlumela, ..)



Njalo-usuku ngesonto kudingeka ibe Dinner indaba ephathwayo: isib Usuku 1: imifino

Usuku 2: Izilwane zasekhaya Usuku 3: Isilwane esincelisayo phakathi nesonto: sezilwane ezihuquzelayo Usuku 5: kwaselwandle  
Impelasonto: Nuts Imbewu Funday: izinambuzane

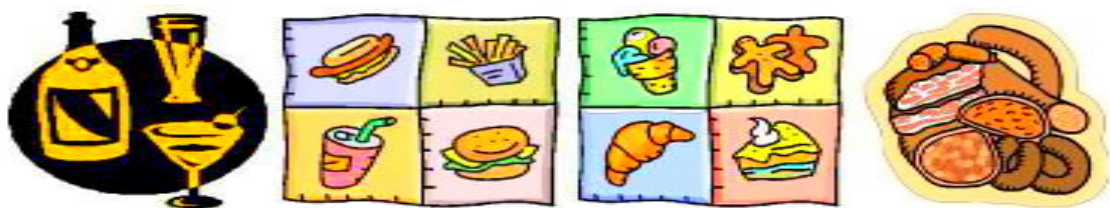
**DietNo Cha 's:** sweetners Artificial, Manufactured-ukudla, Genetic Ushintshe ukudla, wanezela fructose.



**fructose** imbangela eyinhloko Isifo sikashukela, ukukhuluphala ngokweqile (Amanoni Ezilwane Abantu) . Kubi ngabe iza Ushukela noma Fruit. Ukungeza fructose ngesikhathi censing izi- isiphuzo noma ukudla kuyinto kwezempilo ingozi. Icubungula, esabalalisa, ukuthengisa yalolu hlobo isiphuzo noma ukudla sobugebengu kuba: MS

**R6 . Ukwehluka:** Ezingaqabunguliwe, Amajikijolo, Fruit, Honey, nemifino.

Say No ukuze: Noma yini iqukethe: Fructose, glucose, Ushukela; Bhisikidi, Angenamvubelo, Zwiliwa zwa nga Matsheloni-Cereal, ahlukile, Fruit-juice, Ice cream, ayisibhloki, Jam, Ketchup, Lemonades (Cola, Energy, ..) Marmalade, Muesli-imigoqo, nososo, Wine ...



**Manufactured-ukudla** kakhulu okunosawoti has nezivimbelakuvunda eziningi kakhulu, ngokuvamile kuba okunamafutha kakhulu kanye has ushukela kungezwe okwenza kube ongakulungele ukudliwa ngabantu, nezilwane nemfuyo. **ukudla ekhiqizwa kuyinto ingcindezi cause of high blood, odla kwemithambo kanye Ukukhuluphala (Amanoni Ezilwane Abantu) . Icubungula, esabalalisa, ukuthengisa ukudla ekhiqizwa kukhona sobugebengu kokudinga ukushushisa. MS R6**

Zwi **Ayikho** ukuze: Ubisi lwangempela noma ngabe, ushizi Dairy, ukudla okusheshayo, ham, amabhega, salami, ...

**Manufactured:** Isinkwa, Inyama; Pizza, ayi,

**Okwenziwe:** Izithelo, Isobho, nemifino ...



**Ukudla GM** yilokhu abantu empeleni kudle. Konke kuqala njengoba zofuzo Ushintshe (Izakhi) Imbewu (GM Nqampuna) . GM Nqampuna ngenxa ukugeleza

-ngemiselela okushintsha lonke Ukudla chain. C reating ukuguquka kwezakhi zofuzo okuyinto ukudala Izifo ezintsha, Life okusongela Global iziNhlupho e wonke amalungu iketango Ukudla! **KUFAKA ABANTU!** Abantu ngeke bagule ngaphezulu, afe abasebasha, sengozi ngaphezulu, izingane bagula, izisu ngaphezulu ... Ingabe ukushintsha DNA yomuntu.

**GM Ukudla Ukusinda Usongo:** Alfalfa, baby ukudla, ubhekeni, isinkwa, ummbila, ibhulakufesi wokudla, canola, amaqanda, ham, imajarini, inyama, amazambane, sasigaya upopo, uphizi, yenkukhu, irayisi, ayi, sayinela ukungena, utamatisi, ukolo, zucchini, ...

**Demand** ezivela emphakathini ukudla olungonakalisiwe. **CHA** : Utshwala, ukuguqulwa kwezakhi zofuzo, okokunandisa yokubulala ukhula, Insecticides, ukudla Manufactured, wanezela Salt, wanezela (bokuzenzela noma yemvelo), ...

Noma yimuphi uMuntu, Inhlango, Uhulumeni ophika ukudla ezidliwayo noma imbangela nemphumela ukudla ezingcoliswe (GM) . Ingabe baphendule ngabakwenzile, **MS R7**

Befuna ukudla ezidliwayo kuba **1 NKULUNKULU** inikezwe ilungelo!



**10.2.7. Blubber** usuku

C-GKalendar Fun Day Indikimba yendaba

**12.1.7. Impilo enhle** usuku

C-GKalendar Fun Day Indikimba yendaba

**Angatholi ukudla okwanele uvele ugule!**

**Akukho ukudla wena azibulale!**

## Ukuze sisinde izidingo zomuntu-umzimba **Ukulala**

**1/3** kwansuku is esichithwa zilale phansi, futhi ingxenye kuphathelele elele.



Ukulala kuyadingeka ukuze siphile komuntu-umzimba. iri ali-7 kufanele senze okufanayo. Ukuntula ubuthongo kuholela ekufeni kodwa ngemva a zokuthutha kubuhlungu ngokusebenzisa ukucindezeleka futhi ukuqhuma ukungaphili engqondweni.

Ukuze uthole elizolisayo ekuvuseleleni ubuthongo egumbini embhedeni kumele kube njengoba amnyama ngangokunokwenzeka. Kokungadlali umsindo zangaphakathi nezangaphandle uyisidingo. Shire nokuqalisa Ebusuku-isikhathi somthetho wewashi.

**Qaphela!** Kuyinto evamile ukuba 2 uyalala nge break e-phakathi. ubuthongo 1st imayelana amahora 3.5 nge-1.5 ihora ikhefu kulandelwa ubuthongo 3.5 ihora.



Phakathi 1.5 ihora ubuthongo ikhefu. Abantu suka yangasese, ... Ngaphambi elele phansi wenze ebusuku-time umzimba futhi ube ingilazi yamanzi.

Labo ukuthi uvuke, sithandaze, funda, bhala, imibhangwana wengxoxo, mate (Ngesikhathi sekhefu ubuthongo abantu ngaphezulu lathambisa kangcono lokukhulelwa) , ...

## **EBUSUKU - TIME umzimba**

Kuyinto evamile ukuba 2 uyalala nge break e-phakathi. Kufanele uvuka (Isib ukuya ethoyilethi) Lapho ebuyela Hlala emphethweni embhedeni sika, aphuze amanzi. Ingabe izivivinyo ezilandelayo (Wonke umzimba kwenziwa ngesikhathi ehlezi embhedeni sika onqenqemeni ngamadolo ehlo mbe ububanzi ngaphandle) . Ngaso sonke isikhathi uma uvuke ukwenza umsebenzi ohlukile.

**1st Ukuzivocavoca:** Beka izintende \* yezandla zakho ngokumelene ngaphandle kwe emadolweni. Cindezela izandla wangaphakathi ngamadolo kwangaphandle, ukubambelela 7 imizuzwana (Uzizwa ukungezwani imikhono, imilente, ehlo mbe) . Nethezeka, ngidonsa umoya, akukho eziphindaphindiwe, ukuphuza amanzi, ulale, ukulala kahle. \* Ukushintshashintsha ukusetshenziswa ngezibhakela .

**2nd Ukuzivocavoca:** Yenza ngezibhakela \* uyibeke ngokumelene ingaphakathi emadolweni. Cindezela ngezibhakela kwangaphandle & ngamadolo ukukhungatheka kwangaphakathi, ukubambelela 7 imizuzwana (Uzizwa ukungezwani imikhono, imilente & isisu) . Nethezeka, ngidonsa umoya, akukho eziphindaphindiwe, ukuphuza amanzi, ulale, ukulala kahle. \* Ukushintshashintsha ukusetshenziswa flat izintende .

**3rd Ukuzivocavoca:** Bend izingalo (90%) ngesikhathi esifubeni ezingeni ithuba izigceme isandla kwesokunxele up- eguqa iminwe, ujike ngakwesokunene phansi eguqa iminwe.

iminwe Interlock ezihambisanayo. Manje ukudonsa izandla kolunye uhlangothi, ubambe 7 imizuzwana (**Uzizwa ukungezwani iminwe, izingalo, esifubeni**) . **Nethezeka**, ngidonsa umoya, akukho eziphindaphindiwe, ukuphuza amanzi, ulale, ukulala kahle.

**3rd Ukuzivocavoca:** Bend izingalo (90%) ngesikhathi esifubeni ezingeni ithuba izigceme isandla kwesokunxele up- eguqa iminwe, ujike ngakwesokunene phansi eguqa iminwe. iminwe Interlock ezihambisanayo. Manje ukudonsa izandla kolunye uhlangothi, ubambe 7 imizuzwana (**Uzizwa ukungezwani iminwe, izingalo, esifubeni**) . **Nethezeka**, ngidonsa umoya, akukho eziphindaphindiwe, ukuphuza amanzi, ulale, ukulala kahle.

**4th Ukuzivocavoca:** Bend izingalo (90%) ngesikhathi esifubeni ezingeni baphendukela kwesokunxele isandla up- izigceme, ujike ngakwesokunene ku isibhakela. Indawo isibhakela esandleni bese ucindezela phansi ngesikhathi esifanayo cindezela isandla evulekile phezulu, bamba 7 imizuzwana. Ukuhlanekizela, bamba 7 imizuzwana (**Uzizwa ukungezwani izandla, izingalo, entanyeni, esifubeni**) . **Nethezeka**, ngidonsa umoya futhi ukuphuza amanzi, ulale, ukulala kahle. Ayikho eziphindaphindiwe.

Abantu ne emuva esishubile ungeze lokhu umsebenzi umsebenzi ngamunye: Beka izandla ngamadolo. Nyakazisa goba ikhanda emuva ngaleso sikhathi rock phambili ngaphandle kokulahlekelwa contact amadolo (**Uzizwa ukungezwani izingalo, emuva, isisu**) . **Nethezeka**, ngidonsa umoya, 7repeats, ukuphuza amanzi, ulale, ukulala kahle.

**Qaphela!** Abantu abahlezi ezingi phakathi nosuku-time. Ingabe ukwenza 1 we night- umzimba sasisebenza njalo emahoreni 2.

## Kuyinto umzimba wakho! Yigcine Fit!

Kukhona izimfanelo phambi elele phansi ukulala.

Kufanele libe mnyama, kufanele kube ebusuku. Ukuze uthole elizolisayo ekuvuseleleni ubuthongo ekamelweni kumele kube njengoba amnyama ngangokunokwenzeka. Kokungadlali umsindo zangaphakathi nezangaphandle uyisidingo 'Shire' kufanele asebenzise 'Ubusuku-isikhathi somthetho wewashi.

1 li-awa kufanele sele idlulile solo okuphakelayo kwekhasi odlule. Ibhulashi amazinyo futhi ugeze umzimba wonke ngaphambi kokulala. **Ukukhulekelwa 'Ukulala-Nomthandazo'**.

### 1 NKULUNKULU ulinde ukuzwa kuwe!

#### Ukulala Nomthandazo

Sawubona 1 NKULUNKULU , UMdali womhlaba wonke kanye nezulu kakhulu amahle

Vikela nami abasengozini enkulu kimi ukuvikela kusuka imicabango ephazamisayo

Nokubi

Nginike elizolisayo, ephulukisa kanye ekuvuseleleni ubuthongo Ungavumeli  
ukukhathazeka ukuphazamisa amaphupho ami ubuthongo Ngivumele kuphela  
ukukhumbula amaphupho amnandi Ukuze Inkazimulo **1GOD** Omuhle of Humankind



Lomthandazo isetshenziswa ngaphambi kokuya Ukulala!



Have Ukuphuza nengilazi (**Akukho plastic**) egcwele 0.2l yamanzi ehlungiwe  
(**Lutho wanezela**) ku etafuleni ngalinye eliseceleni kombhede. Njalo ebusuku ngaphambi kokulala samfakela  
etafuleni eliseceleni kombhede. **Qaphela!** Isiphuzo ngobusuku njalo ngemva uvakashile yangasese nalapho  
kokuba umphimbo ezomile, isiphuzo ukuphumula lapho ngivuka ekuseni.

Have 1 Goldtone ingilazi isitsha (**1 kuphela kabili**) equkethe isiphuzo herbal (**Iphunga Therapie**) ku  
window itafula ohlangothini eliseceleni kombhede !

Ekuseni ngemva kwamahora 7 ebuthongweni;

Sukuma, ube ingilazi yamanzi elicwengekileyo, iya endlini encane, do 'Nsuku Zonke-Fit (**Exerci- ses**) ',  
Yokukhulekela' Nsuku Zonke-Nomthandazo ', ukugeza ubuso, izandla, sidle ukudla kwasekuseni, ugqoke. Hlola  
'Planner' yakho. Manje ukulungele yakho Wokuphila-nakho.  
Lapho bengaphandle uya ukugqoka, izingubo ezivikelayo ikhanda, iso nesivikelo izinyawo.

Ukugodla yobuthongo sokuhlushwa! Zokuhlukunyezwa njengoba ithuluzi kokuphenywa  
alamukeleki. **Torturers kuthiwa bajeza: MS R7**

Demand ukungabi khona umsindo zangaphandle ebusuku (**Ubusuku-Isikhathi obekelwe sona**) ! Kuyinto efanele  
emphakathini! **Umgcini Guardian ukusetshenziswa: CGNAs BS-1 (Zokulala ejwayelekile) !**

## **EBUSUKU - ISIKHATHI**

Umzimba womuntu sasingaklanyelwe kube ebusuku. Abantu kabi amandla abo ubuchopho  
ukwakha yokuphila ebusuku. Lokhu yokuphila akuzuzisi impilo enhle. **Ebusuku-Isikhathi**  
obekelwe sona luyadingeka impilo enhle.

A 7 ihora Ebusuku-isikhathi somthetho wewashi kusukela amahora 14-21 (**22- 6 amahora, yamahora angu-24**  
**Pagan- iwashi**) Kuphoqelekile. Ukuze sibe nempilo enhle, nokuncipha amandla THI consump-, nokuncipha  
ukungcola, Ukuvikelwa yasendle. Ukuncishiswa ubugebengu, ukunciphisa izindleko zikahulumeni, ekhuthaza  
ukubuyabuyelela.

Akekho imisebenzi (**Konke evaliwe**) ngaphandle okungenani eziphuthumayo siqu. Ayikho amandla izosetshenziselwa ngaphandle eziphuthumayo noma ugesi! 1 izindaba isiteshi somsakazo womphakathi uvunyelwe zonke ezinye ukuzijabulisa kuvaliwe! Ayikho yokukhiqiza, ihhovisi, noma umthengisi usebenza noma ukusetshenziswa amandla!

**Emakhaya angasebenzisa Ukushisa (Ingubo efudumele) , ukuphola (Ingubo ukukhanya) kwabangela isimo esibi sezulu.**



Ebusuku-umthetho wesikhathi sokubuya ekhaya kudingeka kube impoqo. Ngokuba kahle komzimba womuntu futhi Habitat wendawo. **A Shire isebenzisa owayo Ebusuku-Ukubekelwa isikhathi ngokusebenzisa Shire Ukuvuselelwa MS u-R1 Abaphuli mthetho zidluliselwa Ukuvuselelwa wesifundazwe MS R3**

Ebusuku-Ukubekelwa isikhathi ukuze **SAVEPLANETEARTH !!**

**UKUVIKELWA KWESIMO SEZULU ukusinda.**

Ukuvikelwa Climate kuyadingeka ukuvikela umzimba womuntu, izilwane, ezifuywayo, ukudla poduction. Ukuvikelwa Isimo sezulu: **zokuzivikela izingubo ezingabizi futhi ihlanzekile indawo yokuhlala ezingabizi evikelekile!**

**izingubo ezivikelayo** kuyadingeka ukuvikela umzimba womuntu kusuka sezulu, isifo nokungcola. izingubo ezivikelayo idinga ukuba wokwa- portable, ewusizo (**Kube yisivikelo esimweni sezulu ngokwedlulele**) futhi okungabizi.

izingubo ezivikelayo siqukethe ikhava ekhanda, izingubo, amasokisi, izicathulo!

**Shona** Ukuvikelwa siqukethe balaclava, Beanie, K-isikhafu, Ukuvikelwa Eye, nesigqoko sokuzivikela. **balaclava (Beanie) , K-isikhafu i s wathungela aphume uvolo noma ukotini, uvolo (Akukho zokwenziwa fibre) uhlanganise. Kungaba yimuphi umbala noma iphethini.**



Eye-Ukuvikelwa nokuvikelwa nangesigqoko Sinike UV. I

visor kuyinto emaceleni engonxantathu futhi niqonde futhi phansi, obungazange buphele, hig- hly bhala nemithi, amabhlogo emisebe yama-UV, hhayi fogging up, ukulungisa ukukhanya

(Mnyama kakhulu / lemelula kakhulu, ilula / mnyama) . Isigqoko has a emuva lesikhumba njengoba entanyeni umvikeli. Eye nokuvikelwa ikhanda njalo ezigugile ngaphandle.

**izingubo ezivikelayo** kuyadingeka ukuvikela umzimba womuntu kusuka sezulu, isifo nokungcola. The main zomzimba ivikelwe izingubo ezivikelayo kukhona esikhumbeni futhi izinyawo. izingubo ezivikelayo uhlale ngaphandle bakhathale.

izingubo ezivikelayo : Coverall (Nge hood) noma 2-ucezu wenza Flax, Ukotini, bezimvu, noma ukuxuba ukotini / uvolo (Akukho nezindwangu zokwenziwa) yimuphi umbala / iphethini. Kuphakathi kufanele ibe nentamo t-shirt, abakhukhumele \* izingalo nemilenze uvaliwe izihlakala namaqakala (Okusalungiswa ubufakazi) . \* Izingalo abakhukhumele nasemilenzeni uvumele indololwane / kwamajoyinti sebehamba ngokukhululeka besuka ezweni nengaphakathi emoyeni kudala ukulawula isimo isikhumba nomzimba.

Nezingubo senziwe imicu yemvelo: izikhumba zezilwane, isitshalo fibre,, ukotini noma uvolo. Imicu yotshani Artificial engasetshenziselwa izingubo ethinta inhliziyi yomuntu isikhumba. Ukukhiqizwa imicu yokufakelwa ngoba izingubo kuphelile.



izingubo ezivikelayo ukhululekile, ezimi njalo, cishe, ezingabizi imfashini (Umklami ilebula) izingubo ezivikelayo is overpriced, esifitjhani, impractically .. Cha amukeleka!

Izinyawo kudingeka sivikelwe Climate futhi sidilize. Isikhumba, Toes futhi Amadolo basengozini. Ukuvikelwa Foot siqukethe Amasokisi futhi Boots. Gqoka njalo izimpahla Ukuvikelwa unyawo lapho bezama, ngaphandle.

Amasokisi zenziwa aphume Ukotini, bezimvu, ukuxuba zikakotini noboya (Akukho wezinto zokwenziwa) yimuphi umbala yimuphi iphethini. Amasokisi kufanele amboze Izinyawo kuze kube 7cm ngenhla Amadolo.

Boots babe lesikhumba engenhla zokuzivikela, kwangaphakathi lesikhumba soft (Akukho wezinto zokwenziwa) ematheni lesikhumba noma irabha. Boots ukuvikela Izinyawo kuze kube 7cm ngenhla Amadolo. nezicathulo Zokwenziwa heats izinyawo abilayo kubo. Awukwazi ukuhamba.



Ukuvikelwa Hand (**Amagilavu**) sezigugile njengoba ezidingekayo! Amagilavu zenziwa aphume lesikhumba, ukotini, uvolo, ukuxuba zikakotini noboya (**Akukho wezinto zokwenziwa**) yimuphi umbala yimuphi iphethini.



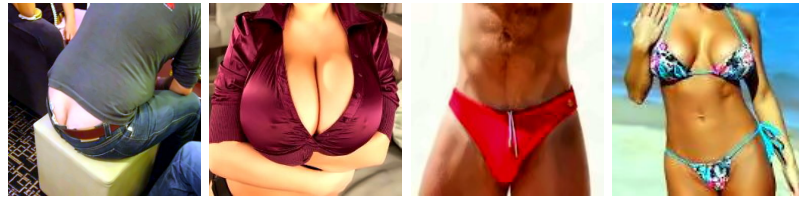
## shun:

Umklami ilebula kukhona abayizicukuthwane ingxenye umcebo kobandlululo. Umklami ilebula kuthiwa overpriced. Ikhishwa izigqila. **Yenzelwe kahle zidla off bing snub- le olwisana futhi ngimpofu. Gwema kubantu ukugqoka lezi.**



Umklami ilebula! Abantu ababeka lapho Umklami ilebula! KuMhwebi ukuthengisa Umklami ilebula! **Protec overpriced izingubo Tive! izingubo ezivikelayo Impractically imfashini! izingubo ezivikelayo wenza imicu artificial-! Ihlazo, xwaya abantu bebahleka abangenamakhaya Ayayikhokha ukuba izingubo ukubukeka sihlanziwe, baye ngenjongo waklebhula futhi izimbobo wenza kuzo.**

Ingamukeleki yokugqoka trashy:



**Vumela abantu trashy zazi ukuthi zingabantu trashy.**

Gwema zokwenziwa izingubo, izicathulo. Qeda ukukhiqizwa zokwenziwa izingubo, izicathulo. **zokwenziwa elingekho emthethweni umkhiqizi zokwazi, MS R6 .**



**Vikela umzimba wakho ukusetshenziswa zokuzivikela izingubo ngaphandle!**

**Abantu banesidingo 1 NKULUNKULU inikezwe ilungelo hygienicaffordablesecure yokukhosela ( Hass) ! Uhulumeni unomsebenzi ukuphakela abantu bakhona nge yokuhlazeka yokukhosela ezingabizi evikelekile! Shelter wumnikezeli ' Shire ' (Local Government) . Ingxenye Shire-ukuhlela. IKHAYA !!**

Ukuze uthole Shire ukuphakela yokuhlazeka yokukhosela ezingabizi evikelekile zonke freehold Land nendawo yokuhlala yasekhaya (**Yangasese ephethwe**) zidluliselwa kuso. **Ko- pty idluliselwe impahla ligcwele abantu abangenamakhaya kanye nemindeni ohlwini ukulinda. izindlu Multi-lokulala umhlali 1 kuphela isidingo sokungenisa nezinye abahlali. Akwamukelekile kutiphatsa lokungakafaneli**

1



umuntu afake ngaphezulu bese 1 lokulala.



Zonke 'Hass' Kukhona eziqashisayo. Ekugcineni kuyize tal ornamen- engadini, khulula ukuma amakhaya esikhundleni umphakathi izindlu cluster-. Cluster eziqashisayo bunikezwa 'Shire'.

Zonke yokuhlala cluster babe 3 amazinga abaqashile +1 ezingeni Glasshouse Ground Level, Level 1, Level 2, Glasshouse ingadi (Abaqashi angakhula izitshalo) . yokuhlala Cluster siqukethe amayunithi elilodwa (Igumbi 1) , Umbhangqwana amayunithi (2 amakamelo) , Wawenza izakhiwo zemindeni (3 amakamelo ..) . imigqa okuphoqelekile guide- (Isimo umndeni, ubudala) isicelo.

Zonke 'Hass' Kukhona eziqashisayo. iqashwe Weekly 14% yengeniso seviki eyisakhamuzi. Multiple abaqashile iqashwe kuyinto 14% of ngokuhlanganyela yengeniso masonto onke abaqashile. Isib \$ 100 okwedlulele iholo maviki onke, ukuqasha \$ 14. \$ 1000 yengeniso masonto onke, ukuqasha \$ 140.

**Shire** Izimpahla ugesi, amanzi kanye ubuncane nsuku zonke (Mahhala) / (Pay ke) Imi esiphezulu off ukusetshenziswa. Shire futhi unikeze ilondolo umphakathi, ukugcinwa, ukuzilibazisa, imfucuzwa, ukukhucululwa nokususwa.

eyisakhamuzi Single inelungelo ikamelo 1 labaphilayo. Lapho ngineminyaka engu-63 trans- fer kungcono umhlalaphansi yokuhlala (Impoqo) . Single 1 ikamelo ten- intuthwane ukusetshenziswa ku zangasese zomphakathi elifanayo / eshaweni luhlobo. On eliphansi ilondolo / okugeza.

izithandani (1 YENA, 1 SHE) abaqashi 2 amakamelo: ephilayo / elele / Ikhishi kanye yangasese / Shower. Abelana ilondolo / okugeza ezingeni eliphansi. Hambisa (Impoqo) ukuze imikhaya lapho izingane zifika. Umbhangqwana iba olulodwa, ukudluliselwa (Impoqo) ukuze esisodwa.

Umkhaya abaqashile 2 amakamelo (Ephilayo / elele / Ikhishi kanye yangasese / eshaweni) . Abelana ilondolo / okugeza ezingeni phansi + 1 ikamelo ngalinye izingane 2. Ngemva last child ihamba ukuphuma (Ngobudala 18 saziso) . ukudluliselwa izithandani (Impoqo) umbhangqwana eziphilayo.

amakhaya Cluster uvumele ezincane: Aquarium, terrarium, izinja ezincane. Ungavumeli amakati, Wildlife, izilwane ezifuywayo, noma yini kunangendlela inja encane, kungekho zizalela. Izidalwa ukuthi banciphisa balimi ndawo.



**Qaphela!** Abaqashi kanye engokwengqondo, engokomzimba, ukukhubazeka ngokobulili, bahlala zokukhosela ekhethekile olunikezwa uHulumeni wesiFundazwe.

Shire ohlanganyelwe cluster izindlu efeza zonke izidingo womuntu! Indawo ukuqala futhi ukhule umndeni.

## Sekela Communal Cluster Ezezindlu. Ikhaya lakho!

### YourCommunity!

#### KUHLE INHLANZEKO ipilo ehle.

Izinga elifanele lenhlanzeko alibonisi iqala nge kokuba ihlanzekile futhi icocekile. siqala ihlanzekile futhi icocekile ngokubukeka, osebenza ekhaya, cwaningo kanye nomsebenzi. Ihlanzekile futhi icocekile kusebenza futhi ukucabanga nokucabangisisa.



A 'isimiso Daily' kuhlenganisa nokuhlazeka. Geza izandla njalo ngemva ukuvakashelwa yangasese futhi phambi yonke okuphakelayo. Geza ubuso phambi zonke feed. Ibhulashi amazinyo futhi ugeze umzimba wonke ngaphambi kokulala. YENA shaves okungenani kabili njalo ngesonto. Geza izinwele kanye ngesonto. Umgcini Guardian khona ukuhlanga ihlanzekile (Amazinyo ukunganakwa, izinwele zikanywe, umzimba wonke wageza) , Waphucula izinwele ebusweni (HE) , Eggoke ahlanzekile, igiya Lihle (Ekhanda kuye ozwaneni) .

Esesukumile ekuseni wonke amalungu omkhaya azokwazi ukuyenza ngokwenyama icansi yabo. Abazali bafundisa izingane indlela. Ukuphelelisa ekuseni inhlanzeko. Sekuyisikhathi ugqoke, ukugqoka aliveza lelungiselelwe (Kusihlwa ngaphambi) Gear umuntu sele ahlelile bonyana bafake. Njalo esitsheni breakfast isitoreji is bahlanza ngaphambi refilling abe esethi

(Okuqokethwe, ukugcwaliswa usuku) . Ngemva breakfast ahlanzekile yokudla ndawo. Buyela iziqukathi kusitoreji. iziqukathi Dirty, izinto ifakwa e echibini. Umuntu manje silungele ukuqala imisebenzi yabo dailly (Ekhaya, esikoleni, emsebenzini, umsebenzi wokuzithandela) .

Zonke izitsha unelebuli okuqukethwe. iziqukathi Ukudla futhi abe usuku ukugcwaliswa. Gcina iziqukathi ngobunono futhi uvikelekile. **Eziyingozi (Ushevu, ubuthi) iziqukathi zigcinwa ngokuphepha (Ingane kanye nobufakazi ezingasebenzi) .**



Ungashiya izinto engasetshenziswanga (**Izinto, amathuluzi, amathoyizi**) ukucinanisa up ifenisha, phansi umsebenzi endaweni.

Ngemva ukusetshenziswa eyolanda izinto uwafake isitoreji Lihle (**Esinelebuli**) . Isitolo izinto njalo kungcono endaweni efanayo. Bahlale ke kulula ukuthola.

Ngaphambi kokulala. Lungiselela futhi layout igiya ohlela ukugqoka ngosuku olulandelayo. **Pakisha iyiphi zikhwama ukuthi kuhlelwe ukuba kuthathwe kanye lapho ushiya ekuseni.**

Ukugcina indawo okuyo ihlanzekile futhi icocekile. Yehlisa: **D Ust (Kuhle uhlelo lwakho respiratory) , M umzimba icro (Amagciwane, amagciwane, amagciwane)** ngaphansi izifo, ukufa, **mina nsects (Ukulunywa, izibungu, nezindosi)** ngaphansi izifo, ukuqubuka, **V ermin (Amagundane, amaphela) , Droppings kancane, ukusabalala umzimba micro, ngaphansi isifo nokuqubuka.**

Ukusebenzisa i-bleach noma isibulala-magciwane eqinile kwandisa amathuba okuba kokuthola ezingamahlalakhona obstructive isifo samaphaphu. Sebenzisa engokwemvelo ebusweni wezindlu: **Mix, 1 inkomishi Bicarbonate of soda, 1/2 inkomishi uviniga emhlophe, engeza amaconsi ambalwa namafutha abalulekile. Uyadinga ke namandla engeza isipuni sikasawoti.**

Udinga thimula! Thimula ku ikhwapha lakho. **Ingabe disease singazange sande.**

Musa kiss emlonyeni. Ukuqabula okuhambisa izifo fastes. **Rub amakhala esikhundleni.**

Musa zamazisa izandla! Ngaphandle kokuthi gqoka amagilavu.

Ukuhlanzeka osebenza ku ukucabanga. Kabi, ubugovu, inzondo, ubudlova, nemicabango imicabango emibi okufanele sikugweme. **Ukuqalisa imicabango emibi kuholela nokuziphendulela!**

Ukushintsha kwesimo sezulu yehlile izinga lomoya. Okuningi, imililo ezinkulu (**Isihlahla, ihlathi, imililo yequbula**) ! zasekhaya Human (**Amalahle, ubulongwe, igesi, uwoyela, ukhuni**) , ngezidingo (**Amalahle, udoti, igesi, uwoyela, i-uranium**) , ezokuthutha (**Amalahle, igesi, amafutha**) evutha! **Umphakathi kufanele ucabangele ukusebenzisa Ukuvikelwa ukuphefumula!**

imishini Outdoors zokuphefumula zokuzivikela (**Rpe**) Kunconywa!

Rpe ezilinganiselwe kahle indlela ukuvikela izinhlayiya. asetshenziswa P2 buso. Ukuvikela, buso zifakwa uvalwe (Izindevu kuthiwa agunde) !

Ngaphakathi endlini zisebenzisa emoyeni wokuhlanza! Le gajethi isebenzisa isihlungi HEPA. Gcina yonke iminyango namafasitela ivaliwe.

Abantu ukukhiqiza udoti kakhulu, imfucuza! Lokhu kwakha ezinzima zempilo ingozi. Lwenzayo yokungcola engena imiphakathi eziwukudla. Abantu ukunciphisa sithenga izimpahla ezingekho kubalulekile, down- usayizi amakhaya, ukunciphisa imisebenzi leisuretime (Big isixuku izenzakalo, ezemidlalo, sic mu-, ..) !

Immunizaton Kuphoqelekile! Abantu abangekho ukugonywa banciphisa emphakathini! Bona ziyagonywa futhi ayengakwazi khona ukuphuma endlini, MS -R4

**UZIZWA SIPHEPELO** umphakathi kudingeka kuyilungelo lomuntu.

Abantu banelungelo ukuzizwa londoloza elulwimini lwabo. Banelungelo ukuzizwa londoloza sifunda kanye nomsebenzi. Yingakho imfundiso 'Umgcini Guardian Shun Udlame' yenziwe itholakale (Bheka Ch7, 1Church) I-tation implemen- kuzo zonke Shire .

**Shire** sihlizzeke izinhlelo iSentinel. Sentinel ukusingatha ongaphakeme ukuba phakathi ingozi izigijimi patrol imisebenzi. On noma bheke a iSentinel azobika anti- yokuziphatha emphakathini (Ubugebengu, ukungcola, ukucekelwa phansi kwempahla) nokubika noma yiziphi izinkinga ubunye ezempilo nokuphepha comm-. ISentinel ngeke asebenze ngokuzimisela ukuze kuboshwe ngoba ziqondakala izimfa ngobugebengu futhi zazenza ubugebengu obubi. Bese shayela esiteshini sakhe ngoba patrol eyolanda baboshwe.

**Shire** uhlizzeke saziyo 7 ihora ebusuku isikhathi somthetho wewashi kusukela amahora 14-21 (CG Klock) . Ukuze sibe nempilo enhle, nokuncipha ukusetshenziswa kwemithombo yamandla, ukusilaphazeka komoya okungako nokuvikelwa yasendle. Ukuncishiswa ubugebengu, izindleko zikahulumeni, ekhuthaza ukubuyabuyelela.



Abantu ukusiza omakhelwane babo lapho behlaselwa.  
Abasebenzi usize nezisebenzi ezikanye naye.  
Othisha nezazi basizane.

Inhloso Njalo Shire sika ukuba khulula enobudlova.

abasebenzi lisevisi ephuthumayo zisiza uMthetho-nokuqinisekisa. Ngu ukuphaphamela ka izimfa Imithetho, weMithethonqubo noma ukuvala umsebenzi. zingase

kufanele wenze sokuya empini ukuboshwa sika. CE yiPhoyisa kusengathiwa ukuba usizo.

Ukuba umphakathi enobudlova khulula kuyinto Kwesokudla uphinde Duty. Wonke umuntu unelungelo ukuzizwa londoloza. Wonke umuntu banomsebenzi usizo abantu abanalo udlame inflickted kubo. Hhayi kanjalo, **MS u-R2 !**

Abantu ovumela ubudlova-ubudlova, buka, **MS u-R2 !** Abantu abakukhuthaza (Ihlombe ku, usizo) , Vuselela, ubudlova, abantu Vikela ngobudlova ukuboshwa, **MS R3 !** Lokhu kusebenza futhi ukulwa, contact ezemidlalo!

## 1 NKULUNKULU ulinde ukuzwa kuwe!

**Abahlushwa ubugebengu Nomthandazo**

Memo Rial - usuku 2. 4. 7.

Sawubona **1 NKULUNKULU** , **UMdali womhlaba wonke kanye nezulu kakhulu amahle** athobekile futhi athembekile umnakekeli wakho kakhulu umgcini (**1 si igama**) Ubuta ukudambisa usizi nobuhlungu obukhulu zezisulu zobugebengu Usizo yizisulu zobugebengu zokwazi ubulungiswa kanye isinxephezelo ngetsembisa usizo ajezise ubugebengu okungapheli Buza u sihlawuliswa Ekuphileni futhi **Afterlife Ukuze Inkazimulo 1 NKULUNKULU Omuhle of Humankind**



Lomthandazo isetshenziswa ku Izisulu Ubugebengu Day (CG Kalender)!



Udlame iqala nge abangakazalwa. ezizungeze okunodlame nigxilise pensity izi- zodlame ngoba lonke ekuphileni. Propensity zodlame idinga isibangeli ukuze ujike enobudlova. **Ashaywe: Utshwala, intukuthelo, ukwesaba, ingcindezi peer-, contact-ezemidlalo, ukulwa-ezemidlalo, ukuntula ulwazi, ukululazeka, ingqondo esishintsha izidakamizwa, zintula ukuba izwelane nabanye, sicasulwa, ye-video enobudlova, enobudlova isiqophi-imidlalo, ...**



Kuvele ongakazalwa wadalula umama nobaba ngamazwi zingahlukumezi nomunye. Funda ukuthi kulungile behlukuluza futhi uyokwenza kamuva ekuphileni. Kuvele ongakazalwa wadalula umama kokuba emzimbeni ubuhlungu uyise. **SHE osanda** kuzalwa kuzoba kamuva ekuphileni sikhuthazele ukuhlukunyezwa ngokomzimba ngu **YENA**. **YENA Newborn** bazothini alright ukulimaza **SHE**.

Ngobudlova kabi, kwangethusa, abanye obusa is nokuxhashazwa. Ukuqinela siqala intimitation kungaba luphenduke lokushaya. **isiqhwaga**

ngokuvamile azungeze ngokwabo ezineshwa individuals ngobugwala.

## Udlame isthethreat

### StopViolence startat ikhaya

usongo sangaphandle (Nezinye Isifundazwe, Space) isingathwa ngamabutho ezempi.

Military kungaqali siqu noma ukusebenzisa A, N (Athomu, senuzi) B (Oyizalayo) C

(Chemical) izikhali. ukusetshenziswa Military kubafuni weapons kuthatha iziboshwa (Akabahluphi, kwashona) !

Isebenzisa futhi osebenza CG Space umthetho.

Umphakathi engazizwa londoloza (Ukulutheka, side effects) usebenzisa rmaceuticals Pha- 'I Uyi ukwelashwa seprimitive ezibizayo. uticals Pharmace- 'Uyi ukwelashwa sokugcina. Xwaya ukunakekelwa kwezempilo practioners ukuthi kuphela linqume Pharmaceuticals. Ziyakwazi ezingasebenzi elonakele "quacks". Befuna bangabanjwa ngokuhoxiswa.

**Qaphela!** Ukunamathela umgcini umnakekeli Ukudla iseluleko kanye umzimba ezilandelayo, kunciphisa izifo ngu-80% +.

Abantu abaningi e bazizwa umphakathi sisongelwa umuntu onokukhubazeka akhona. Kukhona 3 izinhlobo ukukhubazeka: ukukhubazeka ngengqondo, ukukhubazeka ngokomzimba, ukukhubazeka ngokocansi .

#### ukukhubazeka ngengqondo

Izazi ukuthi ukubonisa izimpawu, 'ngengqondo ukukhubazeka'. ... Kuhlolwa yikomiti (Othisha, Odokotela, abazali) . Uma kutholakala ahlushwe kuthiwa sesishintshelwa eSifundeni Sase-, 'MDQC' (Mental Ukukhubazeka Ngokuhlukaniswa Compound) . Ukuze uvikeleke yabo futhi bavikele abanye abantwana.

#### ukukhubazeka ngokomzimba

Izazi ukuthi ukubonisa izimpawu, 'ukukhubazeka Physical'. ... Kuhlolwa yikomiti (Othisha, Odokotela, abazali) . Uma kutholakala ahlushwe kuthiwa sesishintshelwa eSifundeni Sase-, 'PDQC' (Physical Ukukhubazeka Ngokuhlukaniswa Compound) . Ukuze uvikeleke yabo futhi bavikele abanye abantwana.

#### ukukhubazeka ngokocansi

Izazi ukuthi ukubonisa izimpawu, 'ukukhubazeka ngokocansi' (Child molesting, bobulili obufanayo, udidekile ubulili) . Kuhlolwa yikomiti (Othisha, Odokotela, abazali) . Uma kutholakala ahlushwe zidluliselwa, 'SDQC' (ngokocansi

Ukukhubazeka Ngokuhlukaniswa Compound) . Ukuze uvikeleke yabo futhi bavikele abanye abantwana.

### Life ukweseka

A Umuntu engakwazi sinkhwa niwudle manje noma foresee- esizayo ukwazi. Kwangathi ufuna envoke le **1 NKULUNKULU** izinqumo inqubo

(Bukhoma noma yokufa) . Wonke umuntu unelungelo lokubumba noma lokuba ongaphika ukwelashwa, ukudla, isiphuzo. Bephika umuntu lelilungelo ukuhlukumeza, ubugebengu, **MS R7** .

**1 Nkulunkulu** design wukuthi everything Physical Universe lenesicalo nesiphetho, kuhlanganise abantu-umzimba. ububele okufunwa abantu ukuqeda ukuhlupheka. Hhayi 'eyayenziwe yelule' ukuphila. Eyayenziwe ngelula yokuphila kokuphazamisa **1 NKULUNKULU** Ka- design.

### wangcwatshwa ephila

Ukuze ugweme wangcwatshwa ephila, ukushiswa kwesidumbu uyisidingo. Ukushiswa ayidingeki kuphela ukuze akhulule Soul kodwa futhi ngenxa yezizathu zempilo. I crema- THI umlilo uhlanza kokubhubhisa kwamagciwane ayingozi, amagciwane, isinambuzane izibungu nesikhunta ezingase akha umzimba. **Qaphela!** Emangcwabeni Uyi ingozi empilweni, sadlala umhlaba. Imikhandlu ziphelelwa KOMHLABA amathuna.

### Self inflicted ngokubulala

Self inflicted ngokubulala (Ukubulawa kwesiguli, ukuzibulala) kuwuphawu nengqondo ababuthakathaka, umoya ababuthakathaka. Kuyinto Life-nesipiliyoni Soul. Okunye abantu akuzona ukugxambukela ngaphandle kunengozi kwabanye. **1 NKULUNKULU** uyozingatha lokhu ngosuku Lokwahlulela. Ukusiza umuntu ezibulala self inflicted kwamukelekile nje enkantolo efanele amukela ukuthi kukhona isifiso ukufa. ukuhlupheka Sinzima ukuhlukumeza. Qeda ke!

**Qaphela!** Abantu ukubeka ukuhlupheka izilwane azikhiphe ukuhlupheka kwabo. Nokho abanalo nobubele zazo siqu.

**Ukuphelisa ukuphila ngenhlonipho ziyilungelo lomuntu.**

### ukuvota

Abantu abasekela Uhulumeni akhethwe ngokukhululeka by ukuvota NS electio-. Ungavoti kungaholela ezizivelelayo ekuthatheni Uhulumeni kanye nekusungula Ubushiqela (Lezincku noma zezombangazwe) . Omashiqela ziyasuswa sivalelwe, **MS R7** . ' Umkhathi Umgcini ababheki 'ukwesekwa 2 kuphela izinhlobo uhulumeni,' Isifundazwe ' (Yesifundazwe) futhi 'Shire' (Wendawo) .