



# Survival-Chain

Welcome to the Wonderful World of Human Survival

Survival naku, iyalanku, ku Community, da Planet,  
shi ne your fifiko.

## Survival domin:

1 Specie, 2 mazauninsu, 3 Community, 4 Family,  
5 Mutum, 6 Animals, 7 Personal kayayyakinsu.



## Tsira da Age:

1 haifa ba, 2 jarirai, 3 Baby, 4 Child, 5 na  
yara, 6 Adult, 7 Babban.



**1 ALLAH ne jira su ji daga gare ku!**

## Survival addu'a

Survival Day 11.1.7 N-ATM

Dear **1 ALLAH** , Mahaliccin da ya fi kyau Universe Your mafi m aminci  
wakili wakili (1<sup>st</sup> sunan)

Godiya 'ka ga Survival Adama na niyya don taimaka jikina, specie,  
al'umma, tsira da zan yi da rayuwa ta No.1 fifiko Don Allah tallafawa  
na kokarin tsira gama daukakar **1 ALLAH** da kuma Good Adama



Wannan addu'a ana karantata Survival Day, ko a lokacin da ya dace!



A **SurvivalChain** yana 7 links duk da muhimmanci ga mutum rayuwa.

**breathable AIR** ba tare da shi kana da minti zuwa rayuwa.

**Za iya shan RUWA** kome sha za ka ba šauki a mako!

**sakamako FOOD** domin samar da makamashi & da kasancewa. Babu abinci ka ji yunwa!

**barci** domin sake vitalizing. Babu Barci ku mutu!

**sauyin yanayi Kariya** rayuwa.

**Tsafta** don ci gaba da jikin mu lafiya.



**TSARON** kare daga tashin hankali. Babu tsaro babu nan gaba!



**Gungura: 2, Wajibai: 2** ya gaya mana: Kare jikin mutum daga conception har ajalinsa. A Survival-Sarkar ne kafuwar ci gaba da wannan takalifi. Inkarin wani mutum wadannan masarufi ne rayuwa threatening wani laifi a Adama, Anti 1 ALLAH m: **MS R 7**

## Threat Burning



Bayan 'yan Adam gano yadda za a yi amfani da wuta. Yana ga wannan matsayin mai albarka.

Itace kona aka supplemented da burbushin man fetur göbara. Turanci Kiristoci gabatar da masana'antu shekaru fara gurbatawa da aka kaiwa ga canjin yanayi. Wuta da kona ne yanzu a barazana, la'ana.

**Tsaya kona NOW !!!**

**Tsaya kona: sigari, kwal, dung, datti, gas, da man fetur, uranium, itace, ...**



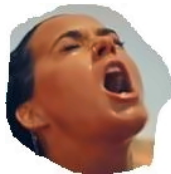
A mafi hatsari na kona ne, hayaki. A gobara mafi girma

barazana ga lafiya da kuma mace-mace ne hayaki inhalation. A mafi girma sikelin hayaki ya tashi a cikin atmos- phere tsaya a nan ba kadan tsere zuwa cikin Space. Surface ruwa warms, surface kasar warms, kankara melts: sauyin yanayi!



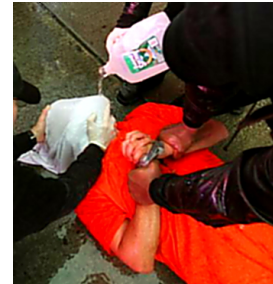
## Don tsira da jikin mutum bukatun **Breathable Air**.

The iska mu numfashin da aka yi da gas (Carbon dioxide, nitrogen, da iskan shaqa, methane) , Ruwa da kuma impurities (Turbāya, microbes, spores) . The iska mu numfashin bukatar high nitrogen da oxygen abun ciki. Yana yana low carbon dioxide da methane ciki. ruwa da abun ciki (Zafi) ake bukata, high zafi zama m da wani kiwon lafiya batu. Impurities ba da ake bukata da suka inflame huhu.



Ga yadda dogon iya ka rike ka numfashi? 4 Minutes, sa'an nan ku gulp ga iska. Babu breathable iska to gulp, ka mutu! Mutane mutu da sauri a cikin gobara, babu breathable iska.

Kaki breathable iska da ake amfani da azabtarwa da kuma kisan mutane da kuma dabbobi. Kaki brea- thable iska kamar yadda azabtarwa (Ruwa da takardar) da ake amfani da Amurka Administration, US ma'aikatan gwamnati, gwamnatin kwangila, kasashen waje Tyrannies protec- Ted ta Amurka. Azabtarwa ne mai laifi: **MS R7**



(Mutane) , **MS R4** ( dabbobi) .

Kaki breathable iska kashe shi ne mai haɗari (Mai guba tururi a wuta) ko ta kai (Kunar bakin wake: purposefully inhaling da mayar da hankali carbon dioxide ko dafa abinci gas) , gwamnatin (Gas jam'iyya, rataye, azabtarwa) , wasu (Laifi: garroting, strangling, gagarumin, rataye) . Gwamnatin laifi kashe-kashen da samun, **MS R7** . mai haɗari (Lafiya da aminci) , **MS R4** kai (Aka gudanar da lissafi by 1 **ALLAH**) .

Mutane da kona abubuwa ne babban barazana ga 'breathable iska.



Yana farawa tare da mutum wanda amfani da su makogwaro matsayin bututun hayaki da huhu kamar yadda sieve ga mai guba tururi da kuma iska impurities. Amfani da jikin mutum a matsayin bututun hayaki mai tsanani kiwon lafiya hadarin, wani zagi 1 **ALLAH** tsara.

Smoking da buri! A bala'in! A al'umma kaya!

Addiction ne maimaita na kullum hali gratifying a gane bukata. Addicts rūḍar da kansu ta ba yarda da cūta da hali da aka yi. Cutar da kansu, iyali, abokai, aikin mātān aure da kuma al'umma.

Addicts ba su yi ĩmāni da suke kamu muddin suna jin dadin kansu da kuma rike da rayukansu tare. Addicts zama wata barazana ga kansu da kuma al'umma. Sun zama delusional, anti zamantakewa, m, lalata, m, son kai da kuma uncaring. Wannan sojojin da Shire (Al'umma) don sarrafa su salon. Iyakance su da yanci da kuma hakkokinsu.



Club wari daga bakinsa. Su tufafi yi ḍoyi. Sun yi ḍoyi up wani dakin. Su toka ne a ko'ina. Su Butts ne a ko'ina. Suna m, datti, wari mutane. Nisantar su Kunya su

Club ne mai kiwon lafiya hadarin kansu. Su kona bākunansu, hakora, gumis, baki, makogwaro, makogwaro da kuma huhu, zama lafiya, wani nauyi a cikin al'umma.

Club ne m shan yawa hayaki karya da kuma kai sāmar da sickies. Rike su da lissafi!



Club ne mai kiwon lafiya hadarin ga wasu. Ciki Club ake rauni da ba a haifa ba. Bayan haihuwa wadannan jariri an yanke hukuncin daurin rai da rai da ciwon al'amurran da suka shafi kiwon lafiya. Suna iya samun musakai, nakasa, .. Ciki Club aka gurfanar, rauni ba a haifa ba: **MS R3** .



m hayaki (Hari) ciwo mutane. Club cewa haifar da m hayaki samu, **MS R3** . abokai (Dama, nisha, aikin ..) cewa ba da damar shan taba samu, **MS R3** biya diyya. Gwamnatin cewa ba da damar shan taba suna maye gurbinsu, + **MS R7**

Club ne m. Sun fara gobara: gidajensu, ciyawa, gandun daji. Suna gudanar da lissafi, **MS R4** da kuma biya diyya. Su raunata mutane, dabbobi , **MS R5** Sun kashe mutane, da dabbobi, **MS R6** .



a shekarar 1951 (Arna kalandar) an tabbatar da cewa shan taba ne m

mai tsanani barazana. Gwamnati da kuma hukumomin gwamnati, sassan da cewa ba 'Ban' shan taba kasa (**Dereliction na wajibi**) bauta wa, kare al'umma. **Retrospective dokokin** da aka wuce. Wadannan laifi samu,  
**MS R7** .

Kowane mutum, ko kungiya, kasuwanci ko wasu mahaluzi cewa inganta harkokin (**Hakika, 'yanci bies, talla, marketing**) , damar (**lyaye, malamai, aikin, kulake, eateries, nisha wuri, ...**) , da riba, (**Kaya, masana'antun, transporters, sari, yan kiri**) , Sa samuwa 'smokes' kuma ko shan taba da na'urorin haɗi **MS R7** Ba kome abin da 'smokes' dauke. **A yi na shan taba ne kiwon lafiya hadarin.**

## BABU JI, BABU GANI zuwa shan taba!

Mutane rage samuwan breathable iska ta kona gas, dung, da itace, da kwal, man fetur domin dafa

(**Ya hada da barbecue**) , Dumama, ikon. Yana Kare Yanzu!

Amfani da wutar lantarki da aka samar ba tare da kona.

Warwarewarsu, sakamakon a kwata, halakar kayan aiki da kuma **MS R2**



**PowerStations** cewa kuna (**Kwal, iskar gas, uranium, man,**

..) don kirkirar makamashi ne rufe, dismantled. Da gur Masu mallaka, da ke aiki an gurfanar, **MS R7** . Coal da Uranium mahakar ne rufaffiyar da kuma shāfe haske. Mining Masu mallaka da kuma aiki da samun, **MS R7** . **Energy** aka samar da wadanda ba kona hanyoyin.

Burning don motsawa cikin gida, wadanda ba m kai Karshen! Gas, Oil da ba kona amfani. **Domestic** ba m kai a kan **Freeways** an maye gurbinsu da 'Babbar Hanya trams!' Long nesa overland kai ne da Rail kawai. A amfani da dizal, man fetur, LPG, iyakar!



**da gur Entertainment Karshen!**

**A Air:** Air ya nuna, masu zaman kansu da mallakin iska kai (**Drone, jirgin sama, jet, helikofta, sarari jigila, ...**) .

**A, a karkashin ruwa:** motorized jirgin ruwan racing, masu zaman kansu da mallakin teku kai (**Gida jirgin ruwa na soja, cruise jirāge, hovercraft, jet kayan gudun kan, speedboats** ,

boats, yachts, ..).



**A kasar:** duk 2, 3, 4, .. dabaran motorized: hawan keke, kekuna, buggies, SUV, wasanni da motoci, limousines, alatu motoci. Mota racing, mota stunts. Tourist jiragen kasa. Promoters na gur ~ Entertainment, kuma Providers na Vehicles ga gur ~ Entertainment aka gurfanar, **MS R7**

**Nail salon** haifar da guba tururi. Ma'aikata sun numfashi kariya. m abokan ciniki (**Wadanda**) yi ba. Nail Salons a Shopping Cibiyoyin ne a bude. Su mai guba tururi rungumi wucewa ta. Fallasa su zuwa kiwon lafiya kasada. Musamman mata masu juna biyu, jariri, asthmatics, tsofaffi. Idan ka an fallasa su da mai guba tururi Sue da salon da Shopping Center for diyya.

Nail salon ne mai kiwon lafiya hadarin wani iska polluter. Suna ziyarci da mutanen da suke da ma m yi nasu kusoshi kuma suna da yawa kudi. Rufe su saukar, ban da su. La'anta masu, executives, **MS R7**



Beauty salon ne mai kiwon lafiya hadarin wani iska polluter. Suna ziyarci da mutanen da suke da ma m don su yi gyara, da yawa kudi. Rufe su saukar, ban da su. Masu, executives, samun, **MS R7**

Wanzami wanda haifar da guba tururi aka rufe, gaban shari'a, **MS R7** Wanzami wanda ba su halicci iska gurbatawa aiki kullum.

jari hujja (**M predatory m**) Gwamnatoci karfafa gidajensu tare da girman kai da gidājen Aljanna. Home mai amfani da fetur motor lambu da kayayyakin aiki (**Blowers, shredders, goga masu saro, chainsaws, mowers, ..**) cewa kazantar



(Iska, amo, kasa) . Masu gida, Manufacturers, kiri, Get **MS R7** .

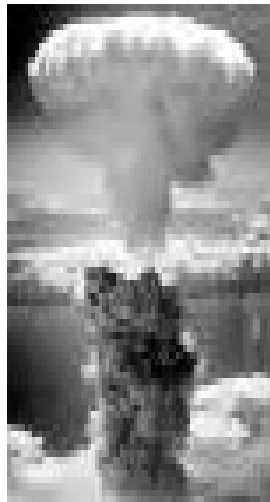
Gwamnatin cewa ba da damar wannan gurbatawa an maye gurbinsu, Get **MS R7** .



Waje kwari suna amfani da a kan amfanin gona, da gonaki, ..  
abinci cr ayyuka, da gonaki na cewa an gurbata ne m ga mutum  
ko dabba amfani. Pollu- Ted amfanin gona, abinci ne kone ta  
al'umma (Shire) .

Commercial m samu ta **MS R7** . Gwamnatin cewa ba da damar wannan  
gurbatawa an maye gurbinsu, Get **MS R7** .

Tu kwari amfani, kai farmaki da juyayi tsarin. Sun  
yi ba a haifa ba, kuma jariri hyperactive. Kwari  
hangula Human kuma Pet numfashi tsarin. Kada  
ka yi amfani kwari a ciki.



Soja kazantar da iska tare da kai, bama-bamai,

A, N (Atomic, makaman nukiliya) B (Nazarin halittu) C (Sinadaran)

makamai. Su ne mai barazana ga mutum, dabba da plantlife. Masana  
kimiyya cewa haifar da wadannan makamai suna gurfanar, **MS R7** . Production  
wurare na wadannan makamai suna rushe, sai ya kone ta Shire.

Masu, gudanarwa, executives, duba da wadannan wuraren samun, **MS R7**

. Soja cewa sun yi amfani da ko yin amfani da wadannan irin makamai  
ana gurfanar da, daga mukamin NCO sama, **MS R7** . Gwamnatin cewa ba  
da damar samar da ko ajiya na wadannan makamai da aka maye  
gurbinsu da kuma gurfanar da, **MS R7** .

Fireworks ne mai babbar polluter. Sun zama more kowa ya  
fi girma fiye da gur. Depend- yin a kan weather yanayin  
iska gurbatawa iya lin- ger ga rana ta. Barbashi gurbatawa  
settles a kan ruwa da gur shi. Yin shi m sha.



Fireworks Karshen! Laser fitilu maye gurbin su.

## Non-breathable Air Ka 4 minti to live!

Duk wani mutumin da, Organization ko gwamnatin da cewa ya musanta breathable iska ko shi ne dalilin da  
sakamako daga kazantar iska. Ana gudanar da lissafi, samun caged,

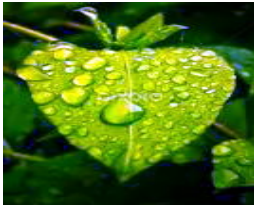
**MS R7 . Bukaci breathable Air shi ne mai 1 ALLAH ba dama!**

## **BABU JI, BABU GANI TO AIR POLLUTERS !!!!!!!**

Don tsira da jikin mutum bukatun **Za**  
**iya shan Ruwa**



60 +% na jikin mu kunshi ruwa. Kowane cell a jikin mu yana bukatar shi.  
Ruwa lubricates mu gidajen abinci, shirya jikin mu zafin jiki da kuma flushes mu sharar  
gida ...



Takaice na yanayi ruwa tururi siffofin droplets  
Duniya ta nauyi jan da droplets saukar da (Fadowa ruwan sama)  
zuwa surface. Rain ne manyan tushen sabo ruwa. Wannan tara  
ruwan sama da ake amfani da sha, shirya abinci, dafa, wanka, na  
sirri kiwon lafiya, ...

A mutumin amfani don su iya sha tara ruwan sama, amfani da shi domin  
shirya abinci. Ba babu kuma, ruwan sama da aka janaba, m, acidic, mai  
guba, bad dandanawa, bad kanshi. Laundry kamata ba za a bar fitar a cikin  
ruwan sama domin in sami kazantar. Ba kawai ya aikata shi duba datti, shi  
ne bad kanshi amma shi iya hangula fata.



Cold ruwan sama da dama kamar yadda kankara, da dusar kankara. Snow accumulates a high duwātsu,  
Arctic da Antarctic halitta sabo ruwa reserves. Snow ne fari,



kazantar snow ne m ko da baki. Black snow aka samu a cikin Himalayas,  
glaciers worldwide, Greenland, Arctic, Antarctica.

Communities haifar da sabo ruwa kududdufai. Wadannan kududdufai dōgara a kan ruwan sama  
da ruwa da kuma narkewa snow cika su. Saboda gurbatawa wadannan ruwayen bukatar magani  
kafin mutum ko dabba amfani.





Tafki ya zama mai zurfi maimakon m. Zurfin ruwa ne mai sanyaya, Munā rage danshin, algae girma musamman da guba irin da kwaro infestation. Ruwa wasanni aka haramta wa tsayawa yana yin fitsari, haila da pooing cikin ruwa. ruwa craft (Jet ski, motorboats, ...) kazantar (Man, fetur, baturi acid, ..) suna hana! togiya: Park Ranger kai.

A mutum ba zai iya dogara da al'umma yin shi dama. Babu magani, m magani, ba daidai ba magani, kudin sabon, cin hanci da rashawa, laifi hali, .. Home lura da ruwa da ake zama m.

Home lura da ruwa bukatar tacewa. Shi ne don rage: arsenic, asbestos, chlorine, chloroform, carbonate taurin, jan karfe, datti, herbicides, nauyi karafa, gubar, da magungunan kashe qwari, tsatsa, ... Har ila yau a cikin warmer canjin yanayin tace ruwa bukatar a Boiled don kare da cutar (Micro kwayoyin) .



## Barazana ga sabo-ruwa

Ba da da ewa da bukatar sabo-ruwa za su ketare samuwan sabo-ruwa.



Kazantar ruwan sama zai iya sa Paint to kwasfa, da lalata da karfe Tsarin (Gadoji) , Yashewa na dutse, wilting na ganye da kuma sauran ciyayi, fata hangula, ..  
Duba 'breathable Air' da kuma 'Green Concept' a shawarwari yadda za a dauke gurbatawa.

**Ban ruwa!** Amfani da ruwan karkashin kasa domin ban ruwa depletes karkashin kasa da tafki na ruwa da sauri fiye da shi zai iya cika. Sakamakon bushewa har dukan al'ummar yanayin kasa da kuma samar da wani kasawa na ruwa tare. Ground ruwa ban ruwa iyakar. Doka ta amfani da ruwan karkashin kasa domin ban ruwa ne mai laifi, **MS R7** . Gwamnatin kyale ruwan karkashin kasa ban ruwa, shi ne

maye gurbinsu, gaban shari'a, **MS R7** .

Ban ruwa, ta amfani da ruwa tare daga creek, kogin, lake, .. slows da ya kwarara daga ruwa. Wannan karfafa evaporat- ion. Sakamakon fari! Wannan irin ban ruwa sa a kawo karshen wayewar. Karshen ban ruwa.



Kazantar waterway ta (Creek, kogin, lake, ..) kirkirar karancin ruwa tare. Storm ruwa cike da gubobi, magunguna, poisons .. Haramtacciyar zuba daga masana'antu sharar gida, da gubobi, poisons .. Da gur na waterways iyakar, polluters aka gurfanar, mutane **MS R3** dukan sauran mutane, **MS R7** .

## kari ruwa tare

Desalination yana amfani da makamashi mai yawa, m. Ci na ruwa yana m muhalli tasiri, ja manyan lambobi na kifi, Shellfish, su qwai, .. a cikin tsarin. Ya fi girma teku halittun sun makale da fuska a gaban wani ci tsarin. Chemical magani, lalata, kirkirar dumi brine wanda aka sake dawo a cikin teku.



Desalination yana da babban boron ciki wajen yin for baya ruwa quality. Wannan ruwa amfani da noma, Kiwon Dabbobi da kuma samar da abinci sakamakon a wani babban boron matakin rage cin abinci. Tsawo cinyewa high boron matakan ne m.

Sake yin fa'ida sharar gida da ruwa, najasa kafa ta farko da magani ya dauki fitar da daskararru, na gina jiki suna cire, tace cire mafi kwayoyin da kwayoyin cuta.

Ruwa da aka sa'an nan kuma tilasta ta membrane cire kwayoyin. Bayan gida zuwa famfo ne wani zaɓi na karshe mafaka. Gwaje-gwaje da bā su bayyana duk kiwon lafiya kasada.



bottled ruwa (M) ne dace da tafiya. Roba ruwa kwalabe

saki sunadarai wanda ya zama m lokacin Warming up (Rānā, hita) . Kada ka yi amfani roba kwantena ga abinci ko abin sha. Kada puchase abinci ko abin sha a cikin roba kwantena. Glass (Ba gubar) kwalabe, kwantena suna shawarar. Kada ka yi amfani roba straws ko cutlery. Kada ka yi amfani roba kwantena ka dafa ko bauta abinci.

## Flavored ruwan sha

Domin iri-iri sha ruwa iya flavored. Wasu dadin ci ne marar lafiya shi ne da za a kauce masa. Flavored ruwa iya bauta sanyi ko zafi.

**dace** flavored drinks: Naman sa tsantsa, Chicken tsantsa, Koko, Tea, Kofi, Fruit, Ganye, Kayan yaji, kayan lambu.



**m** flavored drinks kuma kara kan: Barasa, Artificial launi, Artificial dadin ci, Artificial da na halitta abun zaki, Carbonated, Cola, kyakkyawar, Energy sha, ruwan lemo, Decaffeinated kofi, Fruit- ruwan 'ya'yan itace, magungunan adana, sodium ..



**Ana shayar da ruwa ne mafi kyau**



**Daily-na yau da kullum:** Tashi, da 0.2l gilashin dāuka da sauki chilled, tace ruwa. Kafin kowane abinci (Breakfast, Early Day abun ciye-ciye, Abincin rana, Late Day abun ciye-ciye, Dinner) da 0.2l gilashin dāuka da sauki chilled, tace ruwa. Have Ana shayar da gilashi (Ba roba) cike da 0.2l na tace ruwa a kan kowane bedside tebur. Sha a lokacin dare kowane lokaci bayan ka ziyarci wani bayan gida da kuma lokacin da ciwon bushe makogwaro, sha sauran lokacin samun up da safe.

**Babu-ruwa ci. Kana da 4 days to live!**

Duk wani mutumin da, Organization, gwamnatin da cewa ya musanta iya shan ruwa ko shi ne dalilin da sakamako daga kazantar ruwa. **Ba da lissafi, MS R7**  
**Bukaci iya shan ruwa shi ne mai 1 ALLAH ba dama!**

**dace flavored drinks:**

## **kofi a samaniya haramta motsa sha**



Kofi a brewed sha shirya daga gasashe tsaba coffeeplants.

Kofi da aka sanya daga bushe, gasa, tsaba daga cikin kofi itace, girma a cikin zafi, rigar canjin yanayin tare ekweita. Akwai 2 iri: **Robusta wake da karfi da dandano da cikakken-jiki**. Arabica wake girma a wata mafi girma tsawo, da tafiyar da al'amarin dandano da mafi aromatic halaye.

Da zarar tsince, bushe, kofi wake suna gasa a kusa da 200 ° C. Wannan damar da sugars a cikin wake a caramelize da dandano na kofi inganta. **A daina da wake suna gasa, ko da hakan da temp- erature, da duhu da gasa zai zama da Fuller da dandano, in general haske roasts da sharper, mafi acidic dandano, yayin da duhu roasts da zurfi, aukaka dandano. A duhu gasa shi ne ba dole ba ne, 'karfi'. A karfi daga wani kofin kofi dogara a kan yadda yawa ruwa da aka kara yayin da kofi da ake brewed.**



## **Yadda za a yi a kofin kofi?**

Yadda za a samu mafi daga kuka fi so kofin kofi.

- 1) Great dandanawa kofi yana farawa tare da babban dandanawa ruwa. Idan tace ruwa bai samu ba, yi amfani da ruwan sanyi daga famfo. Bari shi gudu ga 'yan seconds to aerate kafin kara da shi zuwa sintali.**
- 2) Bari ruwa zo kashe tafasa (80 ° C) kafin zuba shi a kan wa kofi (Nan take ko drip-tace) granules. Tafasashen ruwa scorches granules da tasiri ta kan iyawa.**
- 3) Lokacin amfani madara (Ba da shawarar) , kara da shi zuwa kofin bayan da ruwa. Idan madara an kara 1st, da kofi ba saje da. A cikin ruwan zafi na iya kona da madara, canza dandano.**

### **Note! sweeteners (Sugar ko wucin gadi) lalata kofi!**

Decaffeinated ba kofi amma a kiwon lafiya-hadarin.

Yi amfani kawai da ba Dairy whiteners.

### shirye-shirye:

zamanin] aular,



Instant,



Drip-Filter Kofi; espresso (Inji)



### **DecaffeinatedCoffee wani Health-hadarin!**

Decaffeination yana amfani da sauran karfi.

Sauran karfi saura sau da yawa tada wani ciki.

**Dabarun!** Kofi ba tare da Caffeine kashi manufar shan kofi.

### **Kada ka yi amfani Kofi pods wani Environmental hadarin!**

Kofi pods duk 1 Biliyan ne a muhalli bala'i. Su ba biodegradable.

Su ba su ana sake yin fa'ida. **Tsayal Production!** la'anta,



**MS R7 . Tsaya! Amfani da su! Shun da kuma kaskanci!**

**Note!** All 1 kashe yarwa kayayyakin ne a hanyar da yawa datti. Su samar da 'Karshen! warwarewarsu, **MS R7 .**

**Shun, kunya mutane da suke amfani da 1 kashe yarwa kayayyakin!**

### **Yadda za a sha a kofin kofi?**

Don samun mafi kyau dandano, dandano bar shi a kwantar a bit fiye da Take babban slurps maimakon sipping. Big slurps kofi saki mafi kanshi. Wari da kuma iyawa da shi, samaniya. **Akwai wicket kofi tare da madara:**

**espresso** shi ne mayar da hankali abin sha brewed ta tilasta zafi ruwa a karkashin matsin ta hanyar finely kasa kofi. Idan aka kwatanta da sauran kofi zamanin] aular hanyoyin, espresso yana da wani thicker daidaito, da mafi girma taro na narkar da daskararru da kumfa. **Espresso ne tushe ga sauran drinks: Cappuccino, Latte, Macchiato, Mocha, Americano, Gringo, Duo-shot, lawa kuma mote. Bauta tare da wani murmushi.**

**Cappuccino:** shirya irin zane, yawan zafin jiki na madara ne mafi muhimmanci mataki. Madara ne steamed add- ing sosai kananan iska kumfa ba shi da wani velvety irin zane (Kumfa) . A harbi na espresso aka sa a cikin kofin, zafi foamed madara an kara da cewa, shugaba tare da 2cm m kumfa, gama da wata yayyafa na kasa kirfa.



**latte:** zafi sama madara babu froth. A harbi na espresso aka sa a cikin wani kofin. Hot madara an kara da cewa, shugaba mai yayyafa na raw koko.



**Macchiato:** zafi sama madara babu froth. Cika kofin 2/3 tare da madara. Add a harbi na espresso. Top tare da ruhun nana ganye.



**Mocha:** sa raw zafi koko. Cika kofin 1/2 tare da zafi koko. Add a harbi na espresso. Top up tare da madara & madara froth. Add a yayyafa na raw koko.



**lawa:** 1st wani harbi na espresso. Add a Nip na concen- trated Mandarin ruwan 'ya'yan itace. Add a harbi na zafi raw Cocoa Top tare da zafi foamed madara. Add a yayyafa na kasa kirfa.



**mote:** Cika kofin 1/2 tare da zafi ruhun nana shayi. Add a harbi na espresso. Top tare da zafi foamed madara. Gama da wani yayyafa na kasa kirfa.



**Gringo:** Cika kofin 1/2 tare da ruwan zafi. Add 2 Shots na espresso. A saman yayyafa nutmeg.

**Americano:** A harbi na espresso aka sa a cikin kofin. Hot ruwa da aka kara.



**Duo-harbe:** Add 2 Shots na espresso. Sa'an nan ruwan zafi.

## koko a samaniya haramta motsa sha



Koko bishiyoyi zafi, ruwa na wurare masu zafi yankunan. Yana ta da 'ya'yan itace ne pods. Tu a kwafsa akwai tsaba (Wake) . Koko wake da ake jūya zuwa koko man shanu da kuma foda.



### Shirya Hot Cocoa:

1 tablespoon koko foda,  
1 kofin: soya ruwa, awaki madara ko wasu ba kiwo madara. 1  
teaspoon vanilla tsantsa, Dash na kirfa, Dash na nutmeg.

Hada da sinadaran a cikin matsakaici tukunya da dumi a kan matsakaici zafi kadan, whisking har frothy da kuma zafi.

### Tea a samaniya haramta motsa sha



Camellia wani Evergreen shuka. Yana ta ganye tsince kuma sarrafa ba mu shayi.  
Basic teas ne baki ko kore. Sun iya flavored ko sented.



**Wakili Guardian shayi shiri:** sanya sako-sako da sarrafa shayi ganye a cikin wani shayi infuser. Saka infuser cikin gilashin kofin. Tafasa ruwa, dakatar da tafasa, a lokacin da bubbling Tashoshi (80 ° C) zuba cikin gilashin kofin. Enjoy !

(A) Kamar yadda bubbling Tashoshi zuba a kan baki shayi.

Bayan 1 minti dama infuser sau 3. Bayan wani minti daya da Cire. Sha, ko kara wani Citrus ruwan 'ya'yan itace ga dandano, ko a bar shi a kwantar, huce da abin sha. Gargadi ba kazantar da sweeteners, whiteners (Wucin gadi da kuma ko na halitta) .



(B) 10 seconds bayan da bubbling Tashoshi zuba a kan kore shayi. Saro infuser sau 3. Bayan 1 minti daya cire. Sha, ko kara wani stonefruit ruwan 'ya'yan itace ga dandano, ko a bar shi a kwantar, huce da abin sha. Gargadi ba kazantar da sweeteners, whiteners (Wucin gadi da kuma ko na halitta) .



Na ganye iri shayi shiri, wuri sako-sako da guga man tsaba a cikin wani infuser. Saka infuser cikin gilashin kofin. Tafasa ruwa, dakatar da tafasa. Kamar yadda



bubbling Tashoshi zuba a kan tsaba. Bayan 1 minti dama infuser sau 3. Bayan wani 7 minti cire.

Sha, ko a bar shi a kwantar, sanyi da abin shā. Gargadi ba kazantar da sweeteners, whiteners (Wucin gadi da kuma ko na halitta) .

Na ganye ganye shayi shiri.

A wannan matsayin kore-shayi.



Na ganye tushen shayi shiri, chopp asalinsu.

Shirya wannan a matsayin baki shayi.

Amfani da obin na lantarki idan Brewing a shayi jakar Yanā fitar da dadin dandano.

Cire tag daga teabag Tabbar karfe matsakaitan an cire. Mai takarda tags amfani da cheap tawada, discoloring ruwa, tsoma baki tare da dandano.

Saka ruwan zafi a cikin wani shayi kofin > kara ka zabi na Tea jakar > zafi a cikin obin na lantarki ga 30 seconds a kan rabin ikon (400-500 watts) > Bari shi bane girkawa a cikin obin na lantarki ga wani minti daya > dauke shi daga > ji dadin!

**Ana shayar da ruwa ne mafi kyau (iya flavored)**



Tace Ruwa for kyau Lafiya !!!

**Don tsira da mutum-jiki bukatun sakamako Abinci**

Bangare na wani kullum na yau da kullum da aka cin abinci. Yadda lafiya mu da kuma yadda dogon muke rayuwa. Yana da yawa da ya yi tare da mu na cin al'ada. Babu abinci ka ji yunwa!

Ciyar 5 sau a rana:

'Breakfast, hada da Ruwa, Ganye, Kayan yaji, Honey, Coffee, ..

Farkon Day-ciye ciye, hada da Ruwa, Fruit, Ganye, Tea, ..

Abincin rana, hada da Ruwa, salatin, kwai, Kofi, ..

Late Day-ciye ciye, hada da Ruwa, kwayoyi, Berries, da kayan yaji, Koko, ..

Dinner '. hada da Ruwa, Dinner theme, shayi ko kofi .. Kayan lambu.

7 Foods cewa ya kamata a ci abinci kullum: fungi (naman kaza) da Hatsi (Hatsi, sha'ir, lentil, masara, gero, quinoa, da shinkafa, da hatsin rai, dawa, alkama) , Hot



Chilies, da albasarta (Ruwan kasa, kore, ja, spring, chives, tafarnuwa, Leek) , Pars- ley, Sweet Capsicum, Kayan lambu (Bishiyar asparagus, wake, Broccoli, farin kabeji, karas, Peas, sprouts, ..)



Kowane mako-rana yana bukatar a yi Dinner taken: misali Rana 1: kayan lambu  
Rana 2: kaji Day 3: dabbobi masu shayarwa tsakiyar mako: dabbobi masu rarrafe Rānar 5: Seafood  
karshen mako: Kwayoyi da kuma Tsaba Funday: kwari

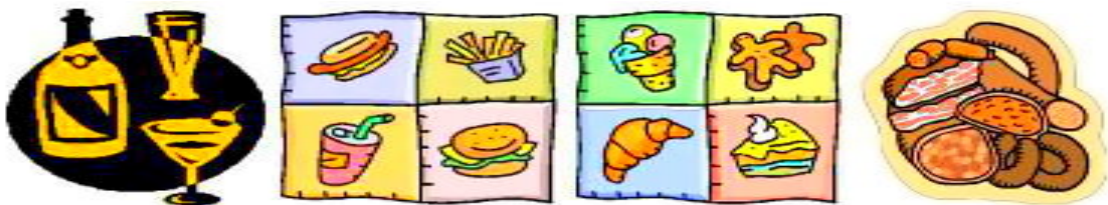
**DietNo Babu ' s:** Artificial sweetners, kerarre-abinci, Halitta modified food, kara fructose.



**fructose** babban dalilin da ciwon sukari, kiba (Lebe mai kumbura Mutane) . Yana da dadi ba ko ta zo a cikin Sugar ko Fruit. Kara fructose a lokacin pro- cessing na sha ko abinci ne mai kiwon lafiya-Hazard. Sarrafa, rarraba, sayar da irin wannan abin sha ko abinci ne m hali ta samun: **MS**

**R6 . togiya:** Unprocessed, Berries, Fruit, Honey, Kayan lambu.

Ka ce Babu zuwa: Akwai wani abin da ya kunshi: Fructose, glucose, Sugar. Biscuits, Cakes, Breakfast-hatsi, cakulan, Fruit-ruwan 'ya'yan itace, Ice-tsami, Lollies, Jam, ketchup, Lemonades (Cola, Energy, ..) Marmalade, Muesli-sanduna, biredi, Wine ...



**Kerarre-abinci** ne ma m yana da yawa preservatives, sau da yawa ne ma m, kuma yana da sugar kara yin shi m ga amfani da mutane, da dabbobin gida da kuma dabbobi. **Kerarre abinci ne mai cause of hawan jini, clogging na jijiya da Kiba (Lebe mai kumbura Mutane)** . Sarrafa, rarraba, sayar da kerarre abinci ne m hali bukatan gurfanar. **MS R6**

Ka ce: **babu** zuwa: Kiwo madara, kiwo cuku, Fast abinci,  
naman alade, Hamburgers, salami, ...

kerarre: Bread, Nama; Pizza, sausages,

sarrafa: Fruit, Soups, Kayan lambu ...



**GM Abinci** ne abin da mutane a zahiri ya cinye. Yana duk yana farawa kamar yadda kwayoyin modified (Injiniya) Seed (GM Furfure) . GM Furfure saboda kwarara

- a kan sakamako ya musanya masa a dukan Abinci sarkar. C reating maye gurbi wanda haifar da sabon Cututtuka, Life barazanar Global Annoba a duk mambobi ne na Abinci sarkar! **GAMI mutane! Mutane za su zama mafi rashin lafiya, mutu karamin, mafi musakai, mafi rashin lafiya jariran, mafi rashin ... Zai canza mutum DNA.**

**GM Abinci Survival Barazana:** Alfalfa, baby abinci, naman alade, gurasa, masara, karin kumallo hatsi, canola, qwai, naman alade, margarine, nama, dankalin turawa, gwanda, Peas, kaji, da shinkafa, da sausages, waken soya, tumatur, alkama, zucchini, ...

**bukatar** daga al'umma unadulterated abinci. **NO** : Barasa, Halitta gyara, Herbicides, Insecticides, kerarre abinci, kara Gishiri, kara sweeteners (wucin gadi ko na halitta), ...

Duk wani mutumin da, Organization, gwamnatin da cewa ya musanta sakamako abinci ko shi ne dalilin da sakamako daga kazantar abinci (GM) . Ba da lissafi, **MS R7**

Bukaci sakamako abinci shi ne **1 ALLAH** ba dama!



**10.2.7. Blubber** rana  
**C-GKalendar Fun Day Jigogi**

**12.1.7. Good kiwon lafiya** rana  
**C-GKalendar Fun Day Jigogi**

**Ba isasshen abinci ka samu lafiya!**

**Babu abinci ka ji yunwa!**

## Don tsira da mutum-jiki bukatun **barci**

1/3 na yau da kullum da aka kashe kwance, wani ɓangare na wannan entails barci.



Barci ake bukata domin rayuwa na wani mutum-jiki. 7 hours yi. Rashin barci take kaiwa zuwa mutuwa amma kawai bayan da wani ciwo sosai sufuri ta hanyar ciki da kuma, sakamakon da hauka.

Don samun m fasalin barci da gado dakin dole ne a matsayin duhu kamar yadda zai yiwu. An babu ciki da waje amo ne dole ne. Shire yi Night-dokar hana fita.

**Note!** Shi ne na al'ada to dole 2 barci da hutu a-tsakanin. 1st barci ne game da awa 3.5 tare da wani up to 1.5 hour hutu bi ta wani 3.5 hour barci.



A lokacin 1.5 hour barci hutu. Mutane tashi, ka tafi bayan gida, ... Kafin kwance baya yi da dare-lokaci darussan da kuma yi gilashin ruwa.

Wadannan da ba su tashi, addu'a, karanta, write, ma'aurata chat, ma'auranta (A lokacin barci hutu mutane sun fi annashuwa mafi alhēri a conceiving) , ...

### NIGHT - TIME darussan

Shi ne na al'ada to dole 2 barci da hutu a-tsakanin. Ya kamata ka tashi (Misali in je bayan gida) , A kan dawo zauna a kan gado ta baki, sha da wasu ruwa. Shin da wadannan darussan (All darussan da ake yi a zaune a kan gado ta gefen gurfāne kafada fadi baya) . Duk lokacin da ka tashi yin wani daban-daban motsa jiki.

**1st Darasi:** Wajen da tafukan \* hannuwanku da waje na gurfāne. Danna hannayensu ciki da gwiwoyi m, rike 7 seconds

(Ka ji tashin hankali a makamai, kafafu, kafada) . Huta, kai mai numfashin, babu maimata da ita, SIP ruwa, kwanta, barci da kyau. \* Bambancin amfani fists .

**2nd Darasi:** Make fists \* sanya su a kan ciki na gurfāne. Danna fists m & gwiwoyi ciki, rike 7 seconds (Za ka ji tashin hankali a makamai, kafafu & ciki) . Huta, kai mai numfashin, babu maimata da ita, SIP ruwa, kwanta, barci da kyau. \* Bambancin amfani lebur dabīnai .

**3rd Darasi:** Bend makamai (90%) a kirji matakin nuna bar hannunka bautawa- unguwanni lankwasawa yatsunsu, kunna hannun dama zuwa kasa lankwasawa yatsunsu.

Interlock yatsu m. Yanzu ja hannuwa a gaban shugabanci, rike 7 seconds (Za ka ji tashin hankali a yatsunsu, makamai, kirji) . Huta, kai mai numfashin, babu maimata da ita, SIP ruwa, kwanta, barci da kyau.

**3rd Darasi:** Bend makamai (90%) a kirji matakin nuna bar hannunka bautawa- unguwanni lankwasawa yatsunsu, kunna hannun dama zuwa kasa lankwasawa yatsunsu. Interlock yatsu m. Yanzu ja hannuwa a gaban shugabanci, rike 7 seconds (Za ka ji tashin hankali a yatsunsu, makamai, kirji) . Huta, kai mai numfashin, babu maimata da ita, SIP ruwa, kwanta, barci da kyau.

**4th Darasi:** Bend makamai (90%) a kirji matakin nuna bar hannunka bautawa- unguwanni, kunna dama da hannunka a cikin dunkulallen hannu. Place dunkulallen hannu cikin hannu kuma latsa saukar a lokaci guda manema bude hannunka sama, rike 7 seconds. Baya, rike 7 seconds (Za ka ji tashin hankali a hannuwansu, makamai, wuyansa, kirji) . Huta, kai mai numfashi da kuma SIP na ruwa, kwanta, barci da kyau. Babu maimata da ita.

Mutane da siga da baya kara da wannan darasi ga kowane motsa jiki: Wajen da hannayensu a gurfāne. Karkatar shugaban da baya lankwasa da baya sai rock gaba ba tare da rasa lamba tare da gwiwoyi (Za ka ji tashin hankali a makamai, baya, ciki) . Huta, kai mai numfashi, 7 repeats, SIP ruwa, kwanta, barci da kyau.

**Note!** Mutanen da suka zauna da yawa a lokacin rana-lokaci. Shin yi 1 na night- lokaci darussan a juyawa kowane 2 hours.

## Yana jikinka! Kiyaye shi Fit!

Akwai abubuwan da ake bukata kafin kwance zuwa barci.

Ya kamata ya zama duhu, ya kamata ya kasance dare. Don samun m fasalin barci cikin gida mai dakuna dole ne a matsayin duhu kamar yadda zai yiwu. An babu ciki da waje amo ne dole ne 'Shire' Dole yi 'Night-dokar hana fita'.

1 hour kamata sun shude tun da na karshe feed. Brush hakora da kuma wanke dukan jiki kafin zuwa gado. Bauta 'Barci-salla'.

**1 ALLAH ne jira su ji daga gare ku!**

**barci addu'a**

Dear **1 ALLAH** , Mahaliccin da ya fi kyau Universe Kare ni a lokacin da ni da mafi m kare ni daga unsettling da mugayen tunani

Bari in yi m, warkar da fasalin barci kada ka bari damuwa rushe ta mafarkai da kuma barci bari in kawai tuna da zaki mafarki gama **ɗaukakar 1GOD** da kuma Good Adama



Wannan addu'a ana amfani da je barci!



Da Ana shayar da-gilashi (**Ba roba**) cike da 0.2l na tace ruwa (**Kome kara**) a kan kowane bedside tebur. Kowane dare kafin zuwa gado sa gilashi a kan bedside tebur. **Note!** Sha a lokacin dare kowane lokaci bayan ka ziyarci wani bayan gida da kuma lokacin da ciwon bushe makogwaro, sha sauran lokacin samun up da safe.

Da 1 Goldtone gilashin kwano (**1 kawai ga nunka**) dauke da ganye concoction (**Kanshi therapie**) a kan taga gefen bedside tebur !

Da safe bayan 7 hours of barci:

Tashi, da gilashin tace ruwa, je bayan gida, yi 'Daily-Fit (**Exerci- SES**) 'Ku bauta wa' Daily-Addu'a ', wanke fuska, hannaye, da karin kumallo, samun ado. Duba ka 'gināwa. " Yanzu ka shirya for Life-abubuwan. Lokacin da za a waje sa, m tufafi da kuma shugaban, ido ta da kafāfunsu kariya.

Kaki barci ne azabtarwa! Azabtarwa a matsayin tambaya kayan aiki ne ba m. Azabtarwan da ake gudanar da lissafi: **MS R7**

Bukatar babu waje amo da dare (**Dare-dokar hana fita**) ! Shi ne da wata al'umma dama! **Wakili Guardian** amfani: **CGNAs BS-1** (Kwanciya standard) !

## **NIGHT - dokar hana fita**

Jikin mutum da aka ba tsara don zama nocturnal. Mutane ba'a kwakwalwar su ikon ya halicci nocturnal salon. Wannan salon ba da amfani ga mai kyau kiwon lafiya. Night-dokar hana fita ake bukata domin kiwon lafiya mai kyau.

A 7 hour Night-dokar hana fita daga 14-21 hours (**22- 6 hours, 24 hour Pagan- Agogon**) ne m. Ga kyau kiwon lafiya, akan rage a samar da makamashi conump- illolin, raguwa a gurbatawa, kariya daga namun daji,. **Raguwa a aikata laifi, Munā** rage kudin da gwamnati, karfafa multiplication.

Babu wanda ayyukansu (**Duk abin da yake ruffaffiyar**) fāce m gaggawa na sirri. Babu makamashi ne da za a yi amfani da fāce gaggawa ko dumama! 1 jama'a labarai radio station aka yarda dukan sauran nisha da aka kashe! Babu masana'antu, ofishin, ko retailer ne ta yi aiki, ko kuma yin amfani da makamashi.

Homes iya amfani da dumama (**Dress dumi**) , sanyaya (**Dress haske**) a cikin matsananci weather.



Night-dokar hana fita bukar ya zama m. Domin da kasancewa daga cikin jikin mutum da kuma gida mazauninsu. A Shire enforces Night-dokar hana fita ta hanyar Shire Gyaran wurin samun ruwa **MS R1** Maimaita masu laifi suna wuce zuwa lardin Gyaran wurin samun ruwa **MS R3**

Night-dokar hana fita zuwa **SAVEPLANETEARTH !!**

**sauyin yanayi Kariya rayuwa.**

Climate kariya ake bukata don kare jikin mutum, dabbobi, da dabbobin gida, abinci production. Climate kariya: **m araha tufafi da hygienic araha kafaffen tsara!**

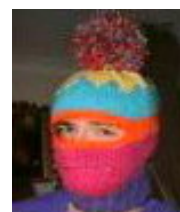
**m tufafi** ake bukata don kare jikin mutum daga sauyin yanayi, da cutar da kuma gurbatawa. **M tufafi** bukar ya zama com- forttable, da amfani (**Kare da matsananci weather**) da kuma araha.

**M tufafi** kunshi shugaban murfin, da tufafi, da safa, da takalma!

**Head** kariya kunshi balaclava, beanie, K-wuya, Eye kariya, da kwalkwali. **Balaclava (Beanie)** , **K-wuya** i dukda knitted daga ulu ko auduga, ulu (**Ba roba fiber**)

Mix. Iya zama wani launi, ko kwaikwaya.

Eye-kariya da kwalkwali ciyar UV kariya. A



visor ne mai lankwasa a kaikaice da kuma mika, sama da kasa, kafa dake raba, hig- hly karce resistant, tubalan UV haskoki, ba fogging up, da tsananin haske daidaitawa  
(Duhu / m, m / duhu) . A kwalkwali yana da wani fata da baya kamar yadda wuyansa m. Ido da kuma shugaban kariya ne ko da yaushe sawa a waje.

**m tufafi** ake bukata don kare jikin mutum daga sauyin yanayi, da cutar da kuma gurbatawa. Babban jiki sassa kare da m tufafi ne fata da kafafunsa. **M tufafi ne ko da yaushe sawa a waje.**

**m tufafi** : Coverall (**Tare da kaho**) ko 2-yanki sanya daga flax, auduga, ulu, ko a mix na auduga / ulu (**Ba roba zaruruwa**) wani launi / juna. Ko dai ya kamata a yi t-shirt wuyansa, alhāli kuwa \* hannuwansu da kafāfunsu rufe a wuyan hannaye da idānun sāwu biyu (**Daftarin hujja**) . \* Alhāli kuwa hannuwansu da kafāfunsu damar gwiwar hannu / gwiwa gidajen abinci don matsar da yardar kaina ma iska cikin halitta sauyin yanayi iko ga fata da kuma jiki.

Tufafi da aka sanya daga halitta zaruruwa: dabba boyewa, inji fiber, siliki, auduga ko ulu. **Artificial zaruruwa ba su yi amfani da tufafi m adam fata. Production na wucin gadi zaruruwa for tufafi iyakar.**



M tufafi ne dadi, dogon zaunanniya, kusan, araha **gaye (Zanen lakabin)** m tufafi ne overpriced, gajeren lokaci, impractically .. **Ba m!**

Kafa da bukatar kariya daga Sauyin yanayi da kuma darkāke. Skin, yatsun kafa da idānun sāwu biyu ne a hadarin. **Kafar kariya kunshi safa da takalma. Ko da yaushe sa kafar kariya a lokacin da venturing waje.**

Safa suna sanya daga Cotton, ulu, da mix na auduga da ulu (**Ba synthetics**) wani launi da wani abin kwaikwaya. **Safa kamata rufe kafāfunku zuwa idānun sāwu biyu 7cm sama.**

Boots da babba m fata, ciki taushi fata (**Ba synthetics**) soles fata, ko roba. **Boots kare kafāfunku zuwa idānun sāwu biyu 7cm sama. Roba takalma heats up kafāfunsu ruwan su. Ba za ka iya tafiya.**



hannun kariya (**Safar hannu**) ana sawa a matsayin da ake bukata! Guanto aka sanya daga fata, auduga, ulu, da mix na auduga da ulu (**Ba synthetics**) wani launi da wani abin kwaikwaya.



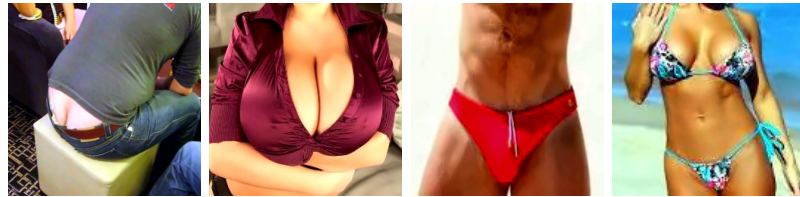
## Guje:

Zanen lakabi ne elitist bangare na dūkiya mulkin wariyar launin fata. Zanen lakabin suna overpriced. Samar da aiki bawa. Sanya don girman kai da kashe snub- Bing da fafitikar miskīnai da matalauta. Nisantar mutane cewa sa wadannan.



Zanen lakabin! Mutanen da suka inda Designer lakabin! Retailer da suka sayar da Designer lakabin! Overpriced protec tive tufafi! Impractically gaye m tufafi! M tufafi sanya daga artificial-zaruruwa! **Kunya, ku nīsanci mutane ba'a rashin gida Su biya zuwa da tufafi look wanke fita, sun purposefully yage da kuma ramukan sanya a cikinsu.**

Unacceptable trashy dress code:



**Bari trashy mutane san cewa su ne trashy.**

Ku nīsanci roba tufafi, takalma. Karshen samar da roba tufafi, takalma. **Ba bisa doka ba synthetics m samu, MS R6 .**



**Kare jikinka amfani m tufafi waje!**

Mutane suna da wani **1 ALLAH** ba dama zuwa **hygienicaffordablesecure tsari ( Hass) ! Gwamnati** na da wani wajibi a samar da yawan jama'ar tare da **hygienic araha kafaffen tsara! Tsari ake kawota ta mai ' Shire ' (Local Government) . Sashe na Shire-shiryawa. HOME !!**

Domin a Shire samar hygienic araha kafaffen tsara duk Freehold Land da kuma m tsari (**Masu zaman kansu mallakar**) aka canjawa wuri zuwa gare shi. Ma'aikata da Pty canjawa wuri dukiya mai cike da rashin gida mutane da iyalai a kan jiran lists. Multi-bedroom gidaje tare da kawai 1 occupier bukatar daukan cikin wasu mamaye. Yana da **unacceptable anti-zamantakewa hali for 1**



mutum da ciwon more sa'an nan 1 bedroom.



All 'Hass 'Ne haya masauki. Karshe girman kai ornamen- tal lambu, free tsaye gidajensu suna maye gurbinsu da al'umma cluster- gidaje. Cluster haya masauki aka bayar da 'Shire'.

All tari masauki da 3 matakan sufurin + 1 matakin glasshouse  
Ground Level, Level 1, Level 2, glasshouse lambu (Sufurin iya girma shuke-shuke) . Cluster masauki kunshi guda raka'a (1 dakin) , Biyu raka'a (2 dakuna) , Iyali raka'a (3 dakuna ..) . M guide- Lines (Iyali matsayi, shekaru) tambaya.

All 'Hass 'Ne haya masauki. Mako-mako haya ne 14% na babban mako-mako albashi na dan haya. Mahara sufurin haya ne 14% na hadin gwiwa babban mako-mako samun kudin shiga na masu sufurin. Misali \$ 100 babban mako-mako samun kudin shiga, hayan \$ 14. \$ 1000 babban mako-mako samun kudin shiga, hayan \$ 140.

**Shire** kayayyaki da wutar lantarki, ruwa tare da kullum m (Free) / (Sa'an nan biya) Matsakaicin yanke kashe cutarwa. Shire kuma samar al'umma wanki, tabbatarwa, hutu, sharar gida, Sewerage kau.

Single dan haya ya kunsu da 1 dakin al'umma rai. A shekaru 63 trans- fer ke zuwa ritaya masauki (M) . Single 1 dakin ten- tururuwa amfani a kan wannan matakin al'umma toilets / shawa makaman. A kasa matakin wanki / wanka.

Couple (1 **SHI**, 1 **SHE**) sufurin da 2 dakuna: rai / barci / kicin da bayan gida / Shower. Share wanki / wanka a kasa matakin.  
Matsar da (M) to iyali a lokacin da yara zo. A wata zama guda, canja wurin (M) to guda na'urar.

Family sufurin da 2 dakuna (Rai / barci / kicin da bayan gida / shawa) . Share wanki / wanka a kasa matakin + 1 dakin kowane 2 yara. Bayan karshe yaro motsa fita (Da shekaru 18 m) . Couple canja wurin (M) to ma'aurata rai.

Cluster gidajensu ba da damar kananan: tankin kifi, terrarium, kananan karnuka. Kada ka yarda Cats, namun daji, tsuntsaye, dabbobi, wani abu da yake ya fi girma fiye da kananan kare, babu kiwo. [Haliittun da suke barazana ga sufurin da mazauninsu.](#)



**Note!** Sufurin da shafi tunanin mutum, ta jiki, jima'i tawaya, rayuwa a cikin na musamman mafaka bayar da gwamnatin lardin.

Shire da zamantakewa tari gidaje cika dukan mutum bukatun! [A wuri zuwa fara, kuma girma a iyali.](#)

## Goyi bayan kabilu da Cluster Housing. Your Home!

### YourCommunity!

**KYAU Tsafta** ga lafiya mai kyau.

Good kiwon lafiya yana farawa da kasancewa da tsabta da kuma shirya. Tsabta da kuma shirya farawa tare sirri bayyanar, ya shafi gida, da nazari, da kuma aiki. [Tsabta da kuma shirya kuma ya shafi tunani da kuma tattaunawa.](#)



A 'Daily na yau da kullum' ya hada da m. Wanke hannu bayan kowane bayan gida ziyarar da kafin kowane abinci. Wanke fuska da kowane abinci. Brush hakora da kuma wanke dukan jiki kafin zuwa gado. SHI shaves a kalla sau biyu a kowane mako. Wanke gashi sau ɗaya a mako. [Wakili Guardian halarci taro tsabta \(Brushed hakora, combed gashi, dukan jiki wanke\) , Aski fuska gashi \(SHI\) , Sanye da tsabta, m kaya \(Shugaban da kafana\) .](#)

Bayan samun up da safe kowane memba na iyali jiki m sa su gado. Iyaye koyar da yara yadda za a. Kammala safe kiwon lafiya. Yana da lokaci don samun ado, sa a kan dage farawa daga shirye ([Yamma kafin](#)) kaya da mutum ya shirya ya lalacewa. [Kowane breakfast ajiya ganga an tsabtace kafin refilling da labeled](#)

([Abun ciki, cika kwanan](#)) . [Bayan breakfast tsabta cin yankin. Koma kwantena to ajiya. Dirty kwantena, kayayykinsa an sa a cikin kwatami. A mutum ne yanzu a shirye don fara da dailly chores \(Gida, makaranta, aikin, da yardar ransa\) .](#)

All kwantena da abun ciki lakabin. Abinci kwantena ma da cika kwanan wata. Adana kwantena neatly da kuma m. **mai hadari (Guba, toxin) kwantena aka adana tam (Yaro da m hujja) .**



Kada ka bar sauran abubuwa (**Kayayykinsa, da kayayyakin aiki, toys**) hayaniya har furniture, bene, aikin yanki.

Bayan amfani karba abubuwa sa su a cikin m ajiya (**Labeled**) . Store abubuwa kullum a ke a cikin wannan wuri. Su ne sai sauki sami.

Kafin zuwa gado. Shirya da kuma layout da kaya ka shirya sa gaba rana. **Pack wani jaka da abubuwa da cewa ana shirya da za a dauka tare a lokacin da tafi da safe.**

Tsayawa your kewaye da tsabta da kuma shirya. rage: **D Ust (Mai kyau ga respiratory tsarin) , Micro kwayoyin (Kwayoyin cuta, germs, kwayoyin cuta) kasa cututtuka, da mutuwar, Insects (Cizon, larvae, stings) kasa cututtuka, rashes, Vermin (Berayen, beraye, kyankyasai) , Kasa sabili da kashin dabbabin, baza micro kwayoyin, kasa annoba annobar cutar.**

Amfani da wani Bleach ko karfi disinfectant qara your dama na samun kullum obstructive na huhu cuta. Yi amfani da wata halitta surface tsabtace: **mix, 1 kofin bicarbonate na soda, 1/2 kofin fari vinegar, kara 'yan saukad da muhimmanci man. Need shi karfi kara tablespoon na gishiri.**

**Bukatar atishawa! Atishawa cikin hamata. Shin, ba su yada disease.**

Kada sumbace a kan lebe. Sumbatan watsa cututtuka fastes. **Rub da hanci maimakon.**

Kada girgiza hannun! Ba sai ka sa safar hannu.

Tsafta ya shafi tunani. Fasikai, da son kai, m, m, tunani ne bad tunani da za a kauce masa. **Aiwatar da mummunan tunani da lissafi da take kaiwa zuwa!**

Canjin yanayi ya rage ingancin iska. More, fi girma gobara (**Daji, gandun daji, da gobarar daji**) ! **Human gida (Ci, dung, gas, da man fetur, itace) , utilities (Ci, datti, gas, da man fetur, uranium) , kai (Kwal, iskar gas, da man fetur) göbara! A al'umma yana zuwa la'akari da yin amfani da numfashi kariya!**

**Outdoors numfashi m kayan aiki (Rpe) An shawarar!**

Rpe ana saran ta yadda da su kare da barbashi. P2 masks ana amfani. Don kare, masks aka Fitted tam (Gyammansu aka aske) !

Indoors amfani da iska purifiers! Wannan na'urar tana amfani da HEPA tace. Ku kiyaye dukan kofofin da windows rufe.

Mutane da yawa nuna datti, sharar gida! Wannan halitta mai tsanani kiwon lafiya hadarin. Yana halitta gurbatawa da shiga cikin al'ummomi abinci sarkar. Mutane ne don rage cin kasuwa na ba da muhimmanci kaya, down- size gidajensu, rage leisuretime ayyuka (Babban taron events, wasanni, mu- sic, ..) !

Immunizaton ne m! Mutane da suke ba su allurar rigakafin ne mai barazana ga al'umma! Suna allurar rigakafin da caged, MS R4

**amintattu** al'umma bukatar mutum dama.

Mutane da dama don jin fāce a cikin gida. Bā su da wani hakkin ya ji fāce a nazari da kuma aiki. Wannan shi ne dalilin da ya sa 'hidima Guardian Shun Rikici' ra'ayi da aka sanya samuwa (Ga Ch7, 1Church) domin implemen- tation a kowane Shire .

**Shire** samar da tsaro da sabis. Tsaro rike low zuwa tsakiyar hadarin tsare da sintiri aikinsu. A, ko kashe wajibi a tsaro za su bayar da rahoton} in zamantakewa hali (Laifuffuka, gurbatawa, halin rushewa) da kuma bayar da rahoton wani comm- hadin lafiya da aminci al'amurran da suka shafi. Tsaro za su kama domin ya gane karya breaches da aikata laifuka. Sa'an nan kira tashar ga wani sintiri karba kama.

**Shire** samar da wani m 7 hour dare dokar hana fita daga 14-21 hours (CG Klock) . Ga kyau kiwon lafiya, raguwa a yawan kuzarinka, kasa gurbatawa da kariya daga namun daji,. Raguwa a aikata laifi, kudin gwamnati, karfafa multiplication.



Mutane taimake su makwabtansu lokacin karkashin hari. Ma'aikata taimaka abokan aiki. Malamai da kuma masana taimaka juna.

Kowane Shire ta nufa ne ya zama tashin hankali free.

Gaggawa sabis ma'aikata suna taimako Dokar-tilasta yin aiki. By zama vigilant na breaches na Rules, Dokokin ko kashe aiki. Suna iya

da yin farar hula kama ta. AZ reservist iya kira zuwa taimako.

Samun m free al'umma ne Dama kuma wajibi. Kowane mutum na da hakkin ya ji Ajiye. Kowane mutum na da takawa to taimako mutanen da suke da tashin hankali inflickted a kan su. **Ba yin haka, MS R2 !**

Mutanen da suka ba da damar tashin hankali, agogon tashin hankali, **MS R2 !** Mutanen da suka karfafa (**Gaisuwa a kan, taimako**), Zuga, tashin hankali, kare da tashin hankali mutane daga kama shi, **MS R3 !** Wannan kuma ya shafi fama, lamba wasanni!

## 1 ALLAH ne jira su ji daga gare ku!

Wadanda ke fama da laifi addu'a

Memo rial - yini 2. 4. 7.

Dear **1 ALLAH**, Mahaliccin da ya fi kyau Universe Your mafi m aminci wakīli wakīli (**1<sup>st</sup> sunan**)

Roki sassauto da bakin ciki da jin zafi na fama da laifi Help wadanda ke fama da laifi samu ādalci, kuma diyya na yi alkawari zuwa ga taimako azabta laifi bā ya yankēwa Tambayi cewa Tir da aka azabtar a Life, kuma afterlife gama dāukakar **1 ALLAH** da kuma Good Adama



Wannan addu'a ana amfani a kan wadanda na Crime Day (CG Kalender)!



Rikici ya fara da ba a haifa ba. M kewaye qarfafa cikin pro- pensity zuwa tashin hankali ga sauran rai. A propensity zuwa tashin hankali na bukatar a jawo su juya m. **triggers: Barasa, fushi, da tsoro, peer- matsa lamba, contact-sport, yaki-da wasanni, da ilmi ba, sabōda wulākanci, sunā hankali musanyāwa abu, rashin empathy, tsokanar, m video, m video-wasanni, ...**



An ba a haifa ba fallasa su uwa da uba verbally zagin juna. Koyi cewa yana da lafiya don verbally cūtar da zai yi haka daga baya a rayuwa. An ba a haifa ba fallasa su uwa ana jiki rauni baba. **SHE** jariri zai daga baya a rayuwa daure jiki zagi da SHI. SHI jariri zai zaton yana da ke nana to m SHE.

Mafadaci waxansu, razanarwa, a mamayar da wasu da aka zaluntar. Zaluntar yana farawa tare da intimitation shi iya bullo a cikin hari. **bully ta**

yawanci kewaye da kansu tare da Tir matsorata individuals.

## Rikici isthethreat

### StopViolence startat gida

external barazana (Sauran lardin Space) An abar kulawa da soja.

Soja ya aikata ba nasu ko amfani A, N (Atomic, makaman nukiliya) B (Nazarin halittu) C

(Sinadaran) makamai. Soja amfani stun weapens daukan fursunoni (Ba azabtar, inda suka kashe) !

Yana amfani da shafi CG Space dokar.

A al'umma ba ji Ajiye (Buri, illa) ta amfani da Pha- rmaceuticals '! The ne a seprimitive tsada magani. Pharmace- uticals 'ne a karshe mafaka magani. Shun kiwon lafiya practioners cewa kawai rubūta Pharmaceuticals '. Su ne m m "Quacks". Bukaci su a hana.

**Note!** Manne ga wakili wakili rage cin abinci da shawara da kuma wadannan darussan, rage ailments da 80% +.

Mutane da yawa a cikin al'umma Feel barazana da wani mutum da tawaya. Akwai 3 siffonin tawaya: Shafi tunanin mutum da tawaya, jiki da tawaya, jima'i tawaya .

shafi tunanin mutum tawaya

Masana cewa nuna alamun, 'Shafi tunanin mutum tawaya'. ... An kimanta da wani kwamitin (Malamai, Jami'an likitoci, iyaye) . Idan samu shāfe ake trans- ferred zuwa, 'MDQC' (Shafi tunanin mutum tawaya kebe masu ciwo fili) . Ga nasu kariya da kuma kare sauran yara.

### nakasar

Masana cewa nuna alamun, 'Physical tawaya'. ... An kimanta da wani kwamitin (Malamai, Jami'an likitoci, iyaye) . Idan samu shāfe ake trans- ferred zuwa, 'PDQC' (Nakasar kebe masu ciwo fili) . Ga nasu kariya da kuma kare sauran yara.

### jima'i tawaya

Masana cewa nuna alamun, 'Jima'i tawaya' (Child molesting, wannan jinsi, rikita batun jinsi) . An kimanta da wani kwamitin (Malamai, Jami'an likitoci, iyaye) . Idan samu shāfe aka canjawa wuri zuwa, 'SDQC' (Jima'i

Tawayya kebe masu ciwo fili) . Ga nasu kariya da kuma kare sauran yara.

### rayuwa support

A Mutum iya yin wannan gurasar da kuma ci shi yanzu ko a cikin foresee- iya nan gaba. Iya son envoke da **1 ALLAH** shawarwari tsari (Live ko ya mutu) . Kowane mutum na da hakkin ya yi musu magani, abinci, abin sha. Inkarin wani mutum wannan dama azabtarwa, wani laifi, **MS R7** .

**1 ALLAH** zane ne cewa duk abin da a samaniya yana da wani farko da kuma karshen, ciki har da mutum-jiki. Human tausayi bukatar sa an kawo karshen wahala. Ba 'artificially tsawanta' rayuwa. Artificially tsawaita rayuwa ne tsoma baki da **1 ALLAH** 'S zane.

### binne da rai

Don kauce wa ana binne da rai, konawa ne dole ne. Konawa da aka ba kawai ake bukata don yantar da Soul amma kuma ga kiwon lafiya dalilai. A crema- illolin wuta na wanke hallaka hatsari kwayoyin cuta, cututtuka, kwari larvae da fungi cewa iya zauna cikin jiki. **Note!** Graveyards ne mai kiwon lafiya hadarin, a sharar gida na kasar. Majalisarku da ke gudu daga kasar don graveyards.

### Kai sāmā da kashe

Kai sāmā da kashe (Euthanasia, kashe kansa) ne wata āyā daga mai rauni hankali, mai rauni ruhu. Yana da wani Life-kwarewa ga rai. Wasu mutane ne ba su tsoma baki, sai dai idan akwai hadari ga wasu. **1 ALLAH** zai rike wannan a kan sakamako rana. Taimaka wa wani mutum zuwa wani kai sāmā da kisan ne m muddin dacewa kotun ya yarda da cewa akwai wani mutuwa bukatarsa. Mai tsananin azāba ne azabtarwa. End shi!

**Note!** Mutane sa fama da dabbobi daga wahala. Duk da haka sun rasa tausayi ga nasu irin.

**Kawo karshen rayuwa tare da mutunci ne mutum dama.**

### zabe

Mutane suna goyon bayan da yardar kaina zabe gwamnatin ta kada kuri'a a electio- ns. Ba kuri'a na iya haifar da radicals shan kan gwamnatin da kuma kafa wani zālunci ya (Hereditary ko siyasa) . Tankwasāwa an cire caged, **MS R7** . ' Universe hidima wāto matsaranta 'support kawai 2-daban na gwamnati,' lardin ' (Lardin) da kuma 'Shire' (Gida) .