



# Survival-Chain

Welcome to the Wonderful World of HUMAN SURVIVAL

'O ke ola 'ana iā 'oe, ke kaiāulu o kou 'ohana, ka Planet, ka mea nui o ke kanaka!

Ke kauoha ola: 1

Specie, 2 Noho, 3 Kaiāulu, 4 'Ohana, 5 Kanaka, 6 Holoholona, 7 Pono Pono.



Ke ola ma ka makahiki:

1 hānau 'ole, 2 hānau hou, 3 pēpē, 4 keiki, 5 'ōpio, 6 makua, 7 ki'eki'e.

**Scroll 2**  
**Obligation: 2 :**  
*Protect the human body from conception until its end.*

The Survival-Chain is the foundation to keep this Obligation.  
*The Survival-Chain has 7 links all of them essential for human survival.*

**Breathable-air  
Climate-protection  
Drinkable-water  
Eatable-food  
Hygiene  
Security  
Sleep**

## 1 Ke kali nei ke Akua e lohe mai ia oe !

Aloha ola e 1 ke Akua

Lā ola 11.1.7 N-At-m

nāna i hana i ka honua nani loa Kou kahu mālama ha'aha'a  
ha'aha'a loa Mahalo iā 'oe no ke ola 'ana o ke kanaka Ke  
ho'oikaika nei au e kōkua i ko'u kino, specie,  
community, survive I make survival my number 1 priority Please  
support my efforts to survive No ka nani o 1 ke Akua  
a me ka pono o ke kanaka !



Helu 'ia kēia pule i ka lā Survival a i 'ole ke kūpono!



## Loa'a i ke kaulahao Survival he 7 mau loulou e pono ai ke ola kanaka



'O ka ea hanu me ka 'ole he mau minuke k̄au e ola ai!  
wai inu 'a'ohē mea inu 'a'ole 'oe e mau i ho'okahi pule!  
'Ai 'ai no ka ikehu a me ke olakino. 'A'ohē mea'ai ua pōloli 'oe!  
Moe no ka ho'ōla hou 'ana. Aole hiamoe oe hele pupule oe, make !  
Mālama i ke aniau no ke ola 'ana!  
'O ka ma'ema'e e mālama i ko mākou kino!

Palekana e pale aku i ka hana ino. 'A'ohē palekana no ka wā e hiki mai ana!



Scroll: 2, Obligation: 2 hai mai ia kakou, 'E pale i ke kino o ke kanaka mai ka hapai ana a hiki i kona hopena!' 'O ke kaulahao Survival ke kumu e mālama ai i kēia kuleana. 'O ka hō'ole 'ana i kekahi kanaka i kēia mau mea ko'iko'i he mea weliweli ke ola! He hewa i ke kanaka, Anti 1 ke Akua, kauoha: MS R7 .



Ma hope o ka 'ike 'ana o ke kanaka pehea e ho'ohana ai i ke ahi. Ua 'ike 'o ia he pōmaika'i kēia. Ho'ohui 'ia ke ahi lā'au me ka lanahu, ka lepo, ka 'ōpala, ke kinoea, ka aila, ka uranium. Ua ho'omaka ka po'e Kalikiano Pelekania i ka wā 'oihana i ka pollution e alaka'i ana i ka ho'ololi 'ana i ke aniau. 'O ke ahi a me ke ahi i kēia manawa, he hō'ino. Oki i ke ahi i kēia manawa !!!

E hooki i ke ahi: ka paka, ka lanahu, ka lepo, ka 'ōpala, ke kinoea, ka aila, ka uranium, ka lā'au, ..



'O kahi 'āpana weliweli loa o ke ahi 'ana, 'o 'Smoke'. I loko o ke ahi 'o ka ho'oweliweli nui loa i ke olakino a me ka make 'ana o ka uahi. Ma kahi 'oi aku ka nui o ka uahi e pī'i ana i loko

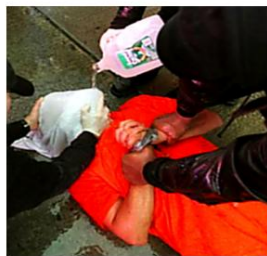
hooki ka lewa i ka pakele ana o ka wela i Space. Pumehana ka wai i luna, mehana ka 'āina ili, hehe'e ka hau (nā hau, 'Ākau hema Poles):

# Hoololi Climate !

I mea e ola ai, pono nā kānaka olakino maika'i e Breathable Air!

Hana 'ia ka ea a mākou e hanu ai me nā kinoea (carbon dioxide, nitrogen, oxygen, methane), ka wai a me nā haumia (lepo, microbes, spores). Pono ka ea a mākou e hanu ai i ka nui o ka nitrogen a me ka oxygen. Loa'a iā ia ka ha'aha'a carbon diox-ide a me ka methane. Pono ka wai (humidity), 'a'ole 'olu'olu ka ha'aha'a ha'aha'a a he pilikia olakino. 'A'ole pono nā haumia, ho'omāmā lākou i nā māmā.

Pehea ka lō'ihi e hiki ai iā 'oe ke pa'a i kou hanu? 4 mau minuke a laila 'ai 'oe i ka ea. 'A'ohe ea hanu e 'ai, Make 'oe! Make koke nā kānaka i ke ahi, 'a'ohe ea hanu.



Ho'ohana 'ia ka mālama 'ana i ka ea hanu e like me ka ho'omāinoino, pepehi kanaka, holoholona. Ho'ohana 'ia ka mālama 'ana i ka ea hanu e like me ka ho'omāinoino 'ia e nā 'oihana US, nā limahana aupuni o 'Amelika, nā 'aelike aupuni, nā hana 'ino haole i pale 'ia e ka US. He hewa ka ho'omāinoino 'ana: MS R7 (nā kānaka), MS R4 (nā holoholona).

Ka'a'a 'ana i ka ea hanu e pepehi: ulia paha (huhū 'awa'awa i ke ahi) a i 'ole iā 'oe iho (ke pepehi kanaka: ho'omake i ke kalapona kalapona a i 'ole ke kinoea kuke 'ana), ke aupuni (ke'ena kinoea, kau 'ia, ho'omāinoino), nā mea 'ē a'e (nā lawehala: garroting, strangling, suffocating, kau ana. ). Ua loa'a ke aupuni, pepehi kanaka hewa, MS R7. 'O ka pō'ino (ke olakino a me ka palekana), MS R4, pono'i (ua mālama 'ia e 1 Akua).



'O ke ahi 'ana o nā kānaka ka mea ho'oweliweli nui i ka 'Ea hanu!



Ho'omaka ia me ka mea nāna e ho'ohana i kā lākou pu'upu'u makani e like me ke kapuahi ko lākou māmā i kānana no nā uahi 'ona a me nā haumia ea. O ka hoohana ana i ke kino o ke kanaka i kapuahi, he pilikia kino ia, he hoino 1 ko ke Akua manao. Puhi i ka addiction! He pō'ino kanaka! He kaumaha kaiāulu!



'O ka ho'ohui 'ana he 'ano ho'opi'i hou e ho'omaika'i ana i kahi pono i 'ike 'ia.  
Ho'opunipuni ka po'e addict iā lākou iho, me ka 'ae 'ole i ka pō'ino a lākou e hana nei.  
Ho'opilikia iā lākou iho, 'ohana, nā hoaaloha, nā hoa hana, ke kaiāulu.

'A'ole mana'o'i'o ka po'e addict i ka wā e le'ale'a ana lākou iā lākou iho, e pa'a pū ana i ko lākou ola. Lilo nā mea ho'ohui i mea ho'oweliweli iā lākou iho, ke kaiāulu. Ua lilo lākou i mea ho'opunipuni, ho'opunipuni, kū'ē i ka pilikanaka, moe kolohe, ho'opunipuni, mana'o pono'i, mālama 'ole. Ho'oikaika kēia i kahi Shire (kaiāulu) e ho'omalu i ko lākou nohona. Ka kaupalena ana i ko lakou mau kuokoa a me na pono.

Puhi mai ka waha. Ua pilau ko lakou lole.  
Honi lākou i kahi lumi. Aia ko lākou lehu ma nā wahi a pau.  
Aia ko lākou 'ūhā ma nā wahi a pau. He kanaka haumia, lepo, pilau. E hoohilahila ia lakou!



He pilikia ke ola kino o ka poe puhi paka. Puhi ka lehelehe, ka niho, ka 'ā'i, ka waha, ka 'ā'i, ka 'au makani, ka māmā, ka ma'i, ka mea kaumaha i ke kaiāulu.

Moloā ka po'e puhi paka i ka ho'omaha 'ana i ka uahi a me nā ma'i ho'omāinoino iā lākou iho. E ho'opa'a pono iā lākou!

He pilikia olakino ka po'e puhi paka i nā po'e 'ē a'e. Ke hō'eha nei ka po'e puhi paka i kā lākou hānau 'ole. Ma hope o ka hānau 'ana, ho'opa'i 'ia kēia mau keiki hou i ke ola o ka loa'a 'ana o nā pilikia olakino. Loa'a paha iā lākou ke kino, ke kino kīnā, .. Ho'opi'i 'ia nā mea puhi puhi hāpai, 'eha i ka hānau 'ole 'ana: MS R3.



Ho'opilikia ka uahi hāhā (assault) i nā kānaka. 'O ka po'e puhi pumehana e hana i ka uahi pa'a, loa'a iā MS R3. 'O nā hui (le'ale'a, le'ale'a, hana..) e 'ae i ka puhi paka, uku 'o MS R3 i ka uku. Ua pani 'ia ke aupuni e 'ae ana i ka puhi paka, + MS R7

Ua malama ole ka poe puhi paka. Ho'omaka lākou i ke ahi: hale, mau'u, nahele. Loa'a iā lākou ke kuleana, MS R4 a uku i ka uku. Ho'opilikia lākou i nā kānaka, nā holoholona, MS R5. Pepehi lakou i na kanaka, holoholona, MS R6.



I ka makahiki 1951 (alemanaka pagan) ua ho'opa'a 'ia 'o ka puhi paka he mea ho'oweliweli ko'iko'i. 'O ke aupuni, kā lākou mau ke'ena, nā ke'ena 'a'ole i 'ae i ka puhi paka 'ana (dereliction of duty) i ka lawelawe, mālama i ka po'e.

Ho'oholo 'ia ke kānāwai ho'oponopono. Loa'a kēia mau hewa, MS R7.

'O kēlā me kēia kanaka a i 'ole hui, 'oihana a mea 'ē a'e paha e ho'olaha nei (free-bies, ho'olaha, kū'ai aku), 'ae 'ia (nā mākuu, kumu, hana, hui,

hale 'ai, wahi le'ale'a,...), loa'a nā waiwai (nā mea ho'olako, nā mea hana, nā mea lawe, nā mea kū'ai nui, nā mea kū'ai aku), ho'olako i nā 'Smokes' a i 'ole nā mea puhi paka MS R7 'A'ole pili i ka 'Smokes' i loko.

'O ka hana puhi paka (vaping) ka pilikia olakino.

## 'A'ohe ho'omanawanui i ka puhi paka!

Ho'emi ka po'e i ka loa'a 'ana o ka ea hanu ma ke puhi 'ana i ka lanahu, ka lepo, ke kinoea, ka aila, ka lā'au, no ka kuke 'ana (i loko o ka barbecue), ka wela, ka mana. Ua pau i kēia manawa! E ho'ohana i ka uila i hana 'ia me ke ahi 'ole.

Ha'ihai, hopena i ka hao 'ana, luku 'ia nā lako a me MS R2



Pa'a, wehe 'ia nā kahua mana e puhi (lāhu, 'ōpala, kinoea, 'aila, uranium, ..) e hana i ka ikehu .

Ho'opi'i 'ia nā mea ho'ohaumia, MS R7.

Ua pani 'ia a ho'opa'a 'ia nā mines lanahu a me Uranium.

Loa'a i nā mea nona ka Mining a me nā mea hana, MS R7.

Ho'opuka 'ia ka ikehu e nā 'ano hana puhi 'ole.

'O ke ahi no ka ne'e 'ana i loko o ka hale, 'a'ole i loko o ka hale ka'a Ho'opau! 'O ke kinoea, ka 'aila i ho'ohana 'ole 'ia. Ho'ololi 'ia nā ka'a ka'a ka'a 'ole i loko o nā alanui me 'Freeway Trams'! 'O ka lawe 'ana i ka 'āina lō'ihī ma ka Rail wale nō. Pau ka ho'ohana 'ana i ka diesel, petrol, LPG!



Ho'opau 'ia ka 'oli'oli ho'ohaumia !

I ka Lewa: Hō'ike Hō'ike'ike Lewa, ka lawe 'ana i ka lewa pilikino (drone, mokulele, jet, helicopter, space shuttle,...) hope!

Ma lalo o ka wai: heihei wa'a ka'a, ka'a kai kū'oko'a (nā wa'a, ka moku holo moku, nā moku holo moana, ka hovercraft, submersibles, nā wa'a wikiwiki, jet skis, yachts,..) hope!



Ma ka 'āina: nā 2, 3, 4, .. huila ka'a: nā ka'a, nā ka'a, nā ka'a, nā ka'a ha'uki, Suv, limousines, nā ka'a nani. heihei ka'a, stunts ka'a. Nā ka'aahi māka'ika'i. Nā mea ho'olalelale no ka Polluting Entertainment, nā mea ho'olako i nā ka'a no

## Ho'opili 'ia ka 'oli'oli haumia, MS R7



Ho'okumu ka salon nail i nā uahi 'awa'awa. Loa'a i nā limahana ka pale hanu. 'A'ole loa'a nā mea kū'ai leo (po'e pō'ino) . Ua akea na Hale Nail ma na Hale Kuai. Ho'opili ko lākou mau 'awa'awa i ka po'e e hele ana. Ho'olaha iā lākou i nā pilikia olakino. 'O i aku ka nui o nā wahine hāpai, hānau hou, asthmatics, 'elemakule. Inā ua 'ike 'ia 'oe i ka uahi 'awa'awa e ho'opili i ka salon a me ke Ke'ena Kū'ai no ka uku.

He mea ho'ohaumia ka ea i ka salona nail. Ua kipa 'ia lākou e ka po'e palaualelo e hana i ko lākou mau kui pono'i a nui loa ke kālā. E pani, e pāpā. E ho'opili i nā mea nona, nā luna ho'okō, MS R7 Salon nani he pilikia



olakino ka mea haumia ea. Ke kipa 'ia nei lākou e ka po'e moloā i ka hana 'ana i kā lākou hana pono'i, nui loa ke kālā.

E pani, e pāpā. 'O nā mea nona, nā luna ho'okō, loa'a, ua pani 'ia,

ho'opa'i 'ia 'o MS R7 'O ka mea ho'oma'ama'a lauoho 'a'ole i hana i ka pollution ea.



Kapitalista (mau mea ho'omā'ewa'ewa) Paipai nā aupuni i nā hale me nā māla lapuwale. Ho'ohana ka mea hale i nā mea hana kīhāpai ka'a ka'a 'aila (nā puhi, nā mea 'oki'oki, nā mea 'oki'oki, nā 'ili kaulahao, nā 'oki 'oki, ...) e ho'ohaumia ai (ea, wala'au, lepo). Nā mea hale, nā mea hana, nā mea kū'ai hou aku, loa'a iā MS R7. Ua pani 'ia ke aupuni e 'ae ana i kēia polu, e kī'i iā MS R7.

Ho'ohana 'ia nā Insecticides ma waho i nā mea kanu, nā māla 'ai, ... 'A'ole kūpono nā mea'ai , nā kīhāpai i haumia i ke kanaka a me nā holoholona. 'Ai 'ino, puhi 'ia ka 'ai e ke kaiāulu (Shire). Loa'a iā MS R7 ka mea hana kālepa . Ua pani 'ia ke aupuni e 'ae ana i kēia haumia, e kī'i iā MS R7.



I loko o nā Insecticides i ho'ohana 'ia, ho'ouka i ka 'ōnaehana nerve. Hana lākou i ka hyperactive i hānau 'ole 'ia a hānau hou. Ho'onāukiuki ka lā'au insecticides i nā kānaka a me nā 'ōnaehana hanu holoholona. Mai ho'ohana i nā Insecticides i loko.

Ho'ohaumia ka pū'ali koa i ka ea me ka lawe 'ana, nā mea pahū, A, N (Atomic, nuclear) B (biological) C (chemical) mea kaula. He mea ho'oweliweli lākou i ke kanaka, holoholona, ola mea kanu. Loa'a i nā kānaka 'epekema i hana i kēia mau mea kaula, MS R7. Ho'opau 'ia nā hale hana o kēia mau mea kaula, puhi 'ia e ka Shire. Loa'a nā mea nona, nā alaka'i, nā luna ho'okele, nā luna ho'omalua o kēia mau lako, MS R7. Ho'opī'i 'ia nā pū'ali koa i ho'ohana a ho'ohana paha i kēia 'ano mea kaula, mai ke kūlana o NCO i luna, MS R7. 'O ke aupuni e 'ae i ka hana 'ana, ho'opa'a 'ia kēia mau mea kaula, loa'a iā MS R7.



'O ke ahi ka mea ho'ohaumia nui. E lilo lākou i mea ma'amau a nui a'e ka polluting. Ma muli o ke 'ano o ke aniau, hiki ke ho'omau 'ia ka haumia o ka ea no ka lā. Noho ka pollution particle i ka wai e ho'ohaumia ai. He mea pono ole ke inu i na kanaka a me na holoholona. Pau na hana ahi! Ho'ololi nā kukui laser iā lākou.

## Ea hana 'ole He 4 mau minuke ke ola!

'O kēlā me kēia kanaka, hui a aupuni paha e hō'ole ana i ka ea hana a i 'ole ke kumu a me ka hopena o ka ea haumia. Ho'opa'a 'ia, mālama 'ia, MS R7. Koi breathable Air he 1 ke Akua i haawi pono mai!

## Ho'omanawanui 'ole i nā mea ho'ohaumia ea !!!!!

No ke ola 'ana i ke kino o ke kanaka, pono ka 'Wai inu'!



'O 60+% o ko mākou kino he wai. Pono kēlā me kēia cell i loko o ko mākou kino. Ho'oma'ama'a ka wai i ko mākou mau ami, ho'oponopono i ka mahana o ko mākou kino a holoi i kā mākou 'ōpala ...

Ho'opuehu 'ia ka mahu wai o ka lewa i loko o nā kulu. 'O ka ua kahi kumu nui o ka wai ma'ema'e.



Ho'ohana 'ia kēia wai ua no ka inu 'ana, ho'omākaukau 'ana i ka mea'ai, kuke, holoi, ho'oma'ema'e pilikino,...



Hiki i ke kanaka ke inu i ka wai ua, ho'ohana ia mea no ka ho'omākaukau 'ana i ka mea'ai. 'A'ole hou, haumia ka wai ua, maika'i 'ole, 'akika, 'awa'awa, 'ono 'ino, 'ala 'ino. 'A'ole pono e waiho 'ia ka holoi lolo i ka ua e lilo ai

haumia. 'A'ole wale ia he lepo ke nānā aku, he pilau 'ino akā hiki ke ho'onāukiuki i ka 'ili.

Hā'ule ka ua anuanu e like me ka huahekili, hau. Hō'ilī'ili ka hau ma nā mauna kī'eki'e, Arctic a me Antarctic e hana ana i nā mālama wai hou. Ua keokeo ka hau,



'ele'ele 'ele'ele ka hau haumia. Loa'a ka hau 'ele'ele ma ka Hima-layas, glaciers ma ka honua holō'oko'a, Greenland, Arctic, Antarctica.

Ho'okumu nā kaiāulu i nā waihona wai hou. Ke hilina'i nei kēia mau waihona i ka wai ua a me ka hau hehee e ho'opiha ai. Ma muli o ka haumia, pono e mālama 'ia kēia mau wai ma mua o ka 'ai 'ana o ke kanaka a holoholona paha.



He hohonu ka waihona ma mua o ka pāpā'u. 'O'i aku ka ma'alili o ka wai hohonu, e hō'emi ana i ka evaporation, ka ulu 'ana o nā algae 'oi aku ka 'ano mea 'awa'awa, nā insect infestation. 'A'ole 'ae 'ia nā ha'uki wai e ho'ōki i ka mimi 'ana, ka menstruating a me ka 'ai 'ana i ka wai. 'O nā mea hana wai (jet ski, moku ka'a,..) ho'o'haumia ('aila, gasoline, 'akika pākahi, ...) ua pāpā 'ia lākou! Ho'okoe: 'O ka halihali Park Ranger.

'A'ole hiki i ke kanaka ke hilina'i i ke kaiāulu e hana pono ana. 'A'ohe lā'au lapa'au, lapa'au hapa, lapa'au hewa 'ole, 'oki kumukū'ai, palaho, hana hewa, .. Ua lilo ka mālama 'ana i ka wai ma ka home.



Pono ka ho'oma'ema'e 'ana i ka wai i ka home. No ka hoemi: arsenic, asbestos, chlorine, chloroform, carbonate hard-ness, keleawe, lepo, herbicides, heavy metals, lead, pesti-cides, rust,... I ka mahana wela, pono e hoolapalapaia ka wai i huiia e pale aku i na ma'i make. (virus..).

Hooweliweli i ka wai hou! 'A'ole koke e koi 'ia ka wai hou ma mua o ka loa'a 'ana o ka wai hou.



Hiki i ka ua haumia ke 'ili i ka pena, ka 'ino nā hale kila (nā alahaka), ka 'ānai 'ana o ka pōhaku, ka mae 'ana o nā lau a me nā mea kanu 'ē a'e, 'eha 'ili, .. E nānā iā 'Breathable Air' a me 'Green Concept' ma a'o pehea e ho'opa'a ai i ka pollution.



'O ka ho'oinu 'ana! 'O ka ho'ohana 'ana i ka wai o ka lepo no ka ho'oinu 'ana i lalo o ka lepo 'oi aku ka wikiwiki o ka waihona wai ma mua o ka hiki ke ho'opiha. 'O ka hopena i ka malo'o he Ecosystem holo'oko'a a me ka ho'okumu 'ana i ka nele o ka wai ma'ema'e. Ho'opau 'ia ka wai-ter irrigation. 'O ka ho'ohana hewa 'ole 'ana i ka wai lepo no ka ho'oulu 'ana i kahi hewa, MS R7. 'Ae ke aupuni i ka ho'oinu wai 'āina, ua pani 'ia, ho'opi'i 'ia, MS R7.



'O ka wai, me ka ho'ohana 'ana i ka wai ma'ema'e mai ke kahawai, ka muliwai, ka loko,.. ho'olohi i ke kahe 'ana o ka wai. Ho'oikaika kēia i ka evaporation . 'O ka hopena i ka malo'o! Ua pau keia ano wai nā lāhui kanaka. Ho'opau i ka wai.

'Ai 'ole ka wai ma'ema'e o ke ala wai haumia (ka muliwai, ka loko, ...) 'O ka wai 'ino i ho'opiha 'ia me nā toxins, nā lā'au lapa'au, nā mea 'awa'awa .



loa'a, MS R3 nā mea 'ē a'e a pau, MS R7.

## Ho'opili i ka wai ma'ema'e

Ho'ohana nui ka desalination i ka ikehu, ke kumu kū'ai. He pō'ino ka lawe 'ana i ka wai ka hopena o ke kaiapuni, ka huki 'ana i ka nui o ka 'i'a, ka 'i'a, kā lākou hua,.. into system. Ho'opili 'ia nā mea kai nui i ka pale ma ke alo o kahi hale komo. Ho'oma'ama'a kemika, 'ino'ino, hana he brine mahana i ho'oku'u hou 'ia i loko o ke kai.



He ki'eki'e ka boron i ka desalination no ka maika'i o ka wai. 'O kēia wai i ho'ohana 'ia i ka mahi'ai 'ana, ka hana 'ai, ka mea'ai 'ai ki'eki'e boron pae. 'A'ole maika'i ka 'ai 'ana o ka boron lō'ihī.

'O ka wai 'ōpala i hana hou 'ia, hele ka 'ōpala lapa'au mua e lawe i nā mea pa'a, wehe 'ia nā nutrient, ho'opau nā kānana i ka hapa nui o nā bac-teria a me nā ma'i. A laila koi 'ia ka wai ma o ka membrane e wehe ai i na mole.



'O ka hale 'au'au no ka pa'i 'ana he koho o ka hopena hope loa. Nā ho'ā'o mai hō'ike i nā pilikia olakino a pau.

'O ka 'ōmole wai ('oi aku ke kumu kū'ai) kūpono no ka huaka'i. Ho'oku'u 'ia nā 'ōmole wai plastik nā kemika e lilo ana i mea pō'ino i ka wā e ho'omehana ai (ka lā, ka mea wela).

Mai ho'ohana i nā ipu plastik no ka mea'ai a mea inu. Mai kū'ai i ka mea'ai a i 'ole inu i loko o nā ipu plastik. 'O nā 'ōmole aniani ('a'ohe kēpau), 'oi aku ka maika'i o nā ipu. Mai ho'ohana i nā mau'u plastik a i 'ole nā mea 'oki. Mai ho'ohana i nā ipu plastik i kuke a lawelawe paha i ka mea'ai.

## wai inu 'ono

No nā 'ano mea inu wai hiki ke 'ono. 'A'ole maika'i kekahi mau mea 'ono - pono e pale 'ia. Hiki ke ho'ohana 'ia ka wai 'ala i ke anu a wela paha.

'O nā mea inu 'ono kūpono : 'Ai pipi, 'Ai moa, Koko, Ti, Kofe, Hua, Laau, Mea 'ala, Hua'ai.



'O nā mea inu 'ono maika'i 'ole a me nā mea ho'ohui: Alcohol, Artificial color, Artificial flavoring, Artificial and natural sweetener, Carbonated, Cola, Cor-dial, Energy drink, Lemonade, Decaffeinated coffee, Fruit-wais, Pres-ervatives, Sodium..



'Oi aku ka maika'i o ka inu wai



Kekahi kanaka, Hui, Aupuni e hoole ana i ka wai inu a i 'ole ke kumu a me ka hopena o ka wai haumia. Pono lākou, MS R7

**Koi wai inu he 1 AKUA i haawi pono mai!**

**'A'ohe inu wai. He 4 lā kāu e ola ai!**

Nā hana ma'amau i kēlā me kēia lā: E ala a'e, e loa'a i kahi aniani 0.2 l o ka wai ho'ophehe'e māmā, kānana. Ma mua o kēlā me kēia 'ai (Breakfast, Early Day snack, Lunch, Late Day snack, Dinner) e loa'a i kahi aniani 0.2 l o ka wai i kānana māmā. E ho'opiha i ke aniani inu ('a'ohe plastic) me 0.2 l o ka wai kānana ma kēlā me kēia papa 'aina moe. E inu i ka pō ma hope o kēlā me kēia kipa halepaku a i ka wā e malo'o ai ka pu'u, inu ho'omaha i ke ala 'ana i ke kakahiaka.

'O nā mea inu 'ono kūpono : Kofe

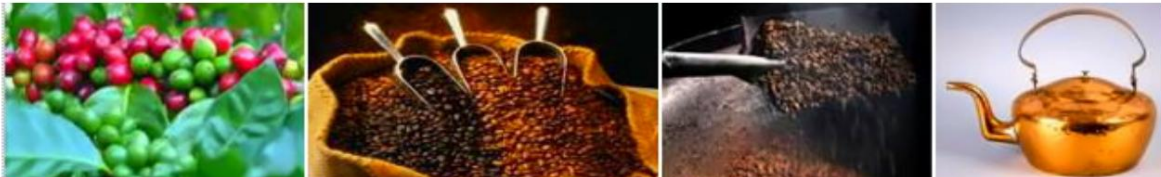
he inu ho'oulu lani 'o Kofe he inu brewed i



ho'omākaukau 'ia mai nā 'ano'ano kofe o nā mea kanu kope.

Hana 'ia ke kofe mai ka malo'o, kalua 'ia, nā 'ano'ano o ke kumulā'au kofe, i ulu 'ia ma nā pī'i wela a pulu ma ka equator. Aia nā 'ano'ano 'elua: He 'ono ikaika ka pīni Robusta a he kino piha. Ke ulu nei nā pīni Arabica ma kahi ki'eki'e, 'oi aku ka 'ono a me nā 'ano 'ono.

Ma hope o ka 'ohi 'ia 'ana, ho'omalo'o 'ia, kālua 'ia nā pī kofe ma kahi o 200°C. 'Ae kēia i nā kō i loko o ka pī i ka caramelize a me ka 'ono o ke kofe e ulu. 'O ka lō'ihi o ka pī i kalua 'ia, a i 'ole ke ki'eki'e o ka wela, 'oi aku ka 'ele'ele o ka 'ōpala a 'oi aku ka piha o ka 'ono, ma ke 'ano ma'amau, 'oi aku ka 'oi a'e o ka 'ala o ka 'ala māmā, a 'oi aku ka hohonu o ka 'ala o ka 'ala 'ele'ele. 'A'ole 'oi aku ka ikaika o kahi kālua 'ele'ele. 'O ka ikaika o ke kī'aha kofe e pili ana i ka nui o ka wai i ho'ohui 'ia i ka wā e hana 'ia ai ke kofe.



## Pehea e hana ai i kī'aha kofe?

Pehea e loa'a ai ka nui mai kāu kī'aha kofe punahele.

1) Ho'omaka ka 'ono kofe me ka wai 'ono nui. Inā 'a'ole loa'a ka wai kānana, e ho'ohana i ka wai anuanu mai ka paipu. E holo ia no kekahi mau kekona e aerate ma mua o ka ho'ohui 'ana i ka ipu hao.

2) E ho'oku'u i ka wai mai ka paila (80°C) ma mua o ka ninini 'ana i ka kofe (instant or drip-filter) granules. Ho'opau ka wai paila i nā granules a me ka hopena i ka 'ono.

3) I ka ho'ohana 'ana i ka waiū ('a'ole 'ōlelo 'ia), e ho'ohui i ke kī'aha ma hope o ka wai-wai. Inā ho'ohui 'ia ka waiū i ka mua, 'a'ole hiki ke hui pū ke kofe. Hiki i ka wai wela ke ho'opau i ka waiū, ho'ololi i ka 'ono.

Nānā! 'O nā mea 'ono (sugar a artificial) ho'opau i ke kofe!  
'A'ole kofe ka decaffeinated akā he pilikia olakino.

E ho'ohana wale i nā mea ke'oke'o Dairy wale nō.

**'O ke kofe decaffeinated he pilikia olakino!**

Ho'ohana ka decaffeinating i ka Solvent. Ho'opilikia pinepine ke koena mea ho'ohehe'e i ka 'ōpū.

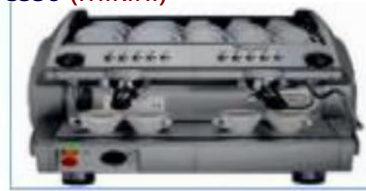
Loko! 'O ke kofe me ka Caffeine e lanakila i ke kumu o ka inu Kofe.

Ho'omākaukau:

Brewing, Instant,



Kofe-Kanana-Kana; Espresso (mīkini)



**Mai ho'ohana i ka Coffee Pods i ka pilikia o ke kaiapuni!**

He pō'ino kaiapuni nā Coffee Pods a pau 1 Billion.

'A'ole lākou biodegradable. 'A'ole hana hou 'ia.

HIKI! Hana 'ia! Ho'opī'i, MS R7.

HIKI! Ke ho'ohana nei iā lākou! Holo a hilahila!



Nānā! 'O nā huahana ho'olele 1 a pau ke kumu o ka nui o ka 'ōpala!

'O kā lākou hana, 'Ends! Ha'ihā'i, MS R7!

E ho'ohilahila i ka po'e e ho'ohana ana i 1 mau huahana ho'opau!

Pehea e inu ai i ke kī'aha kofe?

No ka loa'a 'ana o ka 'ono maika'i loa, e 'ono e 'olu'olu lī'lī'i ma mua o ka lawe 'ana i nā slurps nui ma mua o ka 'ū 'ana. Ho'oku'u 'ia nā 'ala nui o ka kofe. A'ala a 'ono, lani. Aia nā kofe wicket me ka waiū: 'O Espresso kahi mea inu i

ho'opa'a 'ia ma ke kaomi 'ana i ka wai wela ma lalo o ke kaomi 'ana i ke kofe i ho'omalo'o 'ia. Ke ho'ohālikelike 'ia me nā 'ano hana hana kofe 'ē a'e, 'oi aku ka mānoanoa o ka espresso, 'oi aku ka kī'eki'e o nā mea i ho'ohehe'e 'ia a me ka pua. 'O Espresso ke kumu no nā mea inu 'ē a'e: Cappuccino, Latte, Macchiato, Mocha, Americano, Gringo, Duo-shot, Lava a me Mote. Hā'awi 'ia me ka 'aka'aka.



Cappuccino: ka ho'omākaukau 'ana i ke 'ano, ka mahana o ka waiū ka mea nui loa. Ho'omohu 'ia ka waiū me ka ho'ohui 'ana i nā 'ōhū ea lī'lī'i loa e hā'awi ana i kahi kikokikona velvety (foam). Ho'okomo 'ia kahi pana o ka espresso i loko o ke kī'aha, ho'ohui 'ia ka waiū wela wela, i ho'opa'a 'ia me 2 knm mānoanoa 'ōhū, ho'opau 'ia me kahi

kāpīpī i ka lepo Kinamona.



Latte: ho'oma'ama'a i ka waiū 'a'ohe hu'i. Ho'okomo 'ia kahi pana o es-presso i loko o ke kī'aha. Ho'ohui 'ia ka waiū wela, e kāpīpī 'ia me ka pipi maka.



'O Macchiato: ho'omehana i ka waiū 'a'ohe hu'i. E ho'opiha i ke kī'aha 2/3 me ka waiū. Ho'ohui i kahi pana o espresso. 'O luna me ka lau pepper



Moka: hana i ka koko wela maka. E ho'opiha i ke kī'aha 1/2 me ka koko wela. Ho'ohui i kahi pana o espresso. E ho'ohui i ka waiū a me ka hu'i waiu. E ho'ohui i kahi kāpī o ka koko maka.



Gringo: E ho'opiha i ke kī'aha 1/2 me ka wai wela. Ho'ohui i 2 kī'i o ka espresso. Ma luna e kāpīpī i ka Nutmeg.



Americano: Ho'okomo 'ia kahi pana espresso i loko o ke kī'aha. Ho'ohui 'ia ka wai wela.



Duo-pana: Ho'ohui i 2 kī'i o ka espresso. A laila ka wai wela.



Lava: 'O ka pana mua o ka espresso. E ho'ohui i kahi nip o ka wai mandarin concentrated. E ho'ohui i kahi pana o ka Cocoa Top wela me ka waiū wela wela. E ho'ohui i kahi kāpīpī o ka lepo Cinnamon.



Mote: E ho'opiha i ke kī'aha 1/2 me ke kī pep-permint wela. Ho'ohui i kahi pana o espres-so. 'O luna me ka waiū wela wela. Fin-ish me kahi kāpīpī o ka lepo Cin-namon.



'O ka koko kahi mea inu ho'oulu lani

Ulu nā kumu koko ma nā wahi wela a me ka ua. He Pods kona hua. Aia i loko o kahi pod nā hua (beans). Ho'ololi 'ia nā pī koko i koko but-ter a me ka pauka.



Ho'omākaukau 'ana i ka Koko

Wela: 1 punetēpuni koko pauka, 1

kī'aha: wai soy, waiu kao a i 'ole waiu waiu 'ole. 1 teaspoon vanilla extract, Dash of cinnamon, Dash of nutmeg.

E ho'ohui i nā mea'ai i loko o ka ipuhao līlī'ī a me ka mahana ma kahi wela ha'aha'a, e ho'oulu a hiki i ka hu'a a wela.



'O ke kī he mea inu ho'oulu lani 'o Camellia he mea kanu



mau. 'O nā lau i 'ohi 'ia a hana 'ia e hā'awi iā mākou i ke kī. He 'ele'ele a 'ōma'oma'o paha nā kī kumu. Hiki ke 'ono a 'ala paha.

Ho'omākaukau kī'o Guardian Guardian: waiho i nā lau kī i ho'ohehe'e 'ia i loko o kahi infuser ti. E ho'okomo i ka infuser i loko o ke kī'aha aniani. E ho'olapalapa i ka wai, e ho'opau i ka paila, i ka wā e pau ai ka hu'ihu'i (80°C) e ninini i loko o ke kī'aha aniani. Nanea!



(a) I ka pau 'ana o ka hu'ihu'i, ninini 'ia ma luna o ke kī 'ele'ele. Ma hope o 1 mi-nute e ho'oulu i ka infuser 3 mau manawa. Ma hope o kekahi minuke e ne'e hou. Inu, a ho'ohui i kekahi wai citrus no ka 'ono, a i 'ole e ma'alili, 'olu'olu a inu. 'A'ole e ho'oahumia ka 'ōlelo a'o me nā mea 'ono, nā mea ke'oke'o (artificial, kūlohelohe). (b) 10 kekona



ma hope o ka pau 'ana o ka hu'ihu'i e ninini 'ia ma luna o ke kī 'ōma'oma'o. E ho'oulu i ka infuser 3 mau manawa. Ma hope o 1 minuke wehe. Inu, a ho'ohui i kekahi wai hua pōhaku no ka 'ono, a i 'ole e ma'alili, 'olu'olu a inu. 'A'ole e ho'oahumia ka 'ōlelo a'o me nā mea 'ono, nā mea ke'oke'o (artificial, kūlohelohe).

E ho'omākaukau i nā hua lā'au lapa'au, e kau i nā 'ano'ano i ho'opa'a 'ia i loko o kahi infuser. E ho'okomo i ka infuser i loko o ke kī'aha aniani. E paila i ka wai, e hooki i ka paila. E like me ka pau 'ana o ka hu'ihu'i e ninini 'ia ma luna o nā hua. Ma hope o 1 mau minuke e ho'oulu i ka infuser 3 mau manawa. Ma hope o 7 mau minuke e wehe. E inu, a e hooluolu, e hooluolu a inu. 'A'ole e ho'oahaunia ka 'ōlelo a'o me nā mea 'ono, nā mea ke'oke'o (artificial, kūlohelohe).



Ho'omākaukau kī  
lau lau lā'au.  
Ka like me ka  
green-tea.



Ho'omākaukau kī a'a  
lā'au, 'oki a'a. E  
ho'omākaukau e like  
me ke kī 'ele'ele.

'O ka ho'ohana 'ana i ka microwave i ka wā e hana ai i kahi 'eke kī e lawe mai i nā 'ono. E ho'one'ehou i ka hō'ailona mai ka 'eke kī e hō'oiā i ka wehe 'ia 'ana o ke kumu metala. Ho'ohana ka hapanui o nā hō'ailona pepa i ka 'nīka ma'alaha, ka wai ho'uhehe'e, ho'opilikia i ka 'ono.

E ho'okomo i ka wai wela i loko o ke kī'aha kī > ho'ohui i kāu 'eke kī koho > wela i ka nalu micro no 30 kekona ma ka hapalua o ka mana (400-500 watts) > E ho'omo'a i ka microwave no ho'okahi minuke > lawe i waho > hau'oli!

'Oi aku ka maika'i o ka wai inu (hiki ke 'ono)



'O ka wai kānana  
no ke olakino maika'i !!!

'Ōlelo A'o! 'O ka ho'oweliweli ko'iko'i i ke ola kanaka: Micro plastics!

Ua ho'oahaunia 'ia ka honua holo'oko'a i nā micro plastics mai nā 'ōpala palaka, mai nā 'āina mauna hau arctic a i ke kai hohonu loa. Ua komo nā micro plastics i ke kaulahao kai. 'O ka hapanui o nā kānaka he micro plastics i loko o ko lākou koko e laha ana ma ke kino. 'O nā 'āpana kino a pau ka lolo, ka waiū umauma, ka pu'uwai, ka māmā, nā 'ī'o ... ua haumia. E lawe mai ia i ka pane mai ka immunity a me ka evolution! Me nā hopena maika'i 'ole 'ike 'ia!

Ho'oku'u nā 'ōmole wai plastik i nā micro plastics e lilo i mea pō'ino ke ho'omehana 'ia (ka lā, ka mea ho'omehana, ka ipuhao). 'Ōlelo A'o! 'O ka inu 'ana mai nā 'ōmole plastik, maika'i 'ole nā ipu! Ua pau! Ha'iha'i, MS R7. I ka wā e ho'opilikia ai, e hana i nā hana kū'ē i ka mea hana, ka mea kū'ai aku, ke aupuni!

'Ai 'ia nā pēpē i hānai 'ia e inu i nā miliona o ka micro plastic i ka lā!

Hō'ike ka ha'awina 'o ka ho'omākaukau 'ana i nā mea'ai i loko o nā pahu plastik e alaka'i i ka ho'olaha 'ana i mau kaukani manawa kī'eki'e! Mai ho'olilo i kāu pēpē i pēpē plastik. Mai ho'ohana i nā 'ōmole plastik, nā ipu no ka hānai 'ana a i 'ole ka ho'omākaukau 'ana i ka mea'ai!



Ua uhaki ia MS R7. Ke ho'opilikia 'ia e hana i nā hana kū'ē i ka mea hana, ka mea kū'ai aku, ke aupuni!



Mai kū'ai i mea inu a mea'ai paha i loko o nā 'ōmole plastik, nā pahu pahu, nā kini! Mai ho'ohana i nā ipu plastik, nā mea hana e ho'omākaukau ai, kuke, lawelawe i ka mea'ai, inu! Mai ho'ohana i nā mea 'oki'oki, nā 'ōpala, nā pā, nā kī'aha...! Ua uhaki ia MS R7. Ke ho'opilikia 'ia, e hana i ka papa hana kū'ē i ka mea hana, mea kū'ai aku, aupuni!

No ke ola 'ana i ke kino o ke kanaka e pono ai ka 'ai 'ai. Pehea ko mākou olakino a pehea ka lō'ihī o ko mākou ola 'ana. Nui nā mea e pili ana i kā mākou 'ai. 'A'ohe mea'ai ua pōloli 'oe!

E hānai i 5 mau manawa i ka lā:

'Pā'ai kakahiaka, e ho'okomo i ka wai, nā mea kanu, nā mea 'ala, ka meli, ke kope, ...

'O ka pā'ina kakahiaka, e komo i ka wai, nā hua'ai, nā mea kanu, ke kī, ..

'O ka 'aina awakea, me ka wai, saladī, hua manu, kofe, ..

'O ka mea'ai i ka lā hope, e komo i ka wai, nā hua, nā hua, nā mea 'ala, ka koko, ..

'Aina ahiahi'. e komo pū me ka wai, ke kumuhana 'aina ahiahi, ke kī a i 'ole ke kope.. Nā mea kanu.

7 'O nā mea'ai e 'ai 'ia i kēlā me kēia lā: 'O nā ha'i , nā kī'aha (oats, bale, lentil, maize, millet, quinoa, raiki, rai, sorghum, palaoa), Hot Chili, Onions (brown, green, red, spring, chives. , kālika, leek), Parsley, Sweet Capsicum, Hua'ai (asparagus, beans, broccoli, cauliflower, carrots, peas, sprouts,..)



Pono i kēlā me kēia pule he po'omana'o 'aina ahiahi: e la'a i ka lā 1: nā mea kanu lā 2: lā moa moa 3: 'o ka Mīkini Midweek: lā reptile 5: hopena pule kai kai : nā hua'ai a me nā lā le'ale'a: nā insect

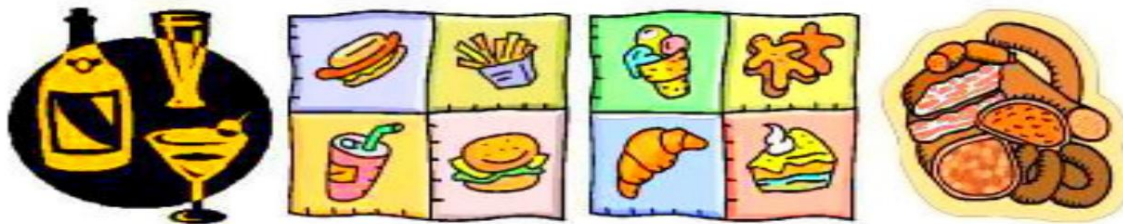


'A'ole 'ai 'A'ole: 'O nā mea 'ono i hana 'ia, Mea'ai i hana 'ia, 'A'ai i ho'ololi 'ia Genetic, ho'ohui 'ia Fructose, mea'ai i loko o nā ipu plastik.



'O Fructose ke kumu nui o ka ma'i ma'i ma'i, obesity (Blubber People). He 'ino inā hiki mai ia i ke kō a i 'ole ka hua. 'O ka ho'ohui 'ana i ka Fructose i ka wā o ka ho'oma'ama'a 'ana i ka mea'ai a i 'ole nā mea'ai he pilikia olakino. 'O ka hana, ka hā'awi 'ana, ke kū'ai aku 'ana i kēia 'ano mea inu a mea'ai paha, he hana hewa ia i loa'a iā ia: MS R6 Exception: Unprocessed, Berries, Fruit, Honey, Vegetables.

E 'ōlelo 'A'ole iā: Kekahi mea i loa'a: Fructose, glucose, kō; nā kuki, nā keke, ka palaoa 'aina kakahiaka, ke kokoleka, ka wai hua'ai, ice cream, lollies, jam, ketchup, lemonades (Cola, Energy,...) marmalade, muesli bars, sauces, waina...



He pa'akai loa ka mea'ai i hana 'ia he nui loa nā mea mālama, 'ano momona pinepine, ua ho'ohui 'ia ke kō i mea kūpono 'ole no ka 'ai 'ana e nā kānaka nā holoholona, nā holoholona. 'O ka mea'ai i hana 'ia ke kumu o ke koko kī'eki'e, ka 'ā'i 'ana o nā a'a, ka Obesity (Blubber People). 'O ka hana 'ana, ka hā'awi 'ana, ke kū'ai aku 'ana i nā mea'ai i hana 'ia he hana hewa ia, e kī'i iā MS R6 E 'ōlelo 'A'ole iā: waiu waiu waiu waiu

waiu, mea'ai wikiwiki, ham, hamburgers, salami,...

Hana 'ia: Berena, 'I'o; Pizza, Sausages, Hana 'ia: Hua'ai, Sopa, Hua'ai...



'O GM Food ka mea e 'ai maoli ai nā kānaka. Ho'omaka ia ma ke 'ano he genetic modified (engineered) seed (GM Crop). 'O GM Crop ma muli o ke kahe o ka hopena e ho'ololi i ke kaulahao Mea'ai holo'oko'a. Ke hana nei i nā ho'ololi e ho'okumu i nā ma'i hou, nā ma'i ho'oweliweli honua i nā lālā āpau o ke kaulahao Mea'ai! Me nā kānaka! E ma'i hou ka po'e, make 'ōpio, 'oi aku ka nui o nā deformities, nā pēpē ma'i hou a'e, 'oi aku ka hā'ule 'ole ... E ho'ololi i ka DNA kanaka.

**'O GM Food Survival Threat:** Alfalfa, mea'ai pēpē, pua'a, berena, kulina, 'aina kakahiaka, canola, huamoa, ham, margarine, 'i'o, 'uala, papaya, pī, moa, raiki, sausages, soybean, 'ōmato, palaoa, zucchini,..

Ke koi mai ke kaiāulu i ka mea'ai pono 'ole. **'A'ole:** Wai'ona, ho'ololi Ge-netic, Herbicides, Insecticides, Mea'ai i hana 'ia, ho'ohui 'ia ka pa'akai, ho'ohui 'ia nā mea 'ono (mea hana a kūlohelohe paha),...

'O kēlā me kēia kanaka, hui, aupuni e hō'ole i ka mea'ai hiki ke 'ai 'ia a i 'ole ke kumu a me ka hopena o ka mea'ai haumia (GM). Pono lākou, MS R7 Koi i ka mea'ai

hiki ke 'ai 'ia he 1 ke Akua i hā'awi pono 'ia!

10.2.7. 'O ka lā Blubber C-

GKalendar Nā Kumuhana Lā Le'ale'a 12.1.7. La

olakino maika'i C-GKalendar Nā

Kumuhana Lā Le'ale'a



**'A'ole lawa ka mea'ai e ma'i ai 'oe !!!**

**'A'ohe mea'ai pōloli 'oe !!!**

No ke ola 'ana i ke kino o ke kanaka, pono ka hiamoe 1/3 o

kēlā me kēia lā e moe ana i lalo, 'o kahi hapa o kēia e pili ana i ka hiamoe.



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

'O ka hemahema o ka hiamoe e ho'onele ana i ke kino i kona hiki ke ho'ōla e pili ana i ka pu'uwai, immune, endocrinology, neurological, psychological and general anabolic functions. Hiki i ka hiamoe hemahema ke hopena i ka apnea, ka momona, ka pale 'ana i ka insu-lin, ke kaumaha mau. 'O ka nele i ka hiamoe hiki ke alaka'i i ka make. Ho'oka'awale 'ia ka hemahema o ka hiamoe ma ke 'ano he Torture.

'O ka hiamoe maika'i 'o ia ka ne'e 'ana i ka wā hiamoe, moe pololei a i 'ole me nā kuli hāpai 'ia, ma ke kua, ma kēlā 'ao'ao a i 'ole ka 'ōpū. Pili ka hiamoe me ke kaulike o nā 'ōnaehana penei: Cortisol, melatonin, growth hormone, insulin, noradrenaline, protactinium, serotonin... Ho'opili 'ia ka moe a me ko mākou kaumaha: 2 hormones (leptin, ghrelin) hana e ho'omalua i ka mana'o o ka pōloli, piha. 'O ka nele o ka hiamoe 'a'ole 'oe e mā'ona ma hope o ka 'ai 'ana a me ka makemake nui i ka mea'ai hou a'e i ka hopena o ka 'ai nui 'ana (obesity). 'O ka hele wāwae he ma'i e pono ai ka mālama kino.

No ka loa'a 'ana o ka hiamoe  
ho'omaha ho'omaha e like me ka  
pō'ele'ele o kahi lumi moe. Pono ka  
nele o ka wala'au kūloko a me  
waho. Ho'okō 'o Shire i ka pō-curfew.  
Nānā! He mea ma'amau ka loa'a  
'ana o 2 mau moe me ka ho'omaha  
ma waena. 'O ka moe mua he 3.5  
mau hola me ka ho'omaha a hiki  
i ka 1.5 hola a ma hope o ka hiamoe  
3.5 hola.



I loko o 1.5 hola ho'omaha moe. Ala ka po'e, hele i ka lua,... Ma mua o ka moe 'ana i lalo  
e hana i nā ho'oma'ama'a pō a loa'a i kahi kī'aha wai.

'O ka po'e i ala 'ole, pule, heluhelu, kākau, kama'ilio kāne, hoa (i ka wā ho'omaha hiamoe  
'oi aku ka maika'i o ka po'e i ka hāpai 'ana), ...

Ho'oma'ama'a i ka pō He mea

ma'amau ka loa'a 'ana o 2 hiamoe me ka ho'omaha ma waena. Inā 'oe e ala a'e (e like  
me ka hele 'ana i ka lua), i ka ho'i 'ana mai e noho ma ka 'ao'ao o ka moe, inu wai. E  
hana i kēia mau ho'oma'ama'a (Ua hana 'ia nā ho'oma'ama'a āpau i ka wā e noho ana  
ma ka 'ao'ao o ka moe nā kuli po'ohiwi ākea ākea). I kēlā me kēia manawa e ala 'oe e  
hana i kahi ho'oikaika 'oko'a.

**1<sup>st</sup> Ho'oikaika:** E kau i nā poho lima ma waho o kou mau kuli. E kaomi i nā lima i loko  
a me nā kuli i waho, e ho'opa'a i 7 kekona ('ike 'oe i ka 'eha ma nā lima, nā wāwae, nā  
po'ohiwi). Ho'omaha, ho'omaha, 'a'ohe re-peats, inu wai, moe i lalo, hiamoe maika'i. \*  
ho'ohana 'oko'a i nā lima. **Ho'oikaika 2 :** E hana i nā lima \* kau iā lākou

ma loko o kou mau kuli.

E kaomi i nā lima i waho a me nā kuli i loko, e pa'a i 7 kekona (Ke mana'o nei 'oe i ka 'eha ma  
nā lima, nā wāwae, ka 'ōpū). Ho'omaha, hanu, 'a'ohe hana hou, inu wai, moe i lalo, hiamoe  
maika'i. \* ho'ololi i ka ho'ohana 'ana i nā lima palahalaha.

Ho'oma'ama'a **Kolu :** E kulou i nā lima (90%) ma ka pae o ka umauma e huli i ka lima hema  
i luna e kulou ana i nā manamana lima, e huli i ka lima 'ākau i lalo e kulou nā manamana  
lima. Ho'opili pa'a nā manamana lima. I kēia manawa e huki lima i ka 'ao'ao 'ē a'e, e  
pa'a i 7 kekona (Ke 'ike nei 'oe i ka 'eha ma nā manamana lima, nā lima, ka umauma).  
Ho'omaha, ho'omaha, 'a'ohe re-peats, inu wai,

moe i lalo, hiamoe maika'i. **Ho'oma'ama'a 4 :** E kulou i nā lima (90%) ma ka pae umauma e  
huli i ka lima hema i luna, e ho'ohuli i ka lima 'ākau i lima. E kau i ka lima ma ka lima a  
kaomi i lalo i ka manawa like e kaomi i ka lima hamama i luna, e pa'a i 7 kekona. Huli,  
ho'opa'a i 7 kekona (Ke mana'o nei 'oe i ka ha'alulu i nā lima, nā lima, ka 'ā'i, ka umauma ). Ho'omaha, lawe a

hanu a inu wai, moe i lalo, hiamoe maika'i. 'A'ohe hana hou.

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

Nānā! 'O ka po'e e noho nui ana i ka lā. Pono e hana i 1 o nā ho'oma'ama'a pō i ka pō i kēlā me kēia 2 hola.

## 'O kou kino ia! E mālama pono!

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

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

1 Ke kali nei ke Akua e lohe mai ia oe !

Moe Pule Aloha 1 KE

AKUA, ka mea nana i hana i ka nani loa o ke ao holookoa E pale mai ia'u i ko'u pilikia loa. nā moe'uhane

'olu'olu No ka nani o 1 ke Akua a me ka maika'i o ke kanaka Ho'ohana 'ia kēia pule ma mua o ka hele 'ana i ka hiamoe!



E ho'opiha i ke aniani wai inu ('a'ohe plastic) me 0.2 l o ka wai kānana ('a'ohe mea i ho'ohui 'ia) ma kēlā me kēia pākaukau moe. I kēlā me kēia pō ma mua o ka moe 'ana e kau i ke aniani ma ka papa 'aina. Nānā! E inu i ka pō i kēlā me kēia manawa ma hope o kou kipa 'ana i kahi lua a i ka wā malo'o ka 'ā'i, inu ho'omaha i ka wā e ala ai i ke kakahiaka.

Loa'a i 1 kī'aha aniani leo gula (1 wale nō no nā pālua) i loa'a ka hui 'ana o ka lā'au (aroma therapy) ma ka pākaukau 'ao'ao o ka puka makani! lā'au lā'au concoc-

He 7 mau mea kanu: Chamomile (*matricaria chamomilla*), Eucalyptus (*eucalyptus globulus*), Hops (*humulus lupulus*), Hyssop (*hyssopus officinalis*), Lavender (*lavendula officinalis*), Lemon balm (*melissa officinalis*), Rose (*rosa damascena*).

Moe moe a me ka moena! (mahele o CG N-ABs1)

Pa'a ke kumu , 'a'ohe leo. 'A'ole ia e hā'awi i nā nalu magnetic uila (me ka mana ka'a). He pae āpae ('a'ohe āpana hili). Loa'a i ke kumu he 7 mau papa lā'au pa'a e ho'one'e hou 'ia (malo'o, 'elemakule) ka laulā o ka moena. 'O ke kumu ke he lepo mite. Kāko'o piha 'o ia i ke kaumaha o 150 kg, loa'a kahi Warranty o 14 makahiki. No ka ho'omaha ho'omaha 'ana i ka hiamoe, pono ke kino luhi e moe a 'oi aku ka maika'i o ka moena. Pono e ho'oikaika i nā wahi i kāko'o 'ia o kou kino lī'ili'i. Pono ke ea micro o ka moena e ho'ololi i kona mahana wela.

Ke kumu, Ka nui o ka moena (ana i na mika) Iloko o ka pahu: laula 1.06 m, lō'ihi 2.06 m (kūpono moena laula 1.05 m, lō'ihi 2.05 m). Ka waho he 0.09 m o ka papahale. E ho'ā i ka ea, ho'oma'ema'e (lalo moe). Aia i loko o ka pahu he 7 mau papa lā'au wehe: 1.06 m ka laulā, 0.03 ka mānoanoa m, 0.03 m nā āpau ma waena o nā 'āpana (e ho'onui i ke kahe o ka ea o ka moena), ka mamao ma waena o ka papahale, he 0.1 m ka papa. 'O ka hakahaka ma waena o ka papahale, 'O nā papa no ka holo 'ana o ka ea, ho'oma'ema'e ('a'ole waiho 'ia), mālama 'ole. Moena-nui: laula 1.05 m, lō'ihi 2.05 m. Hoomaopopo ! He 1 wale nō ka nui kahua moe ho'okahi, moena. Loa'a i nā kāne he 2 kahua moe ho'okahi, nā moena.

'O ke kumu moena ('a'ole: nā pūnāwai metala) Pono ke kumu moena e kāko'o piha i a ke kaumaha o ke kino o 125 kg. Hypoallergenic, kāko'o, pu'unaue i ke kino-kaumaha, ho'omaha i nā wahi kaomi, ka wela ha'aha'a, pale pale-anu, chlorofluorocarbons manuahi. Ho'opa'a 7 makahiki.

Uhi moena (he 2: pale, waho) Hiki ke holo'i 'ia nā uhi 'elua. He zip ka uhi pale pale e hiki ai ke holo'i 'ia, ho'ohui 'ia, ho'opiha 'ia. 'O ka uhi pale he mau 'āpana kālā ma'ema'e ('a'ohe al-loy) i ulana 'ia i ka hā'awi 'ana i ka anti bacterial, anti microbial, anti static.

waiwai, loa'a nā mea 'ala. 'O ka uhi waho he pulupulu i ho'opa'a 'ia i ka uhi uhi pale pale, moena kumu. Ho'opa'a 'ia nā 'āpana elastic ma kahi. Nānā! Ke kipa (holidaying) e lawe mai i kou mau uhi moena pono'i ('elua).

Ma'ema'e ka moena i kēlā me kēia 7 makahiki, ho'ololi 'ia ka moena me ka moena hou 1. Ua puhi 'ia ka moena i ho'onoho hou 'ia! 'Ōlelo A'o! Mai ho'ohana hou a hā'awi i ka moena i ho'ohana mua 'ia. Mai ka'ana like i ka uhi moena. Ka'ana like 'ana i nā pilikia ho'olaha o nā ma'i lele. I kēlā me kēia pule he 7, holo'i 'ia nā uhi 'elua i loko o ka kopa biodegradable 60°C wai (A'o! 'A'ole ho'oma'ema'e malo'o). Aia ka maloo

ea kahe maoli ('a'ohē mea malo'o) a me ka malu ('a'ole pololei ka lā).

Mālāma ka ho'olālā uluna i ke kuamo'o ma ke 'ano kūlohelohe, ho'opau i nā wahi kaomi, kāko'o i nā kūlana hiamoe like 'ole ('ao'ao, kua, 'ōpū). Loa'a i ka ho'olālā uluna ka hiki ke fluffed e kūpono i ke kūlana moe kū ho'okahi o kāna mea ho'ohana a ho'onui i ke kahe o ka maka. 'O ka ho'olālā uluna ('a'ole: mau'u, 'ōpala, mau'u,) mālāma i kona elasticity, hypoallergenic, 'a'ohē toxins, hiki ke holoī 'ia i ka mīkini. 'O ka uhi uluna (he 2: loko, waho) 'o ka uhi i loko he zipa e hiki ai ke ho'opiha, ho'ohui, ho'ololi, holoī. Loa'a i ka uhi o loko nā 'āpana kālā ma'ema'e ('a'ohē alloy) i ulana 'ia i loko, e hā'awi ana i ka anti bacterial, anti mi-crobial, anti static properties, loa'a nā 'ala. 'O ka uhi waho o ka uluna he 100% pulupulu, he zipa. Holoī 'elua i ka wai wela, 'a'ohē mea malo'o, 'a'ohē ho'oma'ema'e malo'o. Kāko'o ka ho'olālā uluna i kahi mea moe o ke kaumaha o 125 kg. Ka nui o ka uluna: 0.8 m ka laula, 0.4 m ka lō'ihi .

Loa'a i ka Quilt nā 'āpana kālā ma'ema'e ('a'ohē alloy) i ulana 'ia i loko, e hā'awi ana i ka anti bacterial, microbial, antistatic waiwai i loa'a nā 'ala. Loa'a i ka ho'olālā Quilt ka hiki ke hō'oiā i ka hā'awi 'ana i ka wela a me ka holo 'ana o ka ea. 'O ka de-sign he hypoallergenic, 'a'ohē toxins a me ka mīkini holoī ('a'ohē mea malo'o, 'a'ohē ho'oma'ema'e malo'o). Ka nui o ka quilt: 1.40 m ka laula, 2.15 m ka lō'ihi Pono e

hiamoe kēlā me kēia kanaka me kona ku'i lolo pono'i. No ke aha mai? 'O ke ku'i 'ana i ka quilt i ka wā e hiamoe ai, lawe ka hoa i ka quilt holo'oko'a me ka 'ole o ka uhi 'ia. E ho'ohuli i nā mea moe 'elua i nā 'ao'ao 'ē a'e e hana i kahi ākea kahi e hā'awi ai ka ea anuanu. Ho'opau 'ia nā ma'i lele 'ole. Nānā!

Ke kipa 'oe (holidaying) lawe mai i kou quilt pono'i, uhi quilt ('elua).

Mana'o nā kahu kia'i o ke ao holo'oko'a no nā pō anuanu, nā ma'i e pono ai ka ho'oma'ama'a mau 'ana i ka 'eke Hooded Quilt. Hā'awi ia i ka hiamoe lani. 'O ka 'eke Quilt Hooded' he 'eke moe i hana 'ia e like me ka ma'ama'u o kahi CG N-ABs1.

Ho'ohana 'ia me ka uluna a me ka quilt ma luna.

He palupalu, ho'opa'a 'ia, aloha ka 'ili me ka ho'oka'awale wela, hiki ke holoī 'ia i ka mīkini. Hooded Quilt nui eke: laula 1 m, lō'ihi 2.15 m. 'O ka uhi 'eke Quilt Hooded he kālā ma'ema'e ('a'ohē alloy) i ulana 'ia i loko, e hā'awi ana i ka anti bacterial, anti microbial, anti static properties, loa'a nā 'ala. Ua ho'opa'a 'ia nā 'eke 'upena makika e ho'ohana 'ia no ka mālāma 'ana i ka wela, ka ea circulation.

I kēlā me kēia pule he 7, holoī 'ia ka uluna (ho'opiha 'ia a me nā uhi 'elua), holoī 'ia ka 'eke 'eke Hooded Quilt. I loko o ke kopa biodegradable 60°C wai (A'o! 'A'ohē ho'oma'ema'e malo'o). 'O ka malo'o 'ana ma ke ea kahe maoli, ka makani ('a'ohē mea malo'o) a me ka malu ('a'ole pololei ka lā).

'O ka 'au'a 'ana i ka hiamoe he mea hō'eha! 'A'ole 'ae 'ia ka ho'omāinoino 'ana ma ke 'ano he mea hana nīnau. Ho'opa'a 'ia ka po'e ho'omāinoino:

MS R7 I ke kakahiaka ma hope o 7 hola o ka hiamoe:

E ala, e lawe i ke aniani wai kāmāna, hele i ka lua, hana 'Daily-Fit (Exercises)', ho'omana 'Daily-Prayer', holoi maka, lima, , e paina kakahiaka, e aahu.

E nānā i kāu 'Planner'. I kēia manawa ua mākaukau 'oe no nā 'ike ola. I ka hele 'ana i waho e 'a'ahu, nā lole pale, ke po'o, ka maka a me nā wāwae.

## Ka pō pō! E ho'ōla i ka Honua Honua!

E koi i ka ha'alele 'ana o ka wala'au waho i ka pō (pō pō)! He pono kaiāulu!

'A'ole i hana 'ia ke kino o ke kanaka no ka pō. Ua ho'ohana hewa nā kāmāna i ko lākou mana lolo e hana i ke 'ano o ka pō. 'A'ole pono kēia nohona i ke olakino maika'i. Pono ka pō-curfew no ke olakino maika'i.

He 7 hola pō pō mai 14-21 hola (22-6 hola, 24 hola Pagan clock) pono. No ke olakino maika'i, ho'emi i ka: ho'ohana 'ana i ka ikehu, hewa, haumia, pale i nā holoholona hihū. 'O ka ho'emi 'ana i ke kumukū'ai i ke aupuni, ho'oikaika i ka ho'onui.

'A'ohe mea hana (pa'a nā mea a pau) koe wale nō ka pilikino pilikia. 'A'ole ho'ohana 'ia ka ikehu koe wale no ka pilikia a me ka wela! Ua 'ae 'ia 1 lekiō nūhou lehulehu ua pio nā 'oli'oli 'ē a'e! 'A'ohe mea hana, ke'ena, a hale kū'ai paha e hana a ho'ohana i ka ikehu! Hiki i nā hale ke ho'ohana i ka ho'omehana ('a'ahu mahana), ka ho'olu'u (ka lole māmā) i ka wā 'oi loa.



Pono ka pō-curfew. No ka maika'i o ke kino kanaka a me ka noho kūloko. Ho'okō 'o Shire i ka pō-Curfew ma o Shire Rehab MS R1 Ua hā'awi 'ia nā mea hewa hou i ka Provincial Rehab MS R3 Climate Protection no ke ola 'ana.

Pono ka pale 'ana i ke ea no ka pale 'ana i ke kino o ke kanaka, nā holoholona, nā pua'a, hana 'ai. Ka pale 'ana i ke ea: pale lole hiki ke kū'ai aku  
a me ka ma'ema'e hiki ke mālama 'ia!

Pono nā lole pale no ka pale 'ana i ke kino o ke kanaka mai ka hau, ka ma'ī a me ka haumia. Pono nā lole pale e hō'olu'olu, pono (pale i ka wā 'ino) a me ke kumukū'ai.  
Palekana

'O ka lole ka uhi po'o, nā lole, nā pūkini, nā kāma'a!

'O ka pale po'o he 2 'āpana po'o (balaclava, beanie, K-scarf)  
a me ka pale maka (makamaka). Hiki i ka mahiole ke ho'ohui i nā mea 'elua. Ho'ohana  
'ia ka pale po'o i waho!

Balaclava (Beanie). Uhi 'o Balaclava i ke po'o a pau e hō'ike ana i nā  
maka wale nō. Ho'opili 'ia me ka hulu hipa a i 'ole ka hui 'ana o  
pulupulu a me ka hulu hipa ('a'ole fiber synthetic). Hiki ke kala a i 'ole  
He pom pom kāhiko ma luna. I ka wā 'a'ole  
pono ka pale 'ana i ka maka a me ka 'ā'i hiki ke ho'olalelale 'ia ka  
balaclava a lilo i 'Beanie'.



K-Scarf. Hiki iā K-Scarf ke uhi i ke po'o a pau e hō'ike wale ana i nā  
maka. Hana ia ma ke 'ano he uhi po'o a me ka pale (maximum  
pale). Ho'opili 'ia me ka hulu hipa a i 'ole ka hui pū 'ana o ka pulupulu a  
hulu hipa ('a'ole fiber synthetic). Hiki ke kala a i 'ole ke 'ano.

Mālama 'o Balaclava a i 'ole K-Scarf ma ka uhi 'ana i ka waha ihu. 'O ka pollution in-  
haling, nā ma'ī lele make a me nā pepeke u'i  
pale 'ia. Eia kekahi, ua ho'emi 'ia ka ma'ī allergies a me ka hānō. Hoemi i ka  
hopena o ka ea malo'o a me ke anu. Loa'a i ka ho'olaha 'ana i ka ma'ī lele.

He 2 ho'olālā ka pale maka : Practical, single lens (visor); Fash-ion, 2 lens (nānā).  
Ho'ohana 'ia ka pale maka i waho!

Nānā Kī'i Rim: pono e mālama i nā 'āpana ea ma nā 'ao'ao a pau  
(luna, lalo, 'ao'ao). Pono e haki ('a'ole nahā i ka wā e noho ai  
ma). Hiki ke kala i kekahi waiho'olu'u.

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

V-Helmet pale po'o i ke kīkēkē. Pono ka lauoho, ke po'o i ke ea  
pale mai ka pulu anu, ka hahau loa, ka pollution. He poo kekahi  
Pono ka pale mai ke kīkēkē: he V-Helmet me ka GPS tracker i kūkulu 'ia.

'O ka pūpū o waho he metala a synthetic paha. Loa'a iā ia ka laina waena e hiki ai  
e ho'onani 'ia: plumage,.. 'O ke kaula 'ili auwae pa'a i kahi microphone. 'O ka  
'O ka makakū ma ka 'ao'ao 'ao'ao, pololei i luna, 'a'ole hiki ke haki, 'oki loa



pale, pale i nā kukuna UV, 'a'ole e ho'oku'u 'ia, ho'oponopono 'ālohilohi ('ele'ele, māmā, māmā, 'ele'ele). He 'ili hope ko ka mahiole ma ke 'ano he pale 'āī.

Aia ka V-Helmet i loko o ka pale 'ili. Ho'okomo 'ia i loko o ka padding nā 'āpana pepeiao. Hiki ke ho'ohana 'ia kahi Balaclava (Beanie) a i 'ole K-Scarf ma lalo o ka mahiole. No ka ho'oma'ema'e 'ana i ke kapa o loko o ka mahiole mai ka hou 'ana, ka dandruff, ka momona. 'O nā mea kōkua waho: kukui kukui, kukui kukui infrared; he mea ho'opa'a wikiō kikoho'e.

## Ho'ohana mau 'ia ka pale po'o i waho.

Pono nā lole pale no ka pale 'ana i ke kino o ke kanaka mai ka hau, ka ma'i, ka haumia. 'O nā 'āpana kino nui i pale 'ia e nā lole pale 'o ke po'o, ka 'ili a me nā wāwae. Ho'ohana mau 'ia nā lole pale i waho.

Pono ka ili i ka pale nui, mai nahu (holoholona, kanaka), stings (in-sects, needles), ma'i (bacteria, fungi, germs, virus), radiation (wela, solar, nuclear), exposure (acid, ahi, hau, 'oi 'oi, pulu).

Ka pale 'ana i ka nahu : pale i ka huhū, nā holoholona a me nā kākā.

Pale i ke ku'i : uhi 'ili ('a'ahu pale) koe wale nā maka.

Mai 'ō i ke kino a i 'ole ka pe'a ('o ka 'oki 'ana iā 'oe iho ma ke kino a i 'ole ka pe'a he mea 'ino, ma'i, hiki ke kumu i ka ma'i). E pale i nā manamana lima ke humuhumu.

Ka pale 'ana i nā ma'i : 'ili ma'ema'e, uhi 'ia me nā lole pale.

'O ka mea'ai olakino, ho'oikaika kino, nā mea 'ala, nā mea ho'ohui, ka pale 'ana.

Ka pale 'ana i ka radiation : uhi i ka 'ili ('a'ahu pale) no ka wela, ka lā.

No ka nukili kahi lole kūikawā e uhi ana i 100% o ke kino. 'Ōlelo A'o! 'A'ole maika'i ka hō'ike 'ana i ka 'ili 'ōlohelohe (Nudity) i nā mea (weather) .

Ka pale 'ana i ka 'ike: 'a'ahu pale, 'a'ahu (me ka pu'u) a i 'ole 'āpana 'elua i hana 'ia me ke olonā, pulupulu, hulu hipa, a i 'ole pulupulu, hui 'ana o ka hulu hipa ('a'ohe fi-bers synthetic) kekahi kala a me ke 'ano. Pono e loa'a (ka uhi a i 'ole 2 'āpana) ma ka 'āī pālule, nā lima puff\* , pani 'ia nā wāwae ma nā pulima lima, nā ku'eku'e wāwae (draft proof)...

\*O nā lima pu'upu'u, nā wāwae e hiki ai i nā hui ku'eku'e a me nā kuli ke ne'e manuahi.

Ho'okumu pū ka ea o loko i ka mālama 'ana i ke aniau no ka 'ili, ke kino.

Hana 'ia nā lole mai loko mai o nā pulu maoli: 'ili holoholona, 'ili mea kanu, siliki,



pulupulu a huluhulu paha. 'A'ole ho'ohana 'ia nā fiber artificial no nā lole pili i ka 'ili kanaka. Icaianoaaiuo o artificial fibers no ka lole hope.

'O ka lole pale he mea'olu'olu, lō'ihi, kūpono, kūpono  
'O nā lole pale lole nani (designer label) he mea kū'ai nui, pōkole  
hua'ōlelo, .. 'A'ole 'ae 'ia!

Pono nā wāwae i ka pale (nā socks, nā kāma'a) mai ke aniau, kikeke. 'ili, manamana wāwae,  
pilikia nā ku'eku'e wāwae. 'O ka pale wāwae i pale 'ole (Sandal, Slip-pers, Thongs) wāwae,  
nā ku'eku'e wāwae he mea 'ole. Ho'ohana mau 'ia ka pale wāwae  
waho. He maika'i 'ole ka hele wāwae wāwae 'ole i waho.

Ho'opili 'ia nā soka mai loko mai o ka pulupulu a i 'ole kahi hui o ka pulupulu a me ka huluhulu (no  
fiber synthetic). Hiki ke kala a i 'ole ke 'ano. Loa'a i nā soka ke kālā ma'ema'e  
nā 'āpana ('a'ohē alloy) i ulana 'ia i loko, e hā'awi ana i ka anti bacterial, anti microbial,  
anti-static properties, hō'emi i nā 'ala. Uhi wāwae wāwae a hiki i 7 knm ma luna o An-  
kles.

'O nā kāma'a he 'ili pale luna, palupalu i loko  
'ili ('a'ohē synthetics) wāwae 'ili a 'ili paha. Nā kāma'a kāma'a  
pale wāwae a hiki i 7 knm ma luna o Ankles. Ho'oma'ama'a nā wāwae wāwae  
synthetic i nā wāwae e ho'olapalapa iā lākou. Ho'oma'ema'e iā lākou i ka  
ho'omaka 'ana i nā 'ōpala! 'A'ole hiki iā 'oe ke hele wāwae.



Ho'ohana 'ia ka pale lima (mau mīkina lima) e like me ka mea e pono ai! Nā mīkina lima  
hana 'ia me ka 'ili, ka pulupulu, ka hulu hipa, a me ka pulupulu,  
hui hulu hipa ('a'ohē synthetics) kekahi kala a me ke 'ano.

## E pale i kou kino e ho'ohana i nā lole pale ma waho!

Palekana Palekana (home, noho, hana) he pono kanaka, pale  
mai ka hewa (security), nā mea (weather), ke ahi, nā 'ōpala, ka pollution. 'O kahi hale  
mālama mālama ma'ema'e hiki ke kū'ai 'ia he 1 AKUA hā'awi pololei 'ia! kahu mālama  
'Oi aku ke kia'i i ka hale cluster (noho kaiaulu) i ho'olako 'ia e ka  
Shire (e nānā i ka ho'olālā shire)!

'O ka papahēle o ke ke'ena , nā paia, ke kaupaku, 'o ia ka cyclone, ke ahi, ki'eki'e humidity re-  
sistant precast concrete panels. Hiki ke holo 'ia nā papahēle, 'a'ole  
pahee, anti static, mold, mildew inhibiting, hygienic.

'O nā Windows Sliding Horizontal he aniani 'elua aniani. Pāku'i lā'au 'ole. 'A'ohē pale a i  
'ole nā pale (ke olakino: lepo, germs,  
nā inike...) ma waho o nā pani pani (hiki ke laka), i loko o ka ho'ohēhe'e 'ana  
pale pepeke.

Ho'ohana 'ia no ka ho'omehana 'ana i ka papahēle (ka mahu, ka wai wela) . 'O ka ho'olu'u 'ana ma ka  
e ka ea maoli. 'O ka mahana wela 19-21 ° C.

\* He Karaima ka hoopau ikehu

Pono e ho'ololi 'akomi 'ia ke kukui\* i ka On, Off.

\*  
He Karaima ka hoopau ikehu

## Palekana no ke ola, palekana, hō'olu'olu.

Ho'oma'ema'e maika'i no ke olakino maika'i . Ho'omaka

ka ma'ema'e a me ka ho'oma'ema'e me ka hi'ohi'ona pilikino, pili i ka home, ke a'o a me ka hana. 'O ka ma'ema'e a me ka ma'ema'e e pili ana i ka no'ono'o a me ka no'ono'o.

'O ka ma'ema'e 'ana i kēlā me kēia lā. Holo lima ma hope o kēlā me kēia kipa halepaku a ma mua o kēlā me kēia hānai. Holo maka ma mua o kēlā me kēia hānai. Palaki niho a holo i ke kino holookoa ma mua o ka moe. 'Amu 'o HE ma ka lili'i 'elua i kēlā me kēia pule. Holo lauoho i ho'okahi manawa i ka pule. Hele 'o Kia'i kia'i i nā 'ākoako ma'ema'e (nā niho 'ūlū, huluhulu 'ia, holo 'ia ke kino holo'oko'a), lauoho maka (HE), 'āahu 'ia nā mea ma'ema'e a ma'ema'e (ke po'o a ka wāwae).



Ma hope o ke ala 'ana i ke kakahiaka, hiki i kēlā me kēia lālā o ka 'ohana ke hana i ko lākou wahi moe. A'o nā mākuia i nā keiki pehea e. Ho'opiha i ka ma'ema'e kakahiaka. 'O ka manawa kēia e 'āahu ai, e ho'okomo i ke kapa i ho'omākaukau 'ia ( ahiahi ma mua) i ka mea i mana'o 'ia e 'āahu. Ho'oma'ema'e 'ia kēlā me kēia pahu ho'omaha ho'omaha ma mua o ka ho'opiha hou 'ana a ho'opa'a inoa 'ia (ma'ī'o, lā ho'opiha). Ma hope o ka 'aina kakahiaka ma'ema'e kahi 'ai. E ho'ihohi i nā pahu i kahi waihona. Ho'okomo 'ia nā ipu lepo, nā mea hana i loko o ka paila. Ua mākaukau ke kanaka e ho'omaka i kāna mau hana i kēlā me kēia lā (home, kula, hana, hana manawale'a).

He lepili ma'ī'o nā pahu a pau. He lā ho'opiha nō ho'i nā pahu mea'ai. E mālama pono i nā pahu pahu. Ho'opa'a pa'a 'ia nā pahu pō'ino ('awa'awa, 'awa'awa) (ke keiki a me ka hō'oiā kūpono 'ole).



Mai waiho i nā mea i ho'ohana 'ole 'ia (nā ipu, nā mea hana, nā mea pā'ani) e ho'opuehu i nā lako, papahelu, wahi hana. Ma hope o ka ho'ohana 'ana, e 'ohi i nā mea i loko o kahi waihona ma'ema'e (i hō'ailona 'ia). E mālama mau i nā mea ma kahi ho'okahi. A laila ma'alahi lākou e loa'a.

Ma mua o ka moe. E ho'omākaukau a ho'onohonoho i nā mea hana āu e mana'o ai e 'āahu i ka lā a'e. Ho'opili i nā 'eke me nā mea i mana'o 'ia e lawe 'ia i ka wā e ha'alele ai i ke kakahiaka.

E mālama i ka ma'ema'e a me ka ma'ema'e o kou puni. Hoemi: Ka lepo (maika'i no kou 'ōnaehana hanu). Micro organism (bacteria, germs, viruses)

emi mai na mai, make. 'O nā pepeke (nāhu, larvae, stings) līlīlī i nā ma'i, nā 'ōpala. 'O Vermin ('iole, 'iole, 'iole), līlīlī kulu, laha o ka micro-organism, emi mai ka ma'i ahulau.

'O ka ho'ohana 'ana i ka bleach a i 'ole ka disinfectant ikaika e ho'onui i kou manawa e loa'a ai ka ma'i pulmonary obstructive mau. E ho'ohana i ka mea ho'oma'ema'e ili maoli: Ho'ohui, 1 kīaha bicarbonate o ka soda, 1/2 kīaha winika ke'oke'o, e ho'ohui i kekahi mau kulu o ka aila pono. Pono e ho'ohui i kahi punetune o ka pa'akai. Pono e kihe! Kihe i loko o kou 'āī. Mai ho'olaha i ka ma'i.

Mai honi i ka lehelehe. 'O ka honi 'ana i nā ma'i ma'i wikiwiki loa. Holo i ka ihu.

Mai lulu lima! Elima kī'eki'e! Inā 'a'ole 'oe e komo i nā mīkina lima.

Pono ka ho'opa'a 'ana! He mea ho'oweliweli ka po'e i loa'a 'ole i ka lā'au lapa'au i ke kaiāulu! Ho'opa'a 'ia lākou a ho'opa'a 'ia, pili 'o MS R4 Hygiene i ka no'ono'o. 'O ka moe kolohe, ka mana'o ponoī, ka inaina, ka 'ino, ka no'ono'o, he mau mana'o 'ino e pale 'ia. 'O ka ho'okō 'ana i nā mana'o maika'i 'ole e alaka'i i ke kuleana!

Ua emi ka maika'i o ka ea i ka ho'ololi ea. 'O aku, nā ahi 'oi aku ka nui (nā nahele, forest, nā ahi ahi)! 'O ka hale kanaka (lānahu, lepo, kinoea, 'aila, lā'au), nā mea pono (lānahu, 'ōpala, kinoea, 'aila, uranium), lawe 'ia (lānahu, kinoea, 'aila) ke ahi! Pono ke kaiāulu e no'ono'o e ho'ohana i ka pale hanu!

Mana'o 'ia nā lako pale hanu ma waho (rpe) !

Ua helu 'ia ka Rpe e ka maika'i o ko lākou pale 'ana i nā 'āpana. Ho'ohana 'ia nā masks P2. No ka pale 'ana, ho'opa'a pa'a 'ia nā maka (ua kahi 'ia nā 'umi'umi)!

Ho'ohana 'ia nā mea ho'oma'ema'e ea ma loko! Ho'ohana 'o Gadget i kahi kānana HEPA. E pani i nā puka a me nā puka makani a pau.

Ho'opuka nā kānaka i nā 'eke 'ōpala, 'ōpala! Ho'okumu kēia i kahi pilikia olakino ma'ema'e. Ho'okumu ia i ka haumia e komo i ke kaulahao mea'ai kaiaulu.

Pono nā kānaka e hō'emi i ke kū'ai 'ana i nā mea pono 'ole, ho'oha'aha'a i nā hale, ho'emi i nā hana manawa le'ale'a (nā hanana lehulehu, ha'uki, mele, ...)



'A'ole kūlohelohe ka 'au'au kanaka. 'A'ole ho'olālā 'ia ke kino o ke kanaka e noho i loko a i lalo o ka wai. 'O ka 'au'au 'ana i loko a i 'ole ma lalo o ka wai he mea kūlohelohe a

pono e pale aku. Ka wai maoli Nā moana (kai) a me nā wai uka (nā loko, nā muliwai,...). Nā loko 'au'au wai kūlohelohe, nā spa,...

'O ka wai maoli kahi halepaku no nā mea ola a pau e noho ana i loko o ka wai. 'O nā manu e lele ana ma luna o ka wai e hana i kā lākou 'ōpala. Holo nā holoholona a me nā kānaka i loko o nā wai i uka, kai. 'O ka po'e ma kahakai e mimi, menstruate, kiola, ... 'O ka 'au'au 'ana i loko o ka lua he mea maika'i 'ole i ka 'ili. He pilikia nui ke kino o ka wai 'au'au. Mai hana 'oe!

'O nā wai kūlohelohe e like me ka ho'ohēhe'e 'ana i ka pollution, toxin,... 'O ka haumia o ka ea: ka ua waikawa, ka lehu (ke ahi, ka hū 'ana), ka lepo (mining, storms), nuklear radiation (nā kahua mana, pū'ali koa). Komo ka haumia o ka ea i ke kaulahao mea'ai (e ka ea, ka lepo, ka wai) ma hope o ka lilo 'ana i 'āpana o ka mea'ai hu-man!

Ho'ohaumia wai: 'O ka 'eli 'ana, ka ho'olei 'ana, nā kahe wai, ka lawe 'ana i ka wai. Ho'ohaumia ka ea a me ka wai i ka wili 'ana no nā wahie fossil. 'O ka ho'olei 'ana i nā kemika, nā lā'au lapa'au, nā 'ōpala, nā 'ōpala maka, nā toxins ke hana nei i kēlā me kēia lā. 'O nā kahe (nā 'awa'awa, nā kemika, nā lā'au lapa'au, nā 'ōpala, nā 'ōpala maka) mai ka wai 'ino, nā mahi'ai, i loko o ka lepo, haumia. 'O nā mea lawe wai nui, nā moku holo moku, nā super-tank-ers, nā submarines, trawler, nā moku kaua nā mea haumia nui. Ho'ohaumia ho'i ka lawe wai li'ilii i nā wai uka. 'O ka ho'ohaumia 'ana i ka ea, ka lepo a me ka wai, 'o 'Environmental Vandalism' he hewa: MS R7.

Aia i loko o ka wai kūlohelohe ka hui 'ana o nā kemika e malo'o a ho'onāukiuki i nā maka, lauoho a me ka 'ili. Pono e pale 'ia nā loko 'au'au, nā spa. 'O nā loko 'au'au he 'ōpala elitist o ka li'ilii o ka wai ma'ema'e. Pau kēia 'ōpala!



## Palekana e pale aku i ka hana ino!



Ho'omaka ka hana 'ino me ka hānau 'ole. Ho'okumu nā wahi 'ino i ke 'ano o ka hana 'ino no ke koena o ke ola. Pono ka makemake i ka hana ho'omāinoino e ho'ohuli i ka hana 'ino. Nā mea ho'oulu: 'O ka wai'ona, ka huhū, ka pā'ani pili, ka maka'u, ka ha'uki hakakā, ka na'aupō, ka ho'oha'aha'a, ka nele o ke aloha, ka ho'ololi 'ana o ka no'ono'o, ka ho'oikaika 'ana o nā hoa, ka ho'onāukiuki, ka 'ino: wikiō, nā pā'ani wikiō...

'O kahi keiki hānau 'ole i hō'ike 'ia i ka makuahine a me ka makuakāne me ka 'ōlelo hō'ino kekahi i kekahi. E a'o i ka maika'i o ka ho'omāinoino waha a hana 'ia pēlā ma hope o ke ola. He un-

hānau 'ia i hō'eha 'ia e ka makua kāne. E hanau hou ia ma hope o ke ola e ho'omanawanui i ka ho'omāinoino kino e HE. E no'ono'o 'o HE hānau hou maika'i e hō'eha iā ia.

Hiki mai paha ka hana 'ino mai kekahi mea 'ē a'e. Mai ka holoholona hihui paha. Mai Pets mai paha. Hiki mai paha ma muli o ka hana a ke Aupuni.

He kaiāulu e noho pū ana me ka mālama 'ole 'ana i ka 'Violence'. Will 'Pepehi!' (Abortion, Assassination, Death Penalty, Genocide, Massacre) 'O ka pepehi 'ana i ke kanaka he mea ho'oweliweli ia i nā kānaka a pau, he hō'ino iā 1 GOD !!! 'A'ohe kanaka, hui, kuleana aupuni e pepehi! 'O ka pepehi kanaka 'a'ole loa he hopena.

## Kāohi, 'Ho'omāinoino', ho'omaka ma ka home!

He kanaka ko kēlā me kēia lālā kaiāulu kuleana ola e ho'opa'a i ka hana 'ino. Hui (ho'omaka) Neighborhood Watch. E nānā, ho'opa'a hou, hopu (civilian),... E ho'olilo i kou kaiāulu i wahi hewa 'ole!



'O ka ho'opa'a 'ana i ke kaiāulu kahi hana hui. 'O ia ho'i ka pili pili 'ana ma waena o ke kanaka. 'O ko lākou 'ohana, nā hoaloha, nā hoalauna, ke kaiāulu a me nā 'ano aupuni āpau.

He kuleana ko ka po'e e ho'opakele i ko lākou home. He kuleana ko lākou e mana'o ai mālama i ke a'o 'ana a me ka hana. Kōkua nā kānaka i ko lākou mau hoalauna i ka wā e ho'opilikia 'ia. Kōkua nā mea hana i nā hoa hana. Kōkua nā mea ho'ona'auao a me nā haumāna i kēlā me kēia 'ē a'e. 'O ka pahuhopu o kēlā me kēia Shire ke kū'oko'a kū'oko'a.

Hā'awi 'o Shire i nā lawelawe Sentinel. Lawe 'o Sentinel i ka pilikia ha'aha'a a waena kiai a kiai. Ma ka hana a i 'ole ma ka hana, e hō'ike ka Sentinel i nā 'ano kū'ē i ka lehulehu (karaima, pollution, vandalism), hō'ike i kekahi kaiāulu. nā pilikia olakino a palekana. E hopu 'ia 'o Sentinel no ka mea i 'ike 'ia ua haki nā uhaki a me nā hewa. Ho'opili 'ia kahi Sentinel i kēlā me kēia Neighborhood Nānā Kaiāulu.

Hā'awi 'o Shire i kahi curfew 7 hola pō mai 14-21 hola (CG Klock). No ke olakino maika'i, ho'emi i ka ho'ohana 'ana i ka ikehu, emi ka haumia a me ka pale 'ana i nā holoholona hihui. 'O ka emi 'ana o ka hewa, ke kumu kū'ai i ke aupuni, e paipai ana i ka ho'onui 'ana.

Ke kōkua nei nā limahana lawelawe ulia pōpilikia i ka ho'okō kānāwai. Ma ka noho ana

maka'ala i ka uhaki 'ana i nā Rula, Nā Kūlana ma ka hana a i 'ole ka hana. Pono paha lākou e ho'opa'a kanaka. Hiki ke kāhea 'ia ka mea mālama 'o CE e kōkua.

'O ka po'e e 'ae i ka hana 'ino, e nānā i ka hana 'ino, MS R2 ! 'O ka po'e e ho'oikaika nei (ho'ohau'oli, kōkua), ho'oulu, ho'omāinoino, pale i ka po'e kolohe mai ka hopu 'ana, MS R3 ! Pili pū kēia i ka hakakā, pili i ka ha'uki!

Na Marshall e alaka'i i ke kaiāulu ma o nā ho'olaha ho'olaha lehulehu e wehewehe ana i nā Rula Panalaa (Laws). Ke alaka'i pākahi. Mālama 'o Marshall i ke kaiāulu, kaiapuni, nā holoholona hihui: ho'okō i nā kānāwai Karaima a me nā Kivila, nā lawelawe pilikia kaiāulu, Quarantine, Provincial Rehab, PHeC, PDeC a me CE, Crematorium, liaise me Sher-iff. Nā Māka'ika'i> Palekana palena, nā holoholona hihui a me nā mea kanu, mālama kaiapuni,.

'A'ole lawe, ho'ohana, nā mea kua pono i nā kānaka kīwila! Ua uhai ia MS R7 !

E ho'omana'o 'a'ole 'o Violence ka pane. 'A'ole ia he hopena!

Ke koho

balota No ka palekana a me ke ola, kāko'o ka po'e i nā moho lehulehu i koho 'ia i ke Aupuni. Ma ke koho balota 'ana e mālama lākou i ke kuleana o ke aupuni. 'A'ole hiki i ke koho balota ke hopena i nā radical e lawe i ke Aupuni a ho'okumu i kahi Tyranny (ho'oilina a politika paha). Ho'one'e hou 'ia nā mea ho'omāinoino, MS R7. Kāko'o 'o 'Universe Custodian Guardians' i nā 'ano aupuni 'elua wale nō, 'o 'Province' (provincial) a me 'Shire' (local).



E mālama i ka Honua Honua!

E ho'ōki i ka puhi 'ana

i ka 'ōpala E ho'opau i ka

ho'olaha 'ana o ke

kūlanakauhale E ho'opau i

ka ho'ohana 'ana i nā

Toxins End Tyrannies kanu lā'au

'O ke ola kanaka, ka hopena, ka 'imi 'ana i ka lewa a me ka noho 'ana o ka lewa!

