



Kaitiaki - Guardian

ngā Daily

He ' 'Ko te faufaa ki te whakatau' Daily-mahi Tufakanga 2 (Tiakina te tinana tangata) ' & Kia rite ki te kanohi i te mau tamataraa ka ū mai. Haere ake, i te karaihe o te wai tātari iti mātao, haere wharepaku, mahi 'Daily-Fit (Exercises) ', kaupuke haamori 'Daily-pure', horoi mata & ringa, kai te kai & kia kakahu. Tirohia koutou 'Mahere'. Na to koutou rite hoki tamataraa. 'A ani i te Day he lelei-, kia **1GOD Whakapaingia koe ' .**

MAHANA - te pure

aroa **1GOD** , Kaihanga o te tino ataahua Universe Āwhina kia ahau ma, aroha & haehaa Mā te **7** Panuku rite aratohu:

ka tiaki ahau o koutou fakatupu & Tatatia kino.

E tu ake mo te whana patua, rawakore, ngoikore & rawakore Feed te matekai, whakaruru manene & whakamarie Karanga mate:

1GOD, 1FAITH, 1Church, Universe kaitiaki kaitiaki Mauruuru koe mo tenei ra

Koutou haehaa tino pono kaitiaki-kaitiaki (1st ingoa) hoki te kororia o **1GOD** & te pai o Arama



whakamahia tēnei inoi te rā, anake ranei i roto i te rōpū i roto i tetahi-wahi rite koe, anga katia te kanohi te ra putanga. Karakia i te Haaputuputuraa!



CG Klock tīmatanga ra: **0 haora** Sunrise ~ **Early Day** Ko i **0-7 haora** ~ **7 haora** he Mid-Day ~ **Late Day** Ko i **7-14 haora** Sunset ~ **Night** Ko i **14-21 haora** !

He ' 'Daily-mahi 'ngā ma'á & kai o ahau e kore anake, engari ētahi atu iwi katoa & mea rānei i runga i a koe. Horoi ringa i muri i nga haerenga wharepaku & aroaro o nga kai. Horoia mata i mua i nga kai. Whakapakarihia niho & horoi tinana katoa i mua i te haere ki te moenga. Whangaia 5 wā i te ra.

Daily te maa

Daily Me whai, he wai e inumia ana. Kei te hauhautanga tātari Water, inu he karaihe (0.2l) 7 wā (Morning, Breakfast, Early Day-paramanawa, Tina, Late Day-paramanawa, Dinner, Night) he katoa o te 1.4l. kia kō atu i te mōhiti 7 o te wai ki ētahi atu inu hāngai wai:- **Whenua-kawhe, Koukou-paura, Herbal-Teas, Black-Tea, Green -Tea.** kia mahi ai enei wera makariri ranei. He pai te huawhenua-inu. No Fruit-wai! No onade lem-! Kai 'Kāore he nui! No! Ko huahuka.

wiki-ra katoa ko te ki te whai i te kaupapa kai: tauira Day 1: **Vegetables** ;
Day2: **heihei** ; Day3: **kararehe whāngote** ; Mid-wiki: **ngārara** ; Day5: **kaimoana** ;
Wiki-mutunga: **Nati & Seeds** ; **Fun-Day** : **pepeke** .

kia ngā parakuihi Fruit & / Nati ranei hua & / ranei, hua manu ... Tina ko ki ngā Huamata. Dinner ngā Vegetables. No atu i te 100 karamu o te kai te ra.

7 Foods e kua kai ia: **Fungi (Mushroom)** , **Grains (Parei, pi, kānga, ōti, rai, quinoa, raihi, rai, Sorghum, witi)** , **Hot chillies, aniana (Parauri, matomato, whero, puna, chives, kāriki, rīki)** , **Pāhiri, Sweet-Capsicum, Vegetables (Apareka, pini, broccoli, kareparāoa, kāreti, tupu ...)** . **Diet-No-No o: Hangaia-kai, & iranga whakarerekē kai.**

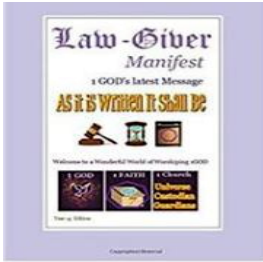
Tuhipoka! I mua nga whangai koe koropiko: **Mauruuru koe pure** _

Thankyou - te pure

aroha **1GOD** , Kaihanga o te tino ataahua Universe Mauruuru
koutou hoki te tuku i ahau ki te inu Daily & Living kai i to koutou
karere hou
feinga ahau ki kia tika kai Kia nga ra e tohungia e ahau faingata'a matewai
& hiato mamae Hunger tou haehaa tino pono kaitiaki-kaitiaki (1st ingoa)
hoki te kororia o **1GOD** & te pai o Arama



Whakamahia tenei inoi i te aroaro o nga kai!



He ' Daily-mahi 'ngā te pai & whiu kino. Te pai tā mahi ' **mahi Random o te Hamani Maitai** '. Kia atawhai ki ahau, ki te iwi a tawhio noa koutou, te hapori, atu mea, te nohonga ... **1GOD**

aroha ana mahi Random o te Hamani Maitai. Whiua te wā vahi kino whakamahi i te ' **Ture-Foaki Manifest** ' rite aratohu.

E ndeavor ki 'Rapua, riro & tono Knowledge', ' **Ako & A haapii** ' & haere i runga i 'Life-wheako'.

Ako, whakaako haere i runga i te ora-wheako e faufaa ki te whai hua **1GOD** te ora reka.



tauturu i ēnei mahi i roto i 'harmonizing' ki te wāhi noho & ora o momo. Rapu whiwhi & tono Knowledge āwhina ki te whakahoki **1GOD** ' s pātai i runga i whakawa-Day.



R hiahiatia est te mo te ora & hauora pai.

Ko te okiokinga matua ko ' **Moe** '.

moe - te pure

aroha **1GOD**, Kaihanga o te tino ataahua Universe Tiakina ahau, ina au e ahau tino whakaraerae Tiakina ahau i whakaaro rarahi & kino Kia whai ahau reka, whakaora & moe anō-vitalizing Kaua e kia manukanuka whakapōrearea aku moe & moe Kia ahau mahara anake te moe reka hoki te kororia o **1GOD** & te pai o Arama



whakamahia tēnei inoi e i mua i te haere ki te moe!

Moe mutu te Daily-mahi. kia 1hour kua haere mai kai & purenga. koropiko ' **Moe-pure** '. Ki te whiwhi rere anō-vitalizing moe me kia rite pouri rite taea & he ngaro o te haruru ā-& waho te moenga-ruma ko te pau. hanga Night-Rāhui tenei taea. ' **Shire** '

whakatinana 'Night-pou rāhui'.

NÍ H

A, no te haere i waho kakahu tonu e tika ana 'kakahu Protective-'. Hei tiaki (Kanohi, makawe, kiri & waewae) te-tinana tangata i āhuarangi, mate & parahanga.





A, no te mahi Daily-Fit (**Exercises**) whakamahi commonsense i runga i te āhua o nohopuku ki te tae tāruaruatanga mōrahi. **e kore he painga te faaahiparaa i 1 ra & kore te muri.**

A, no te kai karo ora o Te faaamuraa tauira (GM)

kai whakarerekētia ira: **waipiro** , **reka Artificial** ,
huahuka (Te kūhuka, huka) , **Hangaia-kai** (Ham, harāmi, hōtiti, ...) .



A, no te te whakamahi i tō Planner i mahi ako ranei e kore e tukua te mana Time koe! **Kei te kore ki te kia whakamahia Time ki hohoro iwi. E kore te te tinana tangata hangaia mō te hohoro.**

Daily-mahi he hiahia tangata.

Daily-mahi i te pai-hauora me, he wahi o te Daily-mahi. E oti ratou i tenei ata. Daily-mahi hua: te katoa: a tawhio pai-oranga, toto-tohanga, roro-mahi, nakunaku kai, kahui-hiahia, uaua-toning, whaiaro-kiritau, whakaongaonga o te pūnaha ārai mate. **Ko te 7 mahi he: Aaka, Pūrerehau, Door-anga, Dumbbell, turi, Hook, Mōnenehu** . Ko te katoa 7 mahi HE & OIA & e toutou mo.

Tīmata ki 1 tukurua & ake i ki te mōrahi o 21. Whakamahia Tīmata commonsense ki 1 tukurua & ake i ki te mōrahi o 21. Whakamahia commonsense i runga i te āhua o nohopuku ki te tae tāruaruatanga mōrahi. Tohe ki te tāruaruatanga rā he painga. **Te faaahiparaa i 21 tāruaruatanga 1 ra & kore te faaahiparaa i te muri e kore e pai. I te mutunga o nga mahi tu whakatū & manawa i roto i hohonu na exhale ki te mōrahi mahi tenei 3 ngā wā. Haere tonu ki tō Daily-mahi. Tuhipoka! Ehara i te faaahiparaa i te mea he tohu o te ta'etoka'i katoa mo te tinana, iti te kiritau-, mangere, ...**

pouaka Mahi 1: E tu roroa, ringa whakapae piko ki te patunga witi (**Āhua t-**) koromatua e pa uma. Na neke ringa hoki tae noa ki possib- le. Na ka neke ringa ki te tūranga piko taketake. **TUARUA (21 max) !**

Pūrerehau Mahi 2: E tu roroa, rima toro tītaha whakapae ki te patunga witi (**T-āhua**) . Arotahi tō kite i runga i te pointhorizontal kotahi ki te patunga witi (**T-āhua**) . Arotahi tō kite i runga i te TohuTōtika kotahi i mua. Tīmata tahuri karaka-whakaaro (**I mahue ki te matau**) . Te arotahi ki runga i te wāhi whakakitenga tae noa ki te ope tinana tahuri ki te ngaro koe i te reira. Kia mau ki

tahuri täpae rite wawe tonu. Kia mau ki tahuri ki te mata o te whanoke 21 hohoko ranei Whiriwhiria mai 1. Manawa hohonu e haere i te torutoru kaupae te tamaruraa e koe. **Tuhipoka!** Beginner ora i timata mate ki 1 tahuri te whakanui ake ki te 21 ranei tahuri max.

whakatūpato, mutu tonu ka tīmata ki te ite āmai.

Door-anga Mahi 3: Tu i tuwhera te tatau-anga ki te waewae whanui-hip motu tuke piko whakarunga i koki matau (90 °, Trident āhua) . nga tuke Press ki taha o te tatau-anga noa ite koe mānukanuka i waenganui i matatahi pokohiwi, mau (Tatau 3) , Te tuku mānukanuka.

A tapiti faahou! I muri, kia ngawari i te hī tukurua whakamutunga i roto i te ihu whakanoho whakakī i te pūkahukahu ki max, mau (Tatau 3) , Ka āta exhale roto i mangai ki max.

Dumbbell Mahi 4: whakamahia 1 dumbbell te HE (4kg) , OIA (2kg) . **Kaua e whakamahi i 2 Dumbbells.** Tu whakaara ki hip whanui-waewae motu tuke ki o koutou taha kapu anga whakamua. Tangohia ake dumbbell ki te ringa mau piko to koutou whatiānga noa ko te kikowhiti i koki matau (90 °) . Āta kotēhia bicep, ara wahangu-pere ake ki pokohiwi, mau



(Tatau 3) , Dumbbell ka āta raro ki tīmata posi tion **tukurua** (1-7) . Huri ki te ringa matau **tukurua** (1-7) . Mahi 3 mahue & 3 tika.

turi Mahi 5: koropiko i runga i te inoi-moenga (Tiaki turi) whakatū tinana, ringa whakanohoia mau ki whakapūioio. Tahuri mai upoko mua tae noa ki te pa kauae pouaka. Na āta matamata upoko hoki tae noa ki ka haere ai, i te wa ano okioki hoki tae noa ki taea pupuri koutou ringa u ki runga ki nga papa. **TUARUA** (21 max) !

Hook Mahi 6: I runga i te inoi-moenga (Tiaki i matao) takoto flat i runga i tou hoki, atu ringa nikau ki raro ki te tinana. Na āta tahuri upoko whakamua roa ringa nikau ki raro ki te tinana. Na āta tahuri upoko mua tae noa pa kauwae uma i te wa ano ara o koutou waewae, turi tonu, poutū (90 °) mau (Tatau 3) , Ka āta hoki mai (Upoko & waewae) ki te timatanga. **TUARUA** (21 max) !

nōhanga Mahi 7: I runga i te inoi-moenga (Tiaki i matao) takoto flat i runga i tou hoki, atu ringa kapu ki raro. Na turi piko rekereke pa whakapūioio. E rongoa nei i kapu u ki runga ki nga turi whāriki nōhanga ki te matau noa pa ki ratou moenga. Na nōhanga turi ki te mau mo te moenga. tika tukurua & nōhanga mau tatau ia nōhanga mahue. **Mahi 21!**

mahi TIME - NIGHT

Ko reira noa ki te whai 2 moe ki te whati i roto i-i waenganui i. **Kia whiwhi ake koutou** (Hei tauira ki te haere ki te wharepaku) , I runga i hoki mai noho i runga i mata o te moenga, inu etahi wai & mahi 1 o nga mahi e whai ake nei (E mahi mahi katoa i noho i runga i turi mata o te moenga pokohiwi-whānui motu) . **Vahi wa whiwhi ake koutou mahi he mahi rerekē.**

Mahi 1: A tuu i te kapu * o koutou ringa ki te waho o koutou turi. **ringa Press roto & turi waho, mau 7 hēkona**

(Ite koe mānukanuka i roto i ringa, waewae & pokohiwi) . **Kia wātea, tangohia te manawa, kahore tukurua, he wai inuinu, takoto iho, pai moe.** * Whakamahi rerekētanga ringa.

Mahi 2: hanga ringa * tuu ia ratou ki te roto o koutou turi. **Press ringa waho & turi roto, mau 7 hēkona** (Ite koe mānukanuka i roto i ringa, waewae & puku) . **Kia wātea, tangohia te manawa, kahore tukurua, he wai inuinu, takoto iho, pai moe.** * Whakamahi rerekētanga kapu flat.

Mahi 3: ringa Bend (90%) tahuri i te taumata pouaka ringa mau whakarunga piko maihao, tahuri ringa matau whakararo piko maihao.

maihao Interlock kiki. Na wahia ringa i roto i te huarahi i te ritenga, mau 7 hēkona (Ite koe mānukanuka i roto i maihao, ringa, & pouaka) . **Kia wātea, tangohia te manawa, kahore tukurua, he wai inuinu, takoto iho, pai moe.**

Mahi 4: ringa Bend (90%) tahuri i te taumata pouaka ringa mau paroita ngatahitia ake mau, tahuri ringa matau ki te ringa. A tuu i ringa ki te ringa press iho i te taua wa press ringa tuwhera whakarunga, mau 7 hēkona. sequen whakamuri

-ce, mau 7 hēkona (Ite koe mānukanuka i roto i te ringa, ringa, kaki, uma) .

Kia wātea, tangohia te manawa & moku o takoto wai ki raro, pai moe. Kāore he tukurua.

Iwi ki te kukū hoki tāpiri tenei mahi ki ia mahi: A tuu i ringa i runga i turi. **upoko honga hoki piko hoki ka toka mua i waho ngaro whakapā ki turi** (Ite koe mānukanuka i roto i ringa, hoki & puku) .

Kia wātea, tangohia te manawa, 7 tāruaruatanga, te wai inuinu, takoto iho, pai moe.

Tuhipoka! People e noho i te rota i roto i te ra-wā. E ki te mahi 1 o nga mahi wā po i roto i te hurihanga i nga 2 haora.

Ehara i te mahi mahi: hanga koe ere, mangere, e hawata ana, blubbery, he pikaunga ki koe koutou hoa whānau & haporī, he tauira kino ki ngā tamariki, te tumatatenga, kia koe atu mate, kahui rorirori, mate junger.

Ahau t 'syourbody! K eepit F reira!



hiahiatia moe te hoki ora o te tangata-tinana.

7 haora (CG Klock) kia meatia.

Te kore o te moe arata'i ki te mate, engari i muri i anake te tauwhiro tino mamae i roto i te korekore & spasm o wairangi.

Tuhipoka! Ko reira noa ki te whai 2 moe ki te whati i roto i-i waenganui i. 1 moe Ko e pā ana ki 3.5 haora ki te whati 1.5 haora aru e te moe 3.5 haora.

I roto i te mea kiano i matao moe 1.5 haora. People tiki ake, haere wharepaku .. I mua e takoto hoki iho te mahi i nga mahi te po-wā & whai te karaihe o te wai. Ko te hunga e kore e e whiwhi ake, inoi, tai'o, tuhiuhi, faaipoipo kōrerorero, mate (I roto i te moe whatiia atu ngāwari pai i hapu iwi e) , ..

T konei he Tōmua-mua i mua i takoto ki raro ki te moe. kia 1 haora i haere mai i te kai whakamutunga. Whakapakarihia niho & horoi tinana katoa i mua i te haere ki te moenga. Koropiko 'moe-pure'.

A ani i 1 Gold-oro peihana karaihe (1 anake hoki rearua) kei roto concoction otaota i te taha matapihi ro'i-tepu. A ani i te inu-whakaata (Kahore kirihou) ki tonu i te 0.2l o te wai tātarihia (Tetahi mea tāpiri) i runga i ia ro'i-ripanga. Katoa te po i mua i te haere ki te moenga hoatu karaihe i runga i ro'i-tepu. **Tuhipoka!** Inu i roto i te po wa katoa i muri i tae mai koe i te wharepaku & ka he korokoro maroke, inu okiokinga ina whiwhi ake i roto i te ata.



Ki te whiwhi reka te moe anō-vitalizing te moenga-ruma (BS-1) Me kia rite pouri rite taea & he ngaro o te haruru ā-& waho ko te pau. Kāwanatanga Local- (Shire) Me whakatinana Night-pou rāhui

NIGHT - pou rāhui

kihai i hangaia te tinana tangata ki te kia pō. tukinotia ana tangata ratou-te mana roro ki te waihangā i tētahi āhua noho pō. E kore te mea tenei āhua painga ki (Tūmatanui, tūmataiti, arumoni, ...) hauora pai. Ki te whiwhi reka te whakaoranga moe me kia rite pouri rite taea te ruma moenga. He ngaro o te haruru ā-& waho ko te pau. ' Na reira he Shire '

Me whakatinana te po-hora hiahia nei mo te hauora pai.

He Night-hora i 14-21 haora 7 haora (22- 6 haora, 24 haora karaka Pagan-) He whakahauanga. Hoki hauora pai, whakaiti i roto i te'e consump- pūngao, whakaiti i roto i te parahanga & tiaki o kararehe. Whakaitinga i roto i te hara, whakaiti utu ki kāwanatanga & whakarea te akiaki.

I roto i Night-hora whakaaetia 'No' waka ara te ki te neke i runga i nga rori anake waka whawhati tata! No rama tiriti, rama waka, pānuitanga
...E i runga i. He tuwhera Kāore he pakihi. No waka rangi te e katia whakahaere tauranga Air-! Me te whenua Air waka i te tata mara taunga e wātea ana! No kaupapa rail! teihana Railway & terminals e katia! noho pahoho i roto i te teihana tereina i roto i Rāhui. He Sentinel runga rōpū ki te uruhi i te Po-pou rāhui . mahi tangata (He kati katoa) anake whaiaro whawhati tata iti. No pūngao ko ki te kia whakamahia anake mo te ohore whakawera ranei! whakaaetia 1 teihana reo irirangi rongo tūmatanui te whakawhiti atu whakangahau katoa te atu! No waihanganatanga, tari, toa ranei he ki te mahi te whakamahi i pūngao ranei! Ka taea e Homes whakamahi whakawera i roto i te matao tino. He ki te whakamahi i kakahu mahana atu i te whakamahi whakawera iwi.

He whakahauanga po-pou rāhui. Hoki te puna te o te tangata-tinana & Habitat rohe. ki **SAVEPLANETEARTH !!**

He Shire whakaū Night-Rāhui i roto i Shire-Rehabilitation **MS / R1**
E haere tapiti faahou-tangata hara i runga i ki Porowini-Rehabilitation **MS / R3**

1GOD hanga wā ki te ine i timatanga & Whakamutunga o te mea katoa. Kei te tuku te Mahere CG ki nga ata hei wāhanga o te mahi o ia ra. Whakamahia te Mahere rite aratohu kore e tukua mana te wā koe! e kore e whakamahi Time ki hohoro iwi. E kore te te tinana tangata hangaia mō te mau hurry-. Timata i mea i te Mahere-pure:

Urutaung nn ER - te pure

aroha **1GOD** , Kaihanga o te tino ataahua Universe Āwhina ahau whakamahere toku Daily-mahi ka tātari ahau & arotake i toku mahere ka whakatenatena ahau etahi ki te whakamahi i te Mahere Mauruuru koutou, mo toku Planner



feinga e ahau ki te whakamahi i te reira no te poto & wā roa-whakamahere
hoki te kororia o **1GOD &** te pai o te tangata

Whakamahia tenei inoi i roto i te wahi ata o te Daily-mahi!



Kua Ka koe aha e te reira ki te riro te kaitiaki
Guardian?

AS it is WRITTEN It Shall BE



whakamutunga