

Cov Qauv Hnub Nyoog Tshiab

Nrog Tus Saib Xyuas Tus Saib Xyuas Hnub Nyoog Tshiab tuaj CGNA cov qauv. Muaj 4. Lawv yog cov kev pabcuam hauv zej zog!

Climate Protection standard 1 CPs 1 Kom ciaj sia tib neeg lub cev xav tau kev tiv thaiv huab cua! Kev nyab xeeb kev nyab xeeb: tshav ntuj (kua hluav taws xob), Kub (kub, txias), ntub dej (txias, hypothermia), Cua (hlawv, txias, plua plav). Kev tiv thaiv huab cua muaj xws li kev tiv thaiv taub hau, tiv thaiv khaub ncaws, tiv thaiv khau. Kev hem thawj rau tib neeg lub cev liab qab ntawm daim tawv nqaij (piv txwv li) raug rau cov ntsiab lus.

Kev ntsuas tus qauv 1 Ms 1 Tus Saib Xyuas Tus Saib

Xyuas siv cov qauv Hnub Nyoog Tshiab (NAs) los ntsuas. Ib tug tshiab metric version. UCG kev pabcuam zej zog.

Length Base unit: meter (m) ~ **Cheeb tsam Base** unit: square-meter (m²) ~ 3 D meter (m³) ~ **Volume Base** unit: litre (l) ~ **Luj Base** unit: grams (g)

Ntim txheem 1 Ps 1

Ps 1 (Packaging standard) npog cov neeg siv khoom xav tau: ncaj ncees yooj yim los sib piv cov khoom kom muaj nuj nqis thiab ntim khoom. Ntim yog recyclable thiab biodegradable. Ps 1 a UCG community service.

Pw tsaug zog standard 1 Ss 1

Kev pw tsaug zog yog xav tau kom muaj sia nyob ntawm tib neeg lub cev. 7 teev yuav tsum ua. Tsis muaj kev pw tsaug zog ua rau tuag tab sis tsuas yog tom qab kev mob hnyav dhau los ntawm kev ntshov siab thiab kev tawm tsam ntawm insanity.

AS it is Written It Shall Be



Cov Hnub Nyoog Tshiab

Tus Txheej Txheem Kev Tiv Thaiv Kev Nyab Xeeb 1 CPs 1 Kom

ciaj sia tib neeg lub cev xav tau kev tiv thaiv huab cua!

Kev nyab xeeb kev nyab xeeb: tshav ntuj (kua hluav taws xob), Kub (kub, txias), ntub dej (txias, hypothermia), Cua (hluav, txias, plua plav). Kev tiv thaiv huab cua muaj kev tiv thaiv lub taub hau, tiv thaiv khaub ncaws, tiv thaiv khau. Kev hem thawj rau tib neeg lub cev liab qab ntawm daim tawv nqaij (piv txwv li) raug rau cov ntsiab lus.

Kev tiv thaiv qhov muag tau muab faib ua 2 ntu: Tswv yim: **ib lub lens** (visor).

Zam: **2 lo ntsiab muag** (spectacles).

1. Rim: yuav tsum khaws cov pa tawm ntawm txhua sab (hauv qab, sab, sab saum toj). Yuav tsum tawg resistant (tsis txhob tawg thaum zaum). Yuav ua tau tej xim tej zaum yuav ornamental.

2. Lens (s): unbreakable, heev khawb resistant, thaiv UV rays, tsis pos huab-ging, glare kho (hloov tsaus, sib dua, sib dua, tsaus dua).

Kev tiv thaiv qhov muag yeej ib txwm hnav thaum sab nraum!

V Lub kaus mom hlau tiv thaiv lub taub hau tiv thaiv lub khob. Cov plaub hau thiab taub hau xav tau kev nyab xeeb-tiv thaiv los ntawm txias, ntub dej, hluav taws xob tsis zoo thiab muaj kuab paug. Lub taub hau al-yog li xav tau kev tiv thaiv los ntawm knocks: V Helmet nrog hauv kev tsim GPS tracker, xov tooj, video-recorder..

Lub plhaub sab nraud yog hlau lossis hluavtaws. Nws muaj ib tug midline ridge (tej zaum yuav dai kom zoo nkauj, plumage). Lub puab tsaig plua tuav lub microphone. Lub vi-sor yog nkhaus rau sab, ncaj nce, nqis, tsis tawg, khawb resistant, thaiv UV rays, tsis fogging li, glare kho (tsaus, sib dua, sib dua, tsaus dua). Lub kaus mom hlau muaj tawv nraub qaum li caj dab tiv thaiv.

V kaus mom hlau muaj nyob rau hauv tawv padding. Embedded hauv padding yog pob ntseg.

Balaclava (Beanie) lossis **K Scarf** tuaj yeem hnav hauv qab lub kaus mom hlau.

Txhawm rau kom cov hauv ob sab hauv ntawm lub kaus mom kom huv si ntawm hws, dandruff, roj.

Sab nraum cov khoom siv: lub teeb ci, lub teeb infrared; ib lub koob yees duab.

Balaclava (Beanie) npog tag nrho lub taub hau nthuav tawm qhov muag xwb.

Yog knitted tawm ntawm wool los yog ib tug sib tov ntawm paj rwb thiab ntaub plaub (tsis muaj synthet-ic fiber). Yuav ua tau tej xim los yog qauv tej zaum yuav muaj ib tug zoo nkauj pom pom rau saum. Thaum tsis muaj lub ntsej muag thiab caj dab tiv thaiv Balaclava tuaj yeem dov thiab dhau los ua 'Beanie'.



K-Scarf tuaj yeem npog tag nrho lub taub hau tsuas yog qhov muag pom xwb (kev tiv thaiv ntau tshaj). Nws ua raws li lub hau npog thiab daim ntaub thaiv.

Yog knitted tawm ntawm wool los yog ib tug sib tov ntawm paj rwb thiab ntaub plaub (no



hluavtaws fiber ntau). Yuav ua tau tej xim lossis qauv.

Balaclava lossis **K-Scarf** ob leeg tiv thaiv los ntawm npog qhov ntswg thiab qhov ncauj. Nyob rau hauv-haling muaj kuab paug, kab mob tuag taus thiab stinging kab yog zam. Txo cov nyhuv ntawm huab cua qhuav thiab txias. Kev ua xua thiab mob hawb pob raug txo. Muaj cov kab mob sib kis.

Kev tiv thaiv lub taub hau yeej ib txwm hnav thaum sab nraum!

Cov khaub ncaws tiv thaiv yog xav tau los tiv thaiv lub cev ntawm kev nyab xeeb, tsis yooj yim, muaj kuab paug. Cov khaub ncaws tiv thaiv yuav tsum tau xis, siv tau, pheej yig. Cov khaub ncaws tiv thaiv muaj lub taub hau, khaub ncaws, thom khwm, ko taw kev tiv thaiv. **Cov khaub ncaws tiv thaiv ib txwm hnav sab nraud.**

Daim tawv nqaij xav tau kev tiv thaiv ntau heev, los ntawm Kab (tsiaj, tib neeg), Stings (Kab, koob), Kab mob (Bacteria, Cov kab mob, kab mob, kab mob), hluav taws xob (kub, hnuv ci, Nuclear), raug (Acid, hluav taws kub, Frost, ntse-ntug, ntub).



Cov khaub ncaws yog tsim los ntawm ntuj fibers: tsiaj hides, cog fiber ntau, txhob lo lo ntshuav, paj rwb los yog ntaub plaub. **Artificial fibers** tsis siv rau cov khaub ncaws kov cov tawv nqaij.



Cov khaub ncaws tiv thaiv, Coverall (nrog hood) lossis 2 daim ua los ntawm paj rwb, cog fiber ntau, Wool, los yog ib tug sib tov ntawm paj rwb thiab ntaub plaub (tsis muaj hluavtaws fibers) ib yam xim tej qauv. Ob leeg yuav tsum muaj t-shirt caj dab, puffed * caj npab, ceg kaw ntawm dab teg thiab pob taws (draft pov thawj). * Puffed caj npab thiab txhais ceg tso cai rau lub luj tshib thiab lub hauv caug pob qij txha txav mus los ntawm huab cua sab hauv tsim kev nyab xeeb tswj cov tawv nqaij thiab lub cev. **Artificial fibers** tsis yog siv rau khaub ncaws los yog txhua yam kov tib neeg daim tawv nqaij.

Ko taw xav tau kev tiv thaiv los ntawm huab cua thiab khob. Cov tawv nqaij, ntiv taw thiab pob taws yog ntawm kev pheej hmoo. Nruab nrab ntawm cov ntiv taw yog qhov chaw zoo tshaj plaws rau Kab Mob (kab mob, kab mob, fun-gi, kab mob). Cov ntiv taw tau yooj yim khob. Cov ntiv taw yog qhov tseem ceeb thiab xav tau kev tiv thaiv. Tsis muaj ntiv taw, tsis taug kev. Pob qij txha tau khob, twisted, ob leeg mob. Ntev mus ntev, kev raug mob pob taws ua rau muaj mob hnyav: mob caj dab.

Cov thom khwm yog ua los ntawm paj rwb, ntaub plaub, lossis paj rwb, ntaub plaub (tsis muaj hluavtaws fibers) tej xim tej qauv. Cov thom khwm muaj ntshiab nyiaj hais (tsis muaj alloy) woven nyob rau hauv, muab anti-bacte-rial, anti-microbial thiab anti-static zog, txo tsw. **Cov thom khwm npog Taw taw mus txog 7 cm saum pob luj taws.**



Cov khau khau muaj tawv tiv thaiv sab saud (tsis muaj hluavtaws),
 Cov tawv nqaij tawv (tsis muaj hluavtaws), cov tawv nqaij tawv lossis rub-ber
 (tej zaum yuav rov ua dua). Cov khau looj plab yog tiv thaiv ko taw mus txog
 7 cm saum pob luj taws. Kev tiv thaiv ko taw uas tsis tiv thaiv (Sandal,
 Slippers, Thongs) ko taw, pob taws yog qhov tsis muaj txiaj ntsig.
 Kev tiv thaiv ko taw yuav tsum tau hnav sab nraum txhua lub sijhawm. Taug
 kev taug kev sab nraud tsis zoo.



Kev tiv thaiv **tes** hauv daim ntawv hnav looj tes yog hnav!
 Cov hnav looj tes yog ua los ntawm tawv, paj rwb, ntaub plaub, los yog paj rwb,
 wool mix (tsis muaj hluavtaws fibers) tej xim tej qauv.



Synthetic tawv yog qhov txaus ntshai rau kev noj qab haus huv! Xaus kev tsim khoom!

Cov khaub ncaws tiv thaiv ib txwm hnav thaum nyob sab nraud Shun txaj muag:

Zam zam! Txhua xyoo yuav lub caij nplooj zeeg tshiab, lub caij ntuj no, caij nplooj ntoos hlav, summ-er
 yog ib puag ncig nkoos polluter! Nws xaus!



Designer daim ntawv lo yog elitist ib feem ntawm wealth apartheid. Designer label yog
 tshaj tus nqi. Tsim los ntawm kev ua qhev. Ua rau khav theeb zoo tawm snub-bing cov neeg txom
 nyem thiab txom nyem. Nws xaus!

Cov khaub ncaws **txom nyem** thuam cov neeg tsis muaj tsev nyob. Lawv them nyiaj kom muaj ntaub-
 ing saib ntxuav tawm, muaj lub hom phiaj ripped thiab qhov ua hauv lawv.
 qias neeg! Nws xaus! Tuav cov neeg no lav ris!



Kev hnav khaub ncaws tsis zoo: Cia cov neeg khib nyiab paub tias lawv yog
 pov tseg.

New Age standard

Kev ntsuas tus qauv 1 Ms 1

Tus Saib Xyuas Tus Saib Xyuas siv New Age standard (NAs) los ntsuas.
Ib tug tshiab metric version. UCG kev pabcuam zej zog.

Length Base unit: meter (m) ~

Cheeb tsam Base unit: square-meter (m²) ~ 3 D meter (m³) ~

Volume Base unit: litre (l) ~

Lub cev hnyav : grams (g)

Ntsuas prefixes. Siv Capitalized prefixes rau lub zog zoo.

Prefix Symbol Power [] Tus nqi

Yotta Y 10 10 [24] 1,000,000,000,000,000,000,000,000

Zetta Z 10 [21] 1,000,000,000,000,000,000,000,000

Exa E 10 [18] 1,000,000,000,000,000,000,000,000

Peta P 10 1,000,000,000,000,000,000,000,000

Tera T Giga 10 [12] 1,000,000,000,000,000,000,000,000

G 10 [9] 1,000,000,000,000,000,000,000,000

Mega M 10 [6] 1,000,000,000,000,000,000,000,000

Myria Kuv 10 [4] 10,000,000,000,000,000,000,000,000

Kilo K 10 [3] 1,000,000,000,000,000,000,000,000

Hecto H 10 [2] 10 [1] 100,000,000,000,000,000,000,000

Deca D 10 [0] 10,000,000,000,000,000,000,000,000

base b deci 10 [-1] centi 1

10 [-2] 0.01 d 0.1
c

milli m 10 [-3] 0.001

micro y 10 [-6] 0.000,001

nano n 10 [-9] 0.000,000,001

pico p femto f 10 [-12] 0.000,000,000,001

atto zepto z 10 [-15] 0.000,000,000,000,001

yocto ib 10 [-18] 0.000,000,000,000,000,001

y **Length Base** 10 [-21] 0.000,000,000,000,000,000,001

unit: meter (m) 10 [-24] 0.000,000,000,000,000,000,000,001

~ me me prefixes yog (y) qhov tseem ceeb ntawm

puag. [0] Brackets qhia tus nqi zog. nrug ntawm 2 ntsiab lus.

Example 0..10 = 10

Prefix Symbol Power [] Tus nqi

1 Yotta Ym 10 [24] 1,000,000,000,000,000,000,000,000

1 Zetta Zm 10 [21] 1,000,000,000,000,000,000,000,000

1 Exa Em 10 [18] 1,000,000,000,000,000,000,000,000

1 Peta Pm 10 [15] 1,000,000,000,000,000,000,000,000

1 Tera Tm 10 [12] 1,000,000,000,000,000,000,000,000

1 Giga Gm 10 [9] 1,000,000,000,000,000,000,000,000

1 Mega Mm 10 [6] 1,000,000,000,000,000,000,000,000

1 Myria Mym 10 [4] 10,000,000,000,000,000,000,000,000

1 Kilo Km 10 [3] 1,000,000,000,000,000,000,000,000

1 Hecto Hm 10 [2] 100,000,000,000,000,000,000,000

1 deca Dm 10 [1] 1 meter m 10 10

[0] 1 deci dm 10 [-1] 1 centi cm 1

10 [-2] 0.01 0.1

1 hli 10 [-3] 0.001

1 micro ŷm 10 [-6] 0.000,001

1 nano nm 10 [-9] 0.000,000,001

1 teev tsaus ntuj 10 [-12] 0.000,000,000,001

1 femto fm 10 [-15] 0.000,000,000,000,001

1 teev sawv ntxov 10 teev sawv ntxov [-18] 0.000,000,000,000,000,001

1 zepto zm 1 10 [-21] 0.000,000,000,000,000,000,001

yocto ym 10 [-24] 0.000,000,000,000,000,000,000,001

Chav tsev ' meter ' square : ' meter ' (m²) ~ tsab ntawv sau ua ntej yog (ŷ) qhov tseem ceeb ntawm puag. [0] Brackets qhia tus nqi zog. Dav, dav ntawm ib cheeb tsam multiplied Luas 10 • 10 = 100 m²

Prefix Symbol Power [] Tus nqi

1 Yotta Ym² 10 [24] 1,000,000,000,000,000,000,000,000

1 Zetta Zm² 10 [21] 1,000,000,000,000,000,000,000,000

1 Exa Em² 10 [18] 1,000,000,000,000,000,000,000,000

1 Peta Pm² 10 [15] 1,000,000,000,000,000,000,000,000

1 Tera Tm² 10 [12] 1,000,000,000,000,000,000,000,000

1 Giga Gm² 10 [9] 1,000,000,000,000,000,000,000,000

1 Mega Mm² 10 [6] 1,000,000,000,000,000,000,000,000

1 Myria Mym² 10 [4] 10,000,000,000,000,000,000,000,000

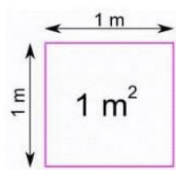
1 Kilo Km² 10 [3] 1,000,000,000,000,000,000,000,000

1 Hecto Hm² 10 [2] 100,000,000,000,000,000,000,000

1 Deca Dm² 10 [1] 1 m² 10 [0] 10

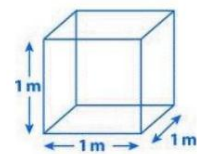
1

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



Square
 meter
 (m^2)

Kub
 meter
 (m^3)



Cubic meter unit: meter (m^3) ~ tsab ntawv ua ntej yog (μ) qhov tseem ceeb ntawm puag. [0] Brackets qhia tus nqi zog. Dav, dav, qhov tob ntawm ib cheeb tsam multiplied. Piv txwv $10 \cdot 10 \cdot 10 = 1000 \text{ m}^3$

Prefix Symbol Power [] Tus nqi

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

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

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

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

Volume Base unit: liter (l) ~ me me prefixes yog (y) qhov tseem ceeb ntawm puag. [0] Brackets qhia tus nqi zog. **Volume** ntawm 2 ntsuas.

Example 0..10 = 10

Prefix Symbol Power [] Tus nqi

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

1 ZPO 10^{21} 1,000,000,000,000,000,000,000,000

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

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

1 TSI 10^{12} 1,000,000,000,000

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

1 Mega Ml 10^6 1,000,000

1 Myria Myl 10^4 10,000

1 Kilo Kl 10^3 1,000

1 Hecto Hl 10^2 100

1 Deca Dl 10^1 1 liter l 10^0 10

10^{-1} 10^{-2} 0.01 1

1 deci dl 1 0.1

centi cl 1 milli

ml 1 micro yl 10^{-3} 0.001 ib

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

pl 1 femto fl 10^{-9} 0.000,000,001

atto al 1 zepto 10^{-12} 0.000,000,000,001

zl 1 yocto yl 10^{-15} 0.000,000,000,000,001

10^{-18} 0.000,000,000,000,000,001

10^{-21} 0.000,000,000,000,000,000,001

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



Ntim

(l)

Qhov hnyav

(g)



Luj Base unit: gram (g) ~ me me prefixes yog (y) qhov tseem ceeb ntawm

puag. [0] Brackets qhia tus nqi zog. **Qhov hnyav** nruab nrab ntawm 2 ntsuas.

Example 0..10 = 10

Prefix Symbol Power [] Tus nqi

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

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

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

1 Peb Pg	10 [15]	1,000,000,000,000,000
1 TSI Tg	10 [12]	1,000,000,000,000
1 Ib Gg	10 [9]	1,000,000,000
1 Mega Mg	10 [6]	1,000,000
1 Myria Mg	10 [4]	10,000
1 Kilo Kg	10 [3]	1,000
1 Hecto Hg	10 [2]	100
1 Deca Dg	10 [1]	10
1 gram g	10 [0]	1
deci dg	10 [-1]	0.1
1 centi cg	10 [-2]	0.01
1 mg	10 [-3]	0.001
1 micro yg	10 [-6]	0.000,001
1 nano ng	10 [-9]	0.000,000,001
1 pico pg	10 [-12]	0.000,000,000,001
1 femto fg	10 [-15]	0.000,000,000,000,001
1 atto ag	10 [-18]	0.000,000,000,000,000,001
1 zepto zg	10 [-21]	0.000,000,000,000,000,000,001
1 yocto yg	10 [-24]	0.000,000,000,000,000,000,000,001

PS-1 (Packaging-standard) npog cov neeg siv khoom xav tau: ncaj ncees yooj yim rau piv cov khoom kom muaj nuj nqis ', ntim. Ntim yog recyclable.

Tsoom fwv yuav tsum tau standardize ntim cov ntsiab lus loj: khoom (gram, Kg), kua (litre). Standard yuav tsum tau siv rau kev lag luam, industrial thiab tus kheej ntim. Ntim yuav tsum yog recyclable.

Universe Custodian Guardians Ntim Standard Table.

Cov khoom hnyav (g, Kg) thiab cov khoom hnyav (l) tsuas tuaj yeem ntim tau, faib-ed, muag hauv 14 qhov ntau ntawm cov lus qhia.

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



10 ml > 20 ml > 50 ml > 100 ml
 200ml > 500ml >
 L > 10 l > 50 l > 100 l > 200 l
 500L > 1000L > 2000L

Tshiab Hnub

Nyoog Txheem Ntim Txheem 1 Ps 1

Ps 1 (Packaging standard) npog cov neeg siv khoom xav tau: ncax ncees yooj yim los sib piv cov khoom kom muaj nuj nqis thiab ntim khoom. Ntim yog recyclable thiab biodegradable. **Ps 1 a UCG community service.**

Universe Custodian Guardians packaging standard table **Khoom** gram **g** **kua** milliliter

ml Kilogram Kg litre l Ton T Kiloliter Kl



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

ml > 100 L > 200 ml > 500 ml > 1 l > 2 l > 5 l > 10 l > 20 l > 50 l > 100 l > 200 l > 500 l >
1 Kl > 2 Kl > 5 Kl > 10 Kl > 20 Kl > 50 Kl > 100 Kl > 200 Kl > 500 Kl >

Cov neeg siv khoom qhia Cov khoom siv , Cov kua dej hnyav qhia tus nqi rau 1 kg, 1 l.

Txhawm rau sib piv cov nqi, + qhov hnyav thiab tus nqi.

Cov khoom nrog tus **nqi qis tshaj kg, l** tus nqi yog **Bargain !**

Deceitful ntim (cov neeg siv khoom dag)

Cov txiaj ntsig kev lag luam tso cai rau kev ua txhaum cai txhaum cai '**Deceitful Pack-aging (consumer fraud)**'. Cov neeg tau txais kev pab xav tau kev tiv thaiv los ntawm kev dag ntxias, tsis ncax ncees, parasitic, predatory, greedy profiteering producers, manufac-turers thiab khw muag khoom uas siv 'Deceitful ntim' (**down sizing ntsiab lus**) coj kom zoo dua (**rip off**) ntawm cov neeg siv khoom.

Piv txwv li kev dag ntxias, tsis ncax ncees, kev ntshaw ua haujlwm li cas.

Ib qho khoom lag luam tuaj hauv pob 0.440 kg siv lawv cov ntawv cim npe. Cov khoom qub kuj tau sau tias yog cov khw muag khoom hauv tsev, tab sis cov ntsiab lus ntawm pob tau txo qis rau 0.415 kg. Nws ua tiav yog li tus neeg muag khoom tuaj yeem muag lawv lub tsev hom ntawm tus nqi qis dua li cov khw muag khoom. Qhov no yog kev dag (**de-ceitful, tsis ncax ncees, greedy trick**) ib tug neeg siv xav tias lub tsev hom yog ib tug bargain vim nws tus nqi qis. Thaum qhov tseeb, tus neeg siv khoom tau txais cov khoom tsawg dua tsis muaj kev txuag. Qee zaum tus neeg siv khoom kawg them nyiaj ntau dua. Cov neeg siv khoom dag!!! **MS R3**

Ib lub chaw tsim khoom ntim nws cov khoom hauv ib pob 0.440 kg. Lwm lub npe siv tib lub ntim ntim tab sis nyob rau hauv kev dag, tsis ncaj ncees, kev dag, kev ntshaw tsuas yog tso 0.425 kg ntawm cov khoom hauv. Yog tias cov khoom muag tib tus nqi, 2nd chaw tsim khoom ua rau muaj txiaj ntsig ntau dua. Tus neeg siv khoom tau txais cov khoom tsawg dua rau tib qhov nyiaj siv. Con-sumer tau dag. Yog tias 2nd chaw tsim khoom muag ntawm tus nqi qis, nws cov khoom zoo li kev sib tw. Vim tias muaj cov khoom tsawg dua hauv 2 pob nws yuav tsum yog li ntawd muag kom tsawg, tsis uand rau nws pheej yig dua thiab cov chaw tsim khoom cia siab rau kev dag ntxias, tsis ncaj nws ncees, siab ntshaw, 2 uas tus neeg siv khoom yuav tsis kuaj qhov hnyav vim lub ntim zoo ib yam li cov khoom sib tw. **Cov neeg siv khoom dag! MS R3** Ntim tuaj feem ntau nrog cov ntsiab lus tsawg dua (cov ntim ntau dhau).

Ntim yog tsim los tuav 6 yam khoom tab sis tsuas muaj 5. Qhov kev dag ntxias no yog los dag ntxias cov neeg siv khoom hauv kev ntseeg tias lawv tau txais ntau dua ces lawv tau txais tiag tiag! **Cov neeg siv khoom**

dag!!! MS R3 Tau tsawg > them ntau dua! Ib lub chaw tsim khoom ntxiv ntsev tsawg dua, Qab Zib. Cov khoom lag luam 'Txo' thiab tsub nqi ntau dua! Kev txo qis yog qhia rau cov neeg siv khoom muaj tus nqi ntxiv (ib yam dab tsi tawm, txo). Yog li xav tau tus nqi siab dua. Tsis muaj tseeb, tsis muaj nqi ntxiv. Chaw tsim tshuaj paus muab tsawg dua, yog li tus nqi yuav tsum qis dua. **Cov neeg siv khoom dag!!! MS R3 Re-duce txhais tau tias muab tso rau hauv tsawg dua.**

Cov khoom lag luam tau ntim khoom kom zoo li cov khoom hauv zos. **Cov neeg siv khoom dag MS R3.** Cov khoom lag luam hauv zos tau ntim rau saib txawv teb chaws, txawv teb chaws. **Cov neeg siv khoom dag MS R3.**

Yuav tsum ua!

Tsoom fwv yog los tsim cov txheej txheem ntim cov ntsiab lus loj rau Tus Saib Xyuas Hnub Nyoog Tshiab tus qauv, Ps 1. Tus qauv siv rau kev lag luam, hauv kev lag luam, kev ntim khoom ntawm tus kheej. **Nco tseg!** Kev ntsuas Imperial tsis siv lawm. Tag nrho cov ntim yog recyclable.

End Deceitful-Packaging Tsim

UCGPs 1 (Packaging standard)

Txhawb Ps 1 Ntim tus qauv rau txim rau kev ntim khoom **siv dag ntxias!**

Khoom hnyav, kua hnyav qhia tus nqi rau 1 kg, 1 l.

Sib piv cov nqi + qhov hnyav thiab tus nqi.

Cov khoom nrog tus **nqi qis tshaj kg, l** tus nqi yog **Bargain !**

New Age standard

Sleep standard 1 Ss 1

Kev pw tsaug zog yog xav tau kom muaj sia nyob ntawm tib neeg lub cev. 7 teev yuav tsum ua. Tsis tsaug zog ua rau tuag tab sis tsuas yog tom qab kev mob hanyav dhau los ntawm kev nyuaj siab thiab kev tawm tsam ntawm insanity.



Txhawm rau kom tau txais kev zoo siab rau kev pw tsaug zog, chav pw yuav tsum tsaus ntuj li qhov ua tau thiab tsis muaj suab nrov sab hauv thiab sab nraud yog qhov yuav tsum tau ua.

Tsoom Fwv Hauv Cheeb Tsam (Shire) yuav tsum ua raws li kev cai hmo ntuj! Lus Cim: Nws yog ib txwm muaj 2 pw tsaug zog nrog kev so hauv nruab nrab. 1st pw tsaug zog yog li 3.5 teev nrog 1.5 teev so tom qab 3.5 teev pw tsaug zog.

Kev pw tsaug zog tsis txaus yog depriving lub cev ntawm nws lub peev xwm kho mob cuam tshuam rau lub plawv, lub cev tsis muaj zog, endocrinology, neurological, puas siab puas ntsws thiab kev ua haujlwm anabolic. Kev pw tsaug zog tsis txaus yuav ua rau apnea, rog rog, insulin tsis kam thiab kev nyuaj siab ntev. Kev pw tsaug zog tsis txaus yuav ua rau tuag taus. Kev pw tsaug zog tsis txaus yog cais raws li Kev Tsim Txom.

Kev pw tsaug zog zoo ua rau txav mus rau thaum pw tsaug zog, pw ncaj nraim lossis nrog lub hauv caug tsa, nraub qaum, sab lossis lub plab. Kev pw tsaug zog yog cuam tshuam nrog kev ntsuas cov kab ke hauv qab no: Cortisol, Melatonin, kev loj hlob hormone, Insulin, Noradrenalin, Protactinium, Serotonin.. Pw tsaug zog peb qhov hanyav yog txuas: 2 cov tshuaj hormones (Lepton, Reline) ua haujlwm los tswj kev xav tshaib plab, puv puv.

Tsis tsaug zog ua rau koj tsis txaus siab tom qab noj mov, xav tau zaub mov ntau uas ua rau overeating (obesity). Kev pw tsaug zog yog ib qho mob uas xav tau kev kho mob.

Nws yuav tsum tsaus ntuj, nws yuav tsum yog hmo ntuj. Txhawm rau kom muaj kev noj qab haus huv zoo dua pw tsaug zog, chav pw yuav tsum tsaus li sai tau. Tsis muaj suab nrov sab hauv thiab sab nraud yog qhov yuav tsum tau 'Shire' yuav tsum siv 'Hmo ntuj curfew'. 1 teev yuav tsum tau dhau los ntawm qhov kawg pub. Txhuam hniav thiab ntxuav tag nrho lub cev ua ntej yuav mus pw. Kev pe hawm 'Pleev thov Vajtswv'.

Pw tsaug zog thov

1 Tswv Ntuj tos ntsoov mloog koj

Vajtswv Nyob zoo 1 Tus Tswv, tus tsim lub ntiaj teb zoo nkauj tshaj plaws Tiv thaiv kuv thaum kuv muaj zog tshaj Tiv thaiv kuv kom tsis txhob ntxhov siab txog kev xav phem Cia kuv tau so, kho kom zoo dua pw tsaug zog Tsis txhob txhawj cuam tshuam kuv txoj kev npau suav, pw tsaug zog Cia kuv tsuas nco qab lub qab zib. Npau suav Rau Lub Hwj Chim ntawm 1 Vajtswv thiab zoo ntawm tib neeg



Qhov kev thov Vajtsww no yog siv ua ntej mus pw!



Thaum lub sij hawm 1.5 teev pw tsaug zog

Cov neeg sawv, mus rau chav dej . Cov uas tsis sawv, thov Vajtsww, nyeem, sau, ob , peb sib tham, txiv neej (cov neeg tau so zoo dua thaum xeeb), ...

Hmo ntuj ua si **st Exercise:**

1 Muab xib teg * ntawm koj txhais tes tawm tsam sab nraum koj lub hauv caug. Nias ob txhais tes sab hauv, hauv caug sab nraud, tuav 2 vib nas this (Koj xav tias kaum-sion ntawm caj npab, ceg, xub pwg). So kom txaus, ua pa, 7 rov ua dua, haus dej, pw tsaug zog zoo. * variation siv lub nrig **2nd Exercise:** Ua

nrig * tso rau hauv koj lub hauv caug.

Nias lub nrig sab nraud thiab lub hauv caug sab hauv, tuav 2 vib nas this (koj hnov qhov nruj ntawm caj npab, ceg, plab). So kom txaus, ua pa, 7 rov ua dua, haus dej, pw tsaug zog zoo. * variation siv cov xib teg tiaj tus

3rd Exercise: Khoov caj npab (90%) ntawm lub hauv siab theem tig sab laug tes upwards khoov ntiv tes, tig sab tes xis downward bending ntiv tes. Interlock ntiv tes nruj. Tam sim no rub ob txhais tes los ntawm kev taw qhia, tuav 2 vib nas this (Koj hnov cov ntiv tes, caj npab, hauv siab). So kom txaus, ua pa, 7 rov ua dua, haus dej, pw tsaug zog zoo. Kauj Ruam **4 :**

Khoov caj npab (90%) ntawm lub hauv siab theem tig sab laug tes upwards, tig sab tes xis mus rau hauv lub nrig. Muab lub nrig rau hauv tes nias rau tib lub sijhawm nias qhib tes upwards, tuav 7 vib nas this. Rov qab ua ntu zus, tuav 7 vib nas this (koj hnov qhov nro ntawm tes, caj npab, caj dab, hauv siab). So kom txaus, ua pa thiab haus dej pw tsaug zog zoo. Tsis rov ua dua.

Cov neeg uas muaj kev ntshov siab rov qab ntshov qhov kev tawm dag zog no rau txhua qhov kev tawm dag zog: Tso tes ntawm lub hauv caug. Tilt lub taub hau rov qab khoov rov qab ces pob zeb rau pem hauv ntej yam tsis poob kev sib haum xeeb nrog lub hauv caug (Koj xav tias nro ntawm caj npab, nraub qaum, plab). So kom txaus, ua pa, 7 rov ua dua, haus dej, pw tsaug zog zoo.

Muaj qhov yuav tsum tau ua ua ntej pw tsaug zog.

Muaj khob haus dej (tsis muaj yas) ntim nrog 0.2 l ntawm cov dej lim (tsis muaj ntshov) ntawm txhua lub rooj txaj. Txhua hmo ua ntej yuav mus pw, muab iav rau ntawm lub rooj txaj txaj. Nco tseg! Haus dej thaum hmo ntshov txhua zaum tom qab koj mus xyuas chav dej lossis thaum muaj caj pas qhuav, haus dej so thaum sawv ntshov. Muaj 1 lub khob kub kub lub tais (1 tsuas yog rau ob zaug xwb) uas muaj tshuaj ntsuab rau ntawm lub qhov rais sab txaj txaj.

Chav yog tsaus li qhov ua tau nrog qhov tsis muaj suab nrov sab hauv, sab nraud.

Shire (tsoomfwv hauv nroog) yuav tsum siv sijhawm hmo ntuj. Room pem teb, phab ntsa, qab nthab, muaj cua daj cua dub, hluav taws kub thiab cov av noo resistant precast pob zeb panels nrog ntsuab xim nto tiav. Cov khoom siv hluav taws xob tsim hluav taws xob (lub computer, cua sov, TV, xov tooj cua, xov tooj, lub cev muaj zog pw tsaug zog, txaj dej) yuav tsum tau khaws cia sab nraum chav. Cov no nthwv dej cuam tshuam kev pw tsaug zog. Central cua sov (chaw, dej kub), cua txias yog los ntawm ntuj cua ncig. Chav tsev kub yog 17-19 ° C.

Chav loj (sab hauv ntsuas hauv meters) 2 qhov ntau thiab tsawg, 4 phab ntsa: Qhov siab 2.15 m, ntev 3.15 m, dav 2.15 m. Ib leeg (neeg laus) Bunk (me nyuam): 2 ib leeg txaj, 1 hauv qab (tus yau tshaj) + 1 rau saum. Qhov siab 2.15 m, ntev 3.15 m, dav 3.20 m. Muab ob npaug (couple): 2 ib leeg txaj nyob ib sab. Nws pw qhov rooj sab.

Chav phab ntsa 4 phab ntsa ntawm Precast Concrete. Txhua phab ntsa thiab qab nthab yog xim ntsuab, pwm, mildew inhibiting, antistatic. 1 phab ntsa nrog zawv zawg qhov rooj (h 2.05 m, w 0.9 m) kab rov tav 0.2 m ntawm robe. 1 phab ntsa nrog rau sab hnub tuaj qhov rais (txhua sab 0.7 m) 1 m ntawm pem teb (dav: kab rov tav center). 1 cov phab ntsa (lub taub hau sab) muaj .9 m ntawm hauv pem teb 1 txaj lub teeb nkaus xwb (dav: hori-zontal center). 1 cov phab ntsa (ko taw-sab) muaj pem teb rau qab nthab tag nrho dav ntawm chav wardrobe (0.5 m tob, drawers, tsee, robe qws), zawv zawg qhov rooj.

Chav hauv pem teb (tsis muaj ntaub pua plag): pem teb yuav tsum tau ntub mop cleanable, tsis plam, antistatic, pwm, mildew, inhibiting, huv si.

Chav qhov rais (sliding kab rov tav): Kab rov tav zawv zawg qhov rais yog tint-ed ob glazed. Square tsis nto ncej hauv kev ntsuas: 0.7 mx 0.7 m. Tsis muaj kab hlau rhuav lossis drapes es tsis txhob sab nraum cov shutters (lockable) hauv kab rov tav zawv zawg kab.

Chav qhov rooj (sliding kab rov tav): Qhov rooj yog 2 kab rov tav zawv zawg Cov qhov rooj: **Sab hauv**, khoom, lockable sab hauv qhib qhib. **Sab nraud**, kab screen qhov rooj, lockable, 1 txoj kev pom kev.

Chav huv: 'Ceiling thiab phab ntsa ntxuav' muaj tshuaj tua kab mob, tiv thaiv kab mob, tshuaj tiv thaiv pwm, mildew inhibiting peev xwm. 'Qhov Rooj thiab Robe-cleaner' muaj antistatic, antibacterial, anti plua plav mite, anti germicide, mil-dew inhibiting peev xwm. 'Qhov rai ntxhua khaub ncaws' muaj anti streak, anti glare, condensation inhibiting peev xwm.

Ceeb toom! Tsis muaj tshuaj tua kab! Saib xyuas 'Radon' paug!

Base, Mattress Yam yuavtsum tau kawm uantej: Lub hauv paus yuav tsum muab lub txaj ruaj khov txhawb nqa thiab muab cua ntwis mus rau lub txaj. Ib lub txaj yuav tsum tau ua kom zoo-tain lub ntuj nkhaus ntawm tus txha nraub qaum hauv txhua txoj hauj lwm pw tsaug zog.

Base yog ruaj khov, tsis muaj suab nrov. Nws tsis muab hluav taws xob sib nqus nthwv dej (lub cev muaj zog). Yuav tsum yog theem kab rov tav (tsis muaj tilting qhov chaw). Base muaj 7 tshem tau cov khoom ntoos-slats (qhuav, hnuv nyoo) qhov dav ntawm lub txaj. Base yog plua plav dawb. Nws txhawb nqa qhov hnyav ntawm 150 kg (ib leeg) muaj Warrant-ty ntawm 14 xyoo. Rau kev pw tsaug zog re-vitalizing pw tsaug zog lub cev nkees yuav tsum dag down ib lub txaj yog qhov zoo tshaj plaws. Nias rau ntawm qhov chaw txhawb nqa ntawm koj lub cev yuav tsum tsawg heev. Lub microclimate ntawm lub txaj yuav tsum tau noj nws qhov kub thiab txias.

Lub hauv paus, txaj loj (ntsuas hauv meters). Sab nraud yog 0.09 m ntawm pem teb. Ua kom huab cua ncig, ntxuav hauv qab txaj. Sab hauv ncej: dav 1.06 m, ntev 2.06 m (haum txaj dav 1.05 m, ntev 2.05 m). Sab hauv ncej muaj 7 xooob ntoos slats: dav 1.06 m, thickness 0.03 m, 0.03 m qhov sib txawv ntawm slats (nce cua ncig ntawm lub txaj), dis-tance ntawm pem teb, slats yog 0.1 m. Qhov chaw khoob ntawm pem teb thiab slats yog rau cua ncig, tu (tsis cia) kom nws khoob. Lub txaj Loj: dav 1.05 m, ntev 2.05 m. **Nco tseg!** Tsuas muaj 1 lub txaj xwb Lub txaj pw. Cov khub niam txiv muaj 2 ib lub txaj Base txaj nyob ib sab.

Lub txaj txaj txhawb nqa lub cev hnyav ntawm 150 kg. Warranty 7 xyoo. Hypoallergenic, txhawb nqa, faib lub cev hnyav, txo qhov siab cov ntsiab lus, nruab nrab kub, fungi tiv taus, Chlorofluorocarbons dawb.

Lub txaj npog (muaj 2: tiv thaiv, sab nraud) ob lub npog yog tshuab ntxuav tau. Kev tiv thaiv npog muaj ib lub zip kom ua kom puv kom ntxuav, sup-plemented, replenished. Kev tiv thaiv npog muaj cov nyiaj ntshiab (tsis muaj alloy) ib feem-cles woven nyob rau hauv muab tshuaj tua kab mob, antimicrobial, antistatic zog, muaj ntshiab tsw. Outer cover yog paj rwb haum daim ntawv npog Protector npog, txaj core. Elastic strips khaws cia rau hauv qhov chaw. **Nco tseg!** Thaum mus ntsib (hnuv so) nqa koj lub txaj pw (ob leeg).

Lub txaj huv huv txhua 7 xyoo lub txaj yog hloov tshiab 1. Hloov lub txaj raug hlauv! Txhua 7 lub lis piam ob lub npog yuav tsum tau ntxuav nrog Cov tshuaj ntxuav tes uas tshem cov stains, ntshiab tsw, ci, yaj cov roj, hmoov txhuv nplej siab, pro-teins, thiab yang nrog cov dej ntshiab hauv dej 60 ° C. (Ceeb toom! Tsis yog qhuav tu). Kev ziaib yuav tsum yog nyob rau hauv cov huab cua ntw, cua (tsis muaj tshuab ziaib khaub ncaws) , ntsoov ntsoo (tsis muaj hnuv ci ncaj qha).

Ceeb toom! Tsis txhob rov siv dua lossis dhau ntawm lub txaj ua ntej. Txhob share a txaj txaj. Kev sib koom ua rau muaj kev pheej hmoo kis tus kab mob.

Pillow, Quilt prerequisites: hauv ncoo tsim kom tus txha nraub qaum nyob rau hauv ntuj kev sib raug zoo, tshem tawm cov ntsiab lus siab thiab txhawb kev pw tsaug zog sib txawv (sab, nraub qaum, plab). Quilt tsim yuav tsum ua tib yam.

Lub hauv ncoo tsim muaj peev xwm ua tau fluffed kom haum rau lub cim pw tsaug zog pos-ture ntawm tus neeg siv thiab ua kom lub ntsej muag ncig. **Lub hauv ncoo tsim** yog hypoallergenic, tsis muaj co toxins, tshuab ntshua. **Lub hauv ncoo tsim txhawb pw tsaug zog-er ntawm qhov siab tshaj 150 kg qhov hnyav.**

Quilt muaj cov nyiaj dawb huv (**tsis muaj alloy**) cov khoom woven hauv kev muab tshuaj tua kab mob, antimicrobial, antistatic zog curb odors. **Quilt tsim muaj lub peev xwm los xyuas kom meej cov cua sov faib thiab cua ncig. Tus tsim** **yog hypoallergenic, tsis muaj co toxins thiab tshuab ntshua.**

Tshua tus neeg yuav tsum tau pw nrog lawv tus kheej quilt. Vim li cas?

Quilt snatching thaum pw tsaug zog, tus khub yuav siv tag nrho quilt tawm koj tsis pom. **Draft** ob pw tsaug zog tig rov qab txoj kev tsim qhov sib txawv qhov twg cua txias muab txias txias. **Tsis zoo ib yam kab mob kis mus.**

Nco tseg! Thaum mus xyuas (**hnub so**) nqa koj tus kheej quilt, quilt cover (**ob leeg**). Tib yam siv rau 'Hooded Quilt bag'.

Hooded Quilt hnab tus neeg saib xyuas pom zoo rau hmo txias thiab Cov kab mob uas xav tau kev sov so zoo ib yam ntawm 'Hooded Quilt bag'. Nws muab ib snug saum ntuj ceeb tsheej pw. Ib 'Hooded Quilt bag' yog ib lub hnab pw tsaug zog ua rau txheem saum Quilt! Nws yog mos, cuddly, daim tawv nqaij tus phooj ywg nrog txawm kub dispensation, tshuab washable.

Hauv ncoo, Quilt, Hooded Quilt hnab loj (**ntsua hauv meters**) Pillow-loj: dav 0.8 m, ntev 0.4 m; Quilt loj: dav 1.40 m, ntev 2.15 m
Hooded Quilt hnab loj: dav 1 m, ntev 2.15 m.

Pillow, Quilt, Hooded Quilt filling (**Tsis yog: plaub, quav nyab, rags, straw**)
yog hypoallergenic, tswj lub hauv ncoo elasticity, tshuab washable.

Hauv ncoo npog (**muaj 2: sab hauv, sab nrauv**), **Quilt, Hooded Quilt hnab.**

Lub hauv ncoo sab hauv lub hau muaj lub zip txhawm rau txhawm rau txhaws, ntshuv, ntshuv. Pem hauv ntej muaj cov nyiaj ntshiab (**tsis muaj alloy**) cov khoom woven hauv, muab tshuaj tua kab mob, tshuaj tua kab mob, tshuaj tiv thaiv kab mob, tiv thaiv tsw. Pillow thiab Quilt Sab nrauv yog ua los ntawm 100% paj rwb thiab muaj zipper. **Hooded Quilt hnab** npog muaj cov nyiaj ntshiab (**tsis muaj alloy**) cov khoom woven rau hauv, muab tshuaj tua kab mob, antimicrobial, antistatic zog, curb tsw. Nws muaj zipped yoov tshaj cum hnab ris los siv rau kev tswj cua sov thiab cua ncig.

Lub hauv ncoo, Quilt, Hooded Quilt bag: huv si (**dej kub, tsis muaj tshuab ziaib khaub ncaws, tsis qhuav qhuav**) txhua 7 lub lis piam. Hauv ncoo (**sau, ob lub npog**), Quilt, Hooded Quilt hnab yog ntshuv nrog detergent uas tackle stains, tsw, brighten, yaj roj, hmoov txhuv nplej siab, protein, thiab yang nrog dej dawb hauv 60 ° C wa-ter. (**Tsis muaj kev tu kom qhuav**). **Qhuav sab nraud nyob rau hauv tej yam ntuj tso cua ntws, cua (no**

tshuab ziaib khaub ncaws), ntshuv ntshuv (**tsis muaj hnub ci ncaj qha**).

Chav pw rooj tog yuav tsum tau ua ua ntej:

Lwm cov rooj tog hauv chav pw muaj 2 yam khoom (**Headboard, Bedside-table**) tsis muaj lwm cov rooj tog yuav tsum clutter chav. Chav pw rooj tog yog kev ua haujlwm zoo, antistatic, tsis tso cov pa phem, yuav tsum yog cov ntoo. Muaj cov npoo npoo, cov ces kaum. Tsis muaj kev tsim cov khoom siv tsim khoom electromagnetic nthwv dej (**TV, xov tooj cua, xov tooj, computer, cua sov, lub cev muaj zog lub txaj dej-txaj**). **Nco tseg!** Tsuas yog siv cov ntoo uas tsis yog cov ntoo uas muaj nplaum (chip board, plywood ..).

Headboard (khoom qhuav qhuav aged ntoo) yog ib lub vaj huam sib luag ntoo uas nyob ntawm-taches mus rau lub txaj slatted. Headboard loj: dav 1.10 m (ib leeg), qhov siab 0.5 m. Yuav tsum muaj cov npoo, cov ces kaum. **Nco tseg!** Ob chav siv 2 ib leeg ib sab.

Lub txaj txaj (khoom qhuav qhuav ntoo) rooj tog nrog 2 drawers. Loj: dav 0.7 m, qhov tob 0.4 m, qhov siab 0.35 m. Lub txaj txaj yog muab tso rau ntawm qhov rais sab ntawm lub hauv paus. Muab ob npaug rau lwm lub txaj txaj yog ntawm oppo-site sab ntawm lub hauv paus.

Cov khoom siv hauv txaj txaj: Haus khob thiab kub lub suab iav tais Haus khob (tsis muaj yas) ntim nrog 0.2 l ntawm cov dej lim (tsis muaj dab tsi ntxiv-ed) ntawm txhua lub txaj txaj. Txhua hmo ua ntej yuav mus pw muab iav rau Lub txaj txaj. **Nco tseg!** Haus thaum hmo ntuj txhua lub sijhawm tom qab koj mus xyuas ib chav dej los yog thaum muaj caj pas qhuav, haus dej so thaum sawv ntxov.

1 Lub khob kub kub lub tais (1 tsuas yog rau ob npaug) uas muaj tshuaj ntsuab concoction ntawm qhov rais sab txaj txaj. Raws li lub concoction evaporates nws muab tawm ntawm cov pa uas muaj txiaj ntsig. Herbal concoction muaj 7 tshuaj ntsuab: Chamomile (matricaria chamomilla), Eucalyptus (eucalyptus globulus), Hops (hu-mulus lupulus), Hyssop (hysopus officinalis), Lavender (lavendula offici-nalis), Lemon balm (melissa officinalis), Rose (rosa damascena).

Ntxuav Rooj tog (Tim ntoo): So nrog qhuav Micro fiber ntaub.

Iav: Ntxuav hauv Antibacterial Dishwing Detergent, ces yang hauv dej fil-tered, qhuav nrog paj rwb phuum.

Kev lim **dej lim dej** yog txo qis: arsenic, asbestos, chlorine, chloro-form, carbonate hardness, tooj liab, av, tshuaj tua kab mob, hlau hnyav, txhuas, tshuaj tua kab, xeb, ...

Hnav khaub ncaws ua ntej:

Muaj 2 hom Khaub Ncaws: Nightgown, Hnav Khaub Ncaws. Hmo Hmo Ntuj yog hnav hauv txaj. Hnav khaub ncaws hnav thaum tawm hauv chav. Cov ris tsho hnav los ntawm Nws, Nws. **Ceeb toom!** Tsis txhob muab ib lub tsho. Sib koom

txaus ntshai kis kab mob.

Nightgown yog lub tes tsho xooob xooob xooob, hauv pem teb ntev ntev hnav ua los ntawm paj rwb (100%). Tej zaum yuav yog 1 xim lossis xim. Lub Nightgown yog xooob kom huab cua ncig lub cev. Tsis muaj dab tsi ntiv yuav tsum tau hnav los ntawm Nightgown. Lub Nightgown tau ntuvav ib zaug ib lub lim tiam tshwj tsis yog tias nws qias neeg ntiv thaum nws pauv rau lwm Nightgown.

Cov khaub ncaws hnav khaub ncaws muaj shawl dab tshos, lub duav khi fastener, 2 sab hnab ris, lub tes tsho ntev, yog lub hauv caug ntev. Nws yog ntawm silk satin. Tej zaum yuav yog 1 xim lossis xim. Cov Khaub Ncaws Hnav Khaub Ncaws yog hnav tshaj Nightgown. Cov khaub ncaws hnav khaub ncaws yog ntuvav txhua 4 lub lis piam tshwj tsis yog tias nws qias neeg ntiv thaum nws hloov pauv rau lwm qhov hnav khaub ncaws.

Nkawm khau (slippers..) yuav tsum hnav nrog lub tsho hnav ris tsho. Khaub ncaws huv si (dej kub, tsis muaj tshuab ziab khaub ncaws, tsis qhuav-tu) Txhua lub lis piam hmo ntuj hnav ris tsho thiab txhua txhua 4 lub lis piam lub hnav khaub ncaws hnav yog ntuvav nrog xab npum uas tackle stains, tsw, brighten, yaj cov roj, hmoov txhuv nplej siab, protein, thiab yang nrog xwb dej dawb hauv 60 ° C dej. (Tsis muaj kev tu kom qhuav). Qhuav sab nraud nyob rau hauv cov huab cua ntws, cua (tsis muaj tshuab ziab khaub ncaws), ntsoov ntsoov (tsis muaj hnub ci ncag qha).

Nyob zoo sawv ntov, ncab sawv, muaj ib khob dej lim, mus tso quav, ua 'Txoj Cai Txhua Hnub (Exercises)', pe hawm 'Kev Thov Vajtsww Txhua Hnub', ntuvav ntsej muag thiab tes, noj tshais, hnav khaub ncaws. Xyuas koj 'Planner'. Tam sim no koj npaj txhij rau lub neej ex-periences. Thaum mus sab nraum zoov hnav 'Cov khaub ncaws tiv thaiv' thiab tiv thaiv lub taub hau.

