

OMUKITHI GWEHULI LYOE OSHIKE?

Omukithi gwehuli lyo E/ lya E ogo omukithi gwa nika oshiponga ha gu kwata ehuli lyomuntu, unene tuu aakulukadhi omeme yeli momategelelo noha gu fala meso. Oha gu taandele unene momeya ngoka inaa ga yela ga nyatekwa koonyanta dhomuntu.

INDA KOKAPANGELO NGELE WU NA OMADHIDHILIKO NGAKA

- Omeho omashunga
- Epupyalo
- Elokoko novulwe
- Ekanitho lyehalo lyokulya
- Okumbilingwa
- Onkungo
- Epunda tali ehama
- Omasita omaluudhe
- Uwehame pomatsakaneno gomasipa



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EKEELELO OLYO OMUKALO GULI POMBANDA MOKUKEELELA
OMUKITI GWEHULI LYA E
NGELE OTO FEKELE KUTYA OWUNA OMUKITHI GWEHULI LYA E
ALIKANA DHENGELA ONOMOLA YONGODHI NDJIKA 0817840710

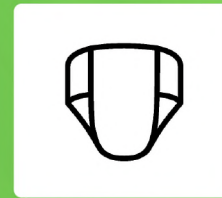


EYOGO LYIIKAHA

Yoga iikaha yoye nomeya nothewa



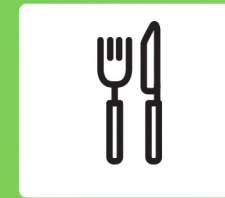
Konima wa longitha okandjugo



Konima wa lundulula omunambo gokanona



Manga inoo longekidha iikulya



Manga inoo lya

KALEKA PO UUNDJOLOWELE WOYE!

1. Yoga iikaha yoye nawa
2. Nwa omeya ga yela nawa
3. Longitha okandjugo ngoye to fumbike oonyata nawa.
4. Kaleka okandjugo koye ka yela nawa nosho woo okatamba ko kwiyogela koonyala
5. Yu guna iihape niyimati nawa nenge wu yi teleke nawa
6. Teleka nawa iikulya noku fulukitha omeya goye manga inoo ganwa
7. Longitha oombiga, niyaha niikwatelwa yoye ya yela nawa



The Namibian Sun



LONGITHA OMEYA GA YELA NAWA:

- Longitha omeya ga yela nawa okuza kopomba nenge medhiya
- Fulukitha omeya nenge wapaleka nomuti gwokuwapaleka omeya manga inoo ga nwa
- Pungula omeya goye ga yela nawa noga siikila nawa mendini