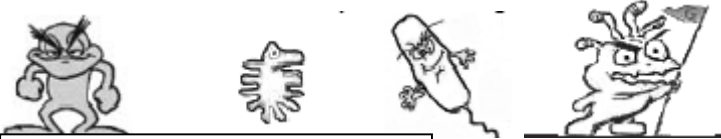


Mji Aakziwin miinwaa maanaa ji zheyaawin.

Skwaajaning, naghaying miinwaa bemaadzijig bimwidoo naawaa mji aakziwin. Aazhtoo semgad dash mji aakziwin. K'dooning skwaajgan etek miinwaa k'diiyang, naasaab mji aakziwin te. Gegwa dash ka nooskwaadziin enji bdakood zayin. Giishpin nbiish aabjitooyin zaakmoo gamigoong , gegwaa gnige naakaaske nbiish zaakmoo naagning etek (Shkwe aang kikong etek nbiish nakaazan) Weweni ge ga gziinjii, gziibiignigan ga aabjitoon jibwaa bdakoodzayin.



Mniwnan

Baakshiw naami k'naghaying daa maachtaamgad enji bdakoodzayin. Enji baakshiyin, enji mskosyin mji aakziwin zhiwoomgad, mniw zhiw oomgad naami naghay. Giishpin kiin naandwe disyin, maanda ga zhichge. Gezhdek gdagiigin menwaabaayek ga zhisdoon enji baakzhiyin. Gezhdek da wiikbidoon mji aakziwin miinwaa mniw aaboo naami naghay ezhimoomgak. Weweni ge ga gziibiignaan enji baakshiyin. Gmaapii mniw aaboo go da bi zaagjiwan. Mii maajaamgak mjiiyi. Naangodnong kiin k'naadmaadaan nsaaknaman enji baakshiyin. Aabdek baanaagok gzhaabnigan ga naakaazan wii bdakoodzayin baakshiyin. Mniw aaboo da maajaamgad, gegwa gnige ga ziinbidoosiin. Washme giishpin k'daa maajiishkaatoon. Giishpin bekish gchi gizhisyin, nangjiyin, gchi bwezyin miinwaa noondeshnan, aabdek mshkiki (anti-biotic) negaasjigemgag k'wii ndoozin. Mshkike waa miigaadang mskwii aapnewin aabdek dawendaagod.

Gdaagiigaanh gzhizwaapnewin

Gishpin bangii zhaabbideg gzhaabnignig wi filter gmiskiiming, miigo ni ngo dbagiiswangag maage ngo dbaagaahns ji maajii gzhizyin miinwaa ni gchi aakziyin. Ka gagijigane, gbi gchi gzhis, gbi gchi biigej, gza zaawenaj. Miinwaa gdo naangshkaa. Giishpin kshkitooyin nwebin, gego miijin, ka gozhe waabowaan. Mii go ni ngo dbagiiswangag pkaan ji ni zheyaayin.

Biipiizde Naapnewin

Aanind edgond-gaadek nbiishing, kaayii digwogmisesnoo eni dgoonman wii bdakodzayin. Talc, chalk cornstarch kawiiin dgwomisesnoo nbiishing. Giishpin nanda ni teg bdakodzayin, mii zhewe ge nji maajtaamgakba biipiizde naapnewin. K'biipiizde k'binaajtoon miidash snagziyin wii neseyin. Pane weweni k'daa zhaapiignaan wi mshkiki enkaazyin bdakodzayin

Naagdewendan K'dooskweyaabiin.:

Ge zhi naagdewendman k'dooskweyaabiin giishpin mji mshkiki aabjitooyin epiichi gbaakogoyin.



Kii kendaan gnimaa (maanoo dash go kdo mkwaamgoo)

Pasan 416.920.9567

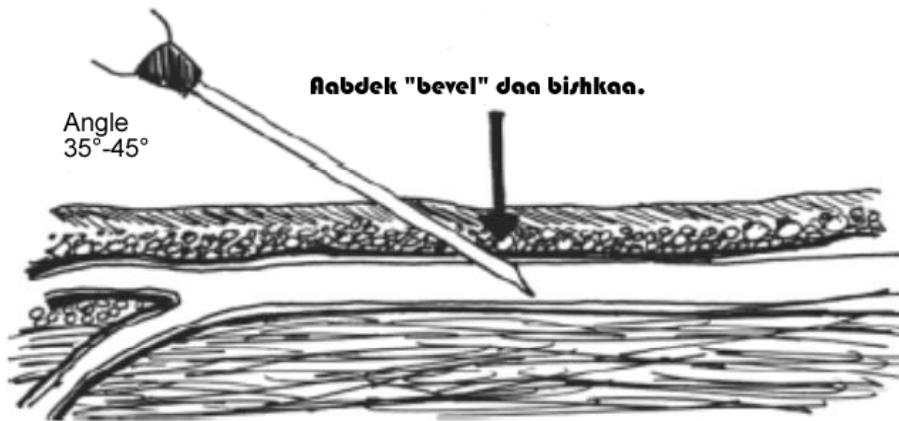
489 College St, Suite 500, Toronto, ON M6G1A5

(N'daapnaanaa biyaapkoosing bi giigdaayin epiichi mjignigooyin gbaakdii gamigoong maanpii Canada)

K'dooskweyaabiin waa zhi naagdawendman.

- E'iidweying k'nikan kdaa kendaan wii bdakoodzayin.
- Zaabwitoon enji wenpanak jiishpin de piichtaaswan.
- Gzhaabnigan gwek da zhinoogemgad k'deying bdakoodzayin.
- "Vitamin C" k'daa daapnaan, k'dooskweyaabiin ji noojgoomgak.

Naagdewendan k'dooskweyaabiin. Mii gaweta newen eyaaman. K'dooskweyaabiin maaji biikshkaanoon giishpin bwo de noojmoomgak epiichi bdakodzayin. Mii ji kendman k'dooskweyaab nbweksemkak giishpin ngo naagok mage kawii mskwi zhaapshkaasnok. Wo zhi naadmaadman k'dooskweyaabiin ji bwaa bnaadak.



Aabdek daa mooshknebi k'miskwiim k'dooskweyaabing jibwaa bdakoodzayin.

- Gjitoon wii pkwok ninjiitaayin weweni ji naagok k'dooskweyaab.
- Engaach gaa znigbidoon maage ka bgaask ga naandis giji dooskweyaabing.
- Ga gwiinjdoon k'nik e mnapiichi mnawagmidek nbiish.
- Maagnan k'wiidneyaab.
- Mchisak ka waawidnidis, shpiming ka waawiikbindis, ka bkwaako niinjii bndis.
- Ka tkobnidis (tournequet ezhnikaadek) k'nikaang; gchipzowin, sabaab, mshkwegnaweyaab, mkisneyaabiin k'daa nakaazan. etc.

Mkewndan mji aakziwin epiichi znagak wii noojmoomgak. Woshme daa wenpanad ji ngasdoong jibwaa debnaming.

Wonji Kdaa'aakweng.

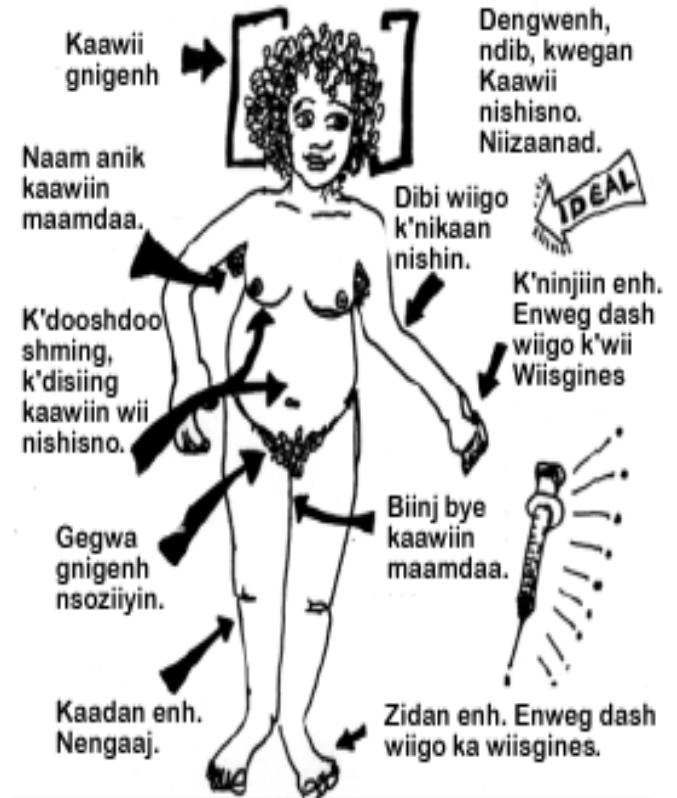
K'dooskweyaabiing k'miskwiim bskaabide k'dehing. Gchi dooskweyaabing dash maajiibde k'miskwiim k'wiwing. Pane k'dooskweyaabiing k'daa bdakwidis. Giispin gchi dooskweyaab miikoman, k'doo mji doodaadis. Kaayii mji mshkiki da nakiimkasno. Aapji getin ga wiisgitoo. Gnimaa gegwa mji mniw daa maajiishkaamgad. Aabdek gonaa k'wii kendaan k'dooskweyaabiin miikooman. Nengaa wiikbidoowin awi gzhaabnigan, da mkadeyaagmi awi k'miskwiim. Giishpin zhewaandek mskwi miinwaa biitewang maage mooshtooyin zhaabnigan zhwebdeg, mii ji kendman gchi dooskweyaab miikooman. Wewiib boontaan. Naankibdoon gzhaabnigan. Mbinkenin giishpin shkitooyin. Mdaaswi dbagaanhs gaa baabijige miinwaa gaa maagbidoon gaa nji bdakodzayin.

Giispin Aabdek Wii Nokaazyin Gchi Goondaagani Dooskweyaab.

Aapji niizaanad giishpin aabdig wii nokaazyin gchi goondaagni dooskweyaab kwegnan eteg wii bdakozayin. Kmiiskwiim daa ni diksin. Mii gegwa wewiib biingebdek kwii nendibing maage k'dehing. Mii dash ji ni maangmisyin. Maage go gdaa ni de apne. Kaa go gnige maanpii nekeyaa k'daa nji bdkodzasii.

Giishpin aabdek, weweni biinton ntam wo nji bdakodzayin. "Alcohol" ka nakaazan. K'deying nikeya ka zhinooge miinwaa aapji shkweying ga bdakodis. (35 degrees noondaaj).

Ka "flag" mitoon ji gwekwendman gii miikoman. Ezhi kshkitoowin nengaa



Mkewndan

- Moonji shkwiing k'dehing moonji bejtaamgak wii noojmoomgak miinwaa k'miskwiim moonji bejiwang. (dbishkoo k'zidaang.)
- K'dehing moonji beshaa bemaabiigin dooskweyaabiin miinwaa gchi dooskweyaabiin miinwaa jiidkoneyaab, mii nanda moonji bnajtoonin myaa ganaandman.
- Wooshme goonaa daa nishin k'nikaang bdakodzayin.
- Gegwa gnigenh ka bdakodzasii enji maajbideg gchi dooskweyaab.(artery) Gwec k'dehing ka zhinooge nekeyaa.