

Liiskayga caadooyinka caafimaadka leh ee afka



Raac tilmaamahan si loo sii ilaaliyo ilka caddayn caafimaad qaabka ah.

- Labba jeer burush ku caday, addoo isticmaalaya burushka cadayga makaanikada ah ama mid gacanta ah
- Isticmaal cajiinka ilkaha ee wata falooryadh
- Dunta ku nadiifi hal mar maalinta
- Nadiifi carabkaaga
- Isticmaal dareeraha afka lagu dhaqo ee ku lidka ah bakteeriyada wadata falooryadhka (ma jirto khamro)
- Isticmaal findhicil ama dunta lagu safeeyo ilkaha (Ku hay MEEL KASTA)
- Isticmaal alaabta wax macaaneeya ee aan sokorta lahayn
- Cab biyaha, oo ku luqluqo biyo
- Xidho ilaaliyaha ciyaaraha
- Kuwan qaba boogta raagta ama boogaha qabow, ku cadayo burush cajiin aan lahayn cajiinka ilkaha oo markaa biyo ku shub biyaha afka aan bakteeriyada lahayn falooryadhka (aan lahayn khamri)

Bulshadda Ilkaha ODS

