

KOresha ibimera nk'imiti ejo udukoresha ibini nk'ibyo kurya



BIMWE MU BIKUBIYE MUR'IYI NYANDIKO (TABLE OF CONTENTS)

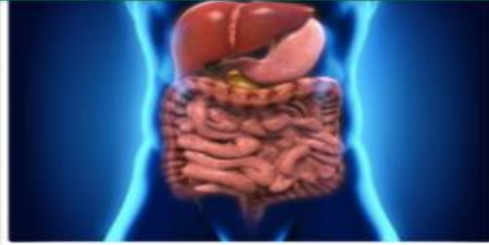
- 1. Igitunguru cya Onyo:** umuti w'uburwayi bwo mubuhumekero, igifu, umwijima, umuhaha, ibibyimba, inkorora, ingaruka ziterwa n'imiti yo muri pharmasi, impiswi, impatwe, n'ibindi...*urupapuro 3-7*
- 2. Indabo za Hibiscus:** umuti w' amazi yibumbiye mu ngingo, umuriro; yoroshya amaraso, uburibwe bw'imihango y'abakobwa, umuvuduko w'amaraso, n'ibindi... *urupapuro 8-11*
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- 5. Indimu na Tangawizi:** umuti uvura Gripe..... *urupapuro 15*
- 6. Umubirizi:** umuti w'inzoka zo munda n'indwara zinyuranye..... *urupapuro 16-18*
- 7. Romari:** ifasha kugira umutuzo no gukoraneza k'ubwonko; umutwe; indwara z'ibzuririzi; ikibazo cy'igogora n'imitsi; ibisebe byo mukanwa; gukingira kanseri; Rubagimpande; kubura ibitotsi; indwara zo munyanya myibarukiro ku bagore; asima; sinezite; bronchite; igituntu; constipation (impatwe)..... *urupapuro 19-23*
- 8. Itunda (Marakuja):** umunaniro w'ubwonko, kwibagirwa, guhangayika.. *urupapuro 24-25*
- 9. Indwara ya sinezite:** ubwoko bwa sinezite, ingaruka n'umuti wayo.*urupapuro25-29*
- 10. Imigati n'amandazi:** Ingaruka zo kurya imigati n'amandazi; gutegura umutsima w'umwimerere; gutegura isosi, no gutegura umutsima uvanze n'imboga..*urupapuro 29-37*
- 11. Kongerera imbaraga abasirikare b'umubiri.....** *urupapuro 38-44*
- 12. Indyo yuzuye.....** *urupapuro 45-46*



Igitunguru gitetse ndetse n'umutobe wacyo ni imiti y'agatangaza y'impyiko, no mu burwayi bwose bwo mu myanya y'ubuhumekero.

Nugutogosa igitunguru 1 na pome 1 wabirapye ukanywa amazi yabyo 250ml kumuntu mukuru

7:12 AM



Ku gifu, umwijima n'amara,

nta muti wabona usumba umutobe w'igitunguru, uvanze n'uw'itunda rya pomme n'indimu.

Iyo ugiye kunywa mukarahuri wongeramo ikiyiko cy'amavuta ya olive no1 or 2.

Ukayanywa mugitondo

Aya kumanywa ukayanywa nta olive irimo

Bikorwe iminsi 3 buri cyumweru kugeza ukize

7:15 AM

Uti wabigenza ute

Togosa onyo wabanje kurapa ufate ibiyiko 3 uvangemo akayiko ka olive uhe umwana wagomeye anywe

Wongere kumuha ku manywa

Ujye usimbuka umunsi umwe wongere ubikore

Umwana azakira yitume neza

Ni onyo iringaniye uteka mukarahuri kamazi 125ml

Akanywa akazuyaze

7:05 AM

igitunguru gikomeza amaso akorana imbaraga nke n'ubwonko,
 • gisohora inzoka zo mu nda kandi kirwanya indwara yo kubura ibitotsi.

7:06 AM



Igitunguru kijya gusa niroza umuti ukomeye kundwara zo mugice cyo hasi guhera murukenyerero

7:22 AM



Ibitonyanga bike by'amazi ya onyo itetse bigashyirwa mu ipamba ukayinjiza mu matwi birwanya uburibwe ku muntu urwaye umuhaha bikanawusohora. 7:26 AM

None igitunguru sikiza bavandi? 7:28 AM

Utuyiko dutatu cyangwa tune duto, kudufata ku manywa, ni urukingo rw'indwara y'igicuri.

Iyo onyo isizwe ku kibyimba gishya vuba.

Iyo bayikase neza igahambirirwa mu irugu, ivura imyuna. 7:29 AM



Niba ari uburibwe bwo mu matwi gusa watonyangiriza ayo mazi ya onyo itetse mu gutwi bigakira.

7:31 AM



Iyo uwo mutobe wa onyo utogosheje uvanze n'ubuki bwiza

ukora ibitangaza mu gukiza inkorora. 7:35 AM

Noneho ngirango iyi nsanganyamatsiko iravuga ngo

Fata neza inshuti y'ubuzima bwawe kuko yagutumweho ngo yirukane indwara mu mubiri wawe

Yaba yamaze kumvikana?

Ahari twese tugiye kwivurisha onyo

kandi tuyirye nk'umuti kugira ngo tutazarya ibinini nk'ibiryo 7:38 AM



Umutobe wa onyo pome na radi uzirukana ingaruka zose zatewe nimiti irimo chemicals ndetse uwo mutobe uzavura nizo ndwara zose zahonduye imiterere bitewe niyo miti. 7:46 AM

Onyo nicyamamare mukuvura indwara

Kurya onyo nuguhitamo kugendana farumasi yimiti mu mubiri

Onyo na pome byirukana indwara

Bigutandukanya nabaganga

Bikuruhura imiti yubushakashatsi (ibinini na siro birimo chemicals)

Tubabwiye ko burya onyo iteye nkinsoro zitukura niyo mpamvu izongera

Muriyo yifitemo ibisa nimitsi

Niyo mpamvu abarwaye imitsi babonye umuti

Burya isa numwijima

Niyo mpamvu kuyirya nyubaka umwijima bigakuramo umwanda

7:52 AM



Uramenye ntukayiraze ngo usongere uyiryeho ejo

7:56 AM

Uko itinda hanze wayikase niko ikurura imyanda

Byumwihariko ninjoro

Ujye uhaha iziringaniye

ukata iyoukoresha yose

Hato utaziteza indwara zatewe nimyanda yakuruwe nigitunguru

Ukogikura imyanda mu mubiri niko iyo itinze hanze wayikase ikurura imyanda yakwangiriza

7:58



Nonese nawe ugiye kuba inshuti magara na onyo?

Ese iyo nshuti yawe wamaze kumenya ibyo yanga,?

Reka ngusabe kujya uzirikana icyo ikumariye

Nawe umenye icyo wayimarira

Nubishaka uzayituzza hafi yawe

Kuko yakwemera no gutuzwa muka base nagacupa washyizemo ubutaka bwiza kandi ukajya usukiraho utuzi kugirango uyirinde ifumbire mvaruganda

Ibyo bizatuma ikubera igisubizo cyubuzima bwawe

8:05 AM

Ngaho yikundishe umwana

Yikundishe abashyitsi

Muyibanze kubiryo murya bwa mbere

Muyivange nizindi mboga

Mugendane farumasi bizatuma indwara zikira

8:07 AM

Nabatetsi nabarangira kutayikaranga

Ahubwo muteke bigiye gushya mukatiremo onyo

Murungishe amavuta bigeze kwisahane

Ntawuzongera gutaka ngo nta apeti afite

8:10 AM



Abahanga bamwe bahamya ko onyo ivura inzoka zo mu mubiri zazindi zitera akayi

8:04 PM

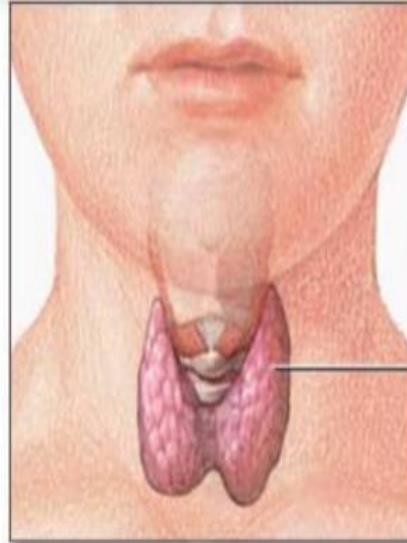
Igitunguru cya onyo

- kirwanya impiswi,
- nk'uko na none kirwanya impatwe.
- Isohora imyanda mu mara.

Kunywa agakombe gato ku munsu k'amazi yateguwe mu buryo bukurikira:

ibitunguru bya onyo binini bitatu, kubikataguramo uduce dutoya cyane, kubishyira muri litiro y'amazi ashushye ukabitereka bikamara amasaha abiri.

Kunywaho buhoro buhoro. 8:09 PM



Glande thyroïde

Onyo yongera amaraso igakoresha neza imvubura ya thyroïde igakora neza.

8:11 PM



Umuti w'inzoka zo munda ku bantu bakuru kuva kumyaka 6

gukatagura ibitunguru 3 bya onyo, duto duto cyane

kurapa tangawuzi ukabona ikiyiko cyuzuye

Sekura ikiyiko cyuzuye cy'utubuto twipapaye

Byose vangira mugakombe

gushyiramo ubuki bwa original ukabushyira hejuru yabyo bikabutwikira neza,

kubipfundikira mu kintu bikamaramo iminsi 6.

Kujya ufata ibiyiko 3 buri gitondo ukangutse ari nta kindi wari wafata

kurangiza ibyumweru 3 ubikoresha.

NB muriyo minsi yo gukoresha uwo muti amazi anyobwa nyuma yamasaha 2

8:12 P



Iyo wayikoresheje kuruhu

Onyo ivura

- ibibyimba
- Ibishyute
- Imitsi
- (lymphangites) Indwara yo kubabuka kw'imitsi yamatembabuzi yo mu mubiri yitwa **lymphe**

Ivura kandi kuyimbagirana kwimitsi yo mukibuno **hémorroïdes**

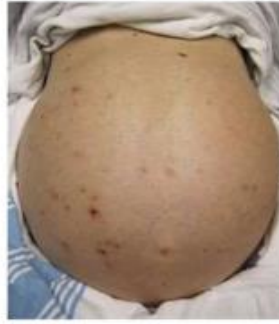
No kwipfura kwimisatsi iyo wayisizemo

8:15 PM

Onyo ibyayo nibitangaza gusa

Numuti ikaba nurukingo

8:16 PM



kikarwanya uburwayi butera kubyimbagana kandi kikarwanya imyuka myinshi yo mu nda, n'indwara itera amazi menshi yuzura inda bikomotse ku kubyimbagana kw'inyama zo mu nda nk'umwijima (ascite).

6:27 AM



Igitunguru gikize kuri vitamini A, B, C, na E

n'imyunyu myinshi harimo

- kolore,
- manyeziyumu,
- sodiyumu,
- fosifori,
- silise,
- kalisiyumu,
- potasiyumu,
- ubutare,
- umwuka ukarishye wa lakirimojeni, n'ibindi.

- Igitunguru kivura indwara nyinshi,
- gituma umuntu yihagarika neza,
- kivura indwara ziterwa no kubura vitamini C (scorbut),

- inzoka zo mu nda,
- rubagimpande,
- kandi cyoroshya uruhu ntirukanvarare

6:50 AM

Kukirya ari kibisi cyangwa umutobe wacyo bayivanze n'ubuki, bikiza indwara nyinshi:

Izo mu muhogo,
 izo mu yindi myanya y'ubuhumekero,
 iz'igifu,
 izo mu mara,
 iz'impyiko,
 izo mu bwonko,
 iz'amagufwa ndetse n'uruhu,
 izo mu mazuru,
 iz'uduheha tw'umwuka mu bihaha,

ku ndwara ya diphtérie ni ukuyikoresha hamwe n'indimu,

ni umuti wa asima, amarira ahora yizana (pleurésie),

igituntu cyo mu bihaha (tuberculose pulmonaire ou phtisie),



UBWIZA N' AKAMARO K'INDABO ZA HIBISCUS

6:03 AM



hibiscus Ikungahaye mur'ibi bikurikira:

- Anthocyanins
- Calcium
- Iron(ubutare)
- Magnesium
- Phosphore
- Potassium
- Vitamin A
- Vitamin C

6:08



Hibiscus ningenzi k' ubuzima, ifasha kubibazo bikurikira:

- Igabanya amazi yibumbiye mungingo
- Igabanya umuriro
- Yorosha amaraso
- Irwanya Uburibwe mugihe cy' imihango y' abakobwa
- Irwanya umuvugo w' amaraso
- Igabanya urugimbu rubi mu maraso
- Irwanya indengarugero y'isukari

6:10 AM



igabanya ibiro kubashaka kunanuka :

Hibiscus yifitemo ubushobozi bwo gutuma, urugimbu rubi rutinjira mumubiri,

Ikindi kandi ifite umusemburo mvuzo bita Amylase, utera igogora kugenda neza, kuko ibasha gutunganya isukari dukomora mubyo turya bita Amidon nandi masukari muburyo bwiza, butabangamiye ubuzima.

AKAMARO KA HIBISCUS MUBUVUZI:

1. antioxidant (Irwanya umugese)
- 2 antihypertensive (Irwanya umuvuduko) na
- 3 Diuretiques (kwihagarika neza), igasohora acide urique mumubiri.
- 4 ikaringaniza cyangwa igashyira kurugero rwiza isukari, Amavuta na cholesterol mumubiri.

Nicyo gituma Hibiscus iba nziza mu kurwanya kwipfundika kw' amazi mungingo (RÉTENTION DE LIQUIDES), kandi igatera impyiko gukora neza.

6:12 A



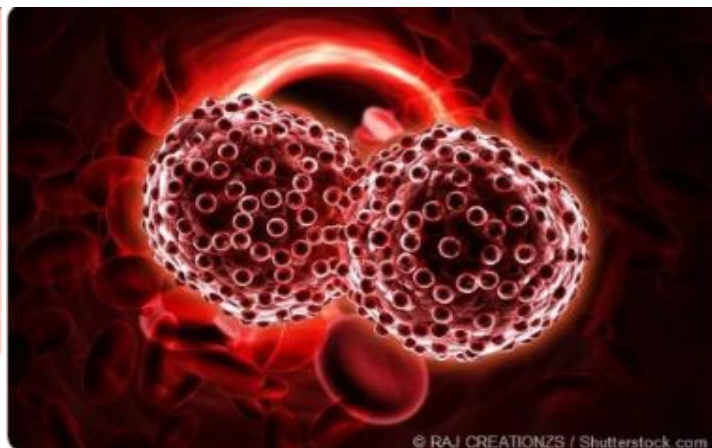
IGABANYA UMUVUDUKO W' AMARASO UKABIJE:

Hibiscus ifite ibyo bite anthocyanin na Potassium

byifashishwa n' umubiri mu kugabanya umuvuduko w' amaraso no kuwushyira ku rugero rukwiye.

Ikiyongereyeho nuko iyi anthocyanin ifite ubushobozi bwo gusohora cholesterol mbi (LDL) mu mubiri

kandi itagize icyo itwara cholesterol nziza(HDL) .



IRINDA CANCER: Hibiscus ifite ibyo bita acide protocatechuic n' ibyo tumaze kuvuga ruguru birwanya umugese. Hibiscus Igabanya gukura kw' ingirangingo za cancer, z'uruhu, ly'igifu, na cancer yo mu maraso

6:28 AM

Twese dukwiriye kuyihagurukira

Akenshi iyo turya tunywa aho kugabanya imbuto za kanseri turazongera

- 1 iyo uriye ibitetse gusa
- 2 iyo ukoresheje isukari mvaruganda
- 3 iyo unyoye juices mvaruganda
- 4 kunywa no kurya ibyo kumatungo
- 5 igihe ukoresha ibyanogerejwe cyane kawunga ifarini nandi mafu

Na none hari ibindi

- amazi yarashwemo ibisasu
- agendamo amato
- izuba ry'igikatu
- imiti mvaruganda myinshi
- ibiryo byo mu makopo nibindi

Niba ufite kimwe muri ibyo kikugonga ukwiriye gukoresha ibirwanya imbuto za kanseri kandi ukagerageza kwirinda ibizongera

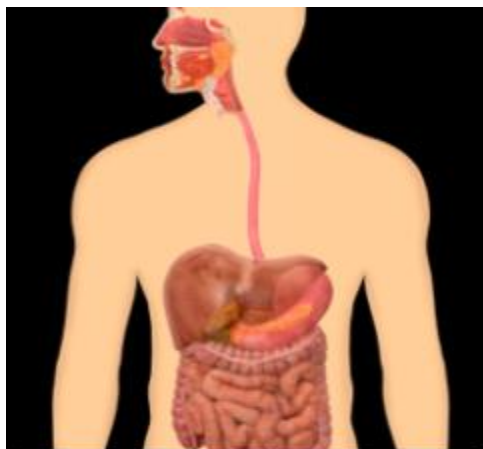
6:37 AM



IVURA ABARIBWA MUGIHE CY' IMIHANGO

Bitewe nuko ifasha mukuringaniza Imisemburo ishinzwe ibyara.

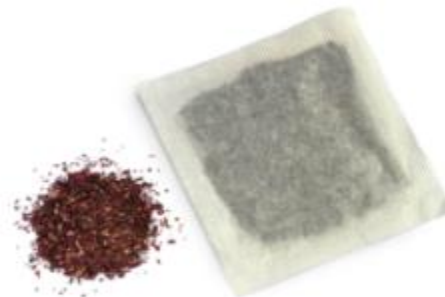
6:39 A



IFASHA IGOGORA RIKAGENDA NEZA

- Igifu n' amara bikora neza
- Zirinda impatwe
- Zikarinda cancer y' iherezo ry'amara manini.
- Yongera insoro ntuku (yongera amaraso)
- Zongera ubuzima bw'uruho ku rurinda gusaza ubusa.
- irinda guhangayika

6:42 AM



Nonese ni gute twakoresha hibiscus

1 ntabwo tugomba gukoresha **tea bag** Indabo zitakozwemo ifu

2 Ahubwo tugomba gukoresha **ifu** ya hibiscus

Gute?

6:47 AM



Reka duhere kubabyibushye tubakorere umuti ukoswe muri hibiscus

6:51 AM



Uko ikorwa

Ibiyiko 2 bya hibiscus indimu 1 tungurusumu 4 dukataguye bitekuri muri 1L yamazizi

Pome 2 zitukura kuramo utubuto tw'imbere Katamo uduce duto shyira muri blender usukemo cyayi twatetse mbere usye binogera

NB ntabwo biyungururwa

Suka muturahuri 2 unywe sasita na sa cyenda

6:52 AM



Kuri diabetes n'umuvuduko w'amaraso

Uko bikorwa

- Ibiyiko 2 byifu ya hibiscus
- Indimu 1 Gombo (okra) 2

Kata indimu na gombo shyira muri 1L yamazizi sukamo ifu ya hibiscus

Togosa 10min unywe akazuyaze uturahuri 3 kumunsi

7:02 AM

⚠ warning

Hibiscus si byiza kuyikoresha mu gakabyo kurenza 1L kumunsi nangwa ugashyiramo ifu nyinshi

Sibyiza kuyikoresha mugihe unywa imiti yo mu nganda

References:

- Santé Par les boissons p 86
- [https://en.wikipedia.org/wiki/Roselle_\(plant\)](https://en.wikipedia.org/wiki/Roselle_(plant))
- <https://hort.purdue.edu/newcrop/morton/roselle.html>
- http://www.todaysdietitian.com/whitepapers/Hibiscus_Sabdariffa.pdf
- <http://www.yommbeverages.com/documents/Extension-Circular-hibiscus.pdf>

7:05 AM

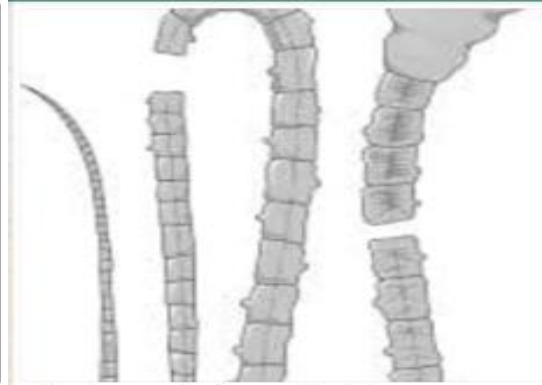


Ténia inermis :

ni inzoka y'imanika ifite imitwe myinshi igerekeranye igasa n'ifite amajigo abyimbye.

Iba mu mara mato.

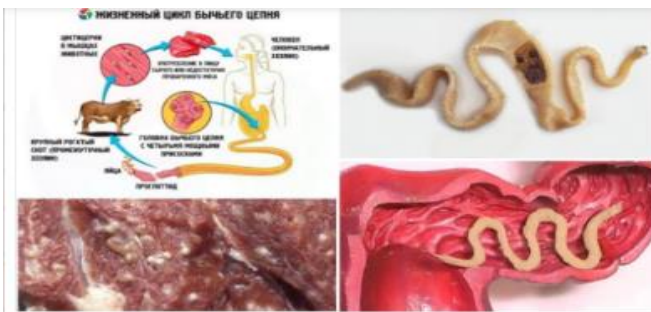
6:10 AM



Ténia armé (imanika ifite intwaro) :

iyi ni inzoka y'imanika, muri rusange ifite uburebure bwa metero 2-3 .

6:12 AM



Ni ibintu by'imyeru bituruka mu kibuno,

bifite imitwe minini, bishobora kugenda, kandi bisohokera igihe bishakiye. Iyo manika ikomoka mu mwanda ingurube ninjangwe Byitumye.

6:23 AM



NONESE TWANDURIRAHE INZOKA ZIMANIKA?

NB. : Inzoka zose z'imanika dukunda kuzandurira ku nyamaswa.

Binyuze mu kurya inyama zazo, cyangwa ukarya ibyo kurya byaguye aho zitumye imyanda.

6:27 AM



Murya imboga nimbuto bitogeje neza ngo bibanze byumuke nabyo byatera imanika niba inyamanswa ziyirwaye zaritumye kuri ibyo biribwa

6:31 AM

Reka noneho dusoreze kumiti yinzoka yimanika

Kugirango uwamaze kuyandura ayivure

6:33 AM

Igihe cyose umuntu ari bukoreshe umuti wo gusohora inzoka za ténia

agomba kurarira ibyo kurya byoroshya mu nda, mu gitondo akabona kunywa umuti,

Byaba byiza umunsi ubanziriza uwo kunywa umuti uriye mugitondo

Kumanywa ukanywa imitobe Kumugoroba ukararira ipapaye yose nimineke na Romarin ishyushye.

Mugitondo ukazindukira kumuti



Imiti y'inzoka y'imanika:

Amata y'igipapayi (amakakama) : aboneka hakoze ibi bikurikira :

gupfumura itunda ry'igipapayi ridahiye cyangwa igiti cyacyo ugakuramo amata yuzuye ikiyiko kimwe, ukavanga n'ikiyiko cy'ubuki. Ukavanga mu mazi ashyushye akarahuri.

Ukanywa hashira nk'amasaha abiri ukanywa ibiyiko bibiri by'amagaja uvanzemo akayiko kifu ya time (thyme)

6:40 AM

Nyuma yo gukoresha uwo muti wumvishije ushaka kwituma,

ugomba kwicara ntushyike hasi mu mazi y'akazuyazi.

Ubikorana ubwitonzi, kuko bitewe n'uko ari ndende ishobora kwiremera igacikamo,

iramutse ivuyemo ugenzure ko umutwe uhari.

Ubonye umutwe udasohotse ugomba gukoresha uwo muti hashize amezi atatu

kandi umaze gusohora imanira asabwa kuryama amasaha menshi kuko aba afite isereri nyinshi.



Bothriocéphale:

Iyo ni imanika ifite umutwe muremure kandi usongoye.

Ifite uburebure buhereye kuri metero 2 kugeza kuri metero 8.

Igizwe n'udutwe twinshi dusongoye. Ntikunda kubabaza abantu, icyakora hariho abantu bayirwara ikabatera ingorane nyinshi.

Bothriocéphale:

7:40 PM

Abo iyo nzoka izonga cyane

N'abasanganywe indwara z'imitsi yumva

Abandi iyi nzoka ibabaza ni abana bato.

Ishobora kurangwa n'ibi bikurikira:

Kuribwa mu gifu no mu mara

- Bamwe ibatera gushaka kurya buri kanya
- Abandi ntibaryoherwa
- Guhorana iseseme no kuruka
- Kumira ugatonekara mu gituzo
- Gutura imibi y'urudaca
- Impagarara mu mwijima
- Indwara zimeze nk'igicuri (épilepsie mu Gifaransa; Kuanguka mugiswahiri)

7:48 PM

Igira nibindi bimenyetso

- Itera indwara zisa na mugiga.
- Amaraso akennye cyane kuko agabanuka buri gihe.
- Guhinduka k'uruhu
- Intege nke z'ikirenga
- Kuva imyuna
- Kubyimbagirana no gufuruta



Umutobe wa karote ninzuzi zibihaza

Uko ukorwa

Fata karote nshya 3 zirape neza nisuku yungurura

Vangamo ifu yinzuzi ibiyiko 2-3

Mugitondo kare umwana akibyuka ntakindi yari yakora anywe akarhuri gato 125ml iminsi 7 nyuma bikorwe 3 buri cyumweru ukwezi

8:02 PM

Figure Uyu muti ukoreshwa ku bana

INDIMU+TANGAWIZI: UMUTI UVURA GRIPPE

UKO BIKORESHA:

Indimu 2: kuzikatamo uduce duto

Ibiyiko 2 by'ifu ya Tangawiz

Kubishyira muri BLENDER ukongeraho amazi ashyushye bigakora umutobe.

Kunywa ikirahure cy'umutobe uyunguruye.



Akamaro k'umubirizi (vernonia amygdalina)

**burya umubirizi ufite
itungamubiri nyinshi,**

harimo nka:

- emiseliroze (hémicellulose),
- seliroze (cellulose),
- ADL, NDIN,
- fenolo yuzuye (phénol total),
- tannin,
- NDT CT,
- *n'imyunyu* nka
- 1 fosifori,
- 2 kalisiyumu,
- 3 potasiyumu,
- 4 sufure,
- 5 sodiyumu,
- 6 ubutare (fer),
- 7 manganeze,
- 8 umuringa(cuivre) na
- 9 zenke (zinc).

**Ubwo nubukungu uzinjiza mu
mubiri wawe nukoresha umubirizi**



Ubushakashatsi bwakomeje
bugaragaza ko umubirizi uvura
inzoka zo mu nda
zitandukanye, ukazirukana mu
nda zigahunga zisohoka.

Ibyo bigusaba guteka ikiyiko cyumubirizi wifu muri 1L yamazi ugafataho akarahuri ukarapiramo tungurusumu 2 nakunyu gake ka gikukuri bikamarana ijoro Mugitondo utaragira ikindi ufata ukanywa ako kanya ugafata akandi karahuri kuwasigaye ugashyiramo gikukuri na tungurusumu ukabinywa nimugoroba mbere yo kurya.

Bikore Iminsi 4 buri cyumweru urangize ukwezi

Umunsi utawukoresheje unywe igikoma kirimo ikiyiko cy'amagaja nicyubuki Iminsi 3 buri cyumweru ukwezi

Inzoka zizaguhunga amara atekane.

7:15 PM

Ndibwira ko ubwo umuti ubonetse ntamwana ntamuntu mukuru uzongera kuvuga ngo yabuze apeti yibyokurya

Uko umubirizi wica inzoka zo munda niko umuntu arushaho kugira ubushake bwo kurya

7:19 PM

Umubirizi uraribwa

Iyo bawukoresheje mu kuwurya nk'imboga,

- wongerera imbaraga mu nyama zishinzwe kunoza ibyokurya, kandi ukagabanya indwara y'umuriro.

7:20 PM

Uko umubirizi uribwa utegurwa

Banza uwoze neza uwurambike mu mazi shyiramo akunyu ka gikukuri utogose umene amazi wongeremo kunshuro ya kabiri nurangiza uyamene

Noneho ugereke kubishyimbo icyo gihe uzawurya wumva uryoshye ntabusharire burimo.

Umubirizi uravura ukageza no kubyihishe munda z'abagore

Ukiza ibibyimba bidashya by'ibimungu (tumeurs), iyo hakoreshejwe ibiwukomokaho (vernoniosides)

Ndaburira umugore wese udatwite akaba ashaka kwirinda kutazarwara ibibyimba gutangira kunywa umubirizi

Ababirwaye nabo bakeneye kuwukoresha bagahabwa nizindi nama bagakira neza

7:30 PM

HEALTH BENEFITS OF BITTER LEAVES (VERNONIA AMYGDALINA)



- Antibacterial
- Antimalaria
- Anticancer
- Antidiabetic
- Antiparasitic
- Rich In Antioxidants
- Remedy For
Dysentery
- Remedy for
Constipation

7:47 PM

Benefits

- Provides vital organ support*
- Helps maintain a healthy circulatory system*
- Helps maintain a healthy cholesterol range*
- Help provide immune system support*



7:47 PM

Ushaka kuvura indwara nyinshi ukoresheje umubirizi

Ushobora gufata Ibiyiko 2 by'isukari yumwimerere (Brown sugar) ugateka mumazi 500ml yamara gushya ugashyiramo ikiyiko 1 kituzuye cyane cyifu y'umubirizi nyuma ya 2 min ugakura kuziko bikaba akazuyaze Rapiramo tungurusumu 2 nakunyu ka gikukuri gake cyane bimarane 12h ubone kunywa mugitondo kare ntabwo munda.

Ibyo bigabanya ubusharire bitabujije umubirizi kuvura indwara zitandukanye. nkuko twazibonye

7:49 PM



Ko abenshi babigendana batanabizi bagahora bataka umutwe bagatangira kutabona neza no kubyimba uduce twumubiri batazi ibyo aribyo mwaretse tukanywa umubirizi?



Romarin

5:44 AM

Romarin

ni umuti utangaje ku muntu wabuze amahoro mu bwenge.

Yoroshya umutwe, igabanya indwara z'ibyuririzi,

igatuma imyanya inoza ibyokurya ikora neza.

5:46 AM

Abarya ntibasonze mubonye umuti

5:47 AM



Kunywa tasi 3 kumunsi zicyayi cya Romarin inshuro 3 kumunsi

5:48 AM

Ibyo ishinzwe kuvugurura:

- Itera gufata mu mutwe no kwibuka,
- irwanya imbuto z'indwara,
- irinda ubwihebe,
- ikingira indwara z'utubyimba,
- itera imbaraga imyanya inoza ibyo kurya,
- irinda indwara z'udukoko,
- irinda umubiri kuryaryatwa,
- ikingira kanseri,
- irwanya rubagimpande,
- itera impumuro nziza,
- itera amahoro mu bwenge,

- igabanya uburibwe,
 - igabanya urugimbu mu maraso,
 - ibuza umubiri
- gusohora ibyuya byinshi
- itera kwihagarika no kwituma neza,
 - iruhura impagarike yose,
 - ivura ibisebe byo mu kanwa, itera nibisebe by'inyuma gukira vuba
 - yagura imitsi no kuyirinda gusaza.

5:49 AM

- kubura ibitotsi,
- amaraso agenda buhoro
- kuribwa amenyo,
- kubabara mu muhogo,
- kuribwa n'umutwe,
- kutaryoherwa,
- intekerezo zidakurikirana inyigisho,
- kunutsa umwuka,
- akaberetwa,
- kurwara imitsi yumva,
- kwibagirwa ibyo wari uzi,
- kubyimbagirana k'umubiri,
- rubagimpande,
- ibicurane,
- kuva amaraso mu binyigishi,
- kuribwa mbere v'imihango



Mukuvura indwara yitwa gingivite

Koresha Romarin kugaragura amazi yayo yakazuyaze mu kanwa : (gargarisme),

La santé par les plantes, p. 75



Wanakoresha romarin, amazi yayo avanze nibumba icyatsi, ukayogesha mu nda ibyara (irrigations vaginales)

mu gihe hari kuza ururenda rurenze urugero (candidose na moniliaose) cyangwa se igihe hababutse.

8:16



vertiges udusazi twakanya gato

8:02 PM

Wenda se haruwo uzi ujya agira nkutwo dusazi

Nangwa nawe tunya tugufata

Umuti nurwanga kuko rubamo ibyingenzi nka romarin iyivura

8:03



syncofes guhagarara k'umutima akanya gato 8:08 PM

Romarin kandi ivura n'ibyo guhagarara k'umutima akanya gato umuntu agata ubwenge (syncofes).

8:09 PM

Romarin kandi yongera n'Umuvuduko w'Imikorere y'umutima n'amaraso mu mitsi.

Ikiyiko 1 kinini cyo ku meza mu itasi y'amazi ari kubira.

Kubitereka bikarangiza iminota 10, ukajya unywa itasi 1 buri gihe mbere ya buri

gaburo, hasigaye hafi iminota 15.



Guhumeka umwuka w'amazi wacaniranyemo Romarin timu, mante, intusi,

Kwiyuka witwikiriye akaringiti nangwa iswime iminota 15-20

Bivura indwara z'ubuhumekero Nka

- ☆ sinezite
- ☆ asima
- ☆ boronshite
- ☆ igituntu nizindi

6:09 AM

Yungurura ufateho akarahuri ushyiremo ikiyiko cya elayo unywe akazuyaze mugitondo mbere yo kurya 30min

Ongera sasaba ufate akandi karahuri shyiramo ikiyiko cya elayo unywe.

Iminsi 5 ubikora. Nyuma bikorwe 3 buri cyumweru

- 1 Byoza amara nigifu
- 2 Bivura impatwe na karizo
- 3 Bikura ibyuka mu mara
- 4 Bitera kwituma neza
- 5 bivura utubyimba two mu mara
- 6 Bisanasana amara yatangiye kwangirika.

6:18 AM



Umugore wiyiziye ikibazo afite wenda se akaba akiziranyeho numugabo ko ububobere nubushake byakendereye

Akaba ashaka gutunga ingingo mbyeyi ze neza azirinda kanseri nibibyimba nubwandu buturuka kumwanda

Ntazabuzwa nubunebwe gutogosa romarin na kapusine ngo yicaremo ari akazuyaze mugitondo na nimugoroba 15min kuri buri nshuro

Ahubwo azabikorana umwete

Gukora ibyo bikangura ubushake bwazinziye bikoroshya imyanya yibanga

6:24 AM



Romari nshya itavangiye yifu isa gutya iba ifite impumuro ipika cyane

6:47 AM

Abananirwa kwituma bakituma impatwe nyamuneka munywe romarin ishyushye gatatu kumunsi kandi kubiryo bijye mukatiramo onyo bigishyushye. Niba mwirinda muzakira

6:37 AM

NB umugore utwite sugupfa kwicara mu miti atabanje kuvugana numuganga

Urwaye umuvuduko w'amaraso ntabwo yemerewe kunywa romarin

Ntabwo Romarin inyobwa ikonje iryo kosa rirakomeye muryirinde

Inyobwa ishyushye nkicyayi birumvikana.

Icyayi cya Romarin (mudasasini) n'ubuki:

ibi bintu byombi bivura indwara zo mu myanya ndangagitsina.

Ushobora guteka romare ibiyiko 2 muri litiro 1 y'amazi, ukanywa ibirahuri 3 ku munsi.

Buri kirahuri kikavangwamo ikiyiko 1 cy'ubuki.

Ubikoresheje gatatu buri cyumweru, ibyo ni byo bishobora kuvura indwara yo kuribwa uri mu mihango y'abakobwa irangwa no gucika umugongo no kuremererwa mu kiziba cy'inda (dysmenorrhea).



Icyo kimera cyateye amatsiko menshi Abanyaburayi bategereye muri Amerika aho bagisanze,

bibwiraga ko mu mbuto zacyo harimo ibikoresho byifashishijwe mu mibabaro ya Yesu,

- nk'imisumari,
- ikiboko
- n'inyundo.

Bakizanye mu Burayi bagera mu kinyejana cya 19 bagihinga nk'umutako,

hanyuma bavumbura ko gitera umutuzo mu bwonko.

6:10 AM



Umutobe wazo uvanze nuwa pome byirukana indwara zubwonko nko kwibagirwa guhangayika guta ubwenge umunaniro ukabije nizindi

6:31 AM

Noneho reka dusoze tubabwiye uko bategura amababi yazo

Fata amababi uyumishe ukoremo ifu

Ibiyiko 2 biteke muri 1L yamazi

Mukunywa uzajya ufata tasi ushyiremo ubuki unywe

Nibura koresha tasi 4 kumunsi

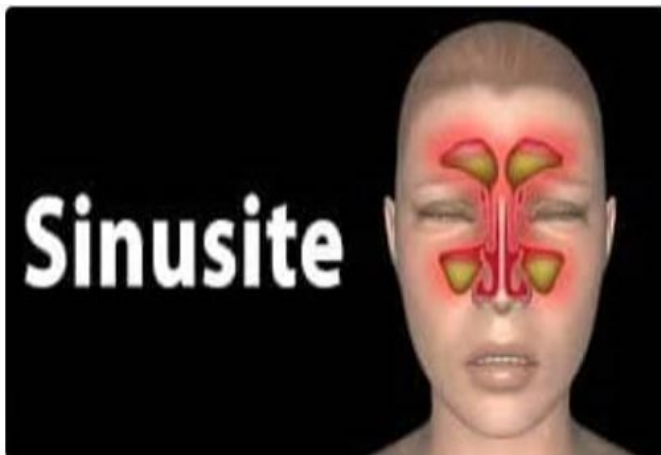
Uzasinzira neza ukire nizindi ndwara nkuko twabibonye

6:35 AM



Marakuja muzitere aho mutuye kumarembo ya gete zanyu maze twitungire imiti hafi

6:26 AM



Ni indwara ikunze kugendana n'imikorere mibi y'umwijima, igihe umwijima wananijwe, maze kuvura umwijima n'agasabo k'indurwe kawo ndetse n'urwagashya byonyine bigakiza sinizite.

5:54 AM

Twibibutse ko habaho indwara ya sinizite ishobora gufata mu buryo butatu butandukanye :

hariho ifata inyama n'imitsi bikoresha inzasaya (sinusite maxillaire),

hari ifatira ahagana mu gahanga (sinusite frontale),

hari n'ifatira mu gace gaherereyemo igufwa riri mu ntango y'igihanga (sinusite ethmoïdale)

5:57 AM

Dushobora kuzigabanyamo ibyiciro bibiri :

sinizite zoroheje (sinusites aiguës)

sinizite za twibanire (sinusites chroniques)

5:58 AM

Indwara ya Sinizite ishobora kuba intandaro y'izindi ndwara,

- ☆ nk'umuhaha,
- ☆ kutumva neza,
- ☆ kudahumurirwa,
- ☆ ibicurane bihoraho, nibindi.

Ubushakashatsi bwagaragaje ko ishobora no gukongeza amaso.

Dogiteri Valineti (Valnet)

yavuze ko kuvura agasabo k'indurwe y'umwijima ku buryo imyanda ikarimo isohoka (drainage vésiculaire) byonyine bivura sinizite

6:09 AM

Dogiteri Degisitireti (Dextreit) we ati

«wavura sinizite gusa ari uko uvuye neza umwijima».

6:09 AM



Umutobe uvura sinizite

- Pome 1
- Karote 5 ziringaniye
- Tungurusumu 6
- Radis 3
- Indimu 1
- Ubuki ibiyiko 2
- amazi 125ml

Uko bikorwa

- 1 Oza neza namazi meza
- 2 Hata pome ukureho agahu gato yicemo ibice 4 ukuremo imbuto zimbere.
- 3 Karote katamo duto
- 4 Radis kuraho agashishwa gato

- Bishyire mukamashini usye Nyuma gato ongeramo amazi 125ml
- Komezaza usye.
- Nibinoga ukamuriremo indimu uyungurure

Ugafataho akarahuri 250ml ukavangamo ikiyiko cy'ubuki. Ukanywa mbere ya 30ml ngo urye mugitondo

- Ukongera kunywa 250ml sasita umaze isaha unyoye amazi ya satanu.
- NB kumanywa ntabwo urya
- Sacyenda ukongera kunywa akarahuri 250ml
- Iminsi 4 buri cyumweru amezi 2

Indi minsi 3 mu cyumweru

Mugitondo urye sarade ya onyo kapusine indimu ubuki ibiyiko 2 olive oil ibiyiko 2

Birye mbere yibitetse

Kumugoroba urye inanasi ipapaye mbere yo kurya ibitetse bitarimo imboga

6:17 AM



Ikinyobwa kindi kivura sinizite

- Ibipande 2 by'inanasi wakuyeho uruhu buri kimwe gipima 166g
- radis 4 ziringaniye
- 1/2 cy'igitunguru
- ikiyiko cy'ubuki

Uko bikorwa

Shyira inanasi radis na onyo mu mashini usye

Yungurura umutobe ushyiremo ubuki

Kunywa 125ml kabiri cyangwa gatatu kuminsi Iminsi 4 buri cyumweru amezi 2

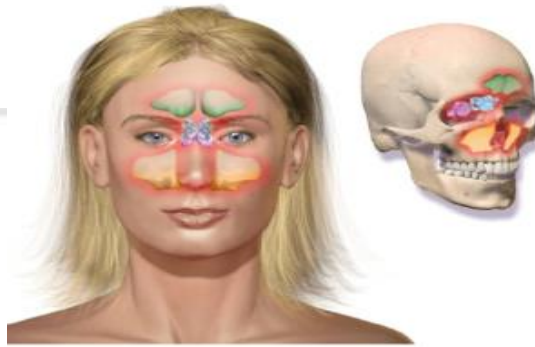
Indi minsi 3 buri cyumweru

Mugitondo urye sarade ya onyo karote pome ubuki na elayo Ibiyiko 2 UHITE urya ibitetse

Kumugoroba urye imizabibu mbere yo kurya ibitetse ntamboga.

Amezi 2

6:21 AM



Vanga ibumba ry'umutuku numutobe wa kapusine namazi make ukore akondo uhome ku mutonzi wizuru naho hose ubona ibimenyetso bihomeho bimareho isaha bikorwe kabiri kumunsi buri munsi.

NB nyuma yo kubyogaho sigaho amavuta ya elayo.

6:23 AM

Kurya kenshi indyo ishingiyeye ku mata yibimera n'ibindi bimera, nta nyama, ahubwo ni

ngombwa kurya cyane imboga za radis, cyane cyane imbisi

6:25 AM



Gucanira amazi bashyizemo amababi y'intusi, Romarin pinusi

byatogota ukunama hejuru y'ikintu kirimo ayo mazi wagiteruye ku muriro,

gukomeza guhumeka uwo mwuka witwikiriye ukabikora mu gitondo na nimugoroba ugakunda kubikora

6:26 AM



Amavuta ya pinus ikiyiko muri 1L yamazi niba uguze umushongi wayo ibitinyanga 15 muri 1L yamazi utogose wiyuke 20min nabyo bivura sinizite byunganiye yamiti twabonye

6:32 AM

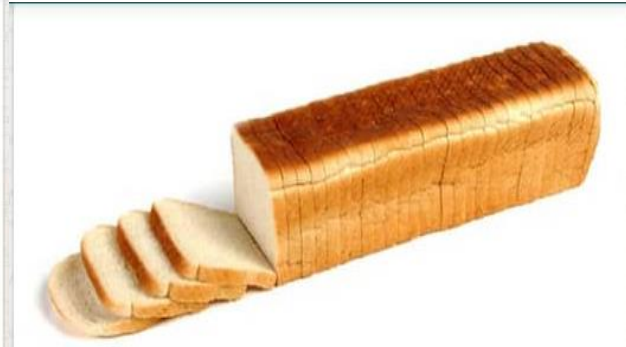


Iki giti cya pinus gifite umumaro mu buvuzi.

Amazi bacaniranye n'ibishishwa byacyo n'imbuto zacyo kuyanywa

- bituma ibikororwa bisohoka kandi
- akica udukoko dutera indwara tuba mu miheha y'umwuka mu bihaha.

Na none iyo ubicaniriye mu mazi maze ukunama hejuru yabyo ugahumeka uwo mwuka bivura indwara zifatira mu myanya y'ubuhumekero (laryngite, pharyngite, bronchite cyangwa sipizite)



Mukurikije ho tugeze murabona umukati ari mwiza dukomeze tuwugaburire abana nimibiri yacu dukunze?

6:03 AM

Tugiriwe umugisha wo kurama Imana yacu ihabwe icyubahiro

Mureke twigane Insanganyamatsiko ivuga ngo:

Ibyiza duhomba iyo twariye umukati n'amandazi

Mugusoza turarebera hamwe icyo twabisimbuza

5:33 AM



Umukati namandazi tuvuga nibyakozwe hifashishijwe

- 1 ifarini
 - 2 isukari
 - 3 umunyu
 - 4 baking soda
 - 5 igitubura
 - 6 amagi
- Nibindi

Tugiye kwiga ibyo duhomba turiye umukati namandazi bikoze na bimwe muri ibyo maze kurondora

5:39

Kurya ibyo biribwa umukati namandazi tuzimiza Fer = 55% bitera kubyara mu buryo buruhaniye, kwitsa imitima, gufatwa na microbe vuba, amaraso akennye, impagarara mu mara.

duhomba Vitamine P = 55% Ni yo mpamvu itera karizo (Hémoroides) kuva amaraso mu menyo, kubura vitamine C kandi wayiriye.



Kubwo kurya ibyo bikoze mwifarini

Duhomba Karisiyumu = 60%
bigatera kubura ibitotsi, umunaniro mwinshi.

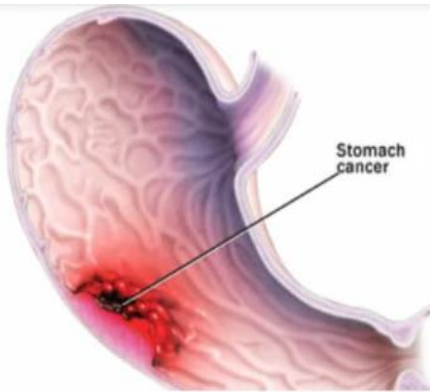
Vitamine B2 = 60%
bigatera gushima ibitsike, n'amaso asharira

6:06 AM



Tuzimiza Amavuta (lipides) = 35%
bituma umuntu atinya ahakonje, vitamine A, D, E, K ntizibashe gukora umurimo wa zo kubera ko ayo mavuta ari yo azigeza aho zari zikenewe.

6:36 AM



Kubwo kurya ibyo biribwa byibikorano umukati namandasi
Duhomba Manganzeze = 77%

bigatera kuribwa imitsi, amagufa, umugongo, kurwara kansere cyane iy'amara nigifu.

Kwivire tuyihomba = 70%
bigatera kubura amaraso, no kubura umwuka wo guhumeka.



Kubikunda bituma dutakaza Zinc = 60%

bitera kutanukirwa, imihango itagira gahunda, inzara zisaduka, Kutaryoherwa, gupfuka umusatsi
Ubushobozi buke bwo mu buriri

Duhomba Vitamine K = 55% bitera kuva imyuna, imwijima Hépatite na cirrhose, ukabura intungamubiri kandi wariye ibyiza.



Vitamine B1 tuyihomba = 80%

bigatera amahoro make imitsi yumva no kubyimbagirana

Manyesiyumu tuyihomba = 65%

bigatera kubabara vuba, kuribwa umugongo, kuvuga ibyo utagennye.

5:52 A



Igitekerezo cyo kuwufata nkibyo kurya bya mbere bya mugitondo (breakfast) ninde wagishyigikira nyuma yo kumenya akaga kawo?



Iyo twariye umugati n'amandazi duhomba

Fibres = 95%

ni cyo gituma uwariye umukati atituma neza yarwara na karizo.

Vitamine B3 cyangwa vitamine PP = 83%

ni yo nkomoko y'indwara z'uruhu, umutwe no kuribwa mw'ibere ry'ibumoso.



Kurya umukati urimo isukari ukanywa icyayi kirimo amata mugitabo inama kumirire hati kuvanga ibyo byombi bigirira nabi umubiri

6:43 AM

Kurya umukati duhomba
Inyubakamubiri (protéines) = 10%

Umubiri uba ubuze ibyangombwa byo kubaka,
gusanura no kuvugurura kandi protéines ni yo banze muri buri ntambwe y'ubuzima.

6:46 AM



Ese mwaba muzi ingaruka zo kurya ibyashyizwemo bicarbonate ? Ntabwo ari nziza mumara no mu maraso yacu



Abatetsi benshi bibwira ko badashobora guteka agatsima keza badakoresheje igitubura cya bicarbonate de soude,

nyamara kwibwira ibyo ni amafuti. Biyemeje kwirushya bakiga indi mikorere, bashobora gukora umutsima w'ingenzi, mwiza ufite imiterere ndemano kandi uryoshye cyane.

6:57 AM

Sigitubura nifarini gusa bashyira mu mikati

Ahubwo bashyiramo nisukari ngo biryohere

Ese yo yaba itwaye iki abayirya?

7:04 AM

Mbere yo gushaka ibyasimbura imikati namandazi

Menya bimwe mubigutera kutabasha kwitegeka

Ngo sinabasha kureka ibi nibi

Ngo biragoye sinabishobora

Ngo byarananiye

Dore imwe mumpamvu dibigutera



Kenshi ku meza yacu tuhategura utugati turyohereye na keke. Uko tugabanya kurya ibyo kurya biryohera ni ko imibiri yacu irushaho kumererwa neza; ibi byokurya biryohera bitera igifu gukora nabi, bigatuma ababyimenyereza babura imbaraga zo kwihangana, **ntibitegeke, kandi bagahorana uburakari IMN p 278**

7:10 AM

Ngaho noneho tugane aho dusoreza

Niki twasimbuza ibikozwe mwifarini nkuko twabisanzemo akaga kenshi?

Numutsima

7:13

Ubwonko burashonje

- *Ahari wibagirwa ibyo wabonye nibyo wumvise*
- **urakara ubusabusa**
- *ujya uvuga icyo utagombaga kuvuga icyo wagombaga kuvuga ukabyibuka impitagihe*
- **uhangayikishwa nibyoroheje**
- *ibikomere byawe byanze gukira*
- **ujya umenya ibyiza kandi by'ukuri ukananirwa kubihitamo**
- *hari ikibi ushaka kureka ukaba warabinaniwe*
- **ujya unanirwa kugendera ku mwanzuro w'umutimanama wawe**
- *uhorana ubwoba ntujya utinyuka niyo uri mukuri*
- **uhorana amaganya (nzabaho nte)**
- *ujya utinda kumva*
- **ujya unanirwa guhuza ibikorwa byinshi**
- *uhuzagurika mubyo ukora*
- **ujya wivuguruza mumyanzuro wafashe**

Ubwonko bwawe burashonje
bukeneye umutsima

7:18 AM



Umutsima w'ibigori uburo na
porici

7:22 AM

Turifashisha amavuta yibimera

Ex elayo or Ibihwagari

Fata ibiyiko 2 byamavuta shyira mwisafuriya namara gushyuha shyiramo agatunguru ukure kuziko ushyiremo amazi ashyushye ubone gusubiza kuziko


Shyiramo akunyu usukemo ifu ubone gusonga umutsima wawe

NB ugerageze kuworoshya uko uagenda ushya niko ukomera

Wuteke witonze kumuriro uringaniye uwutinze kuziko uzajya unyuzamo upfundikire

Numara gushya uwukureho

7:33 AM

Dore akamaro kamavuta twatekesheje uwomutsima muri magufi 

7:36 AM



Mu mwaka w'i 1902.

Uwo mwanditsi yakomeje agir'ati:

Umuntu ashobora kurya elayo buri muni ntigire icyo imutwara, ahubwo ikamugirira neza.

Isimbura amavuta y'inka kuko iyarusha akamaro mu mubili.

Elayo irwanya impatwe (kugumbiza, constipation)

kandi imerera neza igifu gikora nabi, kuruta indi miti yose,

elayo isumba andi mavuta mu gutunganya amaraso, iruta byihabya urugimbu ruva mu nyamaswa.

Inama ku mirire p, 416.

7:38 AM

Uko wategura isosi:



Togosa inyanya 4 zihye neza kuraho uruhu

Zisye zinoge Shyira mugasafuriya utogose shyiramo tungurusumu 4 wabanje kurapa ubone usukemo agafu kubunyobwa

Kavange neza ukomeze kuvanga ubunyobwa bwivange ninyanya

Komezera uvange wirinda ko bishirira

Sukamo akunyu gake ukomeze kuvanga

Nubuna bijya gushirira usukemo amazi make ashyushye cyane

Komezera uvange

Komezera uvange

Komezera kubikora gutyo kugeza ubwo isose ifashe yubunyobwa ihye neza

NB igomba gushya neza kuko kutayihisha bigira ingaruka mugifu.

Noneho niba yahye wayarura mukaryoherwa

7:45 .

Kurya uwo mutsima birinda indwara nka

- depression
- Insomnia
- ubwonko bunaniwe
- urwanya stress
- urwanya intege nke mu mibonano
- Urwanya ibibazo byose byigogora
- Uwo mutsima utera kwiyongera kubushobozi bw'ubwonko
- urwanya iburya ryamazi arinda umwana munda ya nyina.
- Uwo mutsima wongera urugimbu rwiza (HDL) ukagabanya urugimbu rubi {LDL} mu maraso

Utwite nuwo atwite barawukeneye cyane

8:31 PM



Umutsima w'ibigori n'imboga uryoshye kandi ukungahaye cyane

Ingredients

- Ifu shya y'ibigori by'umweru
- gombo 3
- Karote 3
- Ibitunguru 2
- puwaro
- elayo ibiyiko 3
- Ibiyiko 2 by'umutobe w'indimu
- amata y'ubunyobwa

UKO BATEGURA UNDI MUTSIMA



Ifu y'ibigori isanzwe itanogerejwe

0:25 PM



Karote wabanje kurapa

8:41 PM



Gombo (okra)

8:38 PM

Uko bikorwa

Nyuma yo gukata imboga zishyirane mw'isafuriya namavuta

Garagura uge upfundikira kugeza zihonze

wirinde ko zishya cyane

Sukamo akunyu numutobe windimu sukamo ifu yibigori vanga kugeza bihindutse umuhondo

Jya upfundikira wongere upfundure uvangemo

Sukamo amata ubone ko byoroshye komeza kuvanga kugeza Ubwo umutsima wawe uhiye neza.

8:44 PM

Uyu mutsima

uteranya neza amagufa kubw'ururenda ruwubonekamo

Utera gukura neza kwabana munda kuko ukize kuri proteine kandi zikwirakwira neza kuko harimo indimu

bikarinda kubyara umwana utagejeje ibiro

Umugore wawuriye ahorana umunezero akabyara numwana unezererwa

Aho unyuranye nisukari

Kuwurya byongera oméga 3 nziza ikemewe nutwite kuko utekanye nubunyobwa na elayo.

8:47 PM

KONGERERA IMBARAGA ABASIRIKARE B'UMUBIRI

Iyo tuvuze abasirikare b'umubiri cyangwa ubudahangarwa tuba tuvuze insoro zera (globules blancs/white blood cells). Izi nsoro zera nizo zifasha umubiri wacu guhangana n'indwara zinyuranye cyane cyane iziterwa na mikorobi.

Ubucye bwazo rero nibwo bushobora gutera umubiri wacu kwibasirwa n'indwara kuko ingufu zo guhangana ziba zagabanutse.

Hano rero twabahitiyemo ibyo kurya byagufasha kongera ubwinshi n'ingufu z'abasirikare b'umubiri, unaba ukwiriye kurya ku bwinshi urwaye kugira bigufashe gukira vuba.

Amafunguro akungahaye ku byongera ubudahangarwa:

1. Ibyo kurya byo mu bwoko bwa citrus



Ibi birimo indimu, icunga na mandarine. Izi mbuto zikungahaye kuri vitamini C kandi izwiho kongera ubwinshi bw'insoro zera. Kuko umubiri wacu utabasha gukora iyi vitamini cyangwa ngo uyibike, bisaba ko buri muni turya ibyo ibonekamo

2. Poivron



Poivron cyane cyane izitukura zifite vitamin C ikubye kabiri iyiboneka mu ndimu cyangwa amacunga. Kuzirya si ukuzikaranga, ushobora kuzikatira ku byo kurya bihiye cyangwa ukayishyira kuri salade. Aha twibutseko izi poivron turya ari icyatsi burya ari iz'umutuku ziba zitarera neza. Kuzirya ari icyatsi ntacyo bihindura ku kamaro.

3. Amashu



Amashu yo mu bwoko bwose yaba chou-fleur, ayasanzwe, ay'ibibabi, ni isoko ya vitamini A, C, E na K. Mu kuyarya si byiza kuyateka ngo ashye cyane, ushobora kuyarya nka salade cyangwa se ukayanyuza ku muriro gacye, mbese akaba ari imitura. Izo vitamini zirimo zose cyane cyane A, E na C ni ingenzi mu budahangarwa.

4. Tungurusumu



Ubu ahantu henshi basigaye bakoresha tungurusumu ku byo kurya. Kuba [tungurusumu](#) yongera ingufu z'abasirikare b'umubiri biva ku kuba ikize kuri *allicin*, ikinyabutabire kirimo sulfur/soufre. Byu mwihariko, tungurusumu ikaba izwiho guhangana n'umuvuduko udasanzwe w'amaraso

5. Tangawizi



Iki kirungo gikoreshwa akenshi mu cyayi, inafasha guhangana n'inkorora. Tangawizi rero ikize kuri vitamin C, kandi inarimo *capsaicin*, izwiho guhangana n'uburibwe bwa karande nk'ubukomoka ku mpanuka cyangwa kanseri. Kuyikoresha bituma ubwo buribwe bugabanuka.

6. Epinari



Izi ni imboga ziboneka henshi gusa benshi bazikoresha mu isombe. Zikize na zo kuri vitamin C. Zinakize kandi kuri *beta-carotene*, yongerera ubudahangarwa bwo guhangana n'indwara ziterwa na mikorobi. Kuziteka ntizishye cyane bituma vitamin A igumamo ahubwo bikagabanya *oxalic acid*. Ni imboga nziza kandi ku mwana uri kwiga kurya kuko ibibabi byazo nta dutsi dukomeye tubamo bityo bikoroshya igogorwa, no kuzisya cyangwa kuzinomba bikoroha.

7. Ubunyobwa

Iyo tuvuga ubwirinzi, ntitwibagirwa vitamini E. Ubunyobwa rero mu bwoko bwabwo bunyuranye bukungahaye kuri iyi vitamin. icyiza cyayo nuko yo ibikika mu mubiri, bityo ntibisaba ko warya ubunyobwa buri munsu. Kuko ibaye nyinshi nabyo si byiza. Kuburya 2 cyangwa 3 mu cyumweru birahagije.

8. Ipapayi



Buriya mu [ipapayi](#) imwe, usangamo 224% za vitamini C ukeneye ku munsu. Kuba birenze 100% ntibigutere ikibazo kuko vitamini C iyo ibaye nyinshi umubiri usohora idakenewe. Iyi vitamini izwiho kurwanya indwara ziterwa na mikorobi, kongerera ingufu umubiri, by'umwihariko kurwanya inkorora n'ibicurane.

INDYO YUZUYE

1. Ibinyampeke
2. Amatunda
3. Ibinyamavuta
4. Imboga

Ibinyampeke, amatunda, ibinyamavuta, n’imboga ni byo byokurya twatoranyirijwe n’Umuremyi wacu. Ibi byokurya, iyo biteguwe mu buryo bworoheje kandi busanzwe uko bishoboka kose, ni iby’agahebuzo mu kutwubakira imibiri no kutuzanira amagara mazima. Tubukuramo imbaraga, ubushobozi bwo kwihangana, imbaraga z’ubwenge, bitaboneka mu byokurya biteguwe mu buryo bukomeye kandi bikabura umubiri.

Ibyangombwa bitunga umubiri dukenera byose tubasha kubibona mu binyampeke, mu matunda, mu mboga, no mu binyamisogwe. Nitwegera Uhoraho twicishije bugufi mu mitima, azatwigisha uburyo bwo gutegura ibyokurya biboneye, bitarangwamo imyanda ituruka ku nyama. Abarwayi bo mu mavuriro bagomba kwigishwa kubikoresha

Ibyokurya by’ibinyamavuta bigomba gutegurwa neza ku buryo budahenze. Imana yaduhaye ubwoko bwinshi cyane bw’ibyokurya bifitiye umubiri akamaro, kandi buri wese abasha guhitamo ibyamugirira akamaro akurikije ibyo asanzwe azi hamwe n’umutimanama muzima.

Ibyaremwe byuzuyemo amoko menshi y’amatunda, ibinyamavuta, ibinyampeke, kandi buri mwaka umusaruro wo mu bihugu byose urakwirakwizwa ukagezwa ku bantu bose, bitewe n’ubushobozi bwiyongera bwo gutwara ibintu. ...

Ibinyamavuta n’ubunyobwa birushaho gukoreshwa ku buryo bisimbura inyama. Imvange yabyo n’ibinyampeke, imbuto, n’ibindi biva mu muryango umwe, itanga

indyo iryoshye kandi yubaka umubiri. Ni ngombwa ariko kwitondera kurya byinshi. Abamererwa nabi kubera kubikoresha bakwiriye kubikoresha babyitondeye ku buryo buhagije.

Ibinyampeke, ibinyamavuta, imboga, n'imbuto bisimbura inyama. Ni ngombwa kumara igihe wiga uburyo bwo guteka ibinyamavuta nk'ubunyobwa. Ariko ni ngombwa kwitonda ngo utabigabanya cyane bikabura umwanya mu mafunguro yawe. Benshi mu bizera bacu ntibabasha kumenya kwitegurira ibinyamavuta; bamwe gusa ni bo babasha kumenya kubyitegurira neza kugira ngo bishobore kuribwa, nubwo baba bashoboye kubyigurira.

Ibyokurya bikoreshwa bigomba kuba bigendana n'umwuka w'aho hantu. Bimwe biba bikwiranye n'igihugu kimwe, ariko bidashobora gukoreshwa mu kindi gihugu. Ibinyamavuta bigomba gutegurwa ku buryo buhendutse, kugira ngo n'abakene bashobore kubyigurira.

Urugero rw'ibinyamavuta Bikwiriye Kuvangwa n'Ibindi. Ni ngombwa kwitondera gukoresha ibinyamavuta mu gihe bitekwa. Bumwe mu bwoko bwabyo usanga atari bwiza nk'uko ibindi bimeze. Ntimugakoreshe cyane ibinyamavuta ngo byiganze cyane mu ifunguro. Ibi ntibikwiriye kuribwa ari byinshi. Igihe bamwe birinda kurya byinshi, bibazanira ingaruka nziza. Igihe bivanzwe n'ibindi byokurya ugasanga ni byo byiganje cyane, usanga iyo ndyo ikungahaye cyane ku buryo umubiri utayakira neza uko bikwiriye.

Nabonye ko ibyokurya by'ibinyamavuta akenshi bikoreshwa mu buryo budashyize mu gaciro; benshi babirya ari byinshi, ku buryo usanga bimwe mu binyamavuta bitaba ari byiza nk'uko ibindi bimeze. Ibinyamavuta bita 'almonds' birusha ubwiza ubunyobwa; ariko ubunyobwa, ku rugero ruringaniye, buba bwiza igihe buvanzwe n'ibinyampeke, bigatanga indyo iryoshye kandi yubaka umubiri.

Hashize imyaka itatu mbonye urwandiko rugira ruti: "Simbasha kurya ibinyamavuta; igifu cyanjye ntikibishobora." Hanyuma nza kwerekwa uburyo bwinshi bwo gutegura ibinyamavuta; bumwe muri bwo ni uko ibinyamavuta bigomba kuvangwa n'ibindi birungo bishobora kujyana, ariko ntibikoreshwe ari byinshi. Purusa cumi kugeza kuri cumi n'eshanu z'ibinyamavuta ziba zihagije mu gukora iyo mvange. Twarabigerageje tubona bigenda neza. {Ellen G White. Inama ku mirire n'ibyokurya, page 270-2071 soft copy}