



;XdS[ade` ai _ S] Vē [f V[XUg'f Xadkag fa YW fa
 V[S'ke[e] ad[XfZVdVe S` SfgdS^V[eSefVd kag` VVV fa
 ZShWS b'S` fa Sha[V eV]age bdaT ^W_ ež: VdWSdWf[be
 fa ZVb kag bdWbSdWdS` W_ WYW Ukž

C C XadYVf[Y fa
 V[S'ke[e] [Xkag` ad_ S^fdShWb'S` e XS^fZdagYZž

CC C C C C [USeWkag US` if
 YW fa V[S'ke[e]ž3 e] kagdV[Wf[S` XadS [ef aX[fW_ e fa
 efaU]† adeWVagdi W[e[fW

BSbWdadb'Sef[Ub'SfVet UgbeI

Tai et Vsf[Y gfW e[e

@a` ŽWVfdUUS` abW Vd

3 ^g_ [g_ Xa[^

4 SffWkŽabWsfW dSV[a

8'SeZ [YZf

7j fdSTsffWVē

5S` VVe S` V_ SfUZVē [

i SfVbdaaXUa` fS[Wd

8[def S[V] [f

E ZSdb]` [XVS` V eU[eeade

BSbWdfai Vē

4STk adeS` [fSck i [bVē

9 SdTSYWTSYe

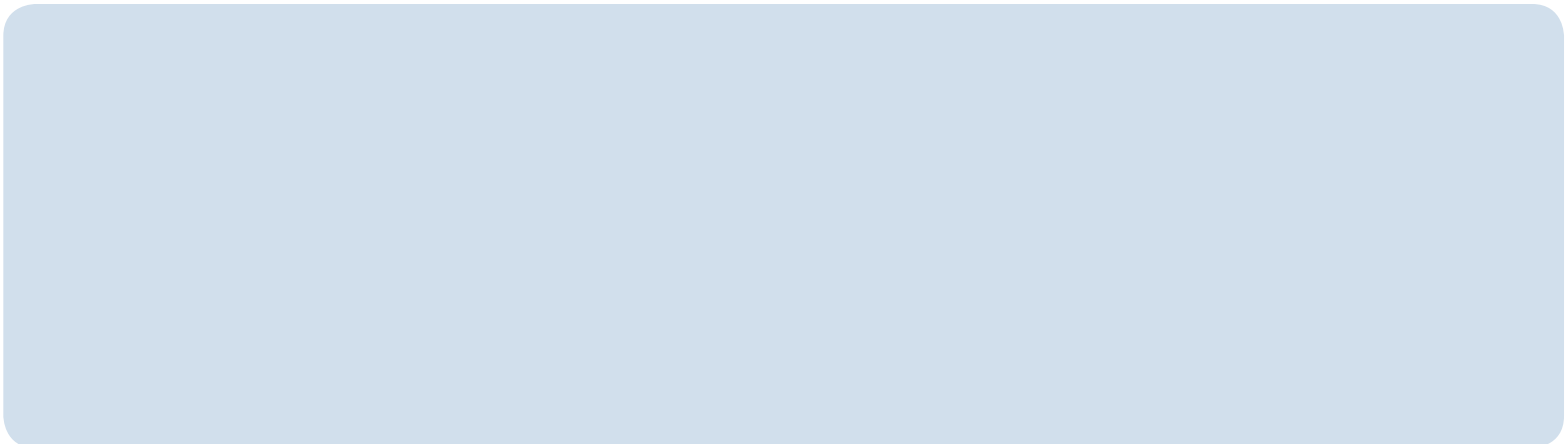
9 S^a` ^gYe aXV[ef[^W i SfVd/a` W

YS^a` bWdbVea` fi

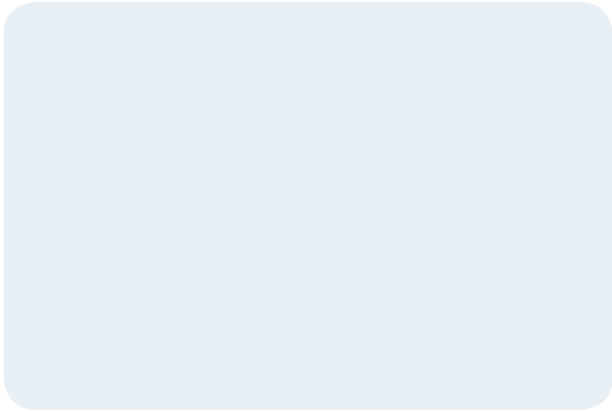
4 V\$UZ S` V VkWdabbVd fa bgd[X

i SfVd/#(Vdabe bWdYS^a` aXi SfVd fi

For a healthy



Faa _ gUZ bZaebZadgž



;e kagd` Vj/ f efVb Za_ WW[S'ke[e
adS fdS` eb'S` f1

FS] WagdXdWU'SeeVž fa ú` V agf

c c

9S[[VVbW VV UMS` V úVj[T[fk i [fZ Za_ WW[S'ke[ež
>Vsd _ adVsfS@Vj/ f efVb : a_ W_ W_ aV[S'ke[e ad
@Vj/ f efVb B6 U'Seež

c c

>Vsd STagfYVf[Y S` W] [V` VksfS@Vj/ f efVb
FdS` eb'S` fU'Seež

H[e[f_ _ _ _ c_ _ fa eVV

S [ef aXS^agdgba_ [Y XdWU'SeeVž



BSf[W f=W : S_ SVSS` V Z[e i [XW <aS` fW`ak fZW
Ua` hW [W UWaXZa_ WZW_ aV[S'ke[ež





<a[ge a` 8SUTaa] S` V Fi [ffVz
: V\$dfZW\$fvf` W e Se [fZSbbW e`
U[[U i ZWkag US` b[U] fZW_
gb Sf kagd` WfV[S'ke[e h[e]fz

. c c c c
7j bWf Ua` eg fSf[a` f V\$ek
adWd[Yf XdWWW[hWk
r c "\$ (Z&Z&*)"
 cc *"' Z+& Z*+" \$
bZSd_ SUK2 ` i] [V Wzadr

)"" 4cbSVi Sk..EVSff'WM 3 +*#\$\$

D7FGD@E7DH a

\$(Z+\$Z)#