



**Dhaq gacmaha inta badan. Adiga oo isticmaalaaya saabuun iyo biyo kulul. Ugu yaraan 30 ilbiriqsi.**



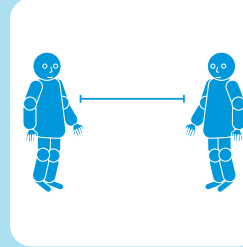
**Ku qufac oo ku hindhis laabtada gacanta.**



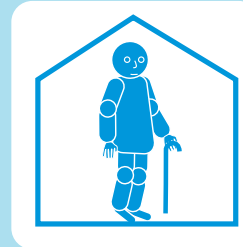
**Iska ilaalin inaad taabato indhaha, sanko iyo afka.**



**Joog guriga haddaad xanuunsan tahay. Xataa haddaad dareemayso wax yar oo astaamaha cudurka ah.**



**Haku dhawaanin dadka kale. Xataa saaxibadaada.**



**Guriga iska joog hadaad tahay kabadan 70 sano.**