

Ka'idodin shan MMS

Sha MMS kowace rana



Sha MMS ɗaya - kuma ɗaya kawai - kowace rana har sai kwayoyin sun kare acikin kwalban.

- Sha MMS 1 (ɗaya) kowace rana har tsayin watannin da kike dauke da juna biyu
- Kirkiro abubuwan da ze jawo hankalin ki ko ya tunatar dake game da shan MMS a kowace rana
- Mata ya kamata su fara shan MMS da zarar sun san suna da juna biyu
- Shan MMS a dare da / ko abinci da ruwa na iya taimaka rage illa.
- Idan akwai sauran MMS da suka rage a cikin kwalbar bayan haihuwa, ki cigaba da shan sauran kwayoyin supplement din kwanaki bayan haihuwa / ko yayin shayarwa

Wurin ajiya:

Addana kwalban a wuri mai **SANYI**, a **BUSHE** tsakanin 15°C da 30°C
Rufe marufin kwalban da kyau

Bi sawun MMS na Kullum:

A kowace rana da aka sha maganin MMS, yi alama daidai da kwanan wata a kalanda.

Janairu	Faburairu	Maris	Afirilu	Mayu	Yuni	Yuli	Agusta	Satumba	Oktoba	Nuwamba	Disamba
1		1		1		1		1		1	
2	1	2	1	2	1	2	1	2	1	2	1
3	2	3	2	3	2	3	2	3	2	3	2
4	3	4	3	4	3	4	3	4	3	4	3
5	4	5	4	5	4	5	4	5	4	5	4
6	5	6	5	6	5	6	5	6	5	6	5
7	6	7	6	7	6	7	6	7	6	7	6
8	7	8	7	8	7	8	7	8	7	8	7
9	8	9	8	9	8	9	8	9	8	9	8
10	9	10	9	10	9	10	9	10	9	10	9
11	10	11	10	11	10	11	10	11	10	11	10
12	11	12	11	12	11	12	11	12	11	12	11
13	12	13	12	13	12	13	12	13	12	13	12
14	13	14	13	14	13	14	13	14	13	14	13
15	14	15	14	15	14	15	14	15	14	15	14
16	15	16	15	16	15	16	15	16	15	16	15
17	16	17	16	17	16	17	16	17	16	17	16
18	17	18	17	18	17	18	17	18	17	18	17
19	18	19	18	19	18	19	18	19	18	19	18
20	19	20	19	20	19	20	19	20	19	20	19
21	20	21	20	21	20	21	20	21	20	21	20
22	21	22	21	22	21	22	21	22	21	22	21
23	22	23	22	23	22	23	22	23	22	23	22
24	23	24	23	24	23	24	23	24	23	24	23
25	24	25	24	25	24	25	24	25	24	25	24
26	25	26	25	26	25	26	25	26	25	26	25
27	26	27	26	27	26	27	26	27	26	27	26
28	27	28	27	28	27	28	27	28	27	28	27
29	28	29	28	29	28	29	28	29	28	29	28
30	29	30	29	30	29	30	29	30	29	30	29
31	30	31	30	31	30	31	30	31	30	31	30

Gina Jiki Lafiya Iyaye mata

Kyakyawan gina jiki da amfana da supplement a kowace rana



Supplementation + Abincin me Lafiya

Mata masu juna biyu suna da bukatan vitamins da minerals me yawa MMS na yau da kullun hanya ce mai kyau don biyan wannan bukatar, tunda mata da yawa ba sa samun isashen kayan abinci ta hanyar abinci kawai. Yayin da mace me juna biyu ta fara shan MMS da wuri, haka ze kara tasirin da vitamins da ma'adanai zasu iya yi a kan lafiyarta da lafiyar danta.

MMS Na Mata Masu Juna Biyu Na Taimako Wajen:

- Rage karancin jini
- Karfafa koshin lafiya
- Inganta nauyin haihuwa, rage adadin small-for-gestational-age (SGA) jarirai, rage haihuwa kafin lokacin haihuwa, da rage haihuwar matattun jarirai da mace-macen jarirai a watanni 6 da haihuwa
- Gina ginshiki mai karfi don inganta girman jariri da kuma girma cikin koshin lafiya

Jarirai a farkon watanni shida na rayuwa ya kamata a shayar da su nonon uwa zalla. Sannan a watanni 6, sai a fara hada da ciyarwa.

Mata masu juna biyu su rika cin abunci me gina jiki kamar su'ya'yan itatuwa da kayan marmari, hatsi, kwakwa, wake, nama mara kitse, da kayayyakin madara.



Vitamin D

- Yana inganta gina karfin kashi da kulawar su
- Ana samun abunci masu gina jiki daga kifi masu mai da Kuma layan abunci da aka sarrafa shi da kyau kamar su madara da abuncin safe.

Calcium

- yana inganta kashin maman ya kara karfi.
- Ana samun abunci me gina jiki daga madara da kayan madara, kayan lambu, almonds, da salmon.

Folic acid

- Yana taimakawa hana gaucewan kashin baya.
- Tushen abinci mai kyau sun haɗa da kayan lambu, hatsi, wake, kwakwa, da iri.

Iron

- Yana taimakawa hana karancin jini
- Tushen abinci mai kyau sun haɗa da naman sa, kaji, wake, da broccoli.