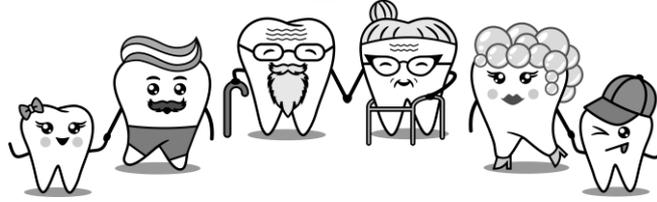


# Dr Ivana Bugwande Inc



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## IMITHETHO OKUFANELE ILANDELWE EMVA KOKUKHIPHA AMAZINYO

- Luma ucindezele uvolo imizuzu ewu 30 (30 minutes).
- Ungaxubhi ngelanga obukade ukhipha ngalo.
- Xubha kusasa ngamanzi afudumele anosawoti.
- Ungabhemi okungenani izinsuku ezimbili.
- Ungafaki lutho esisinini (ulimi, uthi noma umunwe).
- Uma ukopha kuqhubeka, luma isaka itiye (tea bag) uma kusaqhubeka, buyela kudoketela.
- Ungadli ngohlangothi ngosuku okade ukhipha ngalo.
- Uma kukhona ubuhlungu emva kwezinsuku ezintathu noma ezimbili, bonana nodokotela wamazinyo.
- Ungaphuzi amaphilisi ane Aspirin njenge:- Disprin, Anadin, Compral, Grandpa; ngaphambi nangemuva kokukhipha ngoba enza ukopha kunganqamuki.
- Uma unesifo sika Shukela (diabetes) noma iHIV (ingculazi) kuyenzeka ukuthi isisini uma kade ukhipe izinyo singapholi noma sithathe isikhathi eside ukuphola. Uma uba nalenkinga buya emva kwezinsuku ezimbili noma ezintathu

**SIYABONGA! UPHOLE!**