

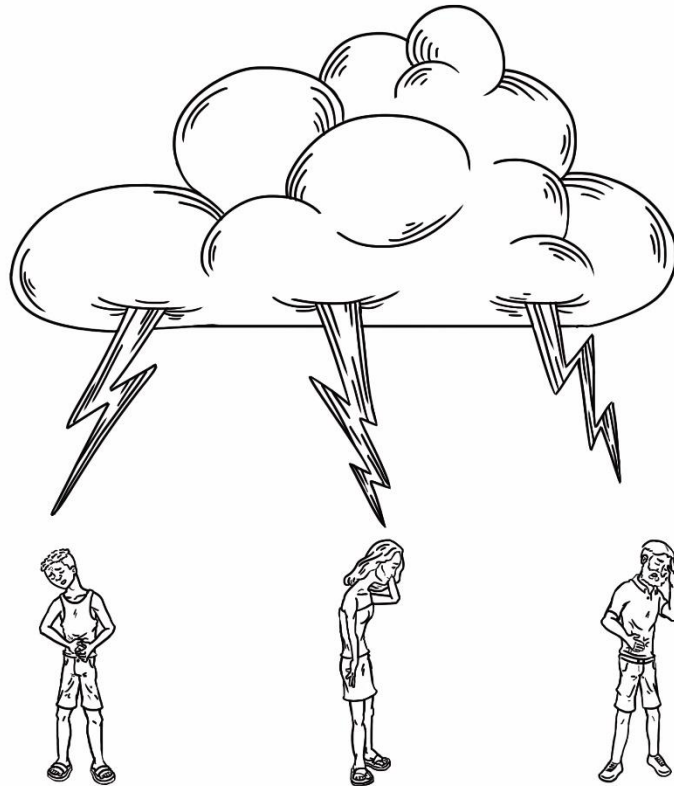
**TRUTH
CENTERED
TRANSFORMATION**

MODULE

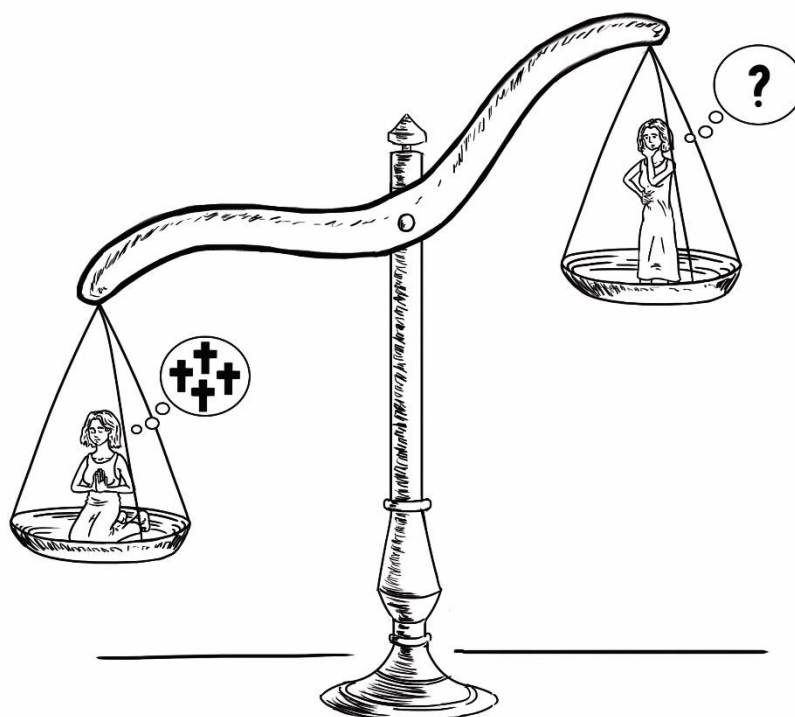


**AJENUN NU ANGALEU
APUTOSIA NU ISISIANAKINERE**

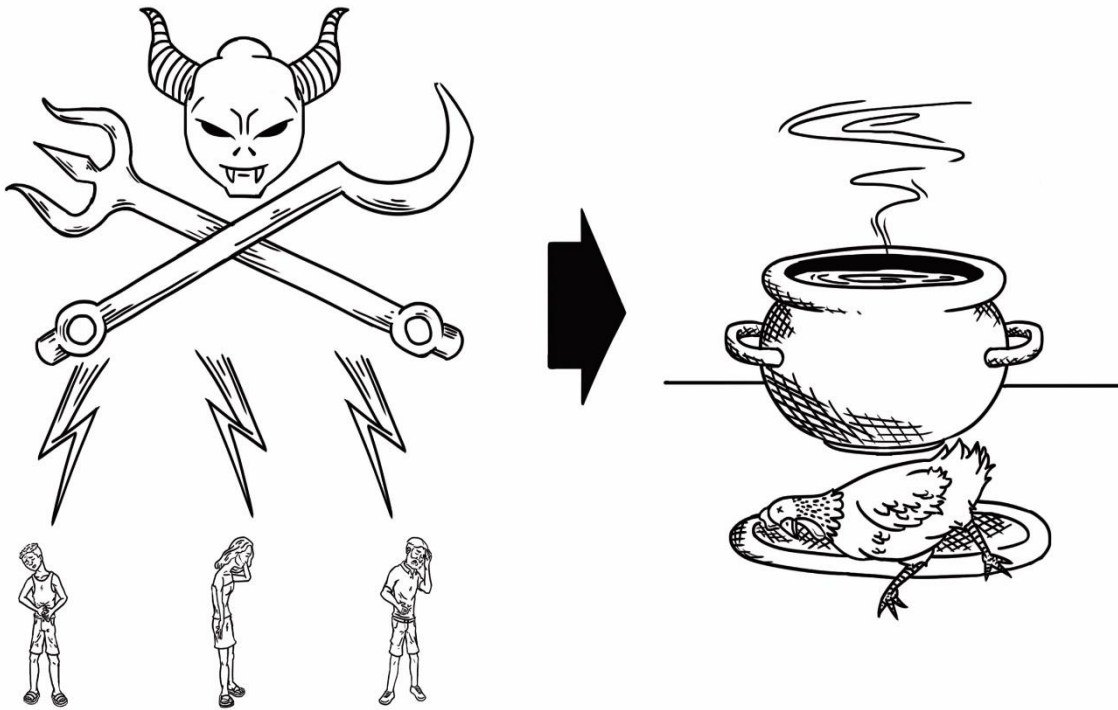
1. Adekasinei keere eraasi alecoret / aiticanet kama ejai Edeke (arai idekesio)



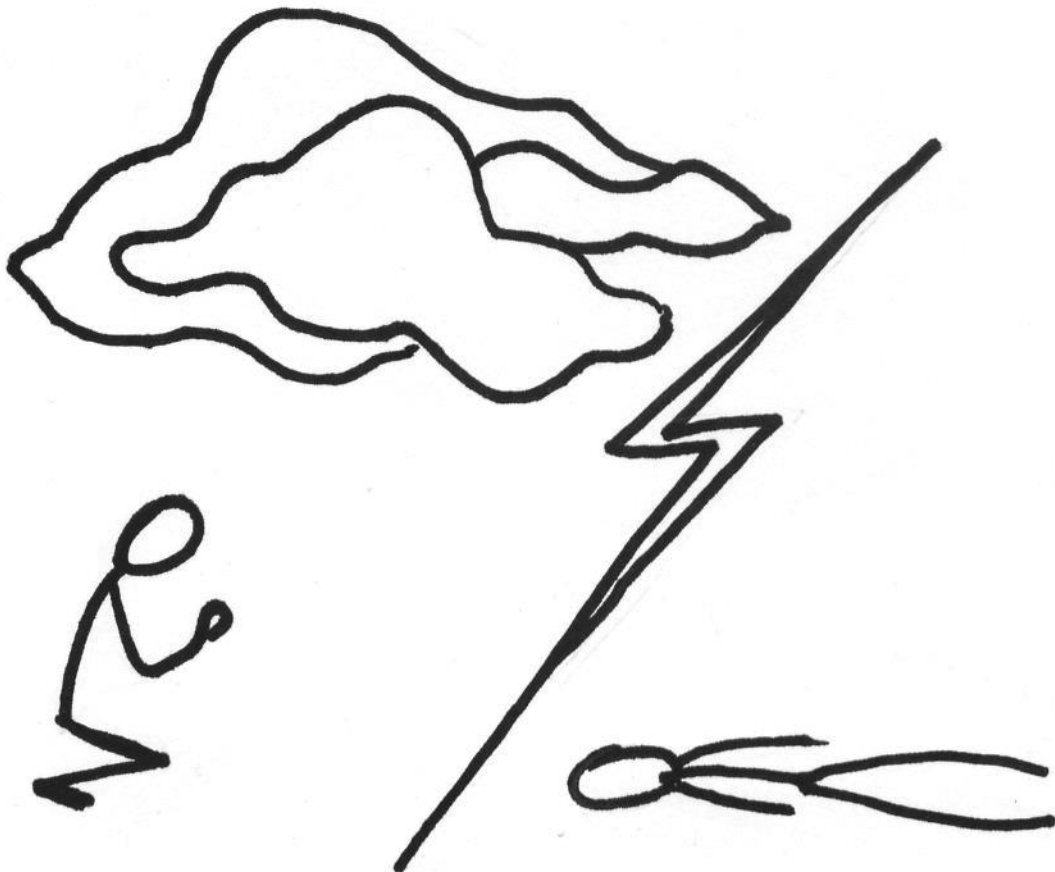
2. Arai oni ajaatatar aiyuun na epol noi, ti mam oni ideka



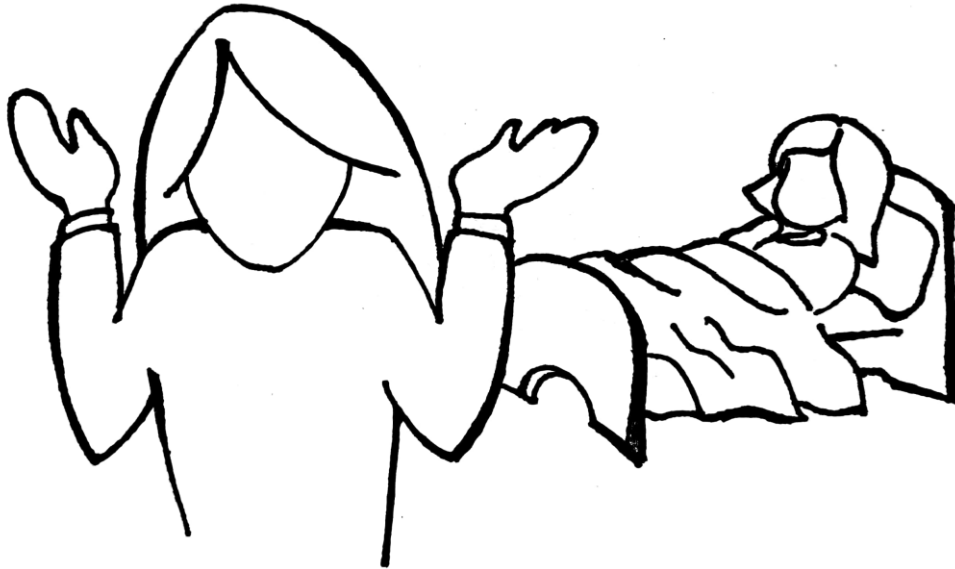
3. Adekasinei erai imoyon lu arokok (ajokin) eyangaununete, kanuka angun, ibusakinit oni aiswamaun asubanasia



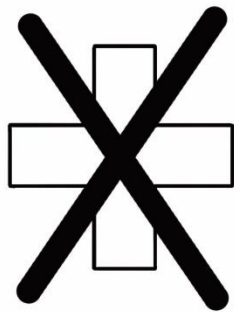
4. Mam Edeke epodokit nuka angaleu



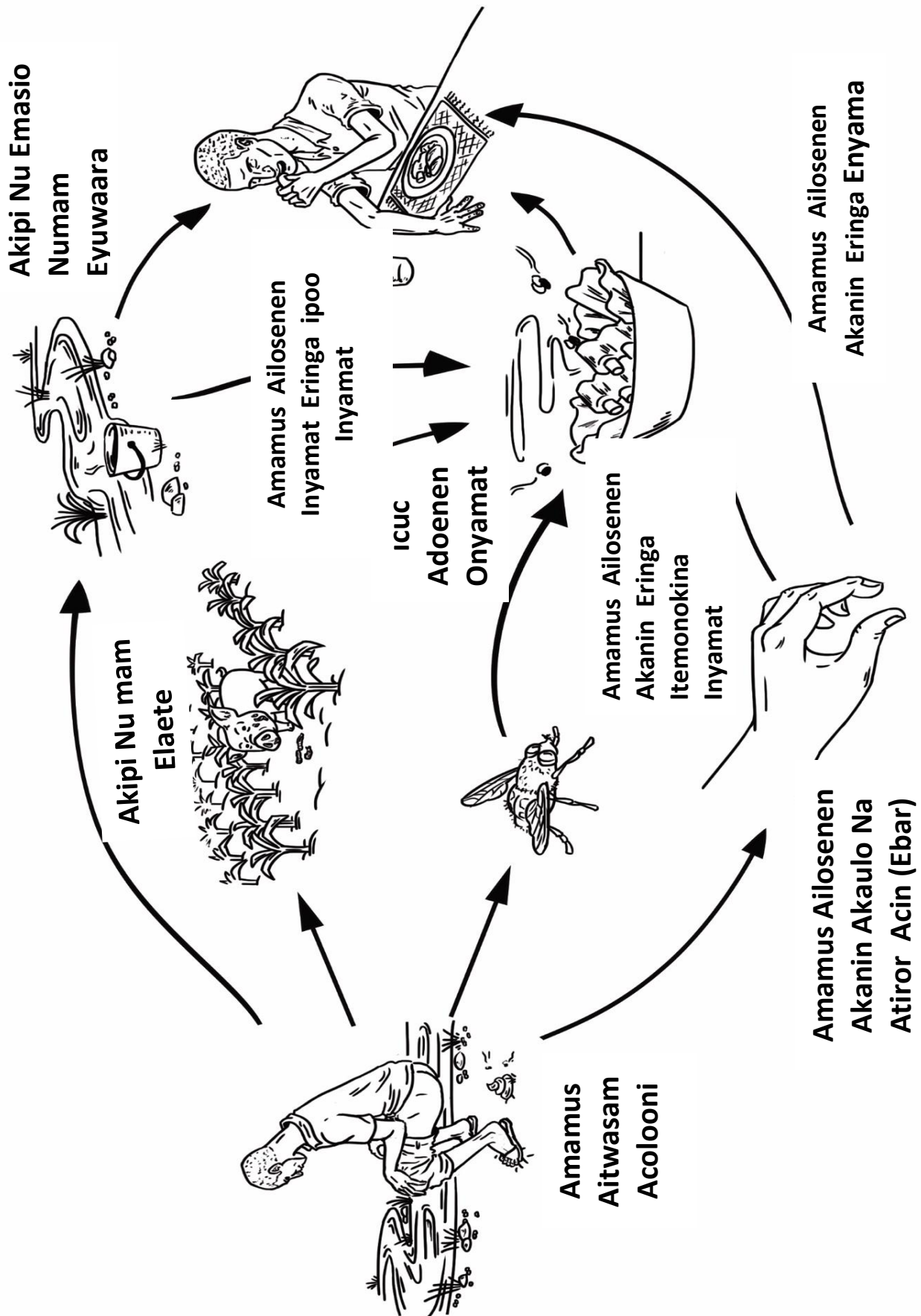
**5. Emamei ibore ipedori oni aishwamaun
kanu aitikokin ariebo / adeka**



**6. Arai ideka oni, ekoto oni ailip bon
kosodi mam alosit ne ejai emuron lo
adekis arai aitwasam ekiya**

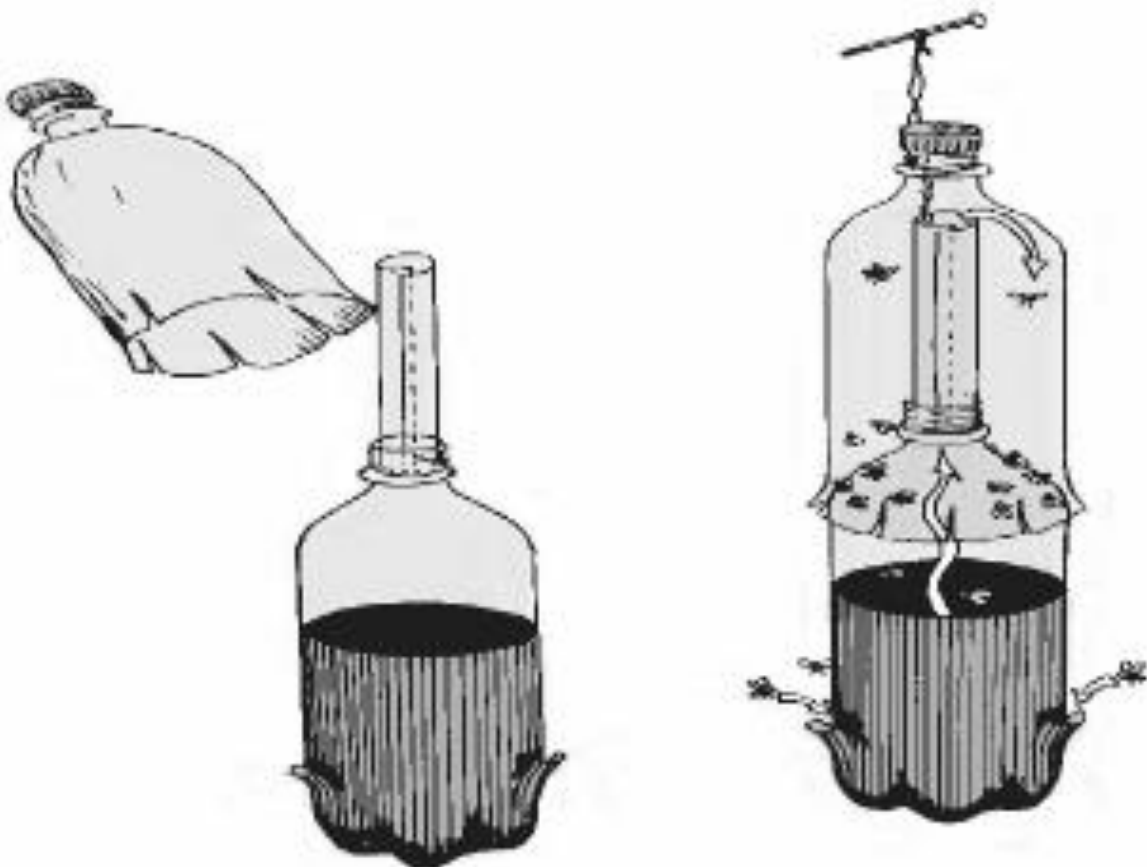


Eipone Lo Ekorar Adeka / Ariebo



Eipone Lo Iswamaunet Aicupa Na Ikami icuc

1. Olemu aicupa na itwasamitai, isutak eriaagi / oculok eriaagi lo irionon agear okwapu toni kiding kiding naka aicupa kosodi apedokin apedono auni (3) nudidik kanu icuc alomanara toma.
2. Otub aicupa acie okiding. itolomuu amopiira na erucokit kosodi aitolomikin apedetoit naka eicupa kalo sodit.
3. Orucok akou naka atutubet naka aicupa nejai eicupa losodit.
4. Ibwaik alupok adis kwapu naka aicupa kosodi aikajakin kinga ngina.



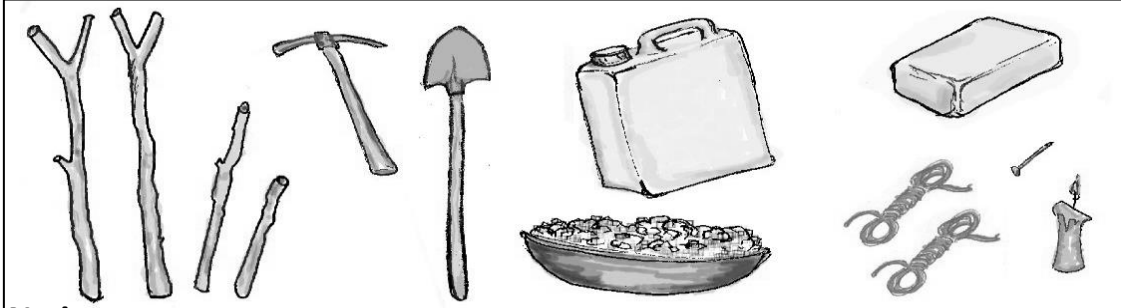
Ailaset Na Icaaka Ka Akeju



Adukun Ailoset Na Iccaka Nakon ilopet

Iboro Lu Itwasama Lu Ipudai:

Akito Nu icogen (2) nu imatai 2 iyarei; Akito (2) nu emita ediopet ediopet 1 ido oriooro; iswamaeta lu ebokere; ajerikanin nu akipi; amour / ingaroi; Asabuunyu; Auno; isumaalin Ka ekandol /etooci



Adoketa Nu iswamaunet:



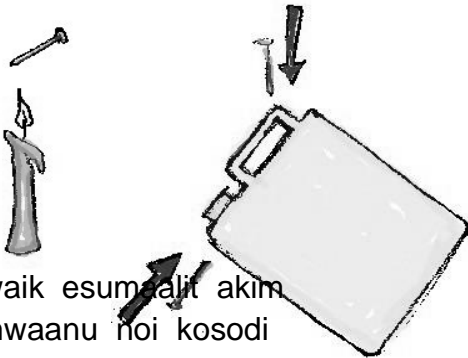
1. Obokaa aipanyia aare (2) aidules naka iicin 18 kosodi olainikina nepetai ipuutin 2



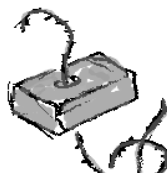
2. Odupanak akito nu icogen, koanyu ebeee eriakasi egwoete



3. Orapanak aipanyia kere alupok ka amour / ingaroi kosodi aitutuikin ogogong ojokan



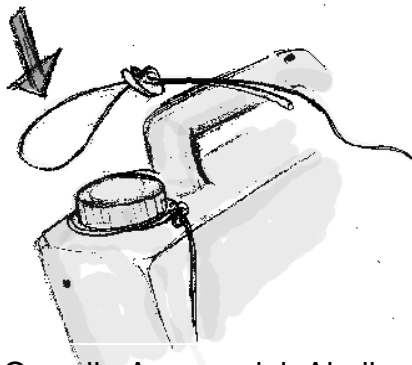
4. ibwaik esumalit akim omwaanu noi kosodi aitwasam apedonokina aipanyia Ojerikan



5. oped asabuunyu kosodi airupakin iuno awenitor asabuunvu



6. ikajak ajerikan naka akipi kosodi asabuunyu ido ilelebi akipi



7. Owenik Auno nejai Ajerikan naka akipi

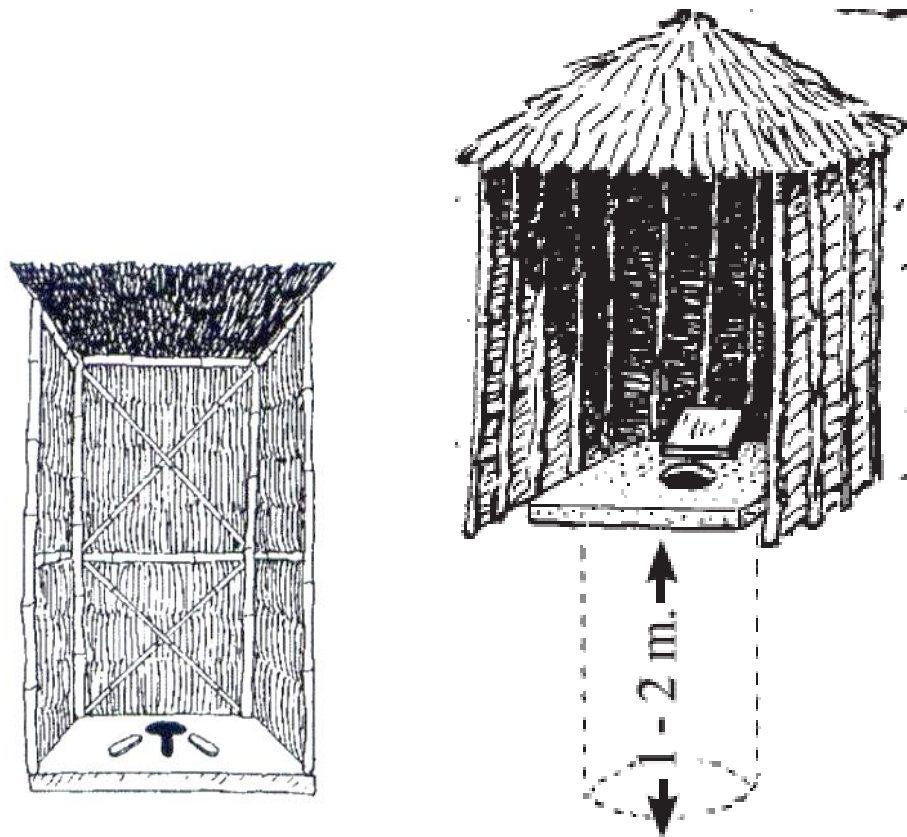


8. Kosodi akitoi Na icaakio

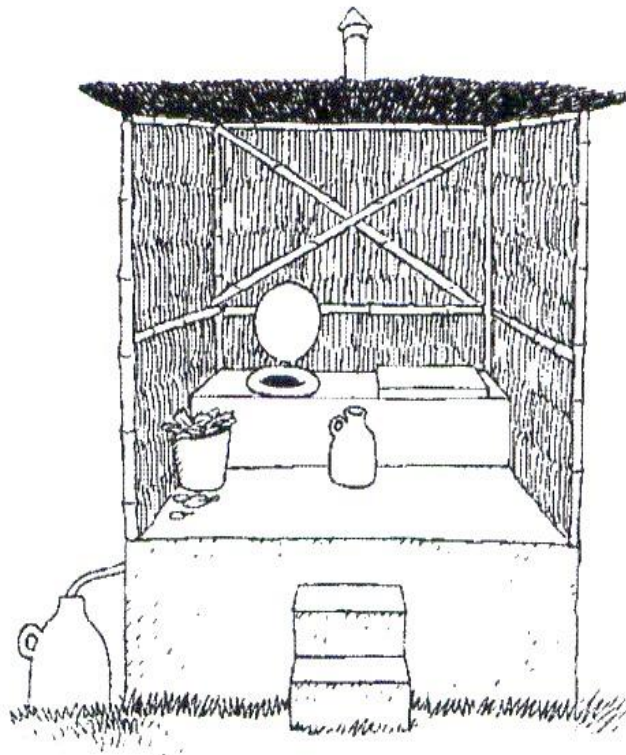


9. Itwasam amour / ingaroi kanu aidaununa akibi

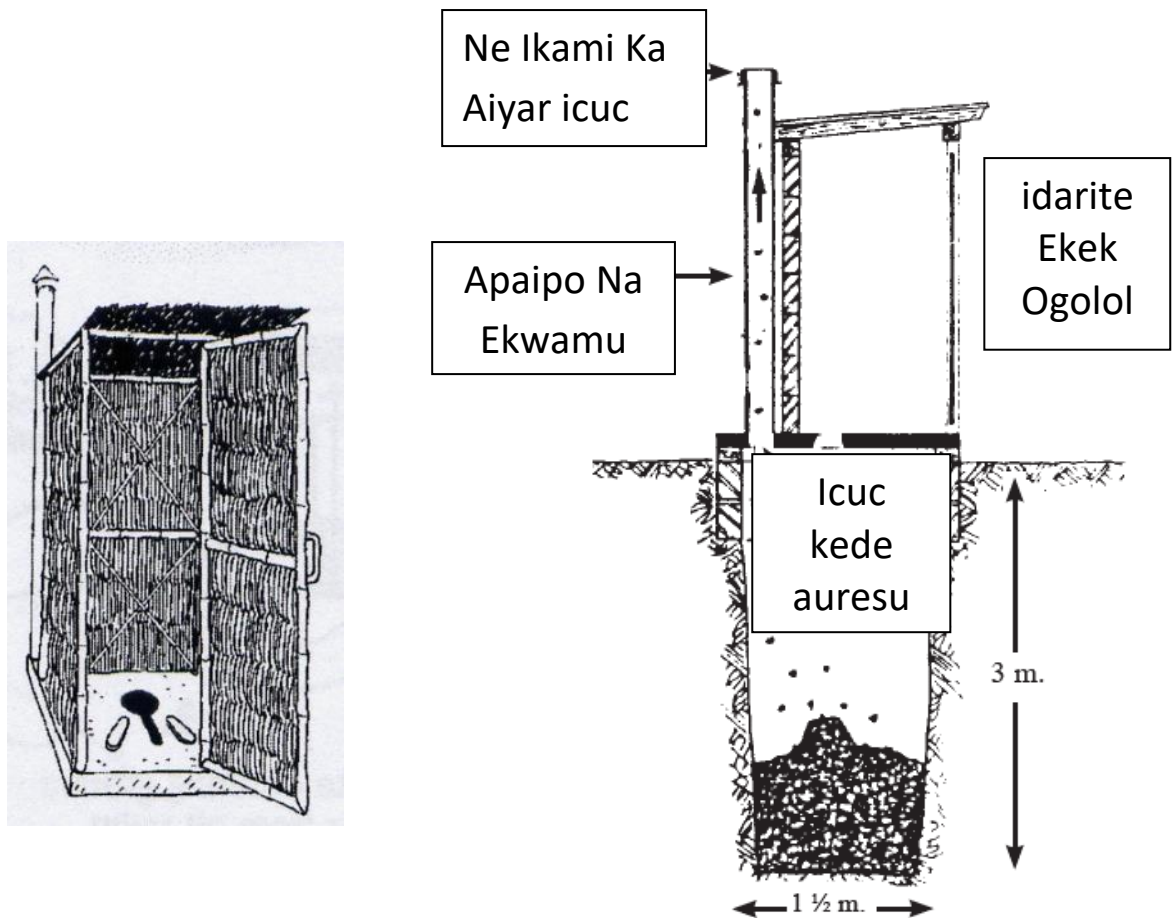
Ecolooni Lo Egoloro Kere



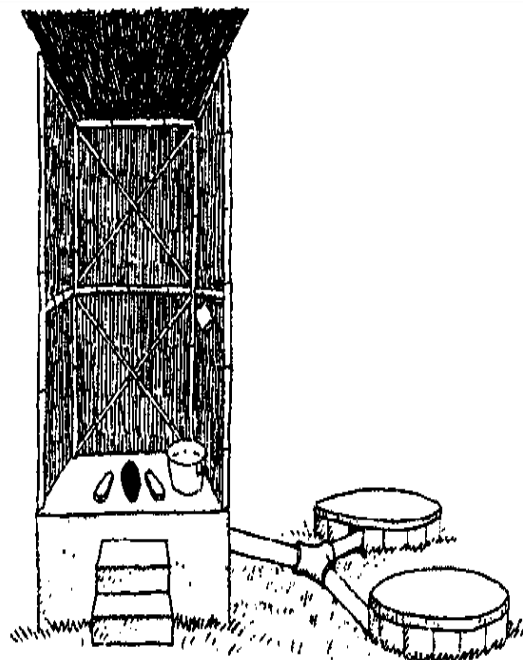
Acolooni Na Etiakari Ekulam awai Osalakite Eonit



**Ecolooni Lo Ibwaikitai Ne Elomia
Auresu Na Aronon kinga**



**Acolooni Na Ebukokinio / Egwetakinio
Akipi Ailotara Ebar Aipany**

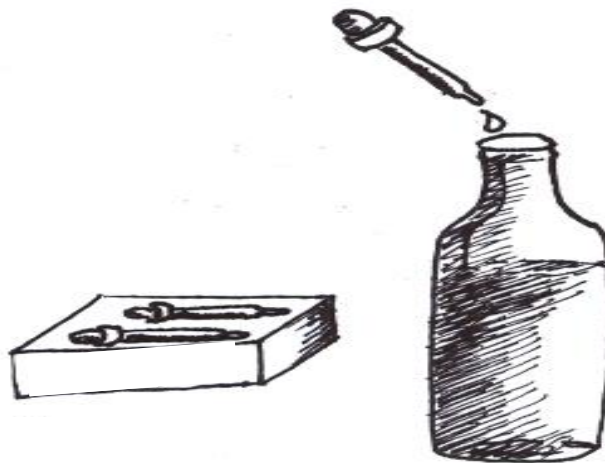


Eipone Lo Italaunet Akipi

idorenen Akipi



Iyatak Ekiya Lo Akipi

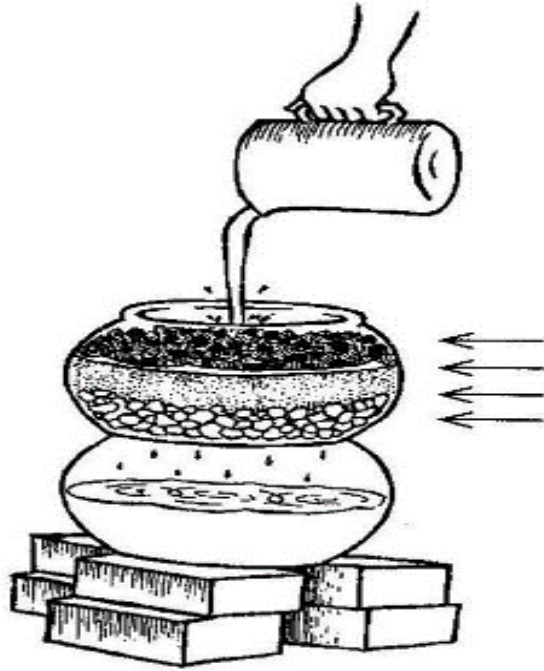


Eipone Lo Itwasamaet Ekiya Lo Akipi Kanu Aitalauna Akipi

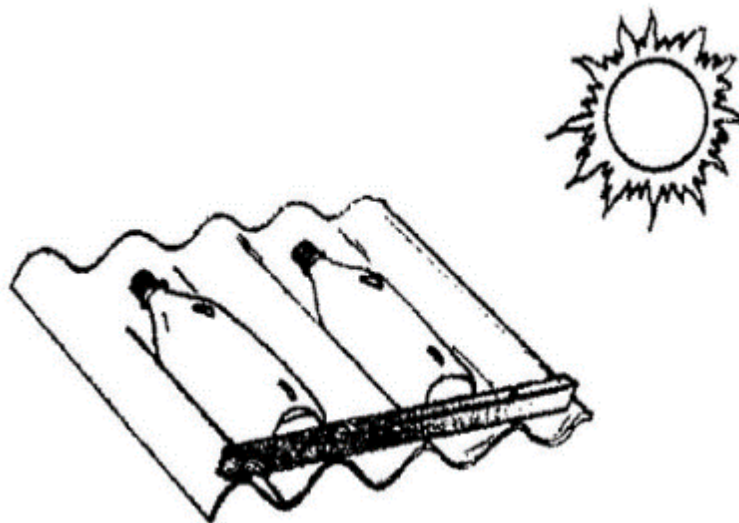
Erai lo ewai lo iswamai noi ojokan nepepe kede akipi nu edaunitai aitwamanuun kotoma akolong.

1. Iyatak aidonakineta aarei (2) nuka akipi olita ediopet 1 loka akipi,
2. Ijangijan kosodi ajalakin ogwoiyaasi nepetai idakikan 30 eringa egeara aimat (ajalakin nepetai esawa 1 toni 2 nges do bobo ejok noi adepar).
3. Ebee, iyatak irwan aarei aitonakineta nuka ekiya loka akipi kanu akipi nu iguruna / nu eepurieete / aria kanu akipi nu elilim adepar.
4. Akaulo naka nepetai idakikan 30, ekoto akipi opupo euria lo epapang arai imata ijo osubitos bala nu epapang ekiya lo akipi. Apolou ke ebe eyuwaara kanu amasio. Arai ekwamakina ekiya lo akipi, idumuni ijo ebe epupo noi agogongu naka ekiya okumes kon ka arai emat itunganan epaaritos mam ejijim aimat. Iyatak akipi acie toma. Ingonga / arai iyatak etiyai loka ekiya lo akipi otupitete eipone lo ejaunor euria ka ajijimu naka akipi.

ijilil Akipi



Ewai Lo Ailoo Akipi kede Akolong “SODIS”



Eipone Lo Itwasamaete “SODIS”

Eipone Lo Italaunet Akipi

Adoketait Na 1: Oseu Eicupa Lo iriamara! Itwasam Eicupa lo ilitai 1 arai 2. Ilota eicupa ojokan noi apak na igeiya ijo aitwasam



Adoketait Na 2: iturak akipi aicupa nepetai toni aibuc aillelebun $\frac{3}{4}$ (ikadidio)



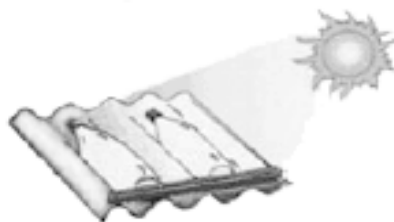
Adoketait N 3: Ijangijang akipi adaun itikatikan 20



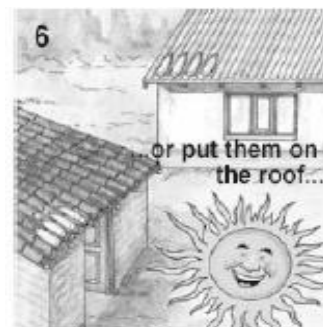
Adoketait 4: Aso kwana Now iturak akipi kosodi arapakin kede arapet ke



Adoketait Na 5: idokomok aicupai kuju naka abaatin



Adoketait Na 6: Arai aidokokin kuju naka etogo lo abaati



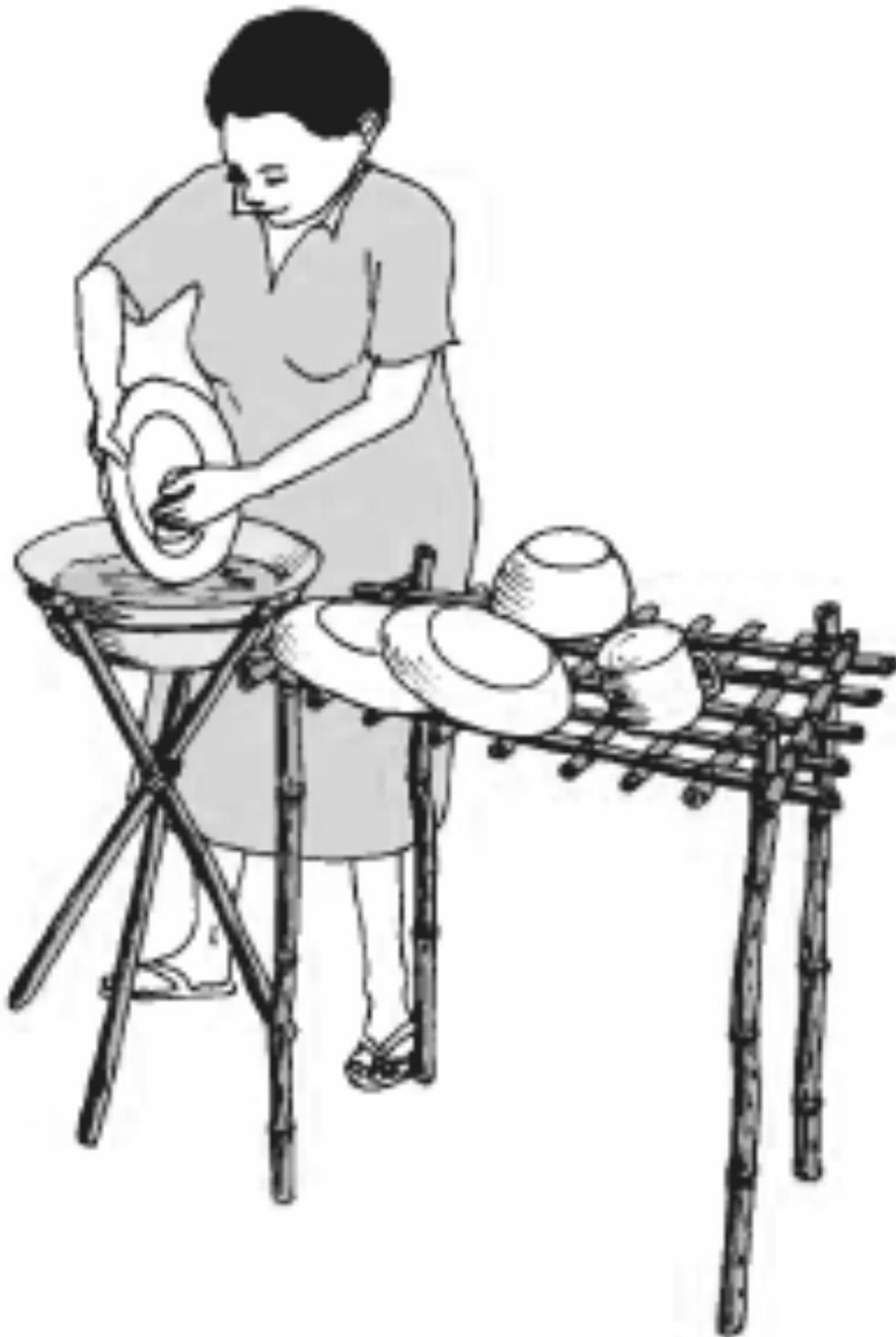
Adoketait Na 7: oloik aicupa naka akipi toma akolong agear tupuruc kitoni ebong Nepetai adaun isawan ikany kape (6)



Adoketait Na 8: Iriamara do kwan akipi ido eyuwaara amasio kitoni adaun apaaran keere / aria apaarasia aarei (2)

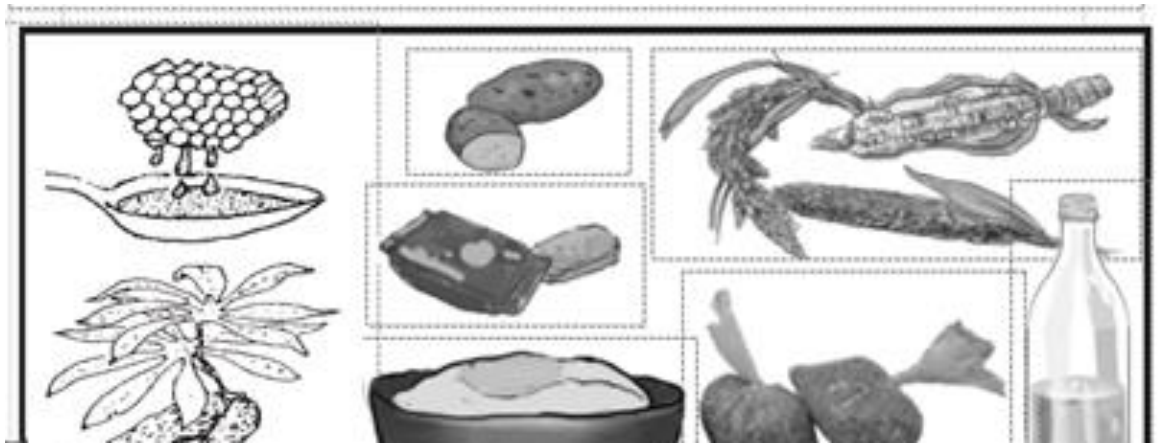


Etandalo



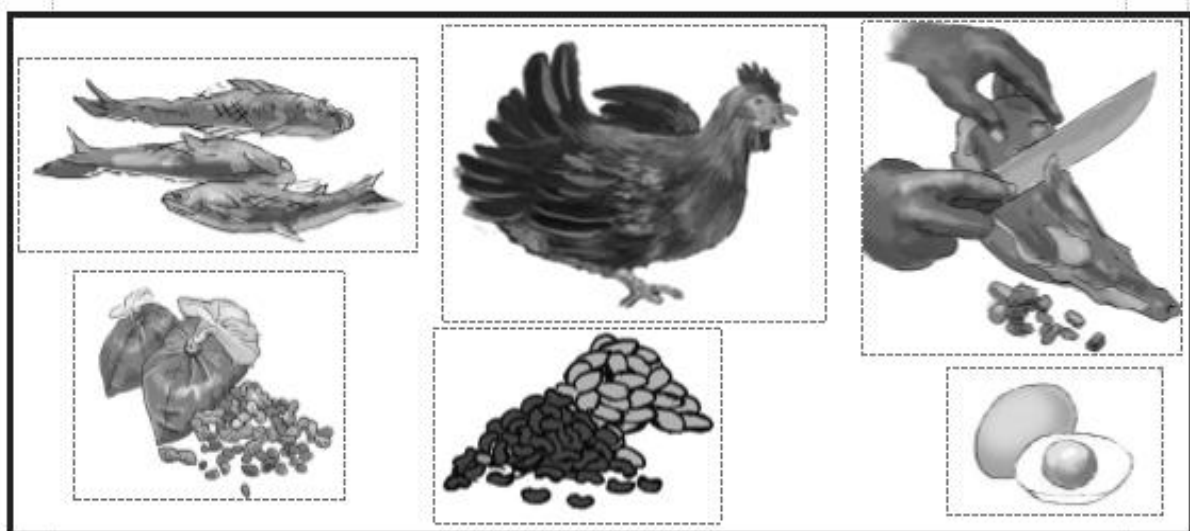
Inyamat Lu Ingarakinete Adumakin Agogongu Na Epol Noi

(Emudunga, Akinyet, Esukaali, Esike lo Aoo, Emuogo, Acok, Amayuunin, Edukudukut, Imaidoko, icoka, Akinye na Akituk)

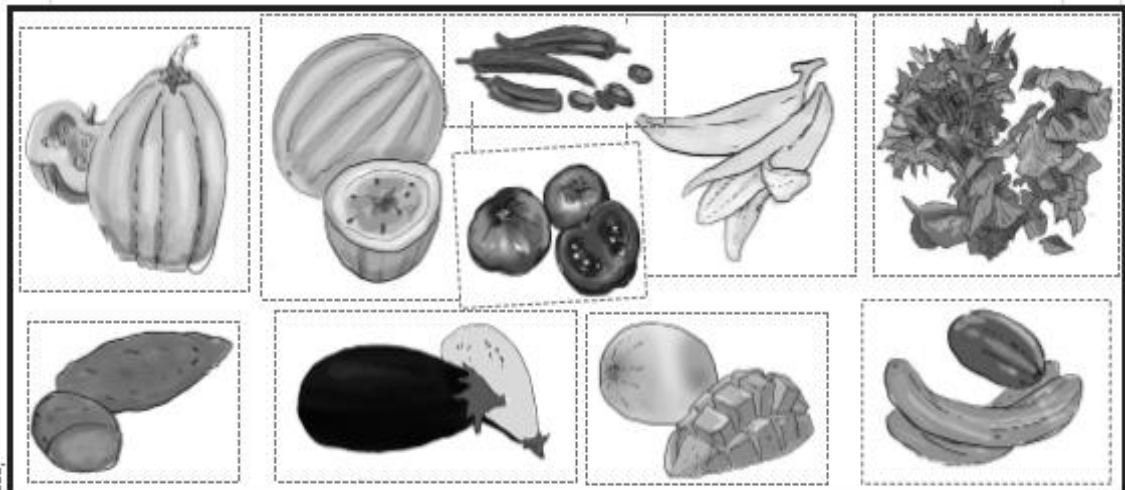


Inyamat Lu Ingarakinete Aiduk Akuwan

(Agaria, Akokor, Emaido, lentils, Emaroge, imaidoko, icoka, abeei)

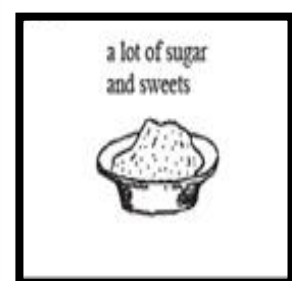
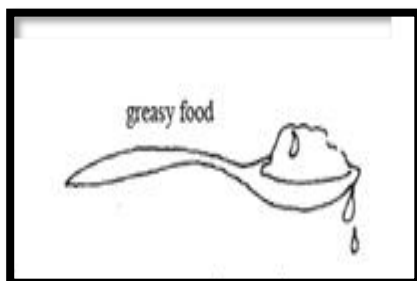


Inyamat Lu Ingarakinete Aidarite / Ayuwaarite Akuwan
(Araitō Ka idiyasio Lu kuwii / ibogai ka Einyaanya, Evakedo, Karots)



Inyamat Lumam Ejokuka Kede Angaleu

(Inyamat Lu ekwamakina ataronu, “junk food”, akwamakite esukaali)



**Aidarite ailaa naka iboro Lu Itwasamao Kotoma
aajar naka itunga Nepepe Ka aila naka Awate,
Itogoi, Ka Atutubete wok**



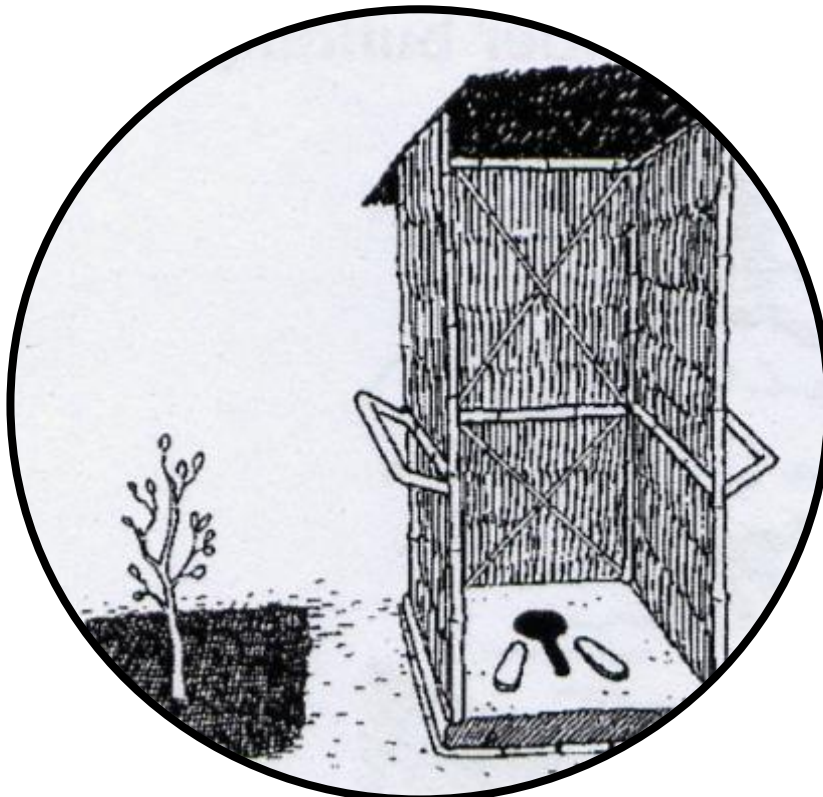
**ilotana akanin kede asabuunyu eringa
itemonokina / ipoo Ka ainyam inyammat Ka Akaulo
Aswamisio nu ikatunete “ijaams” aijarawok**



Aidarite Atutubet Olai



Itwasamaenen Acoloonin

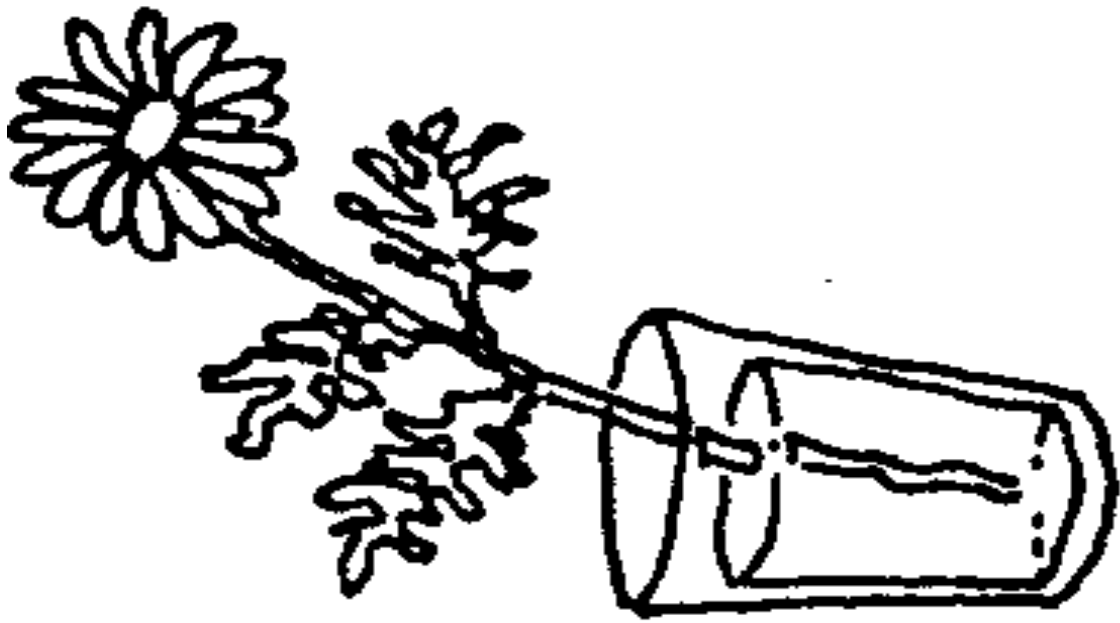


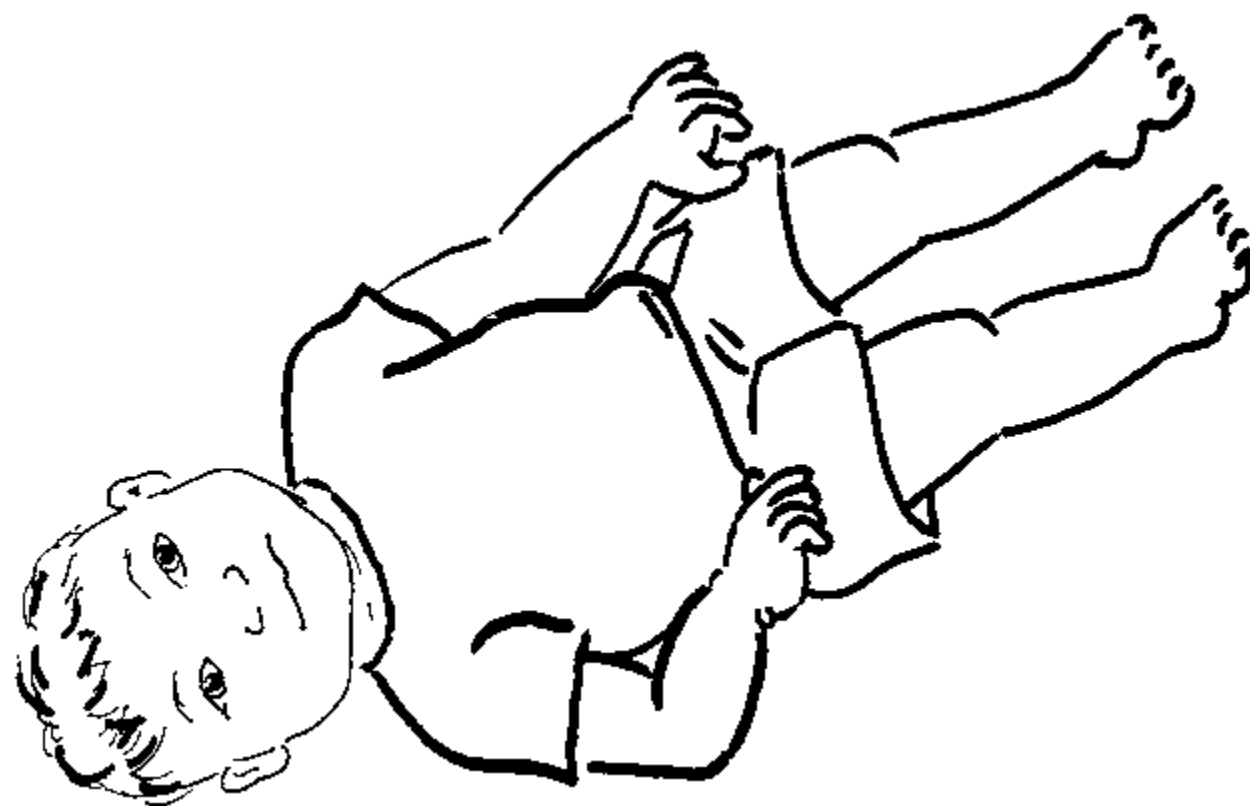
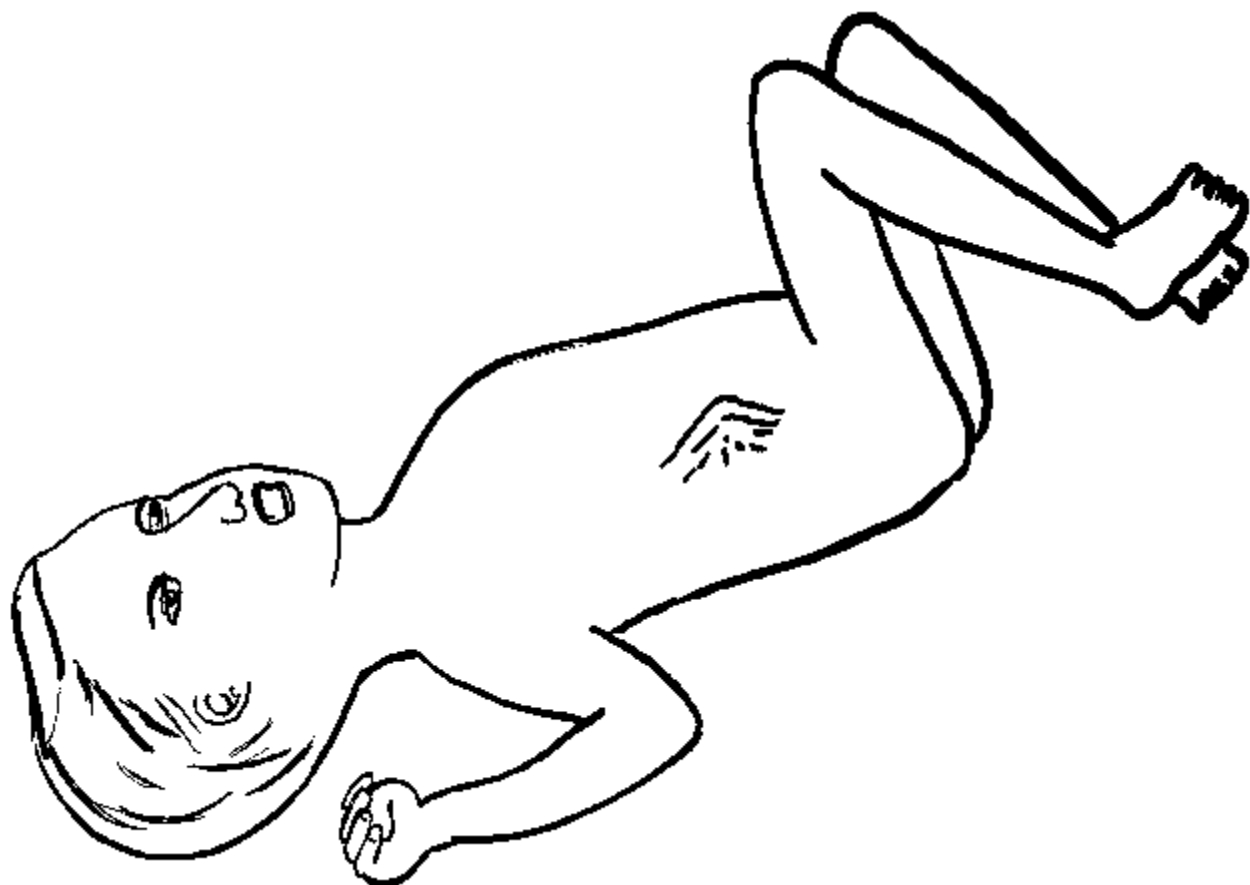
Itwasam Akipi Nu Elaete kanu Amasenen, Ailosenenena Ka Aitemonokina / Aipoenena Inyamat



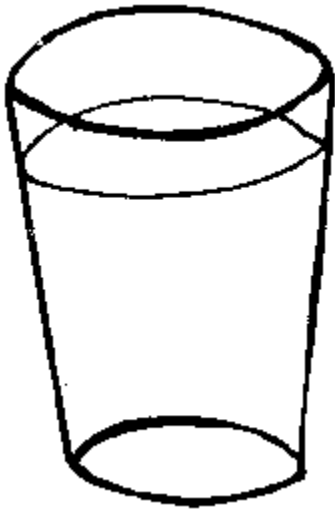
Aitemonokin / Aipoo Na Eyuwaara Naka Inyamat







Eipone Lo Inyalunet Imaten Lu Inyakakinete Akipi Akuwan loka (ORS)



Omataa Egilaasi ediope
loka Akipi Nu Emasio



Ibwaik adonguneta 1
arai 2 nuka Amuunyu



Iyatak esukaali nepetai
Akorokocot adiopet
naka Ekoka Kola

Imaten Lu Inyakakinete Akipi Akuwan Lu Itiyasi Bo Ai Lu ipuda Oni?



Itunganan Yen Apolon: omata
egilaasi ediopet / aria iyarei loka
imaten Lu inyakakinete Akipi
Akuwan akaulo naka angin Ebar lo
Alepor.



Ikoku: omata egilaasi ediope
loka imaten lu inyakakinete
Akipi Akuwan akaulo naka
angin Ebar lo Alepor.

IITUNITE EBEE: ETIAI LOKA KANU AMATARIO ERIAKASI KEDE ETIAI KANUKA
ALOMASI KINGA KOTOMA OBAR LO ALEPOR

Ekume Lo Elelei /Ebisi Ekume, Iporotoi lu Ejaasi ajimis, ka Aola

Aputo Na 1: Ekume lomodok / Ekume lo Elelei / lo Ebisi

Olema ekume kede amopiira na ematunere okumes luka ikoku ka yen didi.

Arai imameototor ijo amopiira ngin, / arai bo ejaasi ikoku kede ationis naka eiyengane, ipedori ijo aitwasam akituk / aituk kon amatuna ekume ngon awai okumes luka ikoku.



Aputo Na 2

Inyalak adonguneta nuka ibokor 2 aarei luka amuunyu toma ogilaasi loka akipi / arai aibwaikin akipi ngun nu enyalunos adis toma akani kon kosodi aiyenganar okumes kon. Isipedoori nen ekume ajakun ka aunyun awai.



Aputo Na 3: Eola

Ikakany akipi nu amuunyu ido ojalam – ooku amuunyu aijiiko adiope 1 nadidi inyalak ogilaasi loka akipi nu ejalam (ipedori ijo ainyalakin apedur toma). Omata ileleba aituk do ijo aikakany /aiwokiwakia iporotoi, imuwaari awai.

SIRI ilikoo akipi nuka amuunyu – imuwana awai akaulo naka aikakany / aiwokiwokia iporotoi. Ikakany / iwokiwokaa nepetai irwan atipet angon esaawa.

Ecaai lo emwana lo erukonokitai alias nu ecamunitai ebe ejokuka, kede eniimu, nepepe ka aoo / arai asupu na ejalam na emolokony ejokuka kesi da noi kanuka iporotoi lu ejaasi ajimis / iporotoi lu ijimiikitos.

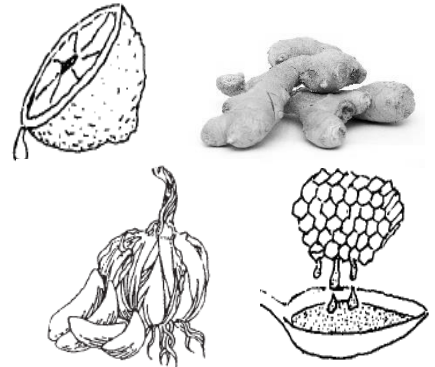


Ainyalun imaten lu imukeete luka Eniimu - Etangausi

Ejaasi Nutupitono kwapu nee kanu ainyaluna / aiswamauna kanu itunganan idiope (1). Kanu itunga luipu, ijo irwanaar aipimaunet naa kede etiai loka itunga.

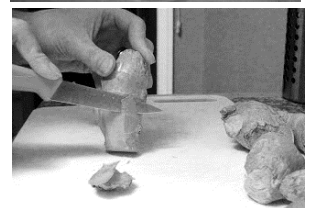
iinyaleta

1. Eniimu ediopet 1 lo apolon/ arai 2 ludidik
2. Aijiikon 1-2 nudidik nuka etangausi lo icangucangutai /arai lo iriearitai
3. Aijiiko 1 nadidi naka etungulu simu "garlic" lo icangucangutai / arai lo iriearitai (kwape iseuna)
4. Akipi nu idoritai (omwaka noi noi)
5. Aijiikon 1-3 nudidik nuka aooo toni adoketai na ejijimikitor yen emasi (kwape iseuna)



Adoketa nutupakina

1. ilota iinyaleta kon keere.
2. Ocuu akipi nuka eniimu (olema icoka awai) kosodi aibwaikin toma
3. otubutub /ongimingim acueta nuka eniimu odisiak noi noi
4. Ikisana / okulana emukule loka etangausi kosodi aicangicang / airiear idicic
5. Opacana etungulu simu kosodi atubutub odisiak noi noi / arai airuk aidecidec (kwape iseuna)
6. Oyangau akipi aidorokin.
7. Inyalak etangausi toma ka angimingimeta nu acueta nuka eniimu (kosodi eetungulu simu "garlic" arai ipudakin).
8. ojalak okulaata adaun idakikan idis arapitete odite akim ido osalakite esopula / ibore yen idoritere eringa erapap.
9. Odaka awai kotoma akim, kosodi abukokin akipi nu eniimu nu ecuunitai toma.
10. Obukok toma ogilaasi / oikopo itwasamai aijilileet na ecaai / na ecuwere ematuuda.
11. Ibwaik aoo toma na iriamara kede ajijim kosodi aiguronokin ojokan, aso okorak amasio eringa emwana.
12. Omasenen angina atupuruc kede abong, toma apaarasia 2-3, ibuni ijo apupun ojokan.



Apapula Na Itoduunit idoosin lu ilikere Ekiya

Nutupitoni acie apakio iwadikaikinio okiya /
apapula na irupakitai ekiya / Ekapisol.

- 1 ekiya = ekiya ediope keere



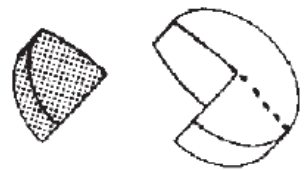
- $\frac{1}{2}$ ekiya = atutubet naka 1 ekiya



- $1 \frac{1}{2}$ ekiya = 1 ekiya kede atutubet naka 1 ekiya

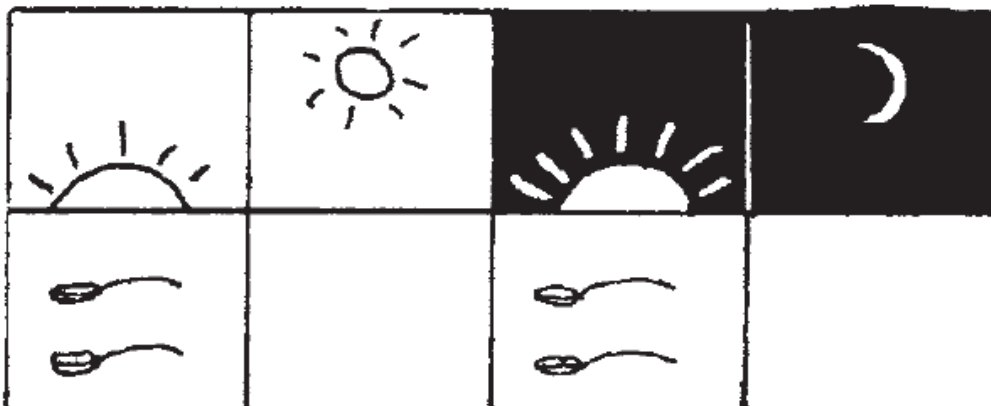
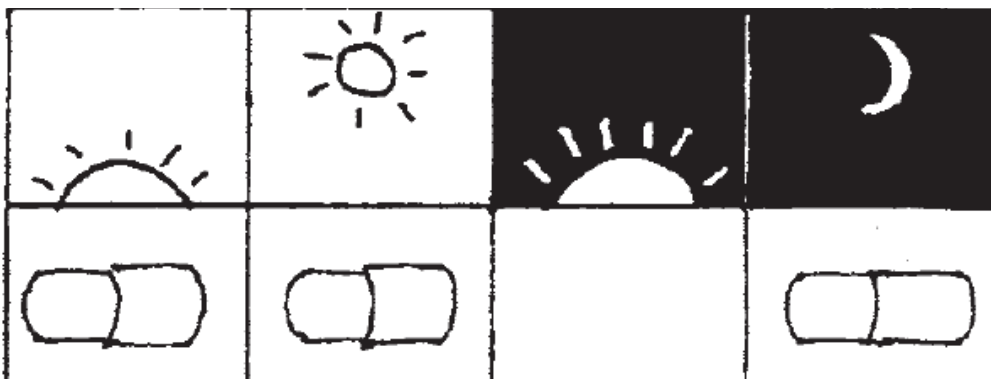
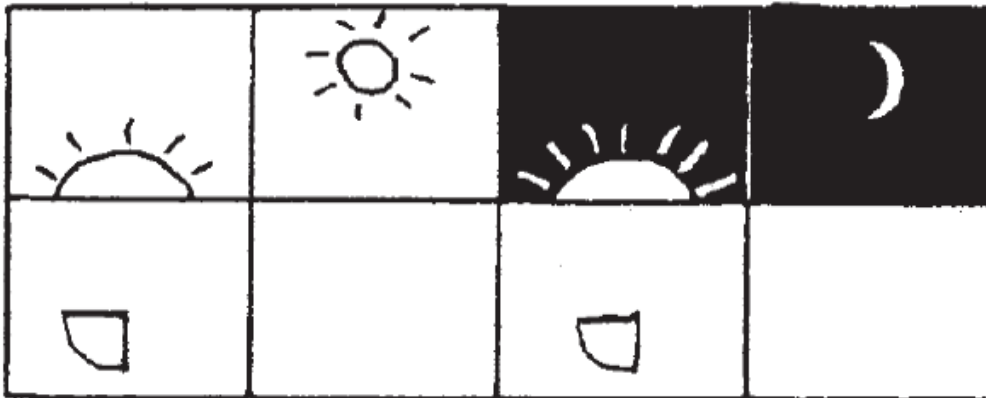
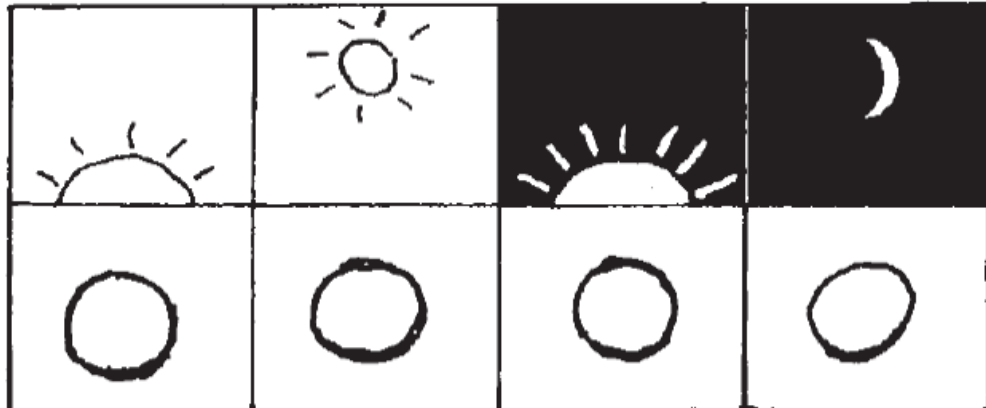


- $\frac{1}{4}$ ekiya = 1 ekiya aibil irwan aongon, ido aijaikin ibiletait idiopet bon kotoma aongon

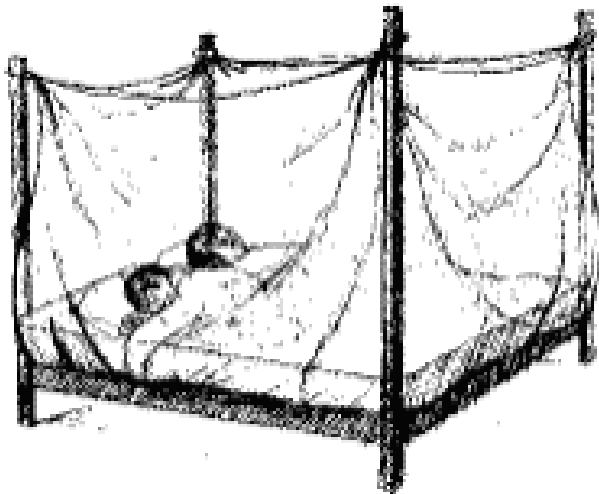
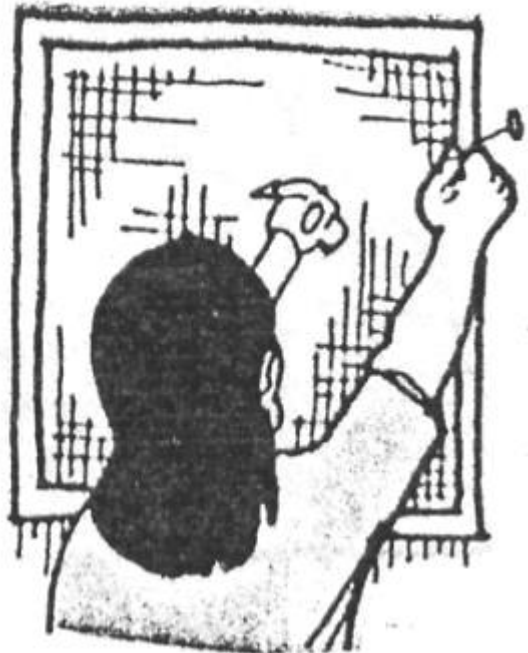
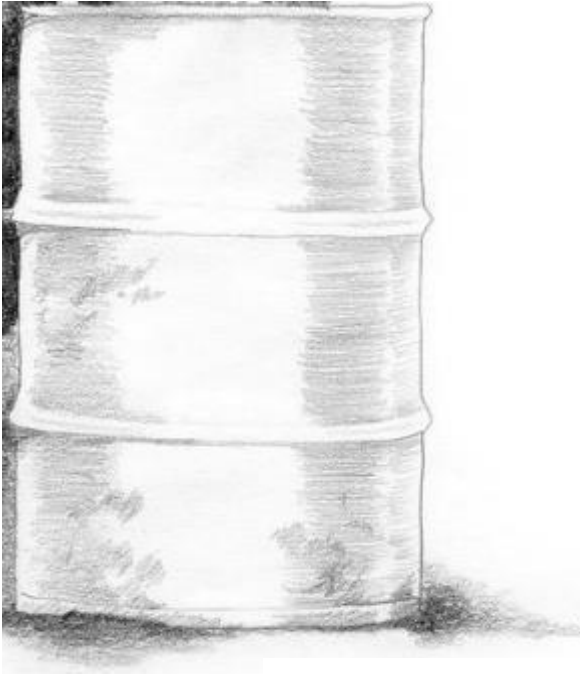


Ocoite noi ido koanyu ebe aijainikin
ekiya kwape icorakitere.

Akaadin Nu idoosin Lu ilikere Ekiya



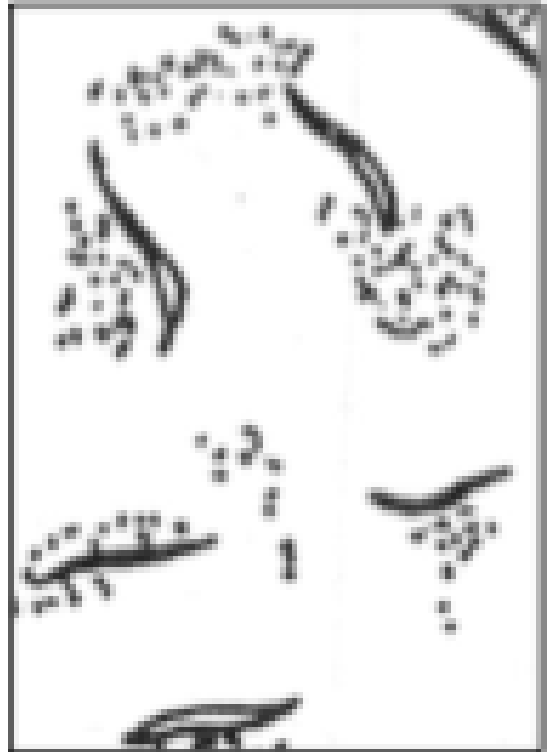
Eimidi / Emaleria



Ikur Lu Idilasi Aitedek Itunga

1. Pinworm

- Esuitos bala ipiiso yen akwangan / arai bala iusi ido epedorio aanyun kotoma obar.
- Ijaikitos aipii na epol noi oreret loka ababai.



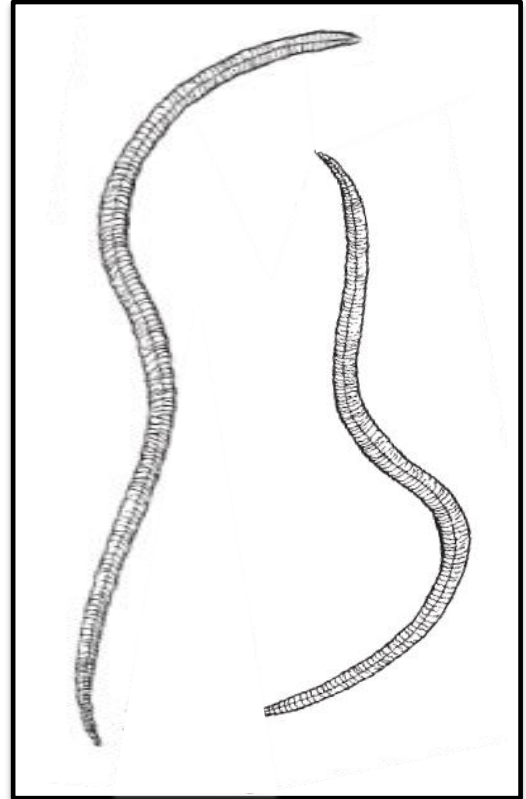
2. Hookworm

- Edisiak noi noi mam epedorio aanyun kotoma obar.
- Ijaikinete itunganan aipup epasone lo epol noi kede anonoku naka akuwan. Ijaikinete apipilu / airieb noi toma akoik ka alepor. Itunganan yen ejaatatar kede hookworms erai angiiirit na ekweele / na ewaangi toni abelekeka, ka otau loka akanin.



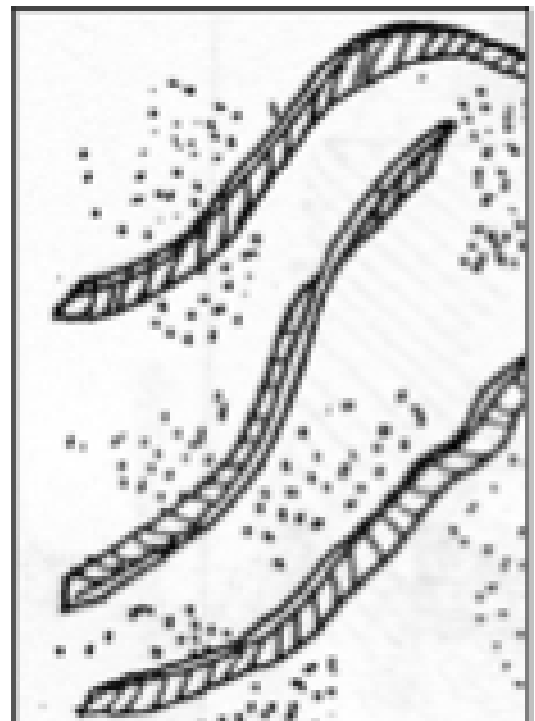
3. Roundworms

- Elalak kesi, omootos ailungururar, ido oraasi nepetai pink / arai okwangak. Eraasi kesi ikur lu eijak kwa akeju naka etunganan, lu da epatana aanyun kotoma obar.
- itunganan yen ejaatatar roundworms emina opupi anonoku kede aipii/ ido opipil / oriebi akoik kede aola na eonit (emamei ibore eolaun).



4. Tapeworms

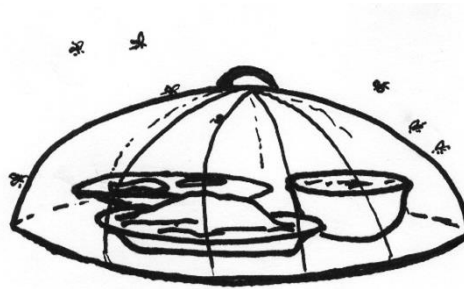
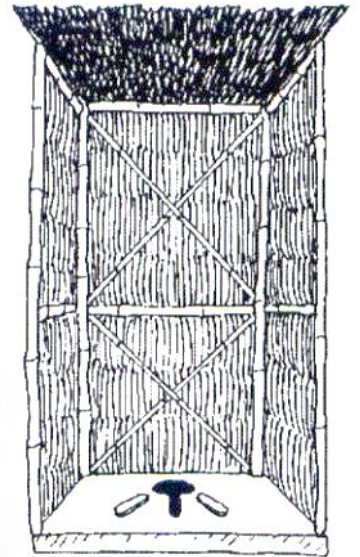
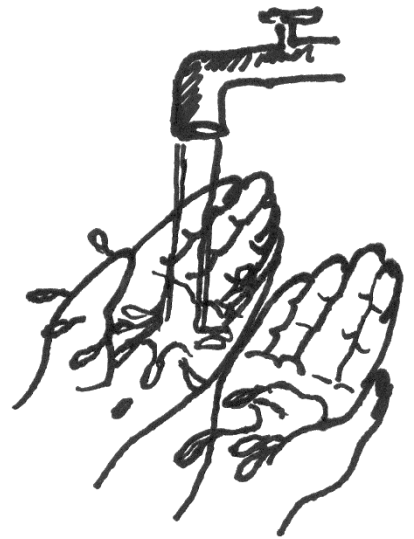
- Toma amoeteka, epoloete tapeworms imitai lu eojak noi, konye kotoma obar, itei bala ibatalalasi, bala ibilanakineta lu akwangak, nepetai eriakasi kede ibelekeka lu akan naka ikoku.
- Itunganan yen ejaatatar tapeworms ejaasi kede apipilu / airieb naka akoik kede alangiru naka akuwan aibong kwapu (asenyaar).



Aitikitik Ikur Lu Itedekete Itunga

Nunyoika ipedori oni aswamu kanu aitikitik ikur?

- Ailot Akanin
- anapit amuka
- aitwasam
ecolooni ka aidarite olai ejok
- iswamaenenei
iboro lu
eyuwaaritos
inyamat
kotoma apak na aipoore
- Omasenenei akipi nu elaete
(itwasamai SODIS, aidorenen,
ekiya lo akipi, arai aijilileet)



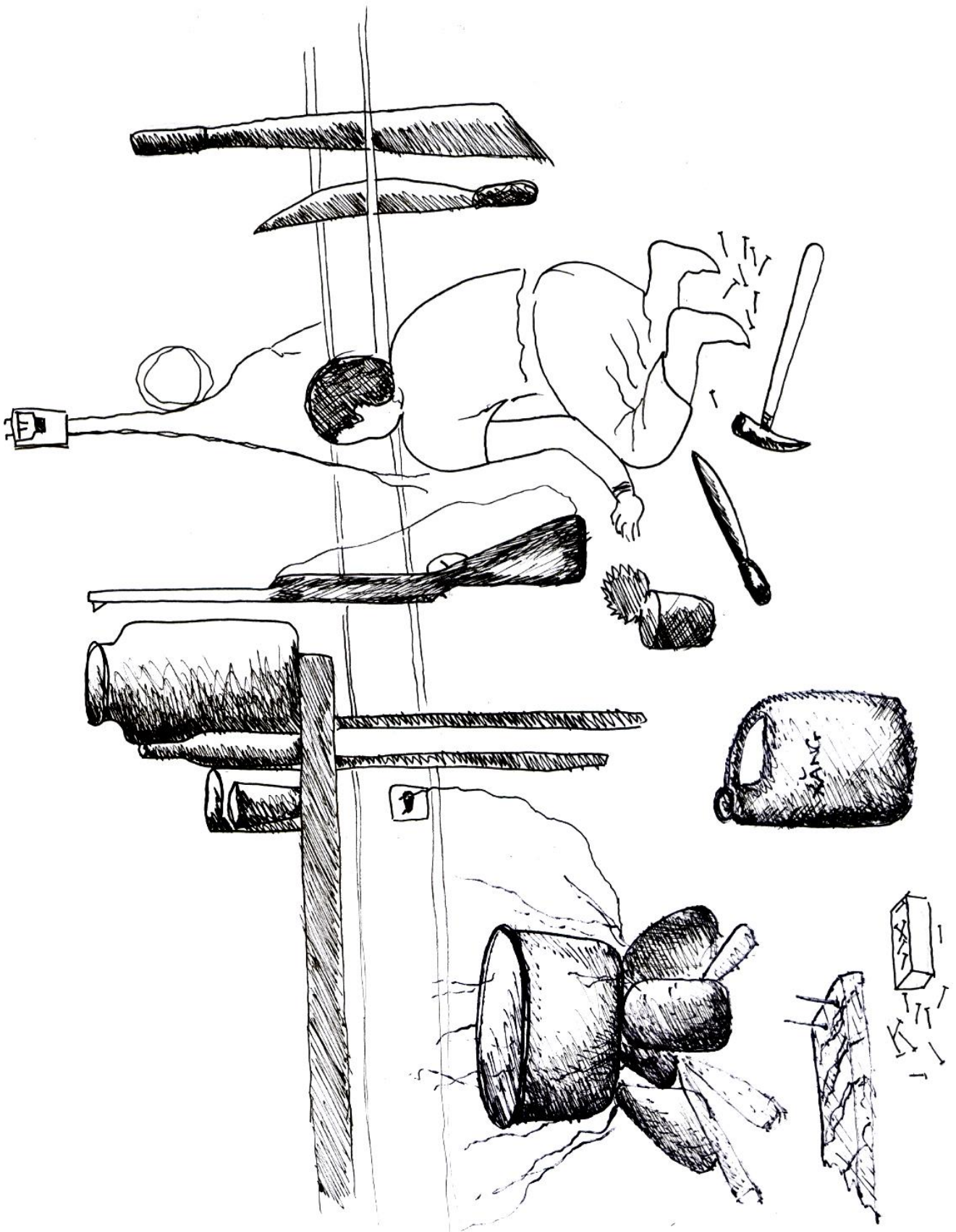
Aanyununeta nuka Elweera (TB)

- Aola na edepari elap ediope (1), noi noi akaulo na akwenyun ajoo
- Ajaunun kede imusuuja idioi / amwanis naka akuwan moti mot osawan lu apaaran ngun kede osawan lu abong
- Ainyinyirenen iware / Ikwaare
- Apipilu / Ariebo atorob arai kuju na epura
- Emamei ne ekoto ainyam / epiana aituk ka akuwan arutoor / engongar alangiru na akuwan
- Anonoku naka akuwan (epasana itunganan atipe atipepe)
- Ewaangi emukule / ekweele emukule
- Aolaunun aokot (noi noi adoketa nu iyapitor adumun amukian)
- Iporotoi lu eororikitos (erono noi)

Aanyununeta nuka Emusuuja

- Ebisi ekume / elelei ekume
- Aola
- Iporotoi lu ijimiikitos
- Ejaiki amwanis naka akuwan
- Aipup Epasone
- Epipil ailenyeta / ijoins lu akuwan

Akangasia Nu Epataka Aiswamaunun



Akonyokonyeta Nuka Emun

