

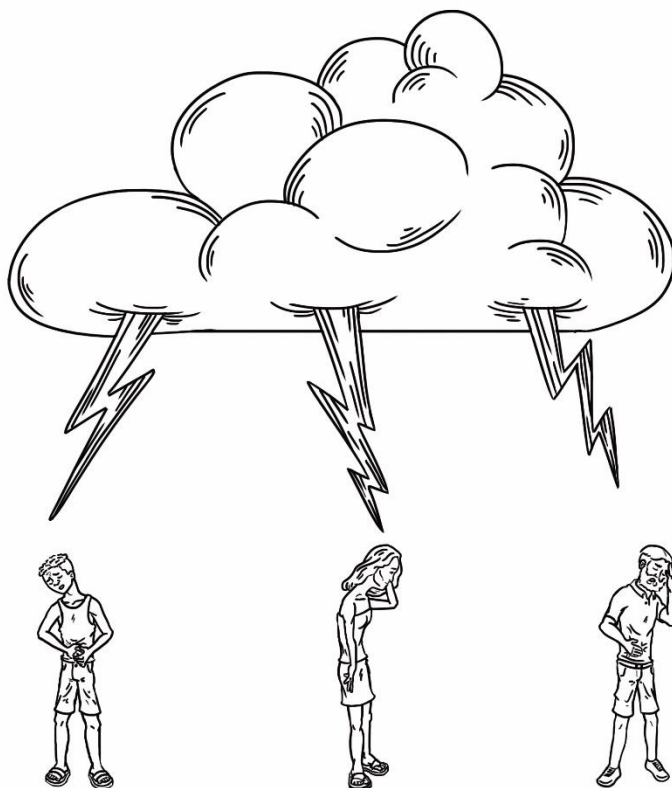
**TRUTH
CENTERED
TRANSFORMATION**

MODULE

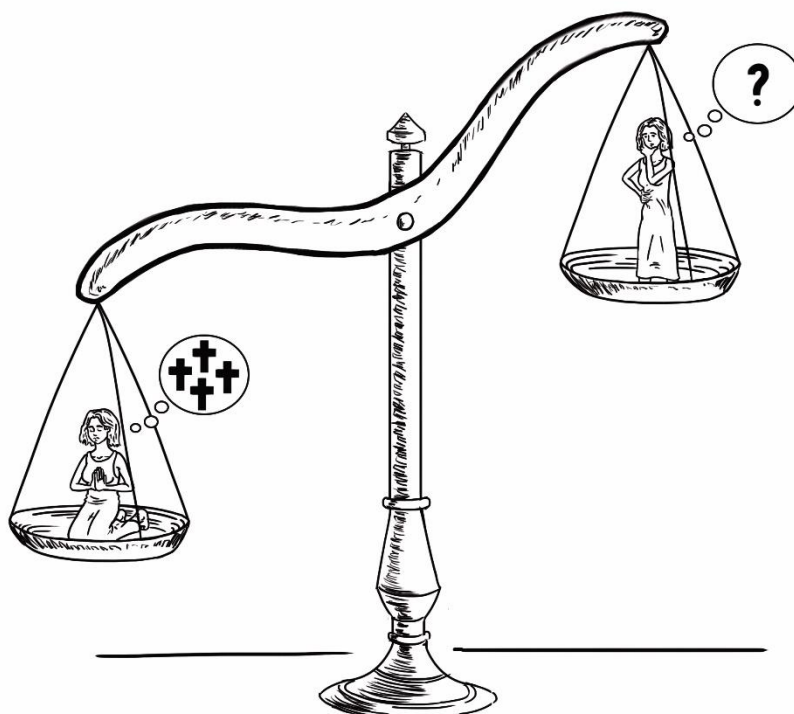


**LUSO LA ZAUMOYO
ZITHUNZI**

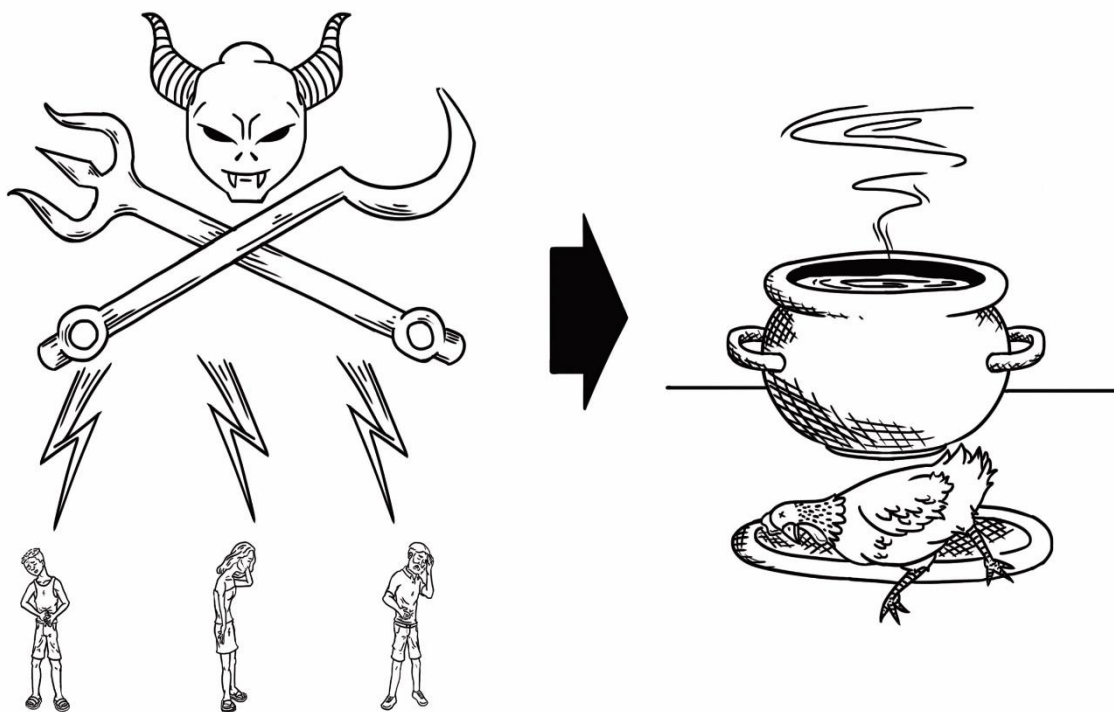
1. Matenda onse ndi chilango chochokera kwa Mulungu (Milungu).



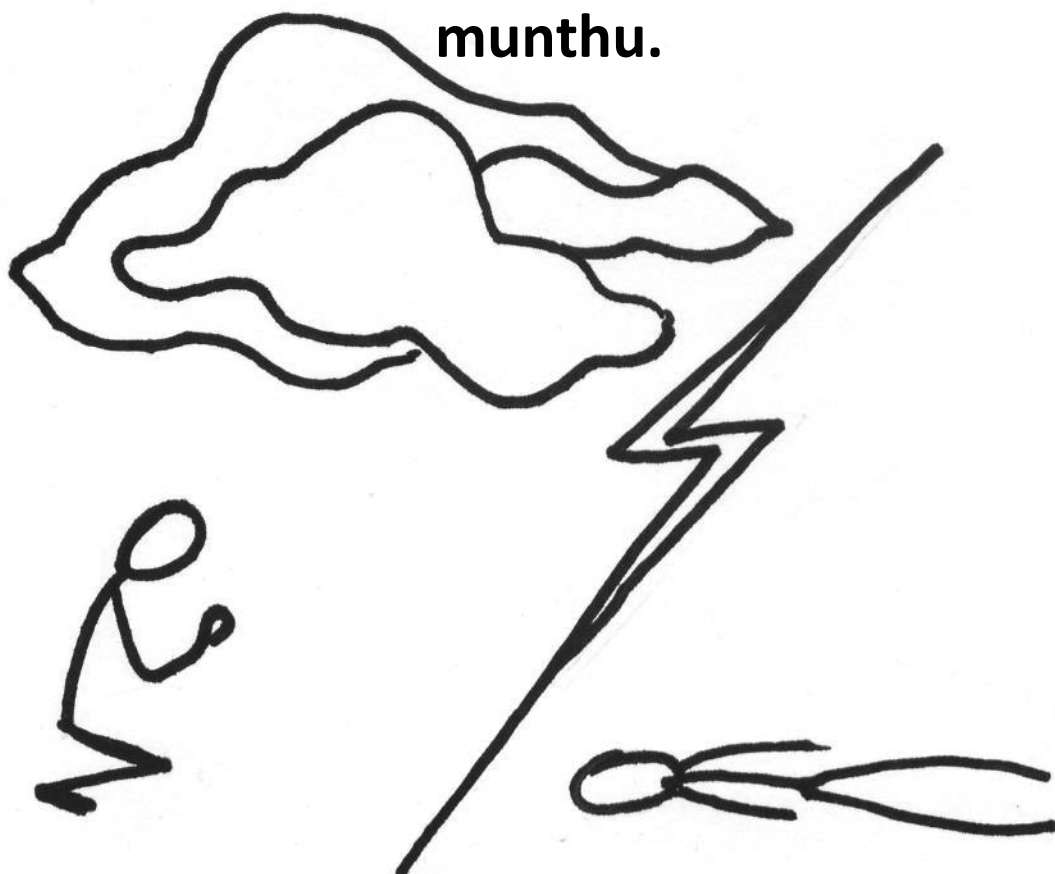
2. Tikanakhala ndi chikhulupiliro chochuluka, sitikanadwala.



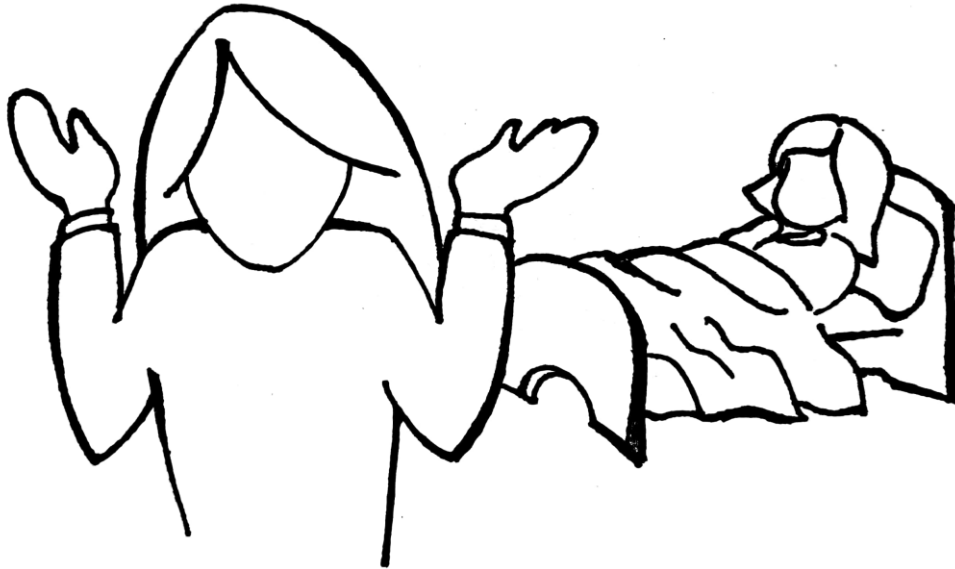
**3. Matenda amayamba ndi mizimu yoipa ,
ndiye tikuyenera kupeleka nsembe.**



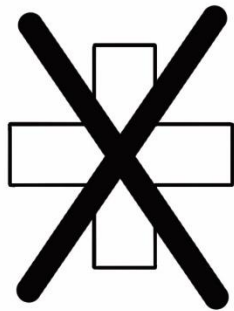
**4. Mulungu samakhudzika ndi za umoyo wa
munthu.**



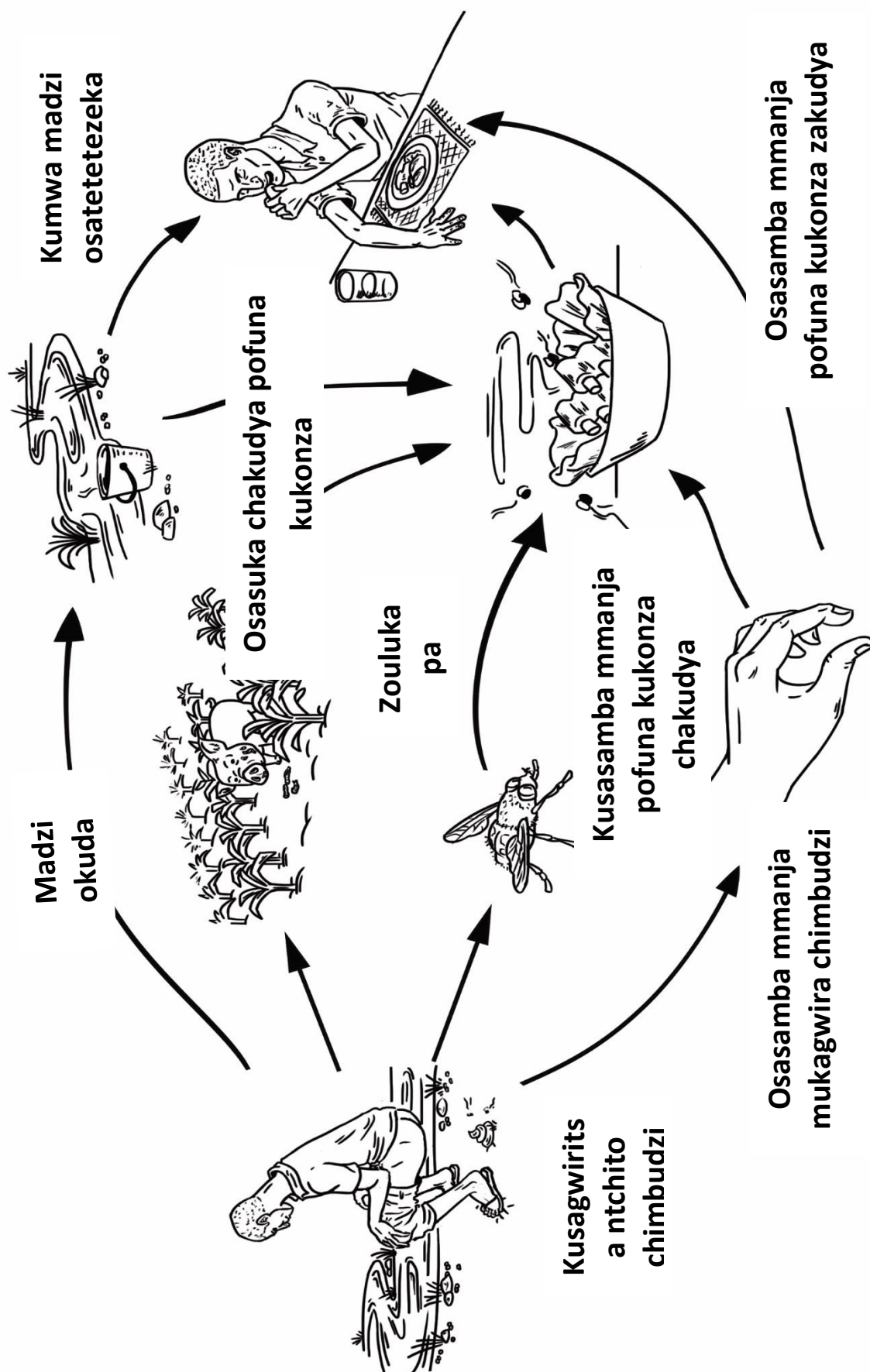
5. Palibe chomwe tingapange kuti tipewe matenda.



6. Ngati tadwala , tingopemphera koma osapita kwa adotolo.



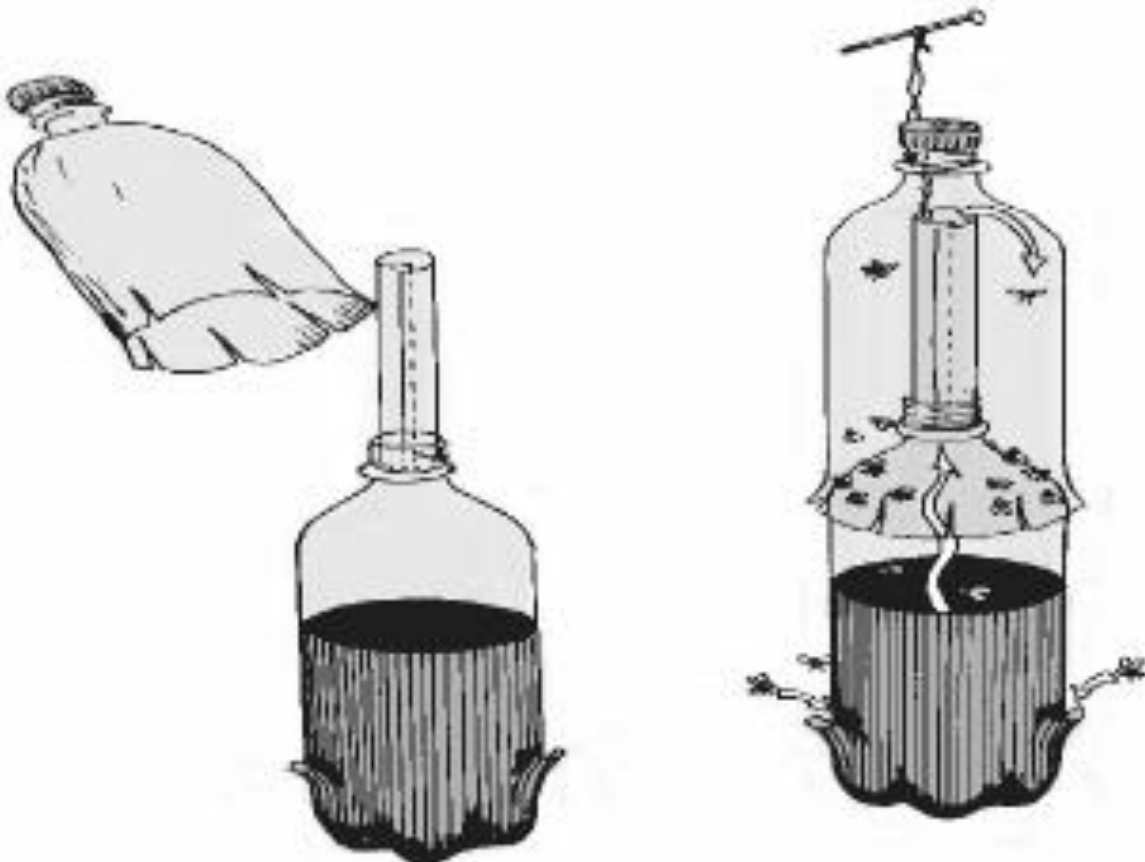
KODI MATENDA AMAFALIKILA



BWANJI

MUNGAKONZE BWANJI MSAMPHA WA NTCHENTCHE

1. Tengani botolo la pulasitiki , lakale ndikuthila utoto theka la botololo mmusi ndikupanga mabowo atatu ang'ono ang'ono kuti ntchetcha zizilowamo.
2. Dulani botolo lina . Konzani tubu podula kungsi kwa botolo ndikuvunikila kumwamba komwe munadula botolo loyamba lija.
3. Ikani kumwamba mpakana theka la botolo loyambilila lija.
4. Ikani manyowa pang'ono pansi ndikukoleka kunja.



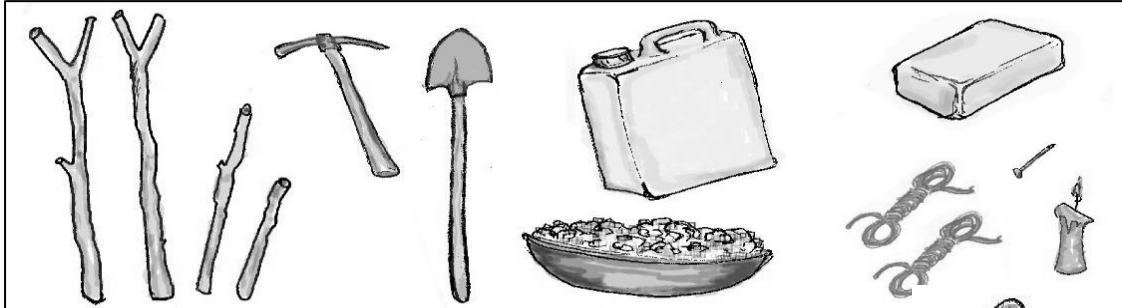
MPONDA GIYA



KUKONZA MPONDA GIYA WANU

ZIPANGIZO ZOFUNIKILA.

(2)2m mphanda za mitengo ; (2)1m mitengo yoongoka; Zipangizo zokumbila; Choikila madzi;Gilevulo; Sopo , Chingwe , Misomali ndi kandulo.



Ma sitepe:



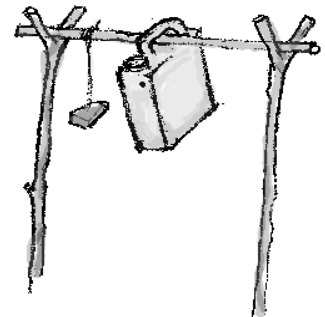
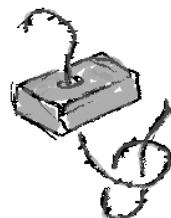
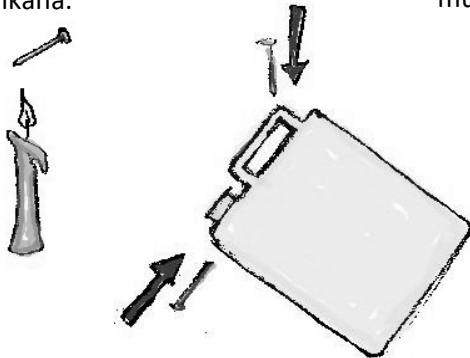
1. Kumbani maenje awiri akuya 18 inchi , ndipo akhale ma mita awiri kutalikana.



Ikani ndondo zamphanda zija mmaenjemo , onetsetsani kuti akhale mu levulo imodzi.



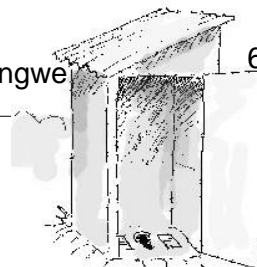
2. Kwililani ndi dothi ndi miyala , ndikuchinyila bwinobwino.



4. menyani msomaliwo ndikuika mabowo mu kontena ya madziyo.

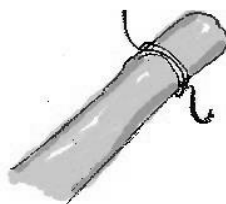


5. Boolani sopo ndikuika kachingwe kaja.



6. Pachikani kontena ndi sopo ndikuika madzi mmenemo.

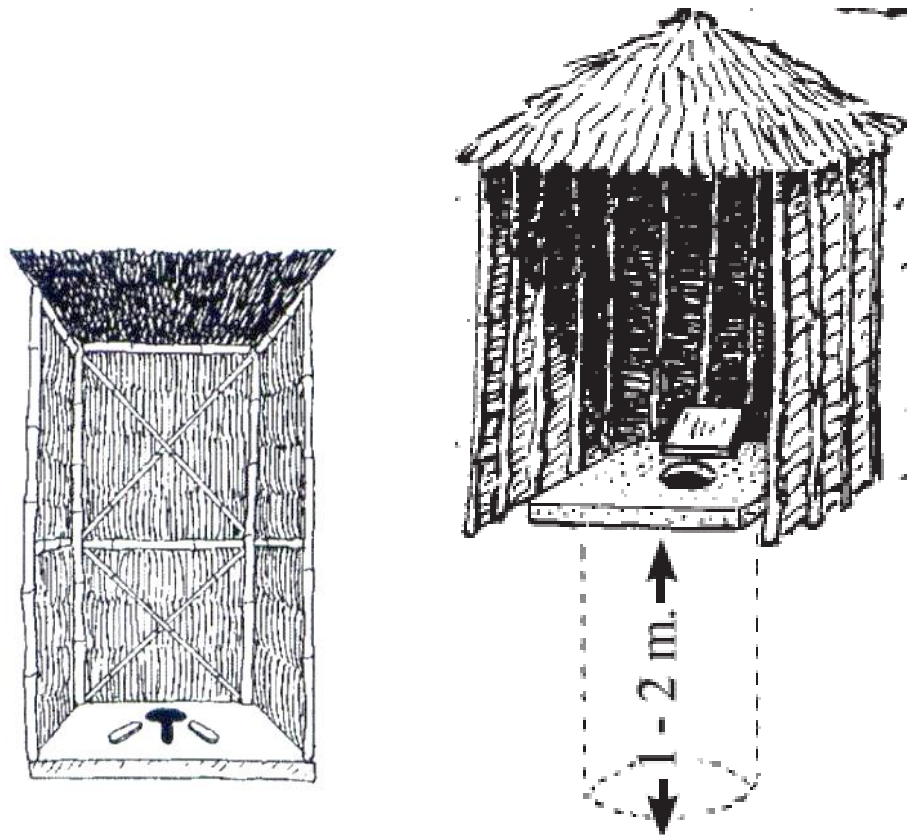
8. Ndipo muike chopondera chamtengo



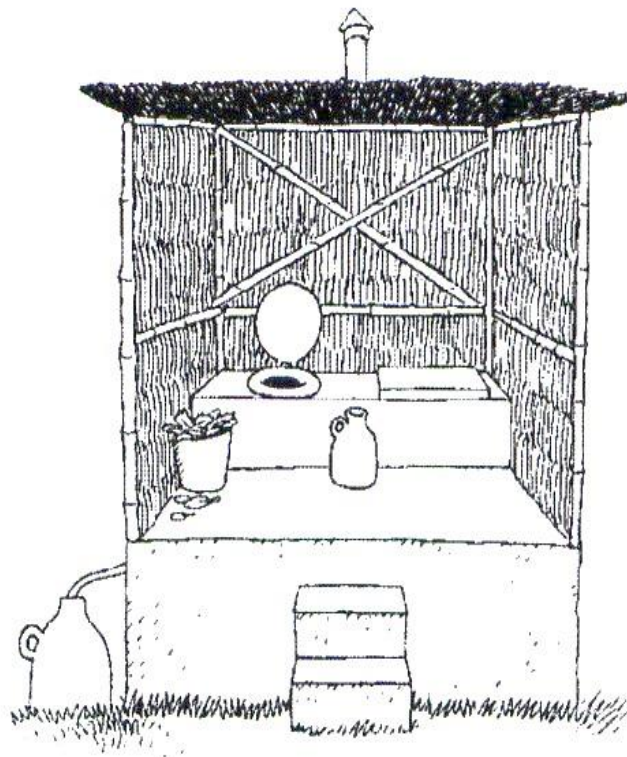
7. Mangani chingwe ku kontena ya madzi.

9. Gwiritsani ntchito gilevulo uja monga beseni yoti mazi azitaikila

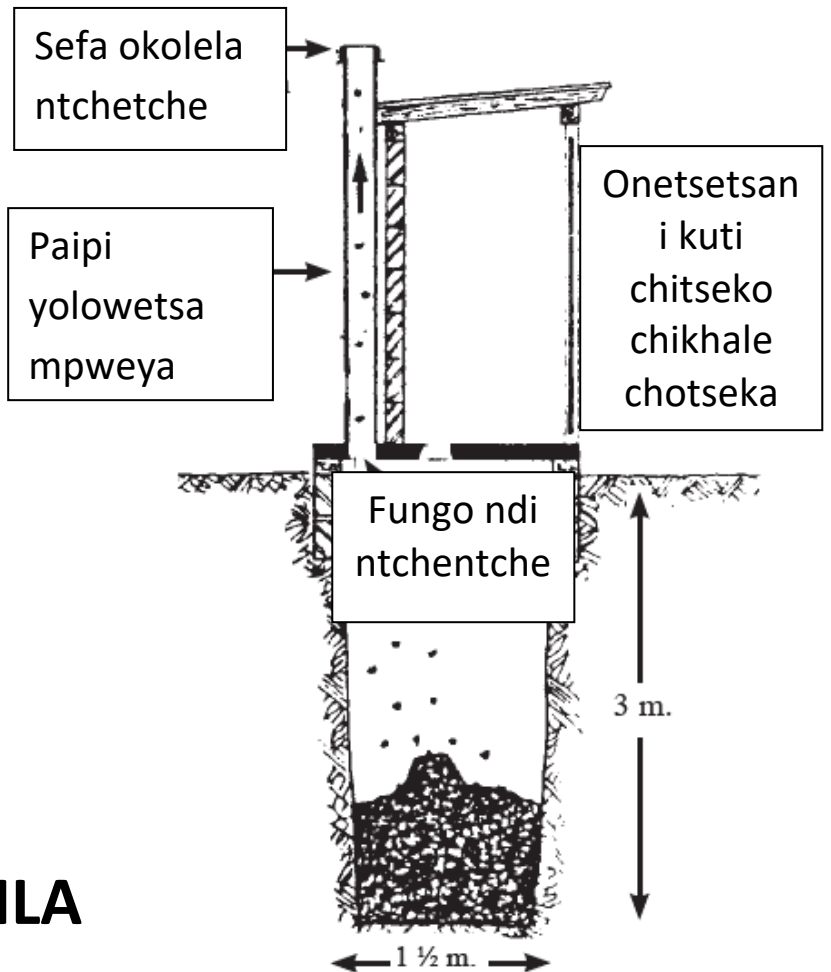
CHIMBUDZI CHOTSEKA



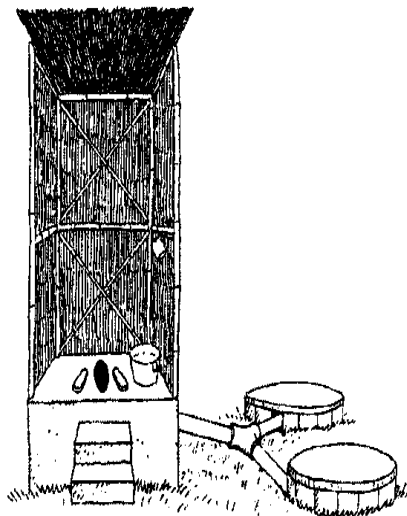
CHIMBUDZI CHOLEKANITSA MIKOZO



CHIMBUDZI CHOLOWAMPWEYA OONJEZERA



CHIMBUDZICHOTHILA MADZI

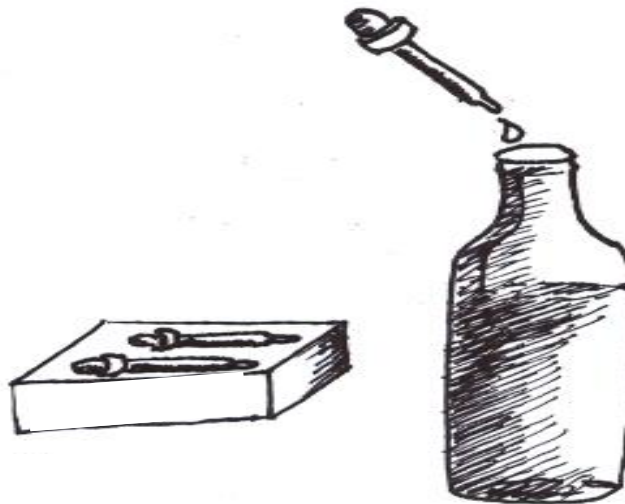


Tingachite bwanji kuti tikhale ndi madzi woyera

Wirisani madzi



Ikani mankhwala

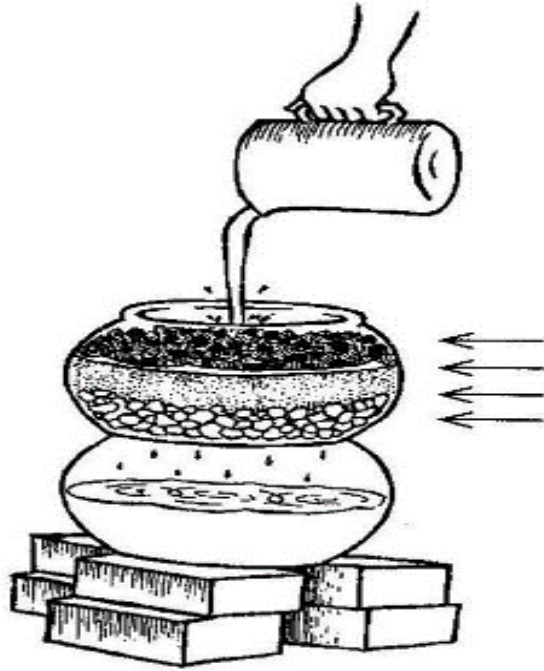


Kodi tingagwiritse ntchito bwanji mankhwaia kuti tikhale ndi madzi aukhondo

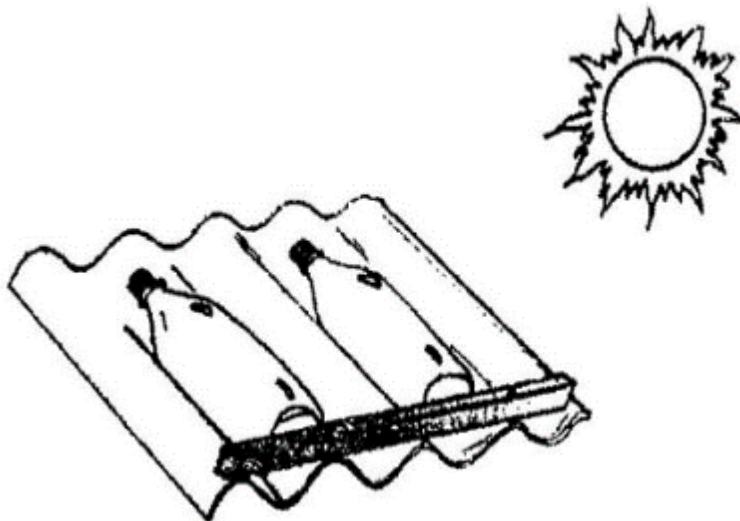
Njira iyi imagwira ntchito bwino ndi madzi amene afundisidwa pa dzuwa.

1. Ikani madontho awiri amankhwala ku madzi a 1 lita Add 2 drops of bleach to 1 litre of water,
2. Khutchumulani ndi kusiya kanthawi kokwana pafupi fupi mphindi zokwana makumi atatu musayambe kumwa (ora imodzi kapena maora awiri ndi kwabwino kwambiri).
3. Kachikenanso , onjezerani mulingo wa mankhwala kawiri mu madzi okuda kapena odzidzila.
4. Pakatha mphindi makumi atatu , madzi amayamba kumveka fungo la kololini pang'ono. Izi zikutanthauza kuti madziwo ndi abwino kuti mukhodza kumwa. Ngati kololini angachuluke kwambiri , ndiye kuti fungo lake lizakhala lochuluka komanso losasangalatsa. Muonjezere madzi . Konzaninso Mulingo wa mankhwala molinga ndi fungo ndi kakomedwe kake.

SEFANI MADZI



NJIRA YA SODISI



Kodi mungagwiritse bwanji ntchito njira ya SODISI kuyeretsera madzi

Sitepe 1: : Sankhani botolo labwino!

Gwiritsani ntchito botolo la 1 kapena 2 lita ,
tsukani bwino ngati mukugwiritsa ntchito
botololi koyamba.



**Sitepe 2: Dzadzani botolo $\frac{3}{4}$ yodzda ndi
madzi.**



**Sitepe 3: Khutchumulani botololo kwa 20
seconzi.**



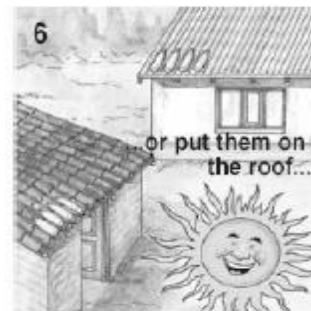
**Sitepe 4: Ndiye ikani madzi adzadze
mbotolomo ndikutseka botololo.**



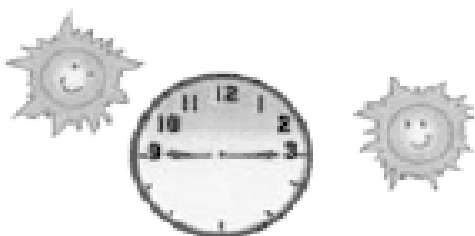
**Sitepe 5: Ikani mabotolowo padenga la
malata.**



Sitepe 6:Ikani pa denga la chitsulo.



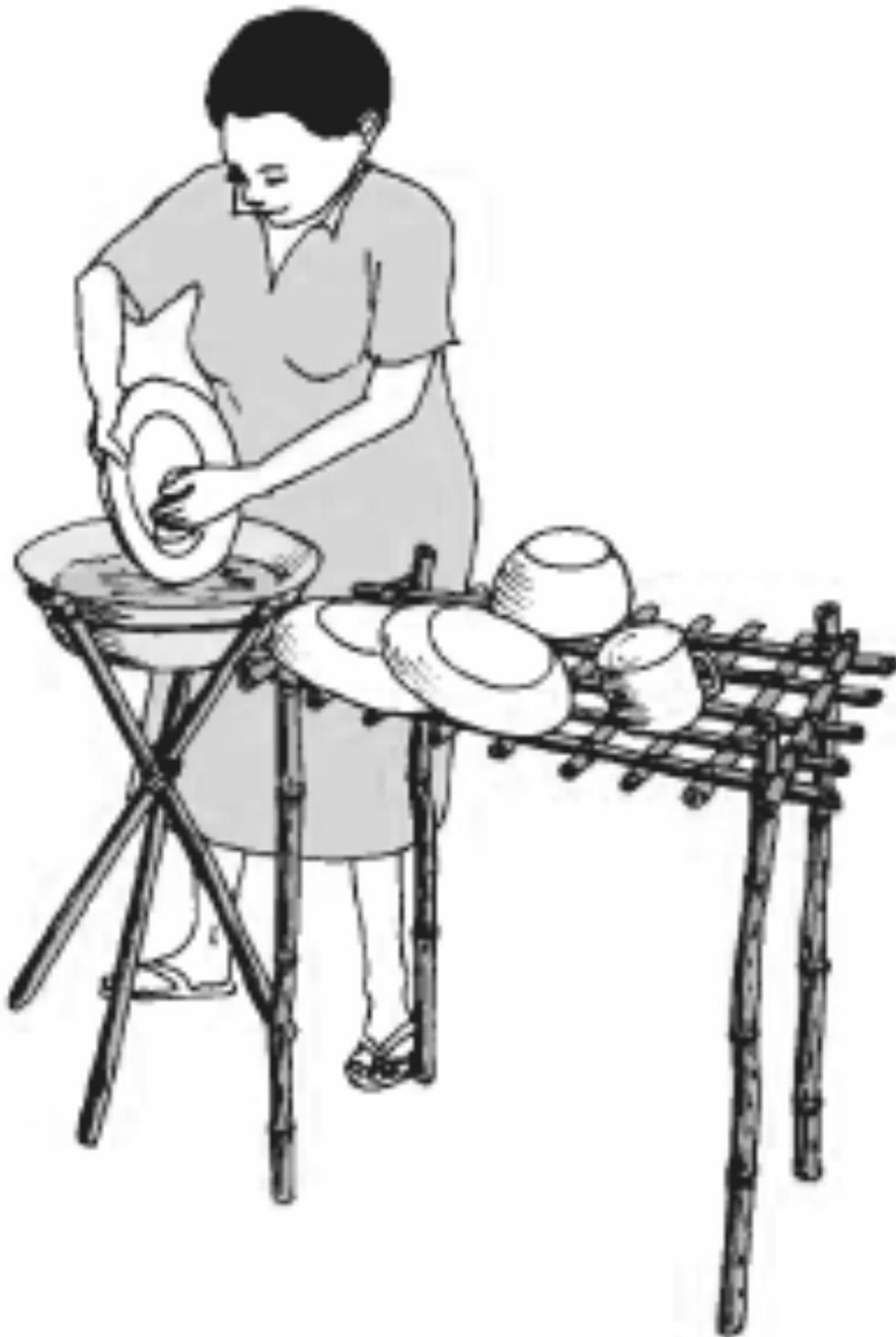
**Sitepe 7: Lolani botololo likhalebe pa
dzuwapo mmamawa mpaka madzulo
kosachepera ma ola sikisi.**



**Sitepe 8: Madziwo akonzeka kuti sopano
mukhodza kumwa mu tsiku linalo kapena
pakatha masiku awiri.**

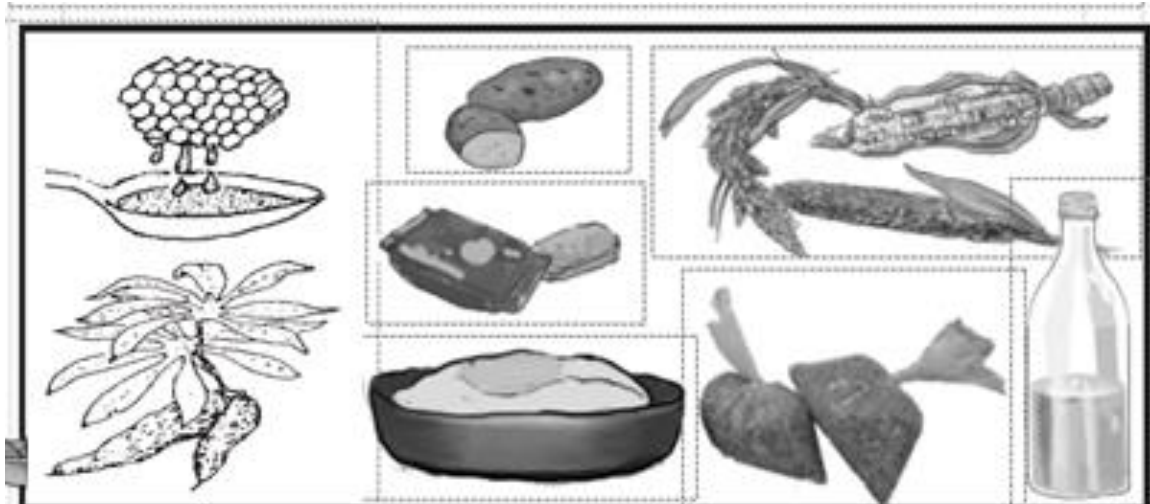


THANDALA



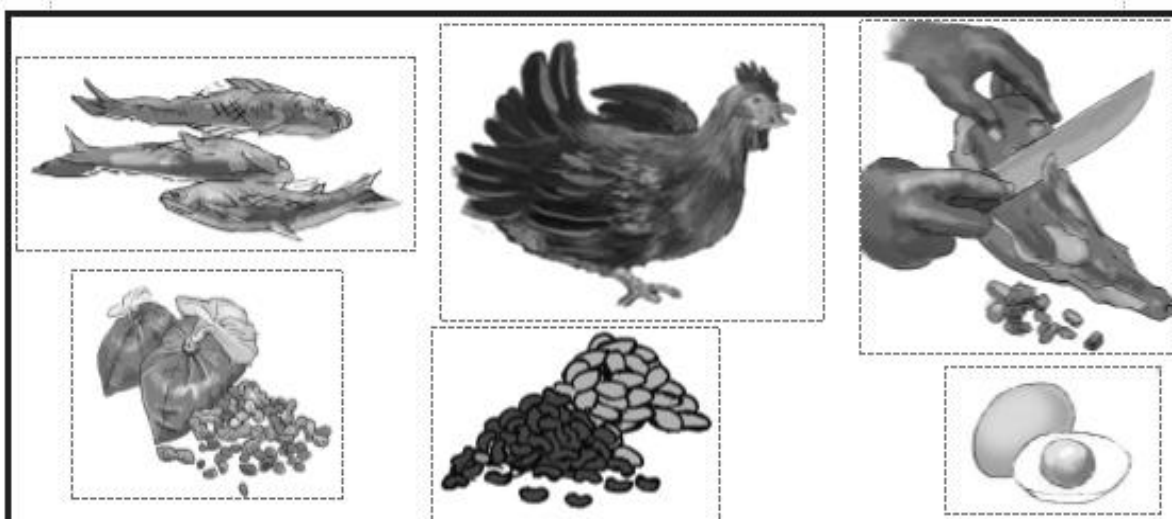
ZAKUDYA ZOPATSA MPHANVU

(Chimanga , mafuta , shuga , uchi , chinangwa/mbatata , kokonati ,natsi , mbeu , ndi batala.)



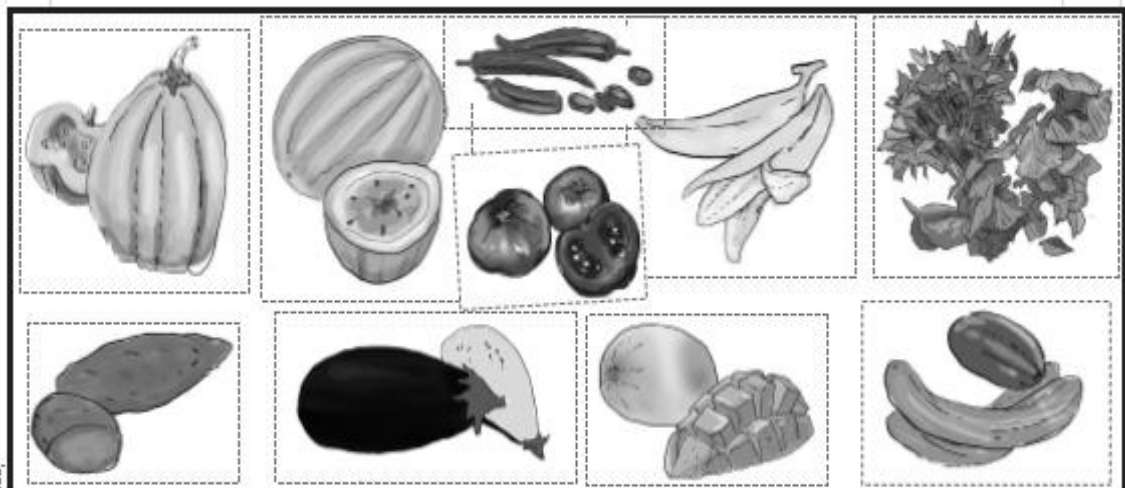
ZAKUDYA ZOMANGA THUPI

(Nsomba , nkhuku , mtedza , lentisi , nyemba , manatsi , mbewu , mazila).



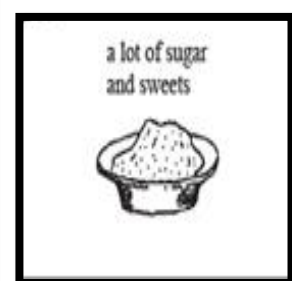
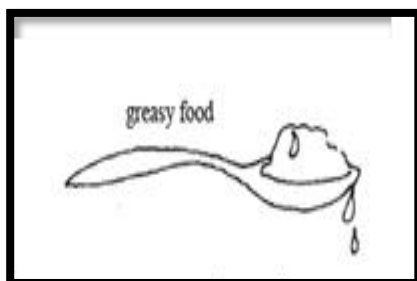
CHAKUDYA CHOTETEZA KU MATENDA

(Zipatso ndi masamba monga zakudya ziwisi ,tomato , mapeyala , kaloti)



ZAKUDYA ZOSAPATSA THANZI

(Zakudya zochuluka mafuta , Greasy foods,zosawa , ndi zakudya zokhala ndi shuga wambiri.



**Onetsetsani kuti pali ukhondo pa matupi athu ,
manyumba mwathu komanso mdera mwathu.**



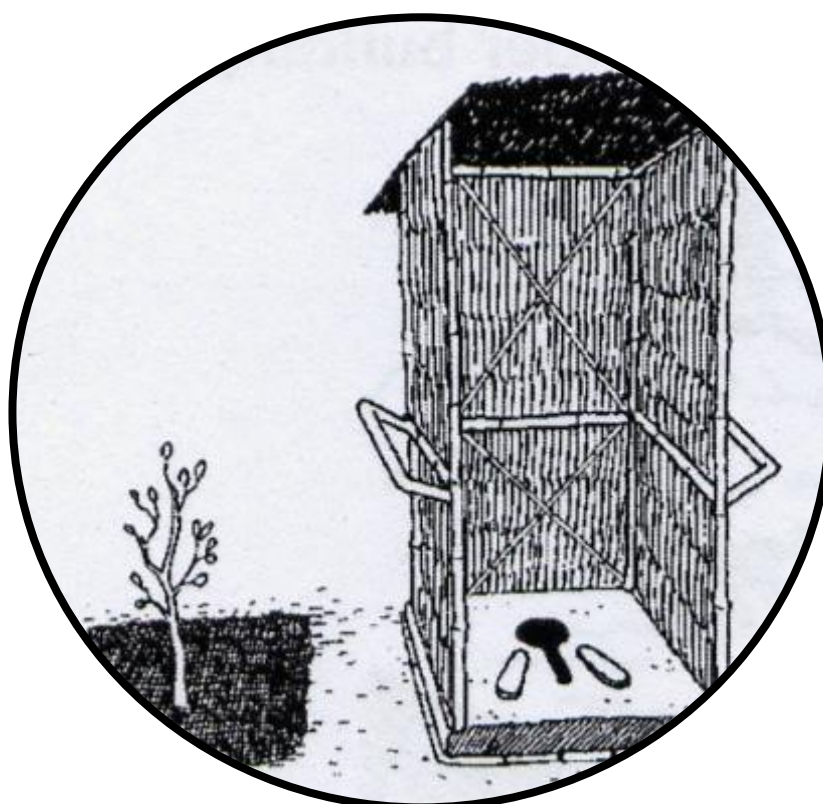
**Sambani mmanja ndi sopo musanakonze zakudya
kapena musanayambe kudya komanso
mukamaliza. (Magelemusi). ZOCHITIKA**



Samalani Mdera lanu



Gwiritsa ntchito chimbudzi



Gwiritsani ntchito madzi aukhondo kumwa , kuchapila komanso kukonzera zakudya

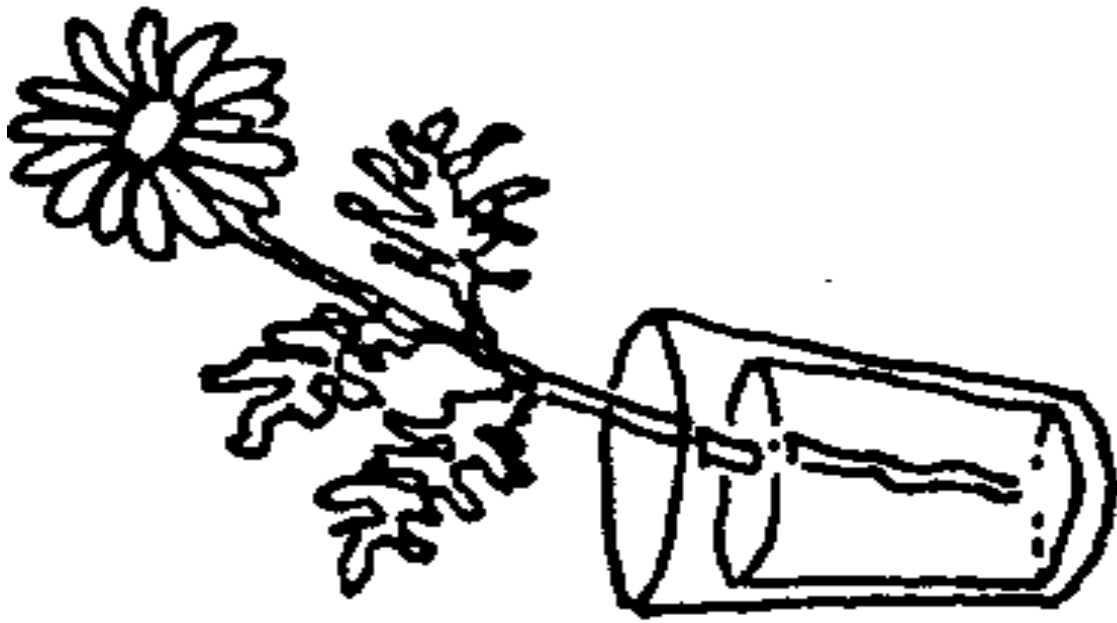


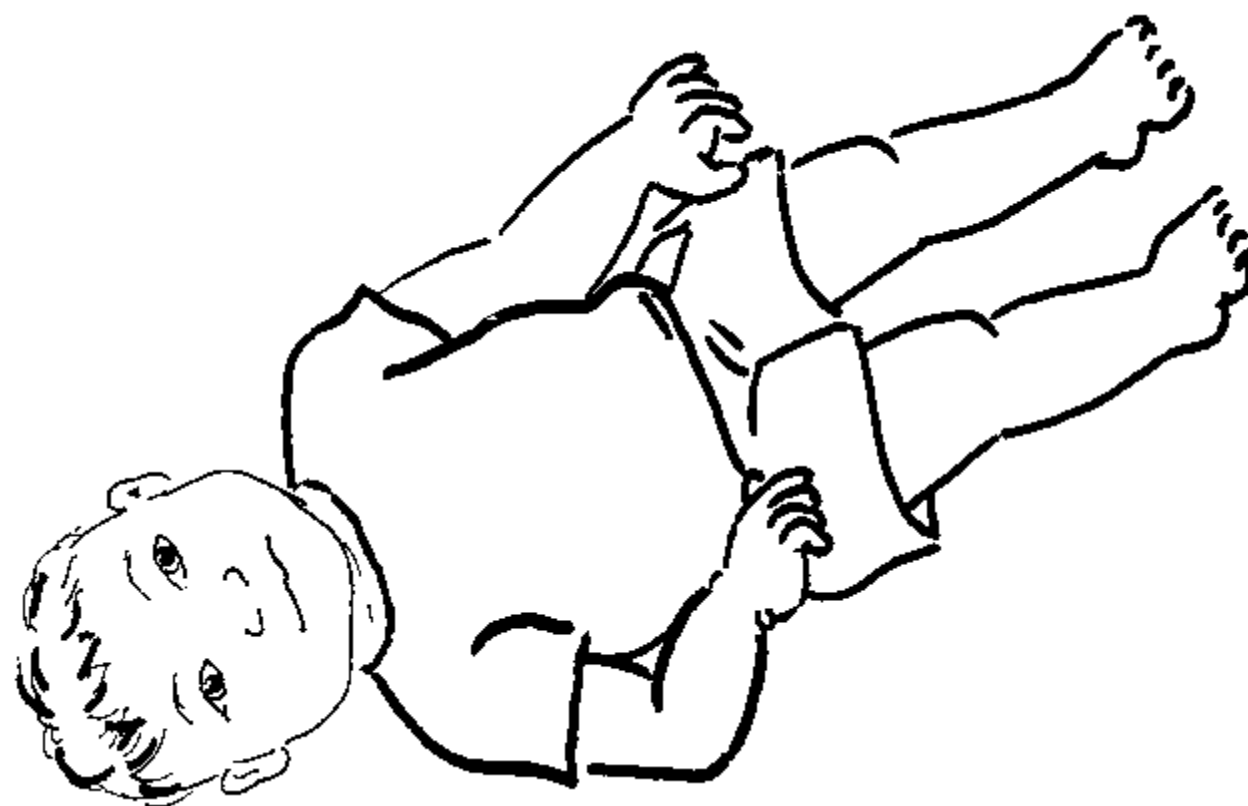
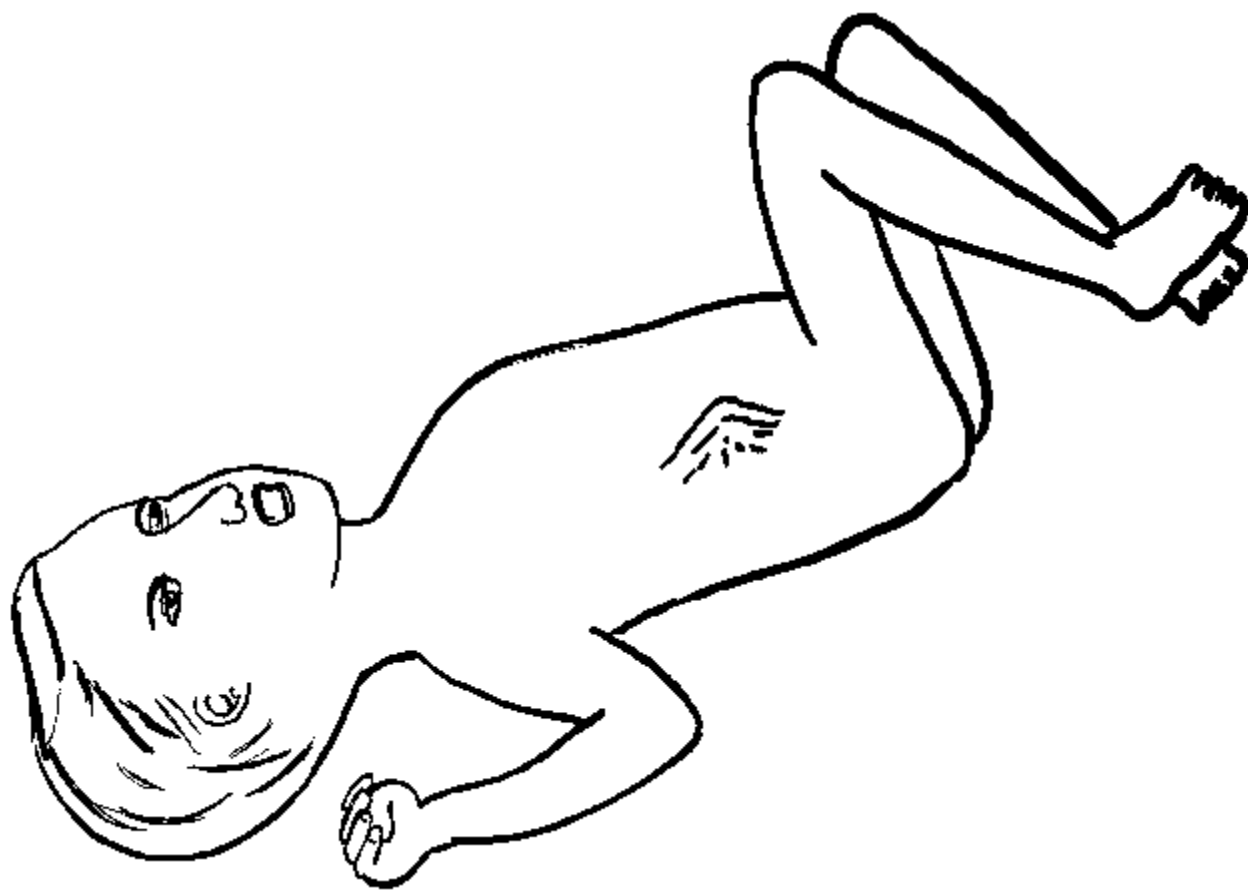
Kukonza zakudya zaukhondo



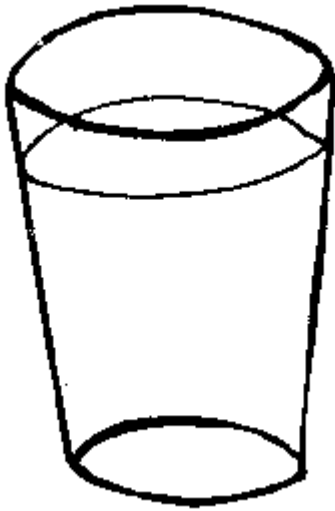
Pelekani zakudya zathanzi ku banja lonse







Kapangidwe ka ORS



Tengani tambula
imodzi ya madzi



Ikani m'bulu imodzi
kapena awiri amadzi.



Onjezerani shuga
chivinikilo china chake

Kodi timafunika kubwezeretsa madzi ochuluka bwanji nthupi.



**Mwana : imwani tambula
imodzi kapena awiri a ORS
mukatha kutaya madzi.**



**Mwana : akuyenera
kumwa tambula imodzi ya
madzi:**

KUMBUKILANI : MAZI OLOWA NDI AMENE AMATULUKA.

KUTULUKA MAMINA, KUPWETEKAKA PAKHOSI, KUKHOSOMOLA

CHITHUNZI 1: KUTULUKA MAMINA

Chotsani mamina ndi chimphonongolo ndi kamsalu kuchoka mphunomo.

Ngati mulibe mukhodza kugwiritsa ntchito kutha kugwiritsa ntchito kamwa yanu ndi kuyamwa zimphonongolo zomwe zili mphuno mwa mwanamo.



CHITHUNZI. 2

Sakanizani mchere ochepa ndi madzi ndikuika madziwo mkati mwa mphuno ya mwanayo . Izi zimafewetsa zimphonongolozo ndikuzichotsa.



CHITHUNZI : KUKHOSOMOLA

Sukuluzani mkamwa ndi madzi a mchere-supuni ya madzi a mchere osukunula mu tambula kapena madzi otentha(mukhodzanso kuonjezera turmeric). Sukuluzani mkamwa ndi madzi ochuluka , -lavulani mukatha kusukuluzako . mupange zimenezi pakutha ola lina lililonse. Masamba ena omwera mu tiyi osakaniza ndi mandimu kapena uchi kapena msuzi wa mchere zimathandizanso kufewetsa pa mmelo.

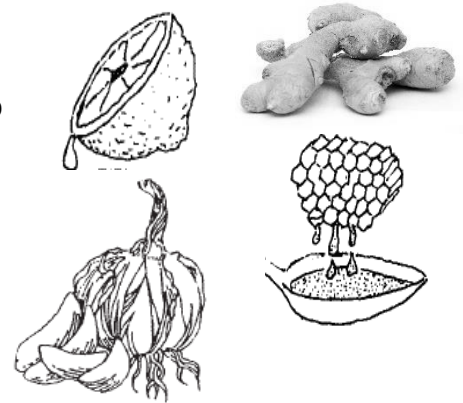


KUSAKANIZA MANDIMU NDI GINGER-KUPANGA MANKHWALA OKUMWA

Iyi ndi ndondomeko ya momwe mungakonzere mankhwala a munthu mmodzi. Mukafuna kupangila anthu ambiri , gwiritsani ntchito milingo yoonkhetsera.

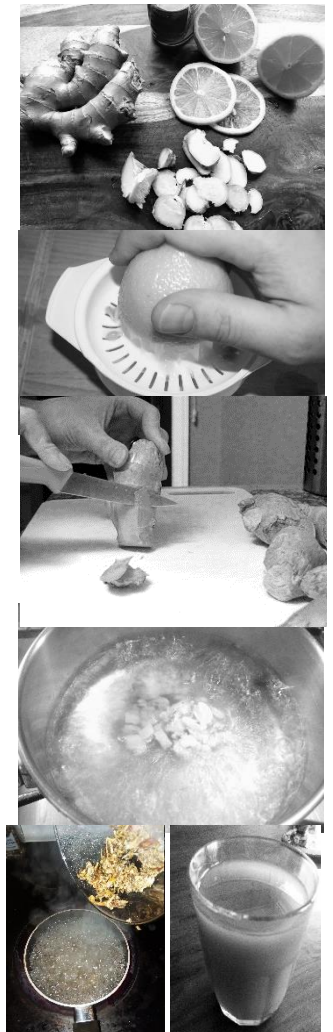
ZOIKAMO

1. Ndimu lalikulu limodzi kapena mandimu awiri ang'ono ang'ono.emons
2. M'bulu umodzi kapena iwiri ya ginga odula bwin oyezedwa mu supuni.
3. Supuni imodzi ya galiki odulidwa bwino(mukafuna).
4. Madzi owira (otentha kwambiri).
5. Supuni imodzi kapena atatu , mmene angafikile pokukomerani(Mukafuna).



Sitepe

1. Tsukani zinthu zonsezi.
2. Finyani mandimuwa(chotsani mbewu zamkati mwakezo) ndikuziika padera.
3. Dulani zosala mukafinya mandimu zikhale mzidutswa.
4. Sendani makoko a ginga wanu uja ndipo mudule gingayo bwino bwino.
5. Chotsani khungu la galiki ndikudula galiki bwinolino(mukafuna).
6. Bweretsani madzi kuti awire.
7. Tsopano ikani ginga ndi ndimulo (komanso galiki ngati mukufuna).
8. Tenthetsani mphindi zingapo mutavinikila – kutentha kochepe
9. Chotsani pamotopo ndikuonjezera juwisi wa mandimuwa.
10. Ikani mu tambula ndikugwiritsanso ntchito sefa .
11. Okani uchi mmene mungakondere , ndikusakaniza kumamwa zili zotentha.
12. Imwani mmamawa ndi madzulo , mudzanva bwino pokutha masiku awiri kapena atatu.



POSITALA YOONETSA KAMWEDWE KA MANKHWALA

Nthawi zina malangizowa amalembedwa
mzidutswa kapena kapisozi yense.

- 1 tablet = tabuleti yonse
yatunthu



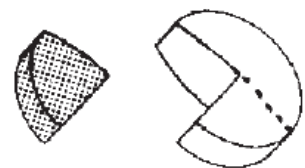
- 1/2 tablet = theka ya tabuleti



- 1 1/2 tablet = tabulet imodzi ndi
theka

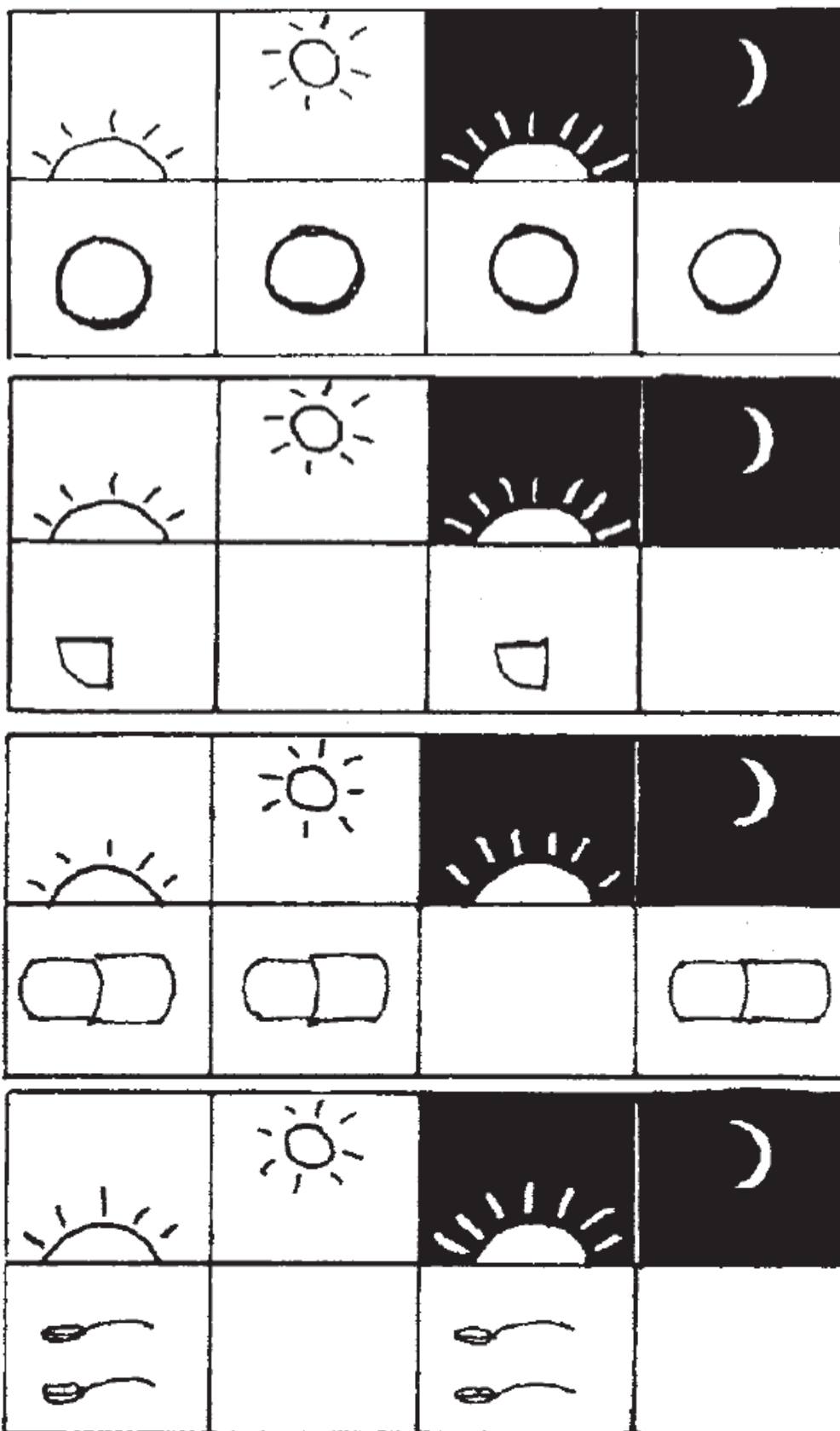


- 1/4 tablet = mapisi anai a
tabuleti imodzi

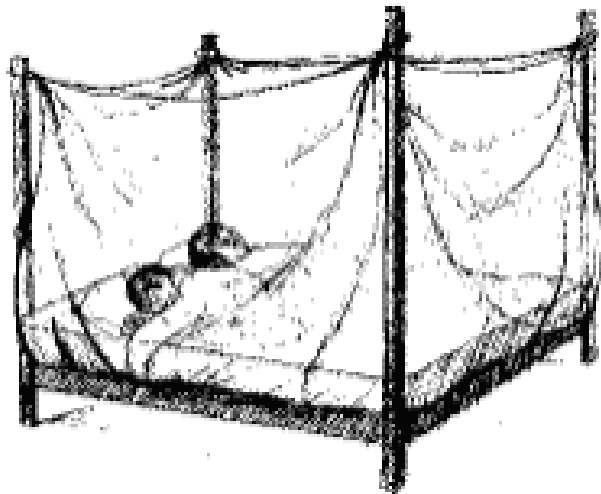
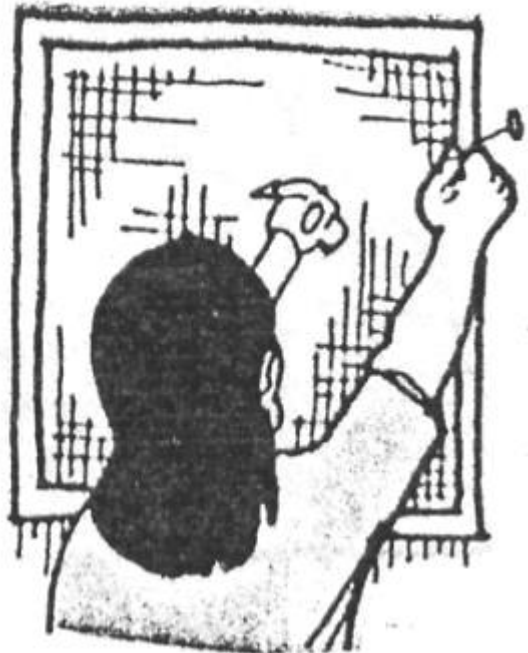
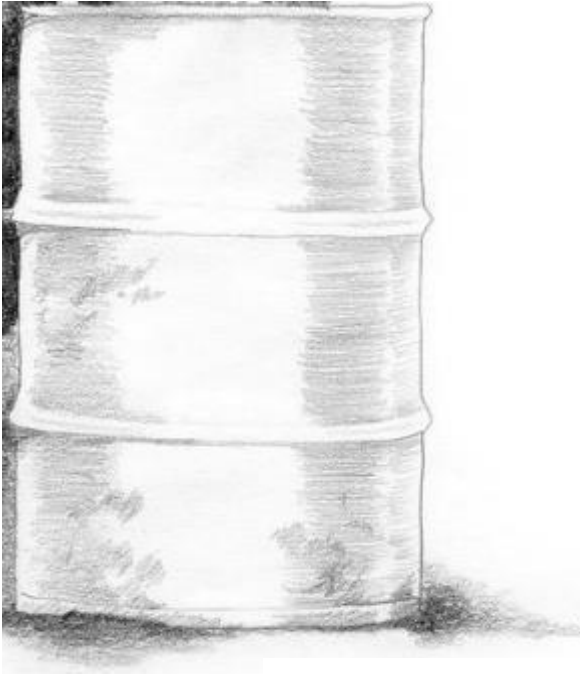


Samalitsani kuti mupeleke mankhwala
potsatira milingo yovomelezeka.

MA KHADI A KAPELEKEDWE KA MWANKHWALA



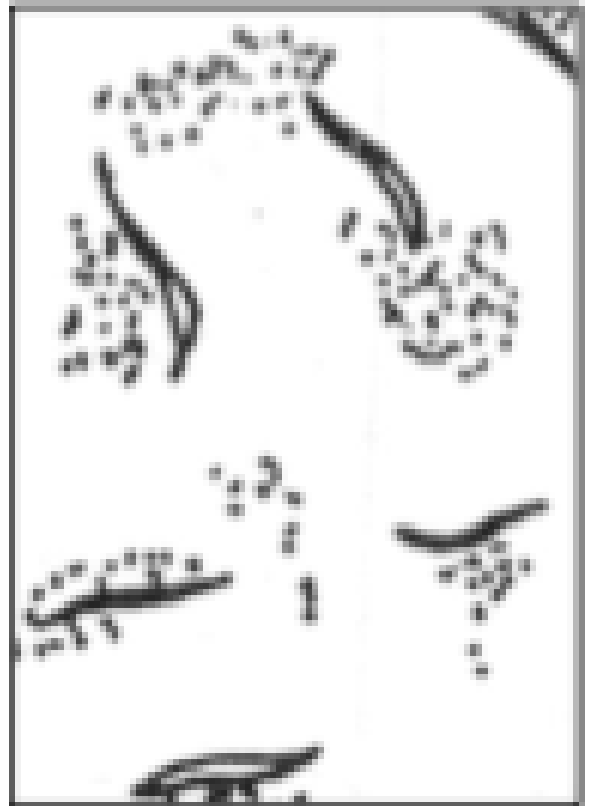
Malungo



NYONGOLOSI WAMBA

1. Pinworm

- Zimaoneka ngati kachitsulo koyera kapenaulusi ndipo zimaoneka mu chimbunzi[manyi].
- zimapangisa kotulukira chimbudzi kuyabwa mochuluka.



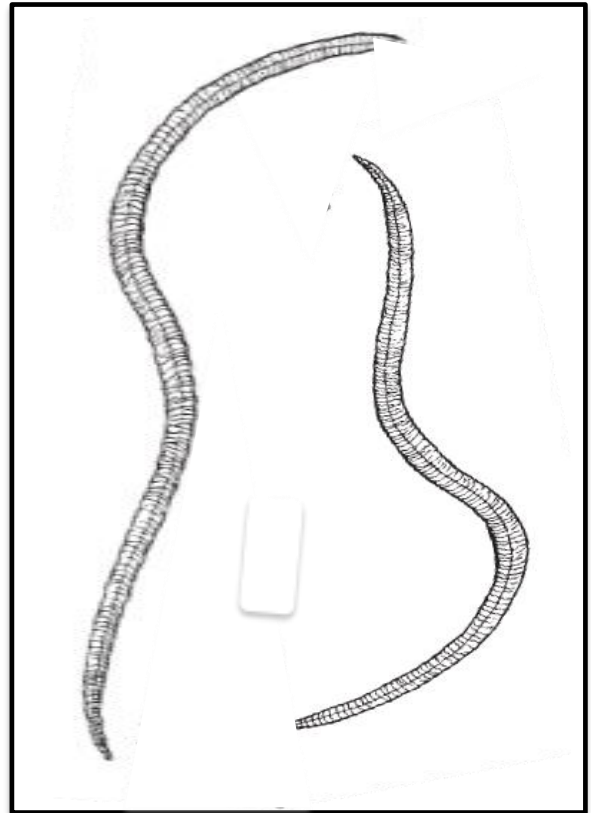
2. Hookworm

- Izo ndizazing'ono kwambiri sizingathe kuoneka muchimbudzi ndi maso athu.
- Izo zimapangisa munthu kuti azimva kutopa mochuluka ndi kukhala ofooka. Izo zimayambisa mmimba kupweteka ndi kutsegula mmimba. Munthu amene ali ndi njoka za ma hookworms usinini umasintha aonekedwe[kutumbuluka], zikhadabo ndi mmanja.



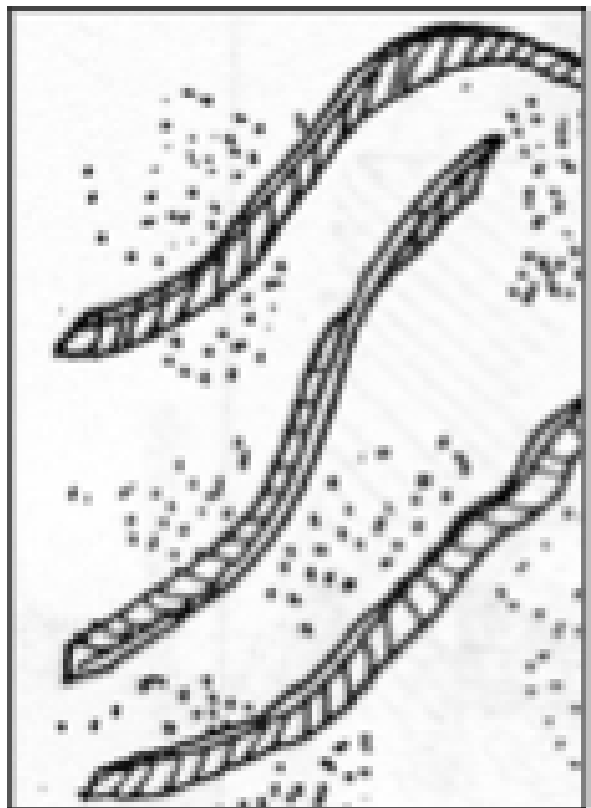
3. Roundworms

- Ndizazikulu, zozungulira, za pinki kapena njoka zoyera monga ngati phazi la munthu munthu ndi kwapafupi kuziona msanga mu chimbudzi.
- Munthu amene ali ndi ma round worms amamva kutopa ndi /kapena kuyabwa ndi mmimba kupweteka ndi kuuma akakhosomora.



4. Tapeworms

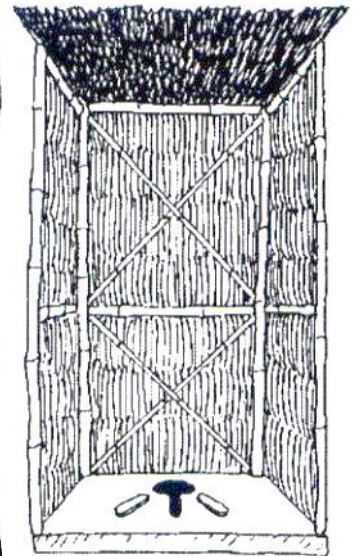
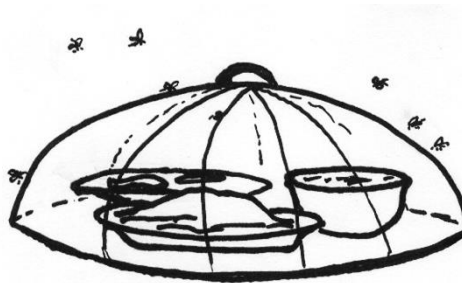
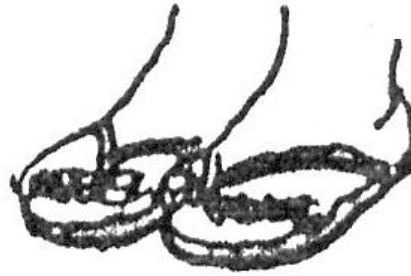
- Njoka za ma tapeworms zimakula ndi kutsalika mamitala ambiririmmatumbo koma muchimbudzi, zimaoneka monga yathasa, tiduswa toyera monga kukula kwake chikhadabo kachala cha mwana.
- munthu amene ali ndi ma tape worms amamva mmimba kuwawa ndi kusalemera[kupepuka].



KUPEWA NYONGOLOSI

Kodi tingatani kupewa nyongolosi?.

- Kusamba mmanja.
- Valani Nsapato.
- Gwiritsani ntchito chimbuzi kuti chikhale chaukhondo.
- Ikani malo otetezeka chakudya chanu.
- Imwani madzi aukhondo (Gwiritsani ntchito SODIS, kuwiritsa , mankhwala , kapena kusefa.



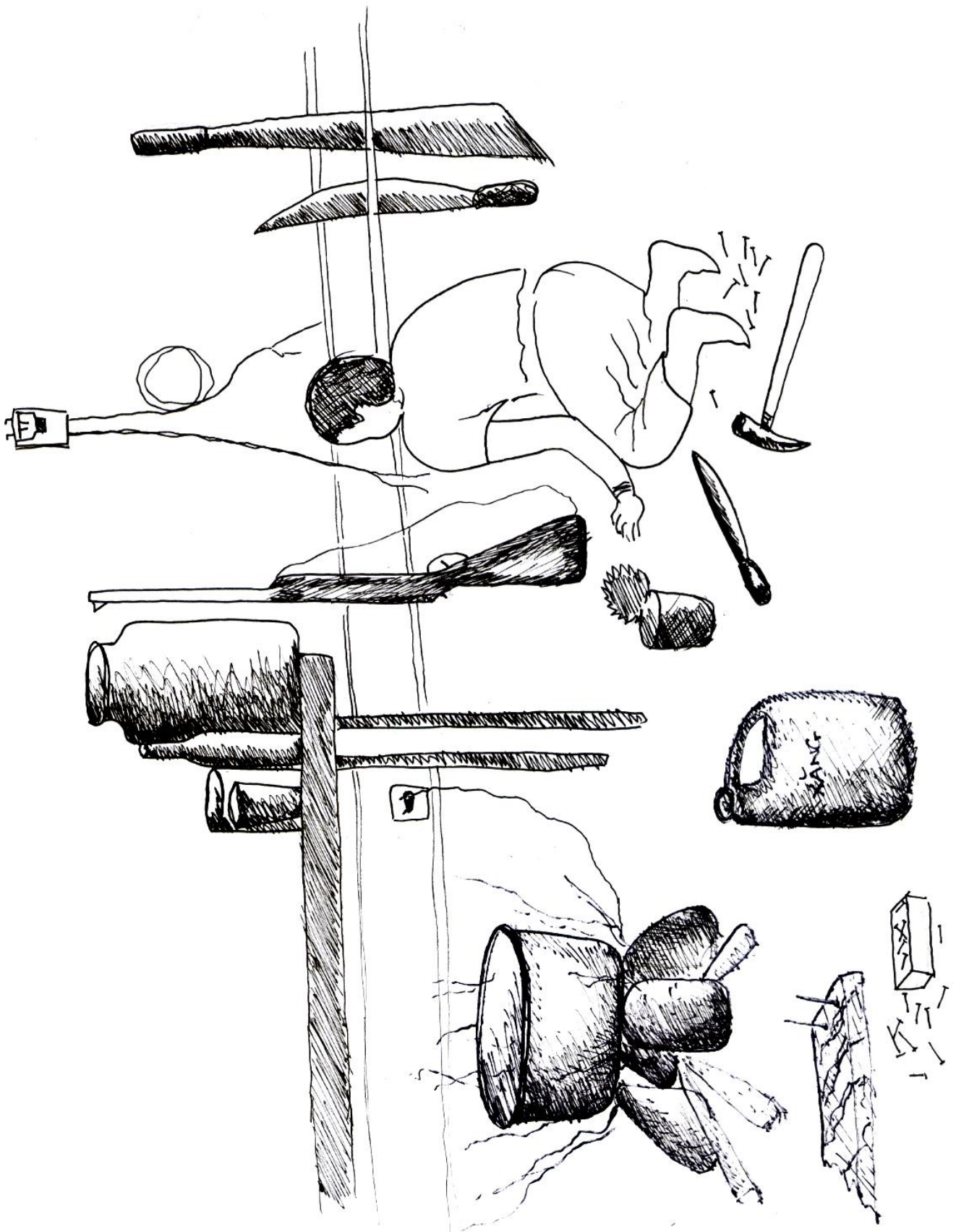
Zizindikiro za Tuberculosis [TB]

- Kukhosomora kopitirira mwezi umodzi, pamene wangodzuka kumene pogona.
- kumva kutentha mwa apo ndi apomasana ndi usiku.
- Kutuluka thukuta usiku.
- Kumva kuwawa mchifuwa kapena kumbuyo
- Kusakhumbira chakudya ndi kupepuka
- Kufooka Weakness (munthu amamva kutopa msanga)
Thupi limasintha maonekedwe.
- Kukhosomora magazi (makamaka ikhala nthawi)
- Mau a buru Hoarse voice (zafika povuta very serious)

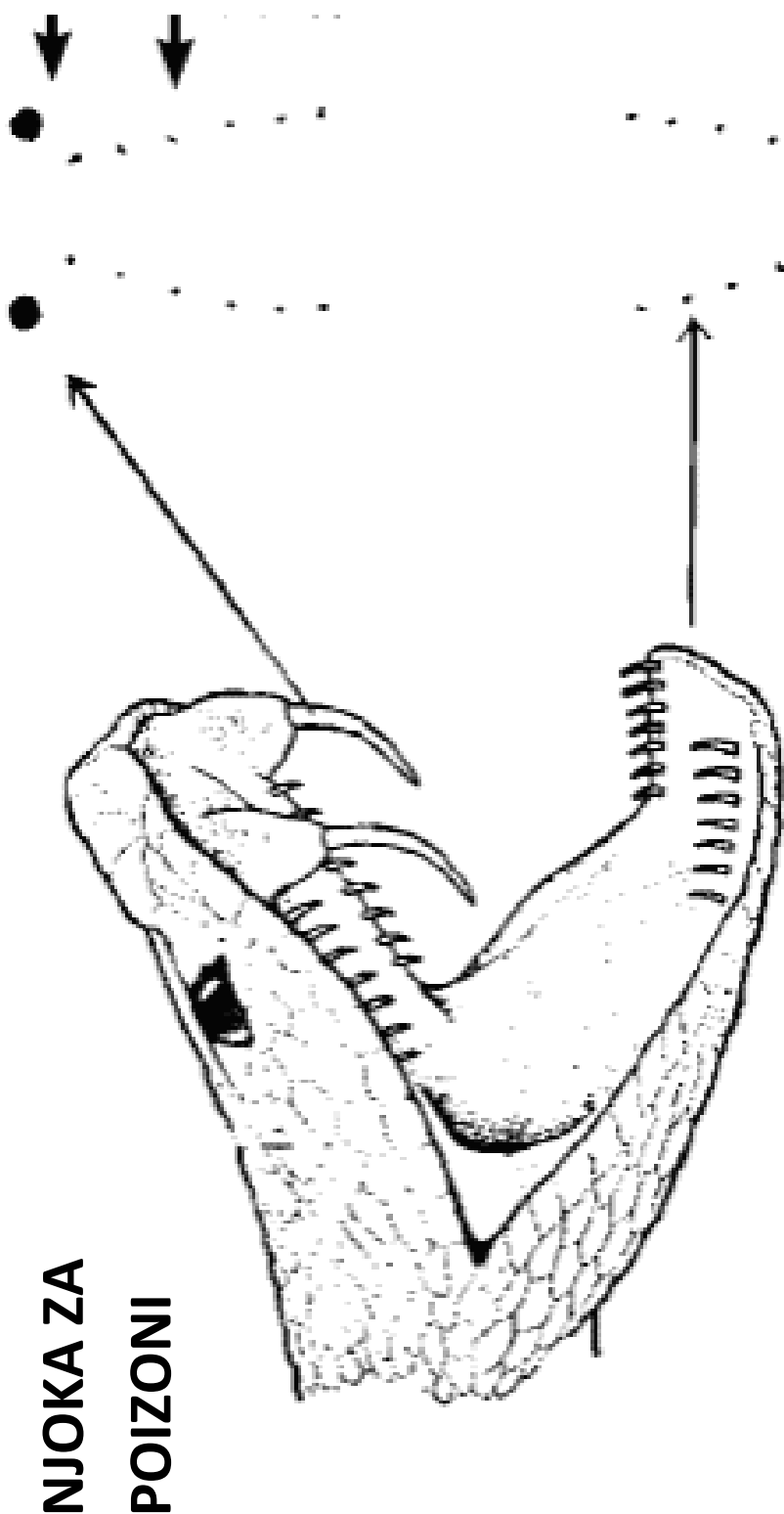
Zizindikiro zakumva kuzizizidwa(cold).

- Kuchoka mamina[chimfine]
- Kukhosomora
Bala la pakhosi
- kumva kutentha patali patali
- Kumva kutopa
Kupwanya kwa mafupa.

NGOZI ZOMWE ZINGACHITIKE



KULUMIDWA NDI NJOKA



NJOKA ZA
POIZONI