

KUFUNIRA THANZI LABWINO ANTHU A MITUNDU YONSE



- Kupatsa Chiyembekezo Ku Dziko la Zowawa'li
- Kupititsa Mtsogolo Thanzi lanu ndi Kukhala Moyo wautali mwa chilengedwe

NTHANO YOCHITIKA

Munthu Amene Umunthu Wake Unasokonekera

PA September 13, 1848, ngozi yochititsa mantha yomwe inagwedeza a dotolo onse a mankhwala a za sayansi inachitika ku Vermont kwa bambo wina wa zaka 25, dzina lake Phineas P. Gage yemwe anali woyang'anira ogwira ntchito yoswa matanthwe ndi mabomba kuti ayalepo njanji yatsopano.

Ntchitoyo inkachitika motere: anthu amakumba dzenje lalitali m'tanthwe, ndi kutsirapo wonga nkufwetserapo mchenga. Kenaka amausinja mchengawo ndi chitsulo kuti potsendereka, upangitse kuti wongawo utukutire ndi kutentha. Chotsatira cha kutenthako wongawo umaphulika ngati bomba nkumaswa matanthwewo. Pa tsiku la ngozi'li zinthu zonse zinali nkuyenda monga zimakhaliira nthawi zonse. Dzenje lina lakuya linakumbidwa, wonga unatsiridwapo, koma munthu yemwe anakumba ndi kutsira wongayo anaiwala kufwetserapo mchenga. Ndipo mosadziwa Phineas anayanba kutsendera wongawo. Pomwepo moto unayaka ndikupangitsa kuti wongawo uphulike mwamphamvu kuchokera mdzenje muja.

Chidutsa cha chitsulo chomwe amatsenderera cholera miyeso khumi ndi itatu (13 pounds), kukula kwake pafupifupi theka la chala cha ku dzanja cha chapysatalala, chotalika muyeso wa mapazi atatu, chinauluka ndi kum'menya iye. Ndi mphamvu yosaneneka monga imakhaliira ya bomba, chinalowa ndi kuboola fupa la ku manzere chibwano chake, pambali pa diso lake lamanzere, ndi kudutsa mu ubongo wake nkuturukira mbali ina.

Mwa chisomo, ngozi yochititsa manthayi sinamuphe Phineas. Iye anakhala ndi moyo kwa zaka zina khumi ndi zitanu naonekansa wa thanzi pafupifupi monga anali pachiyambi. Koma ingakhale m'maonekedwe anali choncho, nakhalabe ngati wanzeru, nkumagwira ntchito bwinobwino, naganiza ndi kulingilira, zinthu sizinali bwino poyerekeza ndi momwe zinali ngoziyi isanamchitikire. Mbali ina ya moyo wa Phineas inakhuzidwa kwambiri.

Isanamchitikire ngoziyi, Phineas anali munthu wokonedwa ndi anthu onse, wa

NGOZI YOMWE INAKHUZA NDI KUONONGA MBALI INA YA BONGO WA PHINEAS GAGE



Chithunzi choyamba 1

nzeru pa ntchito yake komanso bambo wosamala banja lake. Amadziwika ndi khalidwe lakuti munthu wodzisungira ulemu ndi womvera munga ponena za iye pena pake palembedwa, "iye anali munthu woopa Mulungu ndi wokhulupirika m'kupembedza." Phineas anali munthu wabwino kwambiri yemwe khalidwe lake pa ntchito limayamikidwa kuti, "munthu wodaliirika kotheratu ndiponso mtsogoleri wosachititsa manyazi" yemwe chikhazikitsidwire cha Kampani ya Rutland and Burlington Railroad sanayambe wakhalapo.

Koma chimchitikire ngoziyi, Phineas anayamba kuonenetsa zoperewera zina m'makhalidwe ake. Anayamba kuchita zinthu mothamanga asanalizingirire bwino komanso kupsya mtima mofulumira. Chidwi chakuopa Mulungu ndi makhalidwe onse a uzimu zinamchokera. Anayamba kuonetsa makhalidwe ochitira mwano dzina la Mulungu. Anasiya kulemekeza chikhaliidwe cha umunthu chomwe anali nacho, nakhala wosamamala konse. Kenaka anachotsedwa ntchito chifukwa sanathenso kuigwira modalirika.

Ngozi yochititsa manthayi inapangitsa Phineas kutaya ulemu umene anthu ankamdziwa nawo munga: kusunga mwambo, kumvera, kusamalira banja ndi okonedwa ake, komanso kukhala wa uzimu. Ofufuzafufuza anapeza kuti izi zinachitika chifukwa chakuti mbali yofunikira kwambiri ya ubongo wa Phineas womwe umakhala patsogolo, pakati pa maso, wotchedwa ubongo woganiza nawo, inaonongeka. Iyi ndi mbali ya ubongo wathu yomwe imakhuzidwa ndi zolingiriralingirira ndiponso zokhuza

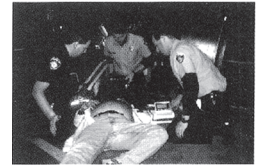
M'KABUKHA AKA MUWERENGA IZI:

- Nkhondo yolimbana ndi kansa liri lonse la masiku 5
- Njira 8: Zodzitchinjirizira Ku Matenda
- Kutchinjiriza Achinyamata kuti asasute Fodya
- Ndi Zina Zambiri

CHIOPSYEZO CHA ZA THANZI PA DZIKO LAPANSI

NTHENDA YA MTIMA IRI PATSOGOLO

- ♦ Nthenda ya mtima yikupha anthu ochuruka kuposa matenda ena onse pa dziko lapansi.
- ♦ M'maiko otukuka, chiwerengero cha imfa za mtima'zi chakwera kwambiri kupyola anthu 50 pa anthu 100 ali onse.
- ♦ Posachedwapa chingathe kupyolanso kuphatikiza pamodzi imfa zonse zimene zimachitika m'maiko ongekwa kumene zomwe zimachitika kudzera m'matenda opatsirana.
- ♦ M'dziko lonse lapansi, nthenda ya mtima ndi kuphulika misempha ikugwira anthu 25 pa anthu 100 ali wonse.



Chithunzi chachiwiri 2

ZOTSATIR ZA KUSUTA FODYA PA DZIKO LAPANSI

Ngati sipangakhale kusintha-

- ♦ anthu okwanira 500,000,000 adzafa ndi matenda akusuta m'dziko lonse
- ♦ Izi zikutanthauza pafupifupi anthu okwanira 10% a chiwerengero cha dziko lonse lapansi ndiponso pafupifupi kupinda kawiri chiwerengero cha dziko la U. S.
- ♦ Theka la imfa zimenezi, kapena kuti 250, 000,000 zidzachitika m'maiko omwe ndi okwera kale.
- ♦ Choncho chiwerengero cha imfa zochitika kaamba kakusuta zidzafika pa 20% ya imfa zonse za maiko'wa.



Chithunzi chachitatu 3

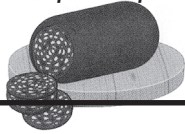
chikhaliidwe chathu cha umunthu.

Ubongo uli ndi magawo angapo omwe m'Chingelezi amadziwika ndi dzina lakuti lobes. Gawo liri lonse liri ndi ntchito yake. Gawo la patsogolo, pa chipumi, likupanga mbali yaikuru kuposa magawo ena onse a ubongo. Liri likuru ndi chikatikati chakutha kulekanitsa zinthu, kulingilira, kutsogolera ku machitidwe onse a nzeru ndiponso chikhazikitsa cha zilinganizo. Liri malo omwe amapanga khalidwe labwino la munthu kuyambira ku thupi mpaka ku uzimu. Choncho, munthu wokhala ndi ubongo wa pamphumi waonongeka angathe kuoneka monga momwe anali pachiyambi kapena wanzeru zabwinobwino, koma (zapitirira kulembedwa pa tsamba 8)

NYAMA IMACHURUKITSA CHIWERENGERO CHA ANTHU ODWALA KANSYA YA M'MATUMBO AKURU

Kadiedwe ka nyama ya ng'ombe, nkhumba, Kapena nkhusa | Kuchuruka kwa chiwewngero cha odwala kansya wa m'matumbo Pa zana liri lonse

| | |
|--|-----|
| Omwe amadya kosakwanira kamodzi pa mwezi | 0 |
| Kamodzi pa mwezi mpaka kamodzi pa mulungu | 39 |
| Kawiri mpaka kanai pa mulungu | 50 |
| Kasanu mpaka kasanu ndi kamodzi pa mulungu | 84 |
| Tsiku ndi tsiku kapena kuposera apo | 149 |



Chithunzi chachinai 4

ZIPATSO NDI ZAKUDYA ZA MASAMBA ZOMWE ZIMATCHINJIRIZA KU KANSYA

Zipatso

- ◆ Mastrobere a bluu
- ◆ mastrobere a mitundu ina
- ◆ mapulamu
- ◆ malalanje
- ◆ manyumwa
- ◆ zipatso za banja la manachesi
- ◆ maapirikoti
- ◆ madzi a malalanje
- ◆ chipatso cha magerepu
- ◆ chipatso cha kiwi
- ◆ marasibere
- ◆ mabulosi
- ◆ nthochi



Za Masamba

- ◆ kale, spinachi
- ◆ letesi, koladi wobiriwira
- ◆ zongomera kumene, Kabichi
- ◆ nyemba, nsawawa, malentilo
- ◆ brokoli, kolifulowa
- ◆ karoti, mabiti ndi mbatata
- ◆ watakeresi, masitadi, mpiru
- ◆ adyo, anyezi, likisi
- ◆ tanipu/matimati
- ◆ chilanzi, mbatata ya kholowa za masamba zosakaniza
- ◆ maungu
- ◆ cantalope, chimwela
- ◆ tsabola wamaonekedwe ngati belu



Chithunzi chachisanu 5

ZOYENERA KUCHITA POFUNA KUTCHINJIRIZA MATENDA A KANSYA

- ◆ Chakudya choyenera ndi chokhala ndi zonse zofunikira ku thupi monga:
 - zipatso,
 - za masamba,
 - za njere ndi nthanga za mtedza
- ◆ Osadzinenepetsa kuposera muyeso
- ◆ Kudya chakudya m'nthawi yoikika

komanso kupewa kudya pakati pa nthawi imene chakudya chadiedwera ndi yomwe chidiedwera china

- ◆ Kuchita masewero olimbitsa thupi kawirikawiri
- ◆ Kulandira kuwala kwa dzuwa m'muyeso woyenera
- ◆ Kuchepetsa nkhusa



Chithunzi chachisanu ndi chimodzi 6

5 -pa-Tsiku

NKHONDO YOLIMBANA NDI KANSYA

KATSWIRI wina wodziwika bwino pa za matenda a kansya, a Richard Doll, akufotokozza kuti mzakudya ndi kadiedwe ndiwo 30-70% magwero a mitundu yonse ya kansya. Molingana ndi bungwe lofufuzafufuza za matenda a kansya la World Cancer Research Fund, chiwewngerochi chiri pakati pa 35-60%.

Malingana ndi bungwe linanso loona za matendawa la National Cancer Institute (NCI), anthu amene amadya zipatso ndi zakudya za masamba kasanu pa tsiku, ali ndi mwai wonse wosadwala matenda a kansya poyerekeza ndi amene amadya zakudya kamodzi. Chifukwa cha ichi, bungweli linalimbikitsa maphunziro omwe mutu wake ndi wakuti, "5 - PA - TSIKU" poyesetsa kuwalimbikitsa anthu kudya zipatso mochurukirapo pa tsiku liri lonse monga njira imodzi yochepetsa nthenda ya kansya pakati pao.

M'chaka cha 1991 anthu a ku America amadya zakudya ka 3.8 pa tsiku. Lero, m'chaka cha 1998, tikudya ka 4.4 pa tsiku. Koma mpaka pano, anthu omwe amadya zakudya za masamba katatu pa tsiku monga anaganizira a National Cancer Institute, sanafike theka la chiwewngero chathu, ndipo anthu oposa theka la chiwewngerochi samadya ngakhale chipatso chomwe pa tsiku.

"Nthawi zambiri pakumapezeka kuti anthu makumi asanu ndi atatu pa anthu zana limodzi liri lonse amadya za masamba, koma chomvetsa chisoni ndi chakuti mbali yaikuru ya zakudya zoterozo imakhala chipisi chokazingidwa m'mafuta. Ndipo za masamba obiriwira monga brokole ndi spinachi zimangokhala 10 pa zana limodzi liri lonse; ndipo zachikasu monga malalanje ndi karoti zimangokwana 13 pa zana limodzi liri lonse." Komatu zakudya zomwe zikunyalanyazidwa'zi ndizo ziri zofunikira kwambiri pa nkondo yolimbana ndiponso kuchepetsa matenda a kansya. Health, May/June 1998, zolembedwa pansu pa mutu wakuti, "5 - PA - TSIKU kokha," p. 80. Mogwirizana ndi momwe zinayenera kukhalira zinthu, ofufuzafufuza apeza kuti ndi anthu ochepetsa kwambiri pakati pa iwo amene akudya zakudya zochokera ku zomera omwe angadwale matenda a kansya.

Mu American Journal of Clinical Nutrition, zikufotokozedwa kuti muli chitchinjirizo chachikuru pa nthenda ya kansya ya thokomiro, njira yodutsa chakudya ndi kapamba pakudya

zakudya za masamba ndi zipatso zokhala ndi vitamini C wambiri. American Journal of Clinical Nutrition, January 1991; 53 (September):270S-282S.

Zipatso ndi za Masamba ndi Zakudya Zothetsa Mphumu

M'chakudya chochokera ku zomera mulibe mchere uja umapezeka m'nyama (nitrates) womwe umayambitsa matenda a kansya ya chithokomiro, ndi ya m'mimba. M'malo mwake, m'chakudya yomwe imafotokozedwa kuti ndi zakudya zoletsa matenda opuma mobvutikira, yomwe imatchinjiriza ku kansya. Michere yomwe ndi yodziwika kwambiri m'gulu ili ndi ija mwachidule imatchedwa ACE kutanthauza vitamini A, vitamini C ndi vitamini E ndiponso mchere wa Selenium. Anthu amene amasuta kapena kukhala m'dera momwe mpweya wake waipitsidwa ndi utsi amafunika kumadya zakudya momwe muli michere iyi.

Zomera momwe mumapezeka kwambiri yofunikirayi yomwe imathandiza kwambiri kulimbana ndi matenda a kansya ndi izi:

Beta - Carotene: - amapezeka mu za masamba zobiriwira, za chikasu, malalanje, za masamba zofiira, karoti, tomato, sipinaki, mitundu yonse ya tsabola wofiira, brokoli mapicheshi, zimwera ndi minkhaka.

Vitamini C: - amapezeka mu zipatso zonse zaziwisi ndi za masamba, makamaka mu zipatso zonse za banja la maolalanje, zimwera mbatata, mitundu yonse ya mabulosi, ndi tomato.

Vitamini E: - amapezeka mu za njere zonse kuphatikiza mu mpunga wofiira, maoti, ufa wosakonola wa tirigu, nyemba za soya, zipatso zoyanikidwa mosamala, mitedza, pasile, brokoli ndi asiparagasi.

Selenium: - amapezeka mu za njere makamaka mu ufa wa tirigu, mu anyezi, adyo ndi bowa.

Palinso zofunikira zina zambiri kuchokera m'zipatso ndi zakudya za masamba zomwe zimadziwikanso ndi dzina lakuti "photochemicals" m'Chingelezi ndipo liu "phyto" lomwe ndi lobwerekera kuchokera ku la Chihelene likutanthauza chomera ndipo "photochemicals" kutanthauza kuti mankhwala ochokera ku zomera.

Mankhwala awa ochokera ku zomera amagwira ntchito zosiyanasiyana kuyambira

mu chomera cheni chakecho. Ena a mankhwalawa amachititsa kuti mtengo ukule bwino komanso kuutchinjiriza ku matenda. Ena amatchinjiriza zomerazo ku mphamvu ya kuwala ndi kutentha kwa dzuwa tsiku ndi tsiku. Ena ntchito yao kuthamangitsa tidzirombo tating'oning'ono ndiponso nyama kuti zisaononge zomerazo. Ndi chinthu chochititsa chidwi kwambiri momwe Mulungu analengera zinthu izi kuti zikhale zotchinjiriza zomera ndiponso munthu.

Tiyeni tsono tione za momwe mankhwala odabwitsa ochokera ku zomerawa angatithandizire ife kudzitchinjiriza ku nthenda yakupha ya kansa.

Brokoli

Anafotokozedwa motere m' Sukulu ya za Ukachenjere ya California ku Berkeley m' Kalata wa Wellness, July 1994. Volume 10, Issue 10:

ZA MASAMBA ZA BROKOLI MWA MITUNDU YAKE

"Brokoli ndi gulu lonse la kabichi monga mwa mitundu yao ndi zakudya zomwe ziri maziko enieni a thanzi labwino. Mitundu yonseyo imadziwika ndi dzina lakuti "za masamba zopinjikana" chifukwa cha maonekedwe ao okhala ngati kupingasa kwa mtanda. Muyeso wokwanira tambula imodzi wa brokoli wophika umakhala ndi vitamini A wofunikira pa theka la tsiku liri lonse (la za chikasu za masamba), miyezo iwiri ya vitamini C (kuposa tambula ya madzi a malalanje), 6% ya mchere wa niacini, 9% wa calcium, 12% wa phosphorus, 10% wa iron, 20% ya chakudya chokhutitsa cha tsiku ndi tsiku, miyeso (grams) isanu ya chakudya chokulitsa (protein) komanso mchere wa potassium, ndipo zonse'zi zokwaira miyeso (calories) 45 yokha.

Mitundu ya mankhwala omwe amapezeka m'gulu la kabichi kuphatikiza brokoli ndi yambiri ndipo pamodzi imadziwika ndi maina akuti: **indoles**, ndi **isothiocyanates** m'Chingelezi. Umodzi wa ma-isothiocyanates womwe umadziwika ndi dzina lakuti sulforaphane, ndi wofunikira kwambiri pa ntchito yake yotchinjiriza kansa. Pamene anayeza sulforaphane anapeza kuti amatha kutchinjiriza tiziwalo ta thupi ku machitidwe onse oyambitsa kansa, ndipo m'kafukufuku yemwe anachitikira ku sukulu yophunzitsa za Mankhwala ya za Ukachenjere ya John Hopkins kunapezeka kuti sulforaphane amateza mitundu yonse ya kansa ya m'mawere mu nyama zonse zomwe anayeserapo. Kafukufuku wina anaonetsanso kuti anthu amene amadya zakudya za mitundu yonse ya brokoli sikwapafupi kugwidwa ndi matenda a kansa ya mtundu uli wonse. Ichi chinatsogolera ofufuzawo kuganiza kuti chinali chifukwa cha kugwirira ntchito limodzi kwa chikasu chopezeka m'zakudya zina, ndi indoles, ndi isothiocyanates, kudzanso zofunikira zochokera ku zakudya zina komwe kunapangitsa kuti pakhale

ZAKUDYA ZOKHALA NDI MANKHWALA OLIMBANA NDI KANSA

Chakudya

| | |
|----------------------------------|-------|
| Zongomera kumene | |
| Brokoli | |
| Brokoli | |
| Manyumwa ofiira mkati | |
| Watakeresi | |
| Zipatso zamitundu ya malalanje | |
| Adyo, anyezi, Anyenzi wa m'madzi | |
| Nyemba za soya, nzama | |
| Nyemba za soya, nzama | |
| Manyumwa | |
| Zipatso | |
| Za njere | |

Mankhwala

| |
|----------------------|
| Sinigrin |
| Sulphoraphane |
| Dithiolthiones |
| Resveratrl |
| PEITC |
| Limonene |
| Allyl Sulfides |
| Isoflavones Saponins |
| Protease Inhibitors |
| Ellagic Acid |
| Cafeic Acid |
| Phytic Acid |

Chithunzi cha chisanu ndi chiwiri 7

chitchinjirizo'cho. Za masamba zina monga kabichi, kale cauliflower ndi mbeu zija zongozimeretsa nkudya zitangoyamba kumene kumera (Brussels sprouts), ngakhale zimakhala ndi zofunikira zambiri ku thupi la munthu palibe yoposa brokoli."

Kabichi, Matanipu ndi Mastrobere

Zolemba zina kuchokera m'Newsweek, April 25, 1994, zinayamikira za kuturukiridwa kwa mankhwala opezeka m'zakudya za zomerawa pakupitiriza kufotoza za kufunikira kwao motere:

Ma-isothiocyanate ena opezeka m'kabichi ndi m'matanipu otchedwa PEITC mwachidule, amatchinjiriza kansa ya m'mapapo poononga machitidwe onse a thupi omwe amayambitsa nthendayo powaphwanyaphwanya m'tizidutswa

ZAKUDYA MOMWE MUMAPEZEKA CHAKUDYA CHOKHUTITSA

Kayezedwe kale Kapu imodzi kapena chidutswa chimodzi pokhupokhupoko ngati chikufunikira kudzedwa mwapadera

| Mitundu wa chakudya | M'magram | Kuchuruka kwa chakudya chokhutitsa | M'magram |
|---|----------|------------------------------------|----------|
| Mkate wopangidwa kuchokera ku 2.1 tirigu wasakonola | | Mapeyala a m'chitini | 7.7 |
| Tirigu wasakonola wa ku Bangel | 4.3 | Marasibere | 11.0 |
| Mkate wa Pita wopangidwa ndi tirigu wasakonola | 6.3 | Kolifulawa | 4.6 |
| Chimanga chambuluulu (4.6) | 5.2 | Brokoli | 5.2 |
| Maoti | 4.1 | Ndozi | 6.7 |
| Supageti wopangidwa ndi tirigu wasakonola | 4.5 | Njere Zongophuka kumene | 7.0 |
| Mabisiketi opangidwa ndi tirigu wongopwanyapwanya pa makina | 2.2 | Mbatata za Kholowa zosenda | 7.7 |
| magran | 6.6 | Lentilo | 10.3 |
| Apulosi pamodzi ndi khungu lake | 2.8 | Nyemba za Pinto | 12.0 |
| Malalanje | 3.1 | Nyemba za khaki | 15.4 |
| Mabulosi awisi | 7.2 | Mazira | 0.0 |
| | | Nyama | 0.0 |
| | | Mkaka | 0.0 |
| | | Chizi | 0.0 |

Chithunzi chisanu ndi chitatu 8

asanafike poikutira DNA ya kachiwalo kakang'ono komwe kali mbali ya thupi lonse. Mankhwala opezeka m'mastrobere (strawberries), m'manyumwa ndi marasibere, otchedwa ellagic acid, amasokoneza machitidwe onse oyambitsa kansa asanaigwire DNA. Mankhwala ena amitundu iwiri amapezeka m'tomatendo ndipo amatchedwa p'pcouranic acid and chlorogenic acid, akuganizidwa kuti amalimbana ndi kansa

poisokoneza kuti isaswane ndi kufalikira kumbali zina za thupi zomwe zisanagwidwe ndi matendawa. Mankhwala a mitundu iwiri amenewa akupezekanso mu tsabola wobiriwira (green pepper), zinanazi, masitrobere, ndi makaroti kungotchulapo zowerengeka. Anyezi ndi adyo muli allylic sulfide, yemwe amagwira ntchito limodzi ndi mankhwala (enzymes) opezeka m'thupi ndipo amaononga machitidwe onse oyambitsa kansa. Mankhwala a capsacin opezeka m'mitundu yonse ya tsabola wowawa amalepheretsa zonse zoyambitsa kansa kulumikizana ndi DNA ndikuyambitsa nthendayo. Pafupifupi chipatso chiri chonse ndi za masamba kuyambira mastrobere mpaka zilazi, malalanje, minkhaka, ziri ndi mankhwala omwe amaletsa kansa.

Nyemba za Soya

Zolemba zina m' Environmental Nutrition, May 1994, Vol. 17, No. 5 ponena za nyemba soya zimati:

"Nyemba za Soya ziri ndi mankhwala omwe amathandiza kuchepetsa bvuto la mafuta oundana m'thupi komanso la nthenda ya mtima. Muli mitundu ingapo ya mankhwala olimbana ndi kansa. Genistein, yemwe amapezeka m'soya mokha ali ndi mphamvu yakuchepetsa kufalikira kwa kansa m'magawo osiyanasiyana. Kafukufuku amene wakhala akuchitika nthawi zokwanira makumi atatu akutsimikiza kuti genistein amachepetsadi kufalikira ndi kuswana kwa tidziwalo tomwe timapangitsa kuti kansa ikule. Munthu ali yense amene anachitanso bwino kafukufuku yemwe anachitika pa soya, akupeza kuti soyayo amatchinjiriza kansa kuti isaonekere ndi kukula. Izi ziri chimodzimodzinso ku nthenda ya shuga, chikhodzodzo, miyala ya m'impso, PMS ndi matenda akusiya kwa magazi, ndi a kansa. Mitundu wa chakudya chokhutitsa (fiber) ndiponso chakudya chokulitsa (protein) ndiponso mitundu ingapo ya mankhwala omwe akupezeka m'nyemba za soya, zikuonjezera kuchiwerengero chomwe chimadziwika kale cha mankhwala ochokera ku zomera, ndipo akumpangitsa soya kukhala wofunikira ndi wopindulitsa kwambiri ku moyo wa thanzi labwino."

Kansa ya m'Chiberekero Imachepetsedwa ndi Chakudya

Chokhutitsa (Fiber) cha m'nyemba za Soya

M'American Journal of Epidemiology munafotokozedwanso za kafukufuku yemwe anachitika pa za kuopsa kwa kansa ya mchiberekero – kansa ya khungu lomwe lakutira chiberekero. Zinapezeka kuti akazi omwe amadya kwambiri chakudya chokhutitsa (fiber) wochokera ku za njere, za masamba ndi zipatso anaichepetsa kansa ndi 29-46% poyerekeza ndi iwo amene amadya pang'ono kapena osadyeratu.

8

NJIRA ZA CHILENGEDWE: ZOTCHINJIRIZA MATENDA

TINGAKHALE BWANJI

Tmoyo wautali ndi wa thanzi lokondwa? Kudzera m'zofufuzafufuza za Kachenjede Breslow wa ku California, pali zizolowezi zisanu ndi ziwiri za thanzi zomwe zingathe kuupanga moyo wa munthu kukhala nthawi yaitali:

1. Tilisamale thupi lanu kuti musakhale onenepa kapena oonda kwambiri..
2. Tidzidya nthawi imodzimidzi ndipo osadya chakudya chiri chonse pakati pa nthawi zodyera.
3. Tidzidya chakudya cha kadzutsa chokhala ndi magulu onse ofunikira
4. Tipewe kudya kapena kumwa chinthu chiri chonse momwe muli mphamvu yoledzeretsa.
5. Tidziona maora okwanira asanu ndi atatu usiku uli wonse.
6. Tidzikhala ndi nthawi yoikika yochitira masewero olimbitsa thupi.
7. Tisasute fodya.

Malingana ndi zofufuzafufuza izi, "Ofufuzawo anapeza kuti kuphatikiza pa zinthu zina anthu omwe anali atakwanitsa zaka 45 potsatira njira zisanu ndi imodzi ya njira zisanu ndi ziwirizi anakhala ndi moyo zaka zina 33; iwo amene anatsatira imodzi kapena ziwiri za njira'zi anayembekezera kukhalanso moyo zaka zina 22. Kutanthauza kupindula ka 150 pa 100 iri yonse pokhala moyo wochuruka ndi wokondwa chifukwa cha kumvera. Leo R. Van Dolson, *The Golden 8*, 20.

Zizolowezi za thanzi zisanu ndi ziwirizi zingathenso kukhala njira yokuthandizanso inu kukhala moyo wautali. Koma koposera izi malamulo opambana asanu ndi atatu a za thanzi angathe kukuthandizani inu kukhala ndi moyo wochuruka komanso wa utali. Malamulo asanu ndi atatu a chilengedwewo ndi awa: **Madzi abwino, Mpweya wabwino, Kupumula koyenera, Kudziletsa, Kukwala kwa dzuwa, Masewero olimbitsa thupi, Chakudya ndi kadyedwe kabwino ndi Kudalira pa Mulungu.**

Madzi Abwino

Kodi mudayamba mwaganizira kuti madzi ndi chinthu chimodzi chofunikira kwambiri munga gawo la chakudya chopatsa thanzi? Matupi athu amagwiritsa ntchito madzi okwanira matambula 40,000 a madzi tsiku liri lonse pa ntchito yake yotengera zofunikira ku chiwalo chiri chonse cha thupi komanso kuchotsa zosayenera m'menemo. Mulungu analilenga thupi lathu kuti lidzitha kuwagwiritsa ntchito madzi omwe ali momwemo mobwerezabwereza ngakhale ena amataika m'njira zosiyanasiyana ndipo amafunika kubwezedwa. Munthu wamkuru aliyense amafunika adzimwa matambula 6 mpaka 8 a madzi abwino tsiku liri lonse. Nthawi yabwino yomwera madziwo idzikhala ija yapakati pa nthawi yodyera chakudya china kufika pa yodyera chinzake, komanso theka la ora limodzi munthu asanadye, kapena maora awiri pambuyo pakudya.

Mpweya Wabwino

Lero liro anthu ochurukitsa akukhuzidwa ndi kuipa kwa mpweya womwe amapuma, ndipo ndi zoono. Kwapezeka kuti ngakhale anthu osasuta amabvutika ndi matenda omwe anthu osuta amabvutika nao. Kuipitsidwa kwa mpweya kwachepetsa muyeso wa mpweya wabwino womwense ndi wofunikira ku magazi athu. Chinthu choipitsitsa kwambiri chimene chaipitsa mpweya ndi mpweya woipa ndi wakupha wochokera m'mafakitale ndi mafuta a galimoto womwe umasakanikira ndi mpweya womwe anthu amapuma nulowa m'magazi ndi kuupanga mpweya wabwinowo kulephera kugwira bwino ntchito yake. Molingana ndi zofufuzafufuza, anthu zikwizikiwi akumafa chaka chiri chonse chifukwa cha mpweya woipawu. "M'mizinda ikuruikuru ya dziko la United States of America mukumafa zikwizikiwi za anthu chaka chiri chonse. Anthu akapitiriza kupuma mpweya woipawu kwambiri,

amatenga matenda amene potsirizira pake amawapha. A bungwe loona zakufunikira kwa kuti miyoyo ya anthu idzitchinjirizidwa anaturutsa mndandanda wa chiwerengero cha anthu omwe afa m'chaka chiri chonse m'dzikolo. Simungakhulupirire koma ichi ndi chiwerengero cha uli wonse wa mizinda isanu yoyambirira: Los Angeles – 5,873; New York – 4,024; Chicago – 3, 479; Philadelphia - 2,599; Detroit - 2,123" (*Time*, December 9, 1996 munga zinalembedwera m' *Last Generation Magazine*, Vol. 8, No.5).

Tsono tingatani kuti izi zichepe?

1. *Masewero Olimbitsa Thupi*: Masewero olimbitsa thupi amapangitsa mapapo kugwira bwino ntchito yao ndi kutinso adzikhala odzala ndi mpweya wabwino. Panthawi imene masewerowo akuchitika mapapo amazolowetsedwa kukoka mpweya mwakuya ndi kufufuma kuti mpweya wabwino ulowemo.

2. *Kukhala thupi lotakasuka*: Kupuma mosakwanira nthawi zambiri kumachitika chifukwa cha zobvala zothina ndiponso kusakhala moongoka kwa thupi. Ichi chimapangitsa magazi kukhala odzala ndi zosayenera chifukwa chakuchepa kwa mpweya wabwino m'thupi. Chotsatira chake munthu samasangalala ndi kukhala womasuka, kutsimikizika kwa maganizo ake pa chinthu chiri chonse kumachepa ndi kapukusidwe ka chakudya m'mimba kamasokonekera.

3. *Kumwa madzi okwanira*: Madzi ndi ofunikira kwambiri pa kupuma kwabwino. Mapapo anapangidwa 75% madzi ndipo timataya madzi okwanira tambula imodzi kudzera pakupuma tsiku liri lonse.

4. *Choyeretsa Mpweya*: Kwa iwo amene amayenda mkati mwa mdipiti wa magalimoto ochuruka, ndibwino kumakhala ndi choyeretsa mpweya m'galimoto yao chinthu chomwe ndi chopindulitsa. Palinso zoyeretsa mpweya zomwe zinapangidwa kugwira ntchito zao m'nyumba zokhala ndi m'maofesi.

Kupumula

Chinthu chinanso chofunikira ku thanzi labwino ndicho kupumula komanso kugona tulo mokwanira. Ndi nthawi imene munthu ali m'tulo pomwe thupi limathanso kukonzanso ndi kulimbikitsa ziwalo zomwe zinaonongeka ndi kufooka pokonzekera ntchito za tsiku lina. Izi ndi njira zina zomwe zingathandize kuti munthu apumule mokwanira:

1. Masewero olimbitsa thupi ochitidwa mwa mphamvu nthawi yamasana mkati mwa mpweya wabwino komanso kuwala kwa dzuwa amadzetsa tulo tokoma.
2. Pakhale chizolowezi chakuti usiku munthu adzitha kudzuka, kusamba madzi otenthera bwino kenaka kuwerenga mwakachetechete, kapena kumwa tiyi wochokera ku zomera munga ufa wa chamomile, kapena mandimu.
3. Zinthu zosokoneza maganizo ngati wailesi za kanema ndi zolankhulalankhula zokhumudwitsa zipewedwe.
4. Osadya chakudya chamadzulo moposera muyeso. Ngati m'mimba muli chakudya pokagona ntchito yopukusa chakudyacho imapitirirabe m'maora ausiku ndi kupangitsa kulota maloto osayenera komanso kudzuka wotopa.
5. Pewani mankhwala osokoneza ubongo munga fodya, nicotine, caffeine ndiponso zoledzeretsa.
6. Ngati pali ntchito zina zomwe ndi zosatsiriza, ndipo zingadzitse kukhumudwa, nkhwana ndi mkwiyo, mutenge nthawi yotalikirapo mukuzilingirira momwe mungazithetere.
7. Maora ogenera adzikhala amodzimidzi. Munga momwe ena amanenera, "Kugona mofulumira kufulumiranso kudzuka." Ofufuzafufuza akupeza kuti, chifukwa cha "kayendedwe kozungulira ka dzuwa" komwe kamachitika kudzera m'mizati yake, tulo tofa nato timachitika pakati pa 9.00 P.M. ndi 12.00 A.M.
8. Mudzilowa ndi kukhala mpweya

wabwino wambiri m'chipinda chanu chogona pa nthawi imene muli mtulo.

Werenganinso zomwe zalembedwa pa tsamba Kuti mumve zambiri zokhuza mpumulo.

Kudziletsa

Kudziletsa ndiko kutsatira zonse zokweza moyo wa thanzi. Kudziletsa ndiko kupewa zinthu zomwe ndi zosayenera monga zoledzeretsa, kusuta fodya, kugwiritsa ntchito mankhwala ozunguza ubongo, kumwa zinthu zokhala ndi cafeine, zakudya za mafuta ochurukitsa ndiponso shuga woyera.

Zaka chikwi zapitazo munthu aliyense m' America amagwiritsa ntchito miyezo yolemera 40 ya shuga pa chaka. Koma pano zalumphakufika pa miyezo yolemera 100 pa chaka. Kuphatikiza kuti palibe chimene thupi lathu limapezamo tikaonjeza shuga m'chakudya chathu, shugayo amaononganso chitetezo cha thupi cholimbana ndi tidzirombo toyambitsa matenda. Mwachitsanzo, muyeso wochepetsa kwambiri wa chakumwa choziziritsa kukhosi umakhala ndi shuga wokwanira masipuni 8 -10 a shuga yemwe akalowa mthupi amachepetsa mphamvu ya a siikari a chitetezo cha thupi lathu m'magazi ndi theka la zana limodzi. Koma zomvetsa chisoni kwambiri ndi chakuti achinyamata ambiri m'America amamwa zakumwa zoziziritsa kukhosi kwambiri kuposa madzi abwino.

Kuwala kwa Dzuwa

Anthu ambiri sitimamvetsetsa zakufunikira kwa dzuwa kuti limachiritsa nthenda monga za kuthamanga kwa magazi ndi kuundana kwa mafuta m'nthupi, ndiponso kuteteza ku nthenda ya kansa. Mphamvu ya kuwala kwa dzuwa ndi imodzi ya njira za machiritso ofunikira kwambiri amene Mulungu anawapereka kwa munthu.

Koma ngakhale ziri chomwecho kuwala kwa dzuwa kwakhala kukupewedwa kwambiri chifukwa chakuti kumapatsa kansa ya pa khungu. Ichi chimachitika chifukwa chakukhalitsa pa dzuwapo. Komanso chinanso chomwe chimakupangitsa kuwala kwa dzuwako kuyambitsa kansa ndi kuchuruka kwa mafuta m'matupi athu ochokera m'zakudya

zomwe timadya. Mafuta amapangitsa kuswana mosabvuta kwa tidziwalo tating'onoting'ono (cells) ta thupi. Mwa anthu 450,000, amene amapezeka ndi kansa ya pa khungu chaka chiri chonse, ndi amene m'zakudya zao mumakhala mafuta ambiri, ndiponso amakhaliitsa pa dzuwa moposera muyeso, nakhalanso ndi michere yothandiza kuteteza thupi monga vitani A, C, E, seleniyamu yochepera yomwe imapezeka m'zakudya zochokera ku zomera.

Masewero Olimbitsa Thupi

Pali mwambi wakuti, "Ngati munthu sangapeze nthawi yochitira masewero olimbitsa thupi, ayembekezere kukhala ndi nthawi yodwaladwala." Tiyeni tione choonadi cha mwambiwu.

1. Masewero olimbitsa thupi amathandiza kuchinjiriza nthenda ya mtima poulimbikitsa mtimawo kukhala wamphamvu ndi kugwira bwino ntchito zake komanso kuchepetsa kuthamanga kwa magazi.
2. Masewero olimbitsa thupi amalimbikitsa minofu ndi mafupa ndiponso misempha ndi molumikizana mafupa kudzanso ziwalo komwe kumapangidwa magazi.
3. Masewero olimbitsa thupi amafulumidzitsa kapukusidwe ka chakudya, ndi kuthandiza matupi athu kugwiritsa ntchito zakudya zopatsa mphamvu zomwe zinangounjizana m'thupi.
4. Masewero olimbitsa thupi amalimbikitsa chitetezo cha thupi. Zofufuzafufuza zikuonetsa kuti ndithu amene ali amachitachita m'moyo wao nkosatheka kuti atenge kansa ya mtundu uli wonse. Masewero olimbitsa thupi amapangitsa kuti asilikari a chitetezo cha thupi achuruke m'magazi.

Ndi zabwino zomwe tazimvazi, ndiponso zina zambiri zomwe sizinalembedwe, zikuoneka kuti kuchita masewero olimbitsa thupi kawirikawiri komanso mosalekeza ndi maziko enieni a moyo wa thanzi labwino. Ngati nkotheke, kuchita masewero olimbitsa thupi katatu pa mulungu nkokwanira, ngakhale kutero tsiku ndi tsiku sikungakhale kulakwa.

Munthu amene afuna ayambe ndondomeko ya masewero olimbitsa thupi, aonetsetse kuti watsatira zinthu zochepetsa izi: Ayambe waonana ndi dotolo kuti amuyese, makamaka

ngati munthuyo ali ndi mbiri yodwaladwala. Kutsatira apo munthu asankhe masewero omwe angathe kuwachita. Chingakhale chabwino kuyamba ndi masewero oyenda. Kuyenda kumagwiritsa ntchito pafupifupi ziwalo zonse za thupi ndi mafupa ake 206 ndiponso minofu 660. Ndi masewero omwe munthu ali yense angathe kuwafikira ndipo alibe kuti munthu akaphunzitsidwe kachitidwe kake!

Chofunika ndicho kuika ndondomeko yakuti munthu afikire cholinga chake. Ngati munthu wasankha kuyenda, agule nsapato zabwino zoyendera, ndikuonetsetsa kuti akubvala moyenera ndi momwe nyengo ili. Pakakhala kuti malingana ndi nyengo sangathe kuchita masewerowa apezere choyenera kuchita m'malo mwake.

Munthu asankhe nthawi yomwe angathe kuchita masewero'wa mosakonezedwa ndi zinthu zina. Ayambe poyenda pang'onopang'ono kwa mphindi 5 mpaka 10 kuti thupi lake limasuke. Kenaka ayambe kuyenda mwa mphamvu ndi mwa ndawala. Ayende ndawala kwambiri, ndi mokwanira kuti aonjezere kuthamanga kwa kapumudwe kake, motsatidwa ndi mphindi 4 mpaka 5 zakuchepetsa kayendedwe kofulumirako koma akutambasula ndi kuponya manja ake mosalekeza. Kuponya manjako kusakhale kwakuti adzipweteke ndi kukhala ndi zirona ai koma momasuka, mofewetsa ziwalo. Masewero olimbitsa thupiwo asachitidwe ngati kuti owachita akupikisana ndi wina aliyense choncho asachitike molilanga thupi monga zimachitikira pa masewero a mpikisano.

Kadyedwe Kabwino

Zofufuzafufuza zaonetsa kuti chakudya chosakhala ndi mafuta ndi chakudya chokuza thupi koma chokhala ndi zakudya zopatsa mphamvu kwambiri chimachepetsa machitidwe akuti munthu nkutenga matenda. Mu nthawi ya nkondo zikuruzikuru ziwiri za dziko lapansi, "Anthu aku Ulaya anapezeka ndi bvuto lalikuru lakusowa zakudya monga nyama, mazira, mkaka, bata, chizi, ndi ladi. Kuweta, kupha, kukonza, kusungu, ndi kuyendetsa komanso kugula zakudya ngati izi zinali zinthu

zoyambirira zomwe zinasokonezedwa ndi nkondo, ndipo ichi chinapangitsa kuti anthu abwerere ndi kuyambanso kudya zakudya zochokera ku nthaka monga mbatata, zakudya za masamba, komanso za njere ndi thanga zomwe zinali zosabvuta kubzala, ndi kuzisunga kwa nthawi yaitali.

"M'dziko la Finland, a Dotolo Ilmari Vertiainen ndi Karl Kenerva anapeza kuti imfa inatsika ndi 67 pa zana limodzi chifukwa chakuchepa kwa matenda a mtima pakati pa anthu wamba poyerekeza ndi zaka zimene nkondo inali isanachitike, ndipo bvuto la kuundana kwa mafuta m'matupi mwa anthu linachepa kwambiri." Julian M. Whitaker, *Reversing Heart Disease*, Warner Books, 60-61.

Chikanakhala chinthu chosangalatsa bwanji tikanakhala ndi kutsika kwa chiwerengero cha anthu akufa ndi matenda a mtima cha 67 pa anthu zana limodzi lili lonse m'America. Komatu zinagatheke. Matenda ambiri a mtima angathe kuchiritsika ngati munthu atatsatira malamulo asanu ndi atatu a za thanzi lopambana.

Tiyeni tiwerenge ndondomeko iyi yomwe ingathe kuti handiza kuyamba kudya chakudya chopatsa thanzi labwino:

1. Muotche, kuwiritsa ndi madzi kapena kugwiritsa ntchito nthunzi yotentha pokonza zakudya zanu kuposa kukazinga.
2. Zakudya zidiedwe zaziwisi kaya ndi zipatso kapena zamasamba pa nthawi yodyera iri yonse. Finyiranimo madzi a mandimu pang'onon m'malo moikamo mafuta ambirimbi mu saladu wanu.
3. Zipatso monga mabvembe zongotholedwa m'mitengo, kapena zomwe zinayanikidwa ndi dzuwa ndizo zidzidiedwa patangokhala pang'ono kuyamba kudya, kapena pakungotsiriza chakudya cha tsiku m'malo modya zakudya zomwe ziri ndi mafuta ndiponso shuga wambiri.
4. Osamadya zakudya zina kapena totafunatafuna pakati pa nthawi zodyera chakudya. Totafunatafuna ndi tomwaimwa zimalepheretsa ziwalo zopukusa zakudya kugwira bwino ntchito zao chifukwa nthawi ina iri yonse imene chakudya chalowa m'mimba, mimbayo imayamba yalekeza ntchito yomwe imagwira pa chakudya choyambacho ndi

Ndondomeko ya mulungu umodzi kwa anthu akudya za masamba zokha zokha

Ngati nkoyenera tidye zakudya zosiyanasiyana za chilengedwe zokonzedwa mwachilengedwe, chopatsa thanzi labwino osati chonenepeza mopyolera muyeso.

CHAKUDYA CHAKADZUTSA

La Mulungu: Mpunga, Nsawawa Mkaka,* Mphesa zouma, chibanthu cha lalanje

Lolemba: Maoti ophika, Mkaka* mastrobere & Nthochi Srawbwrries

Lachiwiri: Phala la ufa wa tirigu, Mkaka,* Manyumwa Manyumwa, ndi ziteba

Lachitatu: Mpunga wofiira ndi Mkaka* & Dates Apulosi Woduladula Mtedza wa Maalmondi

Lachinai: Chiponde cha mtedza Mpunga wofiira wophika Mkaka* Mapichesi/Manachesi

Lachisanu: Mphala lotendera Mkaka & Chinanazi Nkhuyu

La Sabata: Tirigu wophika Mkaka* & Mablosi Manyumwa

CHAMADZULO

Mbatata yootcha, Karoti wamuwisi, Spinachi wophika

Supageti ndi Matimati Buredi Adyo, Saladi wamuwisi

Chipere cha nsawawa Mkate wopanda chotupitsa wa ufa wosakonola wa tirigu Chipere cha nandolo Maradishi ndi Celere

Ntakula Peyala Saladi Za masamba zophika

Mphoza zakuda Mabitiruti ophika Chinangwa chophika Nthochi

Mpunga wophika Za masamba Gwafa Chitowe Saladi

Nyemba za mtundu wa Brokoli Tomato wa muwisi Chikondamoyo cha Mgaiwa

NDONDOMEKO YA KADYEDWE

Chakudya Chabwino cha Kadzutsa

1 Chakudya cha tsiku + Mkaka*
1 Chipatso chachiwisi
1 Chipatso choonjezera
Mkate wa ufa wosakonola ndi Chiponde cha mtedza.

Chakudya Cha Madzulo

1 Zomwamwa/zotafunira
1 Za masamba zaziwisi
1 Za Masamba zophika
Mkate wa ufa wosakonola
Chiponde cha Makademia

Chakudya cha Mgonero (Kudya/Kusadya)

- ♦ Msuzi ndi chapate kapena
- ♦ Chipatso ndi buredi

Pokhapokhapo pa zonsezi tiphatikizirepo masewero olimbitsa thupi, kugoma mokwanira, timwe madzi abwino okwanira, ndi kukhala ndi ubongo wa thanzi, chakudya ngakhale chitakhala chabwino motani pachokha sichingatipange kukhala a thanzi ndi kutinso tisadwale matenda a kadyedwe koipa, akusapukusa bwino chakudya di a kukhala onenepeza koposa muyeso.

* Mkaka wogwiritsidwa mu ndondomeko iyi udzikhala wasoya osati wa nyama.

Chithuzi chachisanu ndi chinai 9

Mosataya nthawi fufuzani ndi kudzisankhira nokha mtundu wakaphikidwe ka chakudya chomwe mukufuna!

kuyambanso kuchita ntchito yake pa chimene changodyedwa kumene. Pakutero kupukusa kwa chakudya choyamba komwe kumachitika kumayamba kwadukizidwa.

5. Tipewe zakudya za mafuta opangidwa m'mafakiatale. Mafutawa amapangidwa poikamo mankhwala ochuruka chinthu chomwe chimapangitsa kuti thupi la munthu libvutike kuwapukusa ndipo adzingoundana pansu pa khungu ndi kusokoneza misempha ndi mtima pa ntchito yoyendetsa magazi.

6. Osamadya chakudya mothamanga. Kutero kumapangitsa kuti ntchito yopukusa chakudya yomwe imayambira mkamwa isachitike bwino, ndipo kumapangitsanso kuti tidziya

moposera muyeso, chifukwa kukoma kwa chakudya chomwe sikumavedwa bwino choncho timakhala ndi mtima woti mwina tifiike pochimvetsetsa kuposera apo.

7. Muikwe ndondomeko ya nthawi yodyera, yochitira masewero olimbitsa thupi, yopumula tsiku liri lonse; ndipo muonetsetse kuti muisatire ndithu. Mukangoyamba kuchita motero, moyo udzapeputsidwa kuchoka ku zipsynjo za maganizo ndi nkhwana ndi kuyamba kukhala wokondwa.

Kudalira Pa Mulungu

Machiritso enieni a matenda amayamba ndi kupepukidwa kwa maganizo ndiponso malingaliro athu. Zinthu zonse zabwino ndi zoipa zomwe zimakhuzza thanzi la munthu maziko

ake ndi maganizo. Ngati titamapitirira kudyakudya zosayenera ndi kulolera machitidwe ena onse osokoneza thanzi tikuonjezera tsoka lakudzitengera matenda pa ife eni.

Njira yapafupi kwambiri yomwe tingathe kuzindikira za kuti sitikuchita bwino ndi malamulo a za thanzi ndiyo kudza kwa Yesu monga momwe tiri. Werengani Mateyu 11:28. Tibwere kwa Iye ndi kumpempha kuti atikhululukire zolakwa zathu zonse zomwe tazichita kuphatikiza kusachita bwino kwathu ndi malamulo a za thanzi. Chachiwiri, tiuzoloweze moyo wathu kuliwerenga Bukhu Lopatulika, maka poikapo moyo wathu kwatunthu pa moyo ndi ziphuzitso za Khirstu. Chachitatu, tidzikhala ndi nthawi

yakupemphera ndi kulumikizana naye Mulungu mwa padera. Tipeze malo abwino amene tingamathe kulumikizana ndi Mulunguyo popanda zotisokoneza ziri zonse. Timfotokozere Iye za nkhwana zathu, mabvuto ndiponso chimwemwe chathu. Tikamatero tidzazindikira zakufunika kwa kumkonda ndi kudalira kwatunthu pa Iye. Chachinai, tifotokozere anthu ena za Yesu ndiponso malamulo asanu ndi atatu ofunikira kwambiri a za thanzi. Tikamagawana nao anthu zoterezi adzadalitsikanso iwo. Chotsirizira, tisagwetsedwe mphwai! Kugonjetsa tchimo lakuswa malamulo a za thanzi ndi chipambano pa ili kudzatipanga ife kukhala moyo wautali.

Tsiku La Kupumula La Yehova

“**NDIPO** zinatha kupangidwa zakumwamba ndi dziko lapansi, ndi khamu lao lonse. Tsiku la chisanu ndi chiwiri Mulungu anamariza ntchito yonse anaipanga; ndipo anapuma tsiku lachisanu ndi chiwiri ku ntchito yake yonse. Mulungu ndipo anadalitsa tsiku lachisanu ndi chiwiri, naliyeretsa limenelo: chifukwa limenelo adapuma ku ntchito yake yonse imene Mulungu anailenga ndi kupanga.” Genesis 2:1-3.

Mulungu anaoneratu za kufunika kwa kupereka tsiku la kupumula ku mtundu wa anthu. Iye anasankha tsiku lakupumula’lo kukhala la chisanu ndi chiwiri la pa mlungu. Tsiku lomwe ndi lofunika kwambiri koteru kuti analiika kukhala m’limodzi la Malamulo Khumi. Lamulo lachinai likuti, “Uzikumbukira tsiku la Sabata likhale lopatulika. Masiku asanu ndi limodzi uzigwira, ndi kumariza ntchito zako zonse; koma tsiku lachisanu ndi chiwiri ndilo Sabata la Yehova Mulungu wako; usagwire ntchito iri yonse, kapena iwe wekha, kapena mwana wako wamwamuna, kapena mwana wako wamkazi, kapena wantchito wako wamwamuna, kapena wantchito wako wamkazi, kapena mlendo amene ali m’udzi mwako; chifukwa kwa masiku asanu ndi limodzi Yehova adamaliza zakumwamba ndi zapansi, ndi nyanja, ndi zinthu zonse ziri m’menemo, napumula tsiku lachisanu ndi chiwiri; chifukwa chake Yehova anadalitsa tsiku la Sabata kuti likhale lopatulika.”

Eksodo 20:8-11.

Pakukumbukira Sabata timalowa mu mpumulo wopatulika ndi kukhala m’chiyanjano ndi Mulungu amene amatipatsa moyo. Pakusunga Sabata timbvomera Iye kuti ndiye amapatsa moyo komanso wopatsa lamulo wona. Lamulo la Sabata liri pakati penipeni pa malamulo onse – Malamulo Khumi. Malamulo amenewa ali chikhalidwe chenicheni cha chiyeero cha Mulungu. Pakusunga malamulo awa mwa chisomo cha Mulungu, timakhala m’chikhalidwe monga Mlengi wathuyo ali m’aganizo ndi m’malingaliro.

Ntchito iyi yokula m’chikhalidwe monga Mulungu pokhala yofunikira kwambiri, Mulunguyo anaika mwapadera Sabata la tsiku la chisanu ndi chiwiri kukhala lopatulikira Mwini yeakha. Potsimikizira ichi Bukhu Lopatulika likuti, “Mudzisunga masabata anga ndithu; pakuti ndiwo chizindikilo pakati pa Ine ndi inu... kuti mudziwe kuti Ine ndine Yehova wakukupatulani.” Eksodo 31:13.

Pamene Mulungu anapatula Sabata (werengani Genesis 2:1-3), Iye analiika ili monga chizindikilo chakuti Iye angathe kutipatula ife. Pamene Iye anapanga Sabata kukhala chikumbutso cha mphamvu yake ya kulenga, analiika kukhala chizindikilo chotitsimikizira ife kuti Iye angathenso kutilenganso mwatsopano ndi mphamvu monga analengera zinthu zonse pachiyambi. Mwa masiku onse a pa mlungu, ndi Sabata la tsiku

lachisanu ndi chiwiri lokha lomwe limatipanga ife kutha kumadziona kuperewera kwathu ndi kulimbikitsidwa ndi mphamvu ya Mzimu Woyera kukhala m’moyo wa tsopano. Mulungu akulonjeza kupatula mwapadera anthu onse omwe angasankhe kumlemekeza Iye pakusunga Sabata lake kukhala loyera.

Nanga tingalisunge bwanji Sabata kukhala loyera? Tiyezi tonse tizindikire ndi kubvomereza kuti malingana ndi Bukhu Lopatulika tsiku liri lonse limayamba madzulo dzuwa likangolowa. Tikawerenganso za masiku a pa chilengedwe tikuona kuti tsiku liri lonse limayamba madzulo ndi kutha madzulo ena. Pakufotokoza momwe zinthu zinachitikira pachiyambi pa chilengedwepo Bukhu Lopatulika limati, “Ndipo anati Mulungu, Kuyere; ndipo kunayera. Ndipo anaona Mulungu kuti kuyerako kunali kwabwino: ndipo Mulungu analekanitsa kuyera ndi mdima. Ndipo Mulungu anatcha kuyerako Usana, ndi mdimawo anatcha Usiku. Ndipo panali madzulo ndipo panali m’mawa tsiku loyamba.” Genesis 1:3-5.

Tikulamulidwa kuchokera m’Bukhu Lopatulika kuyamba kusunga Sabata kukhala lopatulika kuyambira pa lachisanu ndi chimodzi (Friday) madzulo. Mulungu anati, “Likhale ndi inu Sabata lakupumula... kuyambira madzulo kufikira madzulo musunge Sabata lanu.” Levitiko 23:32.

Pa tsiku la Sabata sityenera ife

kugwira ntchito zathu za tsiku ndi tsiku kapena mosasamala kukhala m’malingaliro a zokhumba za moyo uno. Pa mpfundoyi Bukhu Lopatulika likutilimbikitsa kuti, “Ukaletsaphazi lako [osayenda maulendo opanda tanthauzo] pa Sabata, ndi kusiya kuchita kukondwerera [kwako] tsiku langa lopatulika, ndi kuyesa Sabata tsiku [mu uzimu] lokondwa [tsiku] lopatulika la Yehova, lolemekezeka, ndipo ukalilemekeza ilo, osachita njira [kapena zofuna] zako zokha, osafuna kukondwa kwako kokha, osalankhula mau [osayenera] ako okha; pomwepo udzakondwa mwa Yehova; ndipo Ine ndidzakuyendetsa pa misanje ya dziko lapansi; ndipo ndidzakudyetsa cholowa cha kholo lako [pangano limene Yehova analichita m’ malo mwathu kwa] Yakobo; pakuti pakamwa pa Yehova panenapo.” Yesaya 58:13-14.

Sityenera ife kufuna kukondwerera kwathu pakuonera masewera a mpira ndi ena pa wailesi ya kanema, kapene kulankhula zinthu za dziko. Koma m’ malo mwake tsiku la Sabata lidzikhala lodzifunira kukhala angwiro ife eni ndikulimbana ndi kudzikonda kwathu posafuna kuchita zotikondweretsa tokha, koma pakuchita chifuniro cha Iye amene anatilenga ndi kutipulumutsa. Ndi tsiku limene tidzidzipatulira mwapadera kwa Mulungu kuphatikiza kusionkhana ndi anthu a Mulungu ndi kuchita ntchito zachifundo. Yesu anatisiyira chitsanzo chabwino chakasungudwe ka Sabata pamene anasonkhana ndi kupemphera limodzi ndi anthu komanso anachiritsa matenda a mtundu uli wonse a anthu amene anadza kwa Iye pa tsiku’li. Werenganinso Luka 4:16.



NTHANO YOONA

(Zochokera pa tsamba 1)

mukasakanikira ndikuyamba kuchitira naye zinthu limodzi ndi pomwe mungayambe kuzindikira kuti “chinthu china chake sichiri bwino mwa iye.”

Kuchotsako mbali ina ya Ubungo wa pamphumi

M' zaka za m'ma 1800 akatswiri oyang'anira anthu odwala matenda a ubungo anayamba kugwiritsa ntchito uporeshoni wotchedwa “frontal lobotomy” (kutanthauza kuchotsa ubungo wa pamphumi). Ingakhale inde, mbali ya ubungoyo imatheka kuchotsedwa, nthawi zina anali “kuchotsa” pongolekanitsa pomwe pamalumikizana minyewa yake.

Uporeshoni'wu umachitika makamaka pa anthu amene anali ndi misala ya moto kapena anthu omwe misala yao imawatsogolera kuswa malamulo a dziko. Kuchita uporeshoni wokhuza ubungo wa pamphumiwu kunatchuka kwambiri m'zaka za m'ma 1930 ndi m'ma 1940. Koma m' masiku athu ano uporeshoni wa mtundu uwu sukugwiritsidwa ntchito kwenikweni.

Patricia, Namwino wa za Uporeshoni

Patricia anali namwino wopambana kwambiri pokonzetsera zipangizo ndi zina zonse zochitira uporeshoni wa ubungo wa pamphumi. Kenaka iyenso anadzachitidwa uporeshoni wa mtundu uwu ndi cholinga chofuna kuthetsa matenda a ubungo omwe anakhala akubvutika nawo kwa zaka zingapo. Atachitidwa uporeshoni panakhala kusuntha kwakukuru. Kusinthako kunakhuza kaganizidwe kake, machitidwe a zinthu, kagwiridwe ka ntchito ndiponso kakhulupirikidwe kake. Iye anasiyana kotheratu ndi momwe anali pachiyambi.

Asanachitidwe uporeshoni wa ubungo wa pamphumi'wu, Patricia anali namwino wodziwa bwino ndi wogwira ntchito yake yokonzetsera za chipinda cha uporeshoni mosamalitsa. Ndiponso anali kukonda kuwerenga mabukhu nakhalanso m'modzi wa anamwino odalirika.

Koma atangochitidwa uporeshoni, kunyadira ntchito yake komwe anali nako kunasiika. Mtima woikonda ntchito yake udamchokera ndipo anayamba kuchitira nkhasa odwala. Amatha kungochita ntchito zimene zinali zazing'onozing'ono nichimchokeranso chidwi chowerenga mabukhu.

Zofufuzafufuza zikuonetsa kuti anthu onse amene ali ndi bvuto lakuonongeka kwa ubungo wa pamphumi amabvutika kusungu ndi kutsatira malamulo ndi miyambo ya chikhaliidwe, kukhala a chikondi ku mabanja ao, kukhala mu umunthu monga amafunikira, ndipo samatha kudziletsa (chinthu chomwe chimawaonetsa ngati ndi odzikuzi, a mtima waupandu, ndiponso obvutitsa). Amakhalanso ndi maganizo osokonekera ndi osakhazikika, nakhulupirira zinthu zosayenera, ndi kusaganizira za mtsogolo komanso kusatha kulingirira zinthu mwakuya.

Matenda omwe amadza chifukwa chakuonongeka kwa ubungo wa

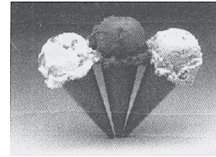
mwatutchutuchu malo ofunikira kwambiri ponena za kuletsa za chilakolako cha kudyana ndi ubungo wa pamphumi. Chomwe chimachitika ndi chakuti ingakhale munthu atakhala kuti ali ndi njala yaikuru chotani ndipo angathe kudyana chinthu chiri chonse ngakhale chomwe chingathe kuononga moyo wake, amatha kulimbana ndi chilakolako ichi mosabvuta ngati ubungo wake wa pamphumi ukugwira bwino ntchito yake. Iwo amene ubungo wao wa pamphumi sumagwira bwino ntchito kumakhala kobvuta kuti athe kugonjetsa zilakolako zosayenera. Pali anthu ena omwe amanepena koposa muyeso ndipo amadziwa kuti ichi n'chifukwa chakadyedwe



SHUGA NDI BONGO WA PAMPHUMI



Kwapezeka kuti kugwiritsa ntchito shuga wambiri m'chakudya kumasokoneza ubungo wa pamphumi wa ana omwe ali pa sukulu.



Chithunzi chachikhumi 10

pamphumi ndiwo: kusokonekera kwa maganizo, kusatsutsika ndi kumva za munthu mwini yekha, mtima wakusafatsa pochita zinthu, nkhasa ndi kukulirakulira kwa chilakolako chofuna kudyana.

Kufuyambira chaka cha 1990 chiwerengero cha anthu opezedwa ndi matenda a mtima wakusatha kufatsa ndi kusalongosoka pochita zinthu m'dziko la America chinakwera kuchokera pa 900,000 ndi kupitirira 2,000,000 m'chaka cha 1995.

Pakayesedwe ka nzeru zakuya ka ubungo (PET scans m'Chingelezi) kwapezeka kuti anthu odwala matenda a nkhasa ndi kusadziwa choyenera kuchita amakhala ndi bvuto la kuchepa kwa kayendedwe ka magazi mu ubungo wao wa pamphumi ndi 60%. Anthu amene agwirapo ntchito yosamalira anthu odwala matenda a nkhasa, akupemphedwa kulimbikitsa odwalawo kuti adzigwiritsa ntchito ubungo wao wa pamphumi moyenera, kuti magazi adziyenda bwino mu ubungo wao mchitidwe womwe umadzetsa kusintha ngati sikuchiritsiratu matenda ankhawa'wo.

Ponena za kudziletsa pa kadyedwe kosayenera, ubungo wa pamphumi umachitapo kwakukuru. Ndipo kunena

kosayenerako, koma iwo amapitiriza kudyabe chomwecho chifukwa chakuti ubungo wao wa pamphumi uli ndi bvuto lakusatha kunena “ai.”

Ndi chinthu chodziwika ndithu kuti machitidwe abwino a moyo wa thanzi amatchinjiriza ubungo wa pamphumi ndipo ubungo wathanzi wa pamphumi umathandiza kupanga chisankho choyenera cha machitachita moyo wabwino ndi wachipambano.

Choncho, ndi kofunikira nthawi zonse kumadzifunsa funso lofunikira kwambiri ili: Kodi ndi chiyani chomwe chimapangitsa kuti ubungo wathu wa pamphumi usamagwire bwino ntchito yake? Si mauporeshoni okha ai. Si ngozi zomwe zakhuza ubungo zokhazo ai. Koma machitidwe osayenera ndi zizolowezi zoipa zotsutsana ndi malamulo oyenera a za thanzi ndi zinanso zomwe zimaupangitsa ubungo wathu wa pamphumi kusagwira bwino ntchito zake.

Tatiyeni tilingirire za machitidwe athu oipa, otsutsana ndi malamulo a za thanzi omwe amaupangitsa ubungo wathu wa pamphumi kulephera kuchita bwino ntchito zake monga zikufunikira ku chikhaliidwe chabwino ndiponso kusankha koyenera mu uzimu.

Zakumwa Zoledzeretsa

Mowa umaononga ubungo wathu wa pamphumi. Zaka zingapo zapitazo, dzidakwa ndi anthu osamwa mowa anayezedwa pogwiritsa ntchito zida za makono zotchedwa magnetic resonance imaging (MRI) ndiponso positron emission topography (PET scanning) m'Chingelezi. MRI ndi mayezedwe omwe amagwiritsidwa ntchito poyeza magwe ubungo unapangidwira ndi kusanjidwira. Mkati mwa ubungo wa dzidakwa mudapezeka kuti mbali yaikuru ya ubungo wao wa pamphumi inali yowonongeka. Maonekedwe a chilengedwe a ubungo'wo anachoka. Kusinthika kwa maonekedweku kunali chizindikilo chakuti tizipangizo tochoruka tating'oning'ono tomwe timapangitsa ubungo kugwira bwino ntchito zake tinaonongeka.

PET ndi mayezedwe omwe amagwiritsidwa ntchito poyeza ntchito zomwe ubungo umagwira. Mukuyeza'ku zinapezeka kuti ubungo wa dzidakwa yemwe amalipangitsa thupi kukhala la mphamvu ndi la thanzi – chinthu chomwe chinaonetsa kuti ubungo wao wa pamphumi sunali kugwira bwino ntchito yake. Kusagwira bwino ntchito kwa ubungo wa pamphumi'ku sikumachitika chifukwa cha kumwa mowa tsiku ndi tsiku mwa uchidakwa kokha ai. Komanso ingakhale kwa iwo amene amamwa mowa kamodzi pa mulungu. Chodziwika bwino ndi chakuti kumwa kwa mowa kukanka kukupitirapitira mtsogolo, kumachepetsa kuganiza molongosoka ndi kupanga malingaliro a nzeru.

Mowa umasokonezanso ubungo ana omwe amakhala asanabadwe, ali m'mimba. Zadziwika bwino tsopano kuti amai omwe ali oyembekezera akamamwa mowa, mphamvu yakuledzera imakhuzanso ana omwe ali mwa amai'wo m'moyo wao wonse. Abambonso omwe amamwa, mowa'wo umaononganso ubungo wa pamphumi wa ana ao. Kumwa vinyo ndi mowa kuli konse kumene kumachitidwa kumakhala ndi zotsatira zoipa pa ana a anthu oledzera'wo monga: kusatha kudziletsa, kufooka kwa nzeru ndi maganizo, zilakolako zoipa, kupsya mtima msanga komanso malingaliro ofuna kuchita zinthu zaupandu nthawi zonse.

Caffeine

Caffeine ndi mankhwala omwe atchuka kwambiri monga otsitsimutsa

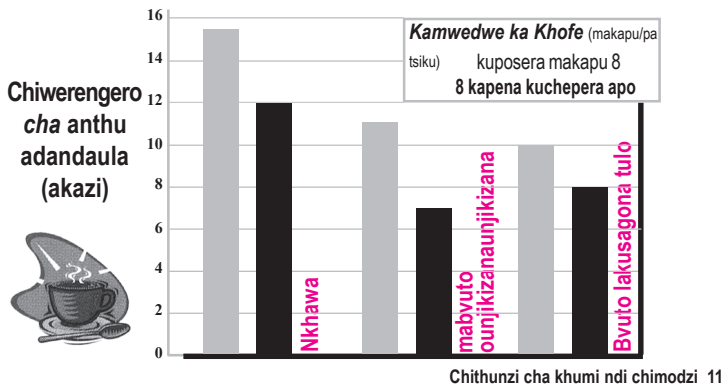
munthu aliyense akamadzuka m'mawa. Koma ngakhale amaoneka ngati wabwino choncho, amaononga thupi polipatsa chizolowezi chomwe sichachilengedwe. Mankhwalawa amasokoneza ntchito za ubongo mu njira zosiyanasiana. Pa mpfundoyi, tizindikire kuti ubongo uli ndi njira zimene umatimizira mauthenga ake kuchokera ku chiwalo china kupita ku chinzake pogwiritsa ntchito tidziwalo tating'ono kwambiri tomwe timapanga ubongowo. Tidziwalo timeneti tomwe timapanganso minyewa timaturutsa mankhwalawa omwe amatchedwa neurotransmitters (kapena kuti atomizi a mauthenga) omwe amalandiridwanso ndi tidziwalo tina tamtundu womwewo kumbali zina za thupi komwe amauthengawo akufunikira. Atomizi amauthenga ena amakhala otsitsimutsa ku tiziwalo tomwe timalandira mauthengawo, pamene mauthenga ena amakhala odzetsa nkhwawa. Choncho Caffeine amasokoneza kagwiridwe ntchito bwino ka ubongo pousokoneza kuti usathe kuturutsa munga zimafunikira mankhwalawa omwe ndi ofunika ku tidziwalo totumiza ndiponso tolandira mauthenga kuti tidziwaloto tigwirenso bwino ntchito yao.

Akatswiri a zofufuzafufuza mogwirizana apeza kuti kulephera kwa ubongo kuturutsa mankhwalawa okwanira kumalepheretsanso kaganizidwe koyenera. Iwo apezanso kuti Caffeine amafooketsa tidziwalo tolandira mauthenga kudzera m'mankhala otsitsimutsa omwe ali nao koma osakhala a chilengedwe omwe amadzetsanso kusagwirizana kwa maganizo. Onani kufotokoza mwa chidule za kuipa kwa mankhwalawa a Caffeine kudzera m'zithunzi pa chithunzi 11.

Zotsatira za Kadyedwe ndi Zakudya

Akatswiri a zofufuzafufuza apeza kuti ana omwe amayamwa mkaka wa m'mawere a amai ao amakhala ndi ubongo wa thanzi m'moyo wao wonse. Pakati pa zinthu zina zonse zofunikira pa moyo wa mwana, ndi zakudya zomwe zimapezeka mu mkaka wa m'mawere. A dotolo a Yokota a ku Japan mukufufuza kwao anapeza kuti ana amakoswe ongobadwa kumene amafuna mkaka wokwanira wokhala ndi zonse kuphatikiza mafuta a chilengedwe Popanda zofunikira za mu mkaka zonsezo kuphatikiza mafuta a chilengedwewo kuphunzira

KHOFE NDI MABVUTO A ZA BONGO WA PAMPHUMI



kumabvutirapo. Ndi zodziwika bwino kwa akatswiri a zofufuzafufuza kuti zakudya ndiponso mikaka yomwe imapangidwa m'mafakitale sizimafikirapo pa zofunikira zomwe zimapezeka mu mkaka wa m'mawere. Ingakhale kuyesetsa kuonjezera zina ndi zina m'mikaka'yi, sikungathetse bvuto lakusafikirapo pa mkaka wa m'mawere.

Kwapezekanso kuti mafuta a mkaka wa m'mawere ndi ofunika kuti anthu akuruakuru athenso kuphunzira bwino. A dotolo a Coscina ndi anza anapeza ndi kuonetsa ichi zaka khumi zapitazo. Iwo anapatsa makoswe a magulu awiri chakudya chokhala ndi mkaka wochuruka mofanana. Koma mafuta omwe anaikidwa mu mkakawo anali ochokera kosiyana. Pmbuyo pa milungu itatu, makoswe amene ankapatidwa chakudya cha mkaka wochokera ku nyemba za soya (omwe munali 20% chakudya chofuniukira ku thupi mwachilengedwe), ankaphunzira zinthu msanga kuposa gulu la makoswe ena omwe chakudya momwe munali 20% mafuta anyama (ya nkhumba).

A dotolo a Bernell Baldwin akufotokoza ganizo ili za chifukwa chimene kudya mafuta ochokera magwero osiyanku kudadzetsa kusiyana pa zakachitidwe ka makoswewa. Iye anati nchifukwa chakuti mafuta ochokera ku nyama amapangitsa ubongo kulephera kudutsitsa mauthenga ake. Iye akuti ichi nchifukwa chakuti tidziwalo tofewa tomwe kudzera mwa ito mauthenga amadutsa (tochedwa psynapses m'Chingelezi) timakutidwa ndi mafuta osati nkusung'unuka a nyama omwe amatilepheretsa kuti tigwire bwino ntchito yao; pamene mafuta omwe

amasung'unuka mosabvuta ochokera ku za masamba, nthanga ndi mtedza amapangitsa tidziwalo tofewa tomwe ubongo umadutsitsiramo mauthenga ake kugwira bwino ntchito chifukwa samatikutira ito koma kutipanga kukhala ta thanzi.

Maphunziro Ochokera ku Zakudya Zopatsa Mphamvu (Carbohydrates):

Mbali zina za thupi kupatula ubongo zimagwiritsa ntchito mafuta, chakudya chokulitsa (proteins) kapena chopatsa mphamvu. Ubongo umapeza mphamvu kuchokera mkutsekemera mwa chilengedwe komwe kumapezeka m'zipatso. Chifukwa chakugwira ntchito mwamsangamsanga komwe umakuchita, ubongo umadalira pa kutsekemera kumeneku komwe umayenera kukulandira mphindi iri yonse. Kuchokera pa mpfunduyo tsono ndi chapafupi kumvetsetsa kuti umagwiritsa ntchito chakudya chopatsa mphamvu mochururirapo kwambiri kuposa chiwalo china chiri chonse cha thupi. Choncho ngakhale umalemera magawo awiri okha a magawo zana limodzi (2 percent) a thupi lonse, bongo umagwiritsa ntchito magawo khumi ndi asanu a magawo zana limodzi (15 percent) a chakudya chonse chopatsa mphamvu.

Koma ingakhale bongo umachita ichi, ulibe malo osungira zakudya. Ndi chakudya chokwanira kugwiritsa ntchito nthawi yotalika mphindi ziwiri zokha chomwe umatha kuchisunga ndipo chimakhala m'makhalidwe osachedwa kusung'unuka chikafunika.. Choncho kuti ubongo wa pamphumi ugwire bwino ntchito yake umafuna magazi omwe ali ndi

chakudya chopatsa mphamvu chokwanira.

Zinthu komwe kumachokera chakudya chabwino kwambiri chopatsa mphamvu ku ubongo ndi zipatso, zakudya za masamba ndiponso njere zodyedwa mwa chilengedwe. Choyenera kuchidziwa tiri pa pfundo yomweyi ndi chakuti m'zakudya zonse zochokera ku nyama munga mkaka ndi nyama imene mulibe chakudya chopatsa mphamvu ndi pang'ono pomwe. Choncho ngati tikufuna kukhala ndi ubongo wa thanzi tiyesetse kupewa chakudya chiri chonse chochokera ku nyama ngati kungatheke kutero ndi kumadya kwambiri zochokera ku zomera.

Zaka zapitazo, kuyambira pomwe akatswiri a za sayansi anaturukira kwa nthawi yoyamba kuti ubongo umagwira bwino ntchito yake pakakhala chakudya chopatsa mphamvu, anthu ena akasakaniza koko ndi shuga, anayamba kuchitcha chakudya chotere kuti ndi "chakudya cha bongo." Koma pambuyo pake zapezeka kuti zinthu siziri choncho chifukwa chakudya chokhala ndi shuga yemwe si wachilengedwe chimadzetsa zotsatira zosiyana ndi chakudya chokhala ndi shuga wachilengedwe. Ndipo zinaturukiridwa kuti chakudya chomwe muli shuga wambiri chimapangitsa ubongo wa ana a pa sukulu kusagwira bwino ntchito, kukhala opanda nzeru.

Kafukufuku wina wa anyamata 46 a zaka zisanu aliyense anathandizanso kwambiri. Anyamata omwe m'chakudya chao munali shuga wochepa anali a nzeru ndi kuyankha mafunso mokochoza kuposa anza a msinkhu womwewo omwe m'chakudya chao mumakhala shuga wambiri. Odyo shuga woche pawo anakhozanso bwino kwambiri mayeso ao mwapamwamba kuposa amene amadya shuga wambiri.

Anthu ena akhala akufunsa kuti, Ngati shuga ali gulu la chakudya chopatsa mphamvu, ndipo chakudya chopatsa mphamvu chiri chofunikira ku ubongo kuti ugwire bwino ntchito zake, zingatheke bwanji kuti chakudya chokhala ndi shuga wambiri chiupangitse ubongowo kusagwira bwino ntchito zake? Matupi anthu anapangidwa kuti tidziyidya zakudya munga zipatso ndi njere za chilengedwe osati zopangidwa m'mafakitale. Zakudya za chilengedwe zimathandiza shuga wa m'magazi athu kukhala m'muyeso woyenera nthawi zonse. Koma zakudya zokhala ndi

shuga wopangidwa m'mafakitala zikalowa m'njira yosung'nulira ndi kupukusa chakudya, zimapangitsa shuga wa m'magaziyo kukwera mposerera muyeso, ndi kuti thupi lidzitopa ndikukhala ngati tadya kwambiri kuposa m'mene tinayenera kudyera. Ichi chimalipangitsa thupi kuumirizidwa kuturutsa mankhwala ambiri otchedwa insulin m'chingerezi, kuti akatembenuze shugayo kukhala m'makhalidwe omwe lingathe kumgwiritsa bwino ntchito. Kukwera kwa kuchuruka kwa shugaku kumaputsa ubongo pouwodzeretsa mwinanso kugona kumene. Mosiyana ndi momwe zimachitikira ndi shuga wopezeka m'zakudya za chilengedwe, shuga wopangidwa m'mafakitala amalowa mwamsanga m'thupi. Ndipo chotsatira chake chimakhala kukwera kwa shuga m'magazi m'kanthawi kochepea ndi kupangitsa kuti mankhwala omwe thupi liwaturutse chifukwa chakukwera kwa shugayo apangitse kuti shuga yemwe thupi linamsunga kapena kumgwiritsa ntchito kwa nthawi yotalikirapo, agwiritsidwe ntchito m'kanthawi kochepea, chinthu chomwe chimapangitsa kuti shuga yemwe anasungidwa m'magaziyo achepe kapena kutha kumene.

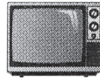
Shuga wa m'magazi akatha, ubongo wa pamphumi amabvutika ndi kulephera kugwira bwino ntchito zake. Izi zimachitika chifukwa mphamvu yomwe imaupangitsa kugwira bwino ntchito zakezo imakhala yosakwanira.. Tsono kuti tipewe machitidwe opanda thanzi akukwera, kutsika ndi kutheratu kwa shuga kosayembekezeraku, nkofunika kuti tsiku liri lonse tidzidya chakudya cha kadzutsa chokhala ndi zofunikira zonse zokwanira zochokera ku zomera.

Kuipa kwa Kuupusitsa/ kugonetsa (Ubongo (Hypnotism))

Kupusitsa ubongo kumachitika pochita zinthu zimene zimapangitsa ubongo wa pamphumi kuodzera kapena kugona tulo. Nthawi yomwe izi zimachitika munthu woputsitsidwa ubongoyo amaona ngati akulota kapena kuona masomphenya amitundumitundu ndipo angathe kujambula m'maganizo mwake ziri zonse zomwe womgonetsa tulo angamlamulire kuzichita. Wogonetsedwayo samatha kutsimikizika za chenicheni choyenera kuchichita kapena kuchinena chifukwa

MPFUNDO 17 ZA KUIPA KWA WAILESI YA KANEMA

1. *Imaputsitsa ndi kuchotsa m'phamvu yakuganiza ndi kulingirira mwakuya ya ubongo wa pamphumi.*
2. *Imachotsa chidwi cha kuwerenga ndi kuphunzira*
3. *Imafooketsa ubongo*
4. *Imalimbikitsa zizolowezi ndi makhalidwe oipa*
5. *Imalimbikitsa kunenepa koposera muyeso*
6. *Imaonjezera makhalidwe odontha ndi kulota dzuwa likuswa mtengo*
7. *Imachepetsa m'phamvu machitidwe okhala ndi luntha lakuyambitsa zinthu*
8. *Ingathe kuchepetsa m'phamvu yakutha kulekanitsa pakati pa chabwino ndi choipa*
9. *Imalimbikitsa moyo wosatha*



Chithunzi chakhumi ndi chiwiri 12

mphamvu yake yolingirira zinthu moyenera imakhala itasokonezedwa.

Patakhala kuti ubongo wa munthu woputsitsidwayo unayesedwa ndi choyesera chiya chotchedwa EEG (electroencephalogram) m'Chingelezi, pa nthawi yakupusitsidwayo, pangapezeke kuti chimasokonezedwa m'ubongo wa pamphumi wa munthu woputsitsidwayo ndi mbali ija yokhala ndi m'phamvu yakulingirira zinthu bwino yotchedwanso beta wave m'Chingelezi. Mbali imeneyi ndi yomwe imasokonezedwa kuti isathe kugwira bwino ntchito yake.

Mkati mwakupusitsidwa pogonetsedwa tulo kwa ubongo wa pamphumi, ubongo wa mitundu ina umakhalabe ukugwirira ntchito monga mwa nthawi zonse, koma kuti sungathe kulingirira zinthu monga zimayenera kuchitikira ndi wa pamphumi'wo. M'machitidwe ngati awa, munthu amatha kumva ndi kuloweza zonededwa ndiponso kuchitidwa koma osatha kuzitanthauzira chifukwa chakusokonezedwa kwa ubongo wa pamphumi.

Wailesi Ya Kanema: (Chopusitsa Ubongo Pakhomo)

Pali chinthu china m'mabanja ambiri lero lino chomwe sichimaoneka kuti ndi choononga ndi kusokoneza bongo. Ichitu ndi wailesi ya kanema.

Pambuyo pa mphindi ziwiri zokha zongoonera kanema, ubongo wa munthu umasokonekera. Munthuyo amatha kumayang'ana zochitika pa wailesi ya kanemayo koma "wosatha kunenapo kapena kuchitapo kanthu, kapenanso kukhuzidwa, ndiponso kulingirira mozama,; zimagokhala

10. *Imalimbikitsa onse oonera za pa kanemayo kuutenga moyo wa chisokonekero mopepuka*
11. *Ana amakula ndi khalidwe lakupsya mtima mofulumira*
12. *Imalimbikitsa mtima wakusatsutsika*
13. *Imalimbikitsa mchitidwe wa chiwewere*
14. *Imalimbikitsa chizolowezi choipa chofuna kuonera wailesi yinthawi zonse*
15. *Imatenga nthawi yaikuru yomwe munthu akadachitira zinthu za phindu*
16. *Nthawi ya banja imasowa*
17. *Imasokoneza ziyang'aniro zofunikira za moyo wa uzimu*

ngati zongosangalutsa mtima ndi zotairapo nthawi komanso zongonthera pomwepo."

Kachenjede Herbert Krugman, katswiri pazofufuzafufuza za kagwiridwe ntchito ka ubongo akufotokoza kuti, "Walesi ya kanema ndi chinthu chomwe chimafalitsira mauthenga ochurukitsitsa ndi mofulumira mosakhetsa thukuta konse, koma zomwe zafalitsidwa'zo n'zosati munthu nkuzisunga ndi kuzilingirira mwakuya m'maganizo ake pa nthawi yomwe kufalitsako kukuchitika."

Kachenjede ndiponso mlembe winanso wotchuka ndi wodziwika bwino pa zofufuzafufuza, a Erik Peper, ponena za mauthenga a pa wailesi ya kanema nthawi ina yake anati, "Kuipa kwa wailesi ya kanema ndi kwakuti imatipatsa mauthenga omwe ife timawalandira, koma osati kuti nkuchitapo kanthu. Mauthengawo amalowa m'malingaliro athu omwe kawirikawiri timadzachitapo kanthu patapita nthawi yaitali, mwina titaiwala zina kapena chinthu chenicheni chomwe chimafunika kuti tichimvetsetse ndi kutengapo mbali. Munthu akamakonda kuonera wailesi ya kanema azindikire kuti akudzikonzetsera yekha kukhala wosatha kulingalira kapena kuchitapo kanthu mwa iye yekha kapena pa izo zomwe akuonera pa nthawi yomwe zikuchitikayo, koma kuti adzatero patapita nthawi yaitali izi zitachitika, chinthu chomwe chimakhala ngati akulingirira ndi kuchitapo kanthu pa zinthu zopanda tanthauzo ndi zosadziwika komwe zinachokera."

Mwachitsanzo, ana sangathe kukapha munthu pongochokera poonera pa wailesi ya kanema m'mene

anza anaphera munthu. Chomwe chimachitika chimakhala chakuti zonse zimene aona zimalembedwa ndi kukhazikika m'malingaliro ndi maganizo ao ndipo zimalimbikitsa khalidwe la nkhanza ndi loipa m'moyo wao kwa nthawi yaitali koteru kuti mtsogolo mwake patapita nthawi nawonso amadzachichita chinthu choipa'cho.

Kuipa kwina kwa wailesi yakanema ndi m'phamvu yofooketsa ubongo yomwe ili nayo. Bvuto lalikuru lomwe liripo ponena za ophunzira lero ndi lakuti ophunzira onse omwe amakonda kuonera wailesi ya kanema chidwi chao chowerenga mabukhu ndi zomwe alemba ku sukulu chimanka chikucheperachepera kapenanso kutheratu. Ana onse amene amatenga nthawi yao yaitali akuonera Wailesi ya Kanema amakhala mbuli zosafuna ndiponso kutha kuwerenga. Ichi chapangitsa bvuto lakusoweka kwa maziko enieni a nzeru pakati pa achinyamata athu nyumbira pamene Wailesi ya Kanema inayamba m'zaka za m'ma 1950.

Wailesi ya Kanema imalimbikitsa makhalidwe ndi zizolowezi zoipa. Ngati mutati mulingirire mwakuya pa zomwe ana amalinalira ndi kuchita, mudzapeza kuti amatengera madyedwe ndi mabvalidwe komanso makhalidwe oipa kuchokera kuzolengezedwa komanso kuonetsedwa pa Wailesi ya Kanema. Zakudya zambiri zosiyanasiyana zopangidwa pogwiritsa ntchito shuga wambiri komanso mafuta zimaonetsedwa ndi kulengezedwa ngati zabwino. Akalowa m'masitolo athu akuruakuru ndi kuzipeza zitadzadza m'menemo kuphatikiza zomwaimwa monga zinalengezedwera pa Wailesi ya Kanemayo amangozitenga kukhala zabwino ku thanzi la munthu ndi kuzigula kukazidya kwambiri.

Poonera Wailesi ya Kanema ana amakhala akuononga ubongo wao wa pamphumi. Poona zakudya "zosapatsa thanzi" zomwe amalonda amalengezetsa pa Wailesi'zi, ana amakhala akulimbikitsidwa kuti adzidya "zakudya zoononga ubongo" zomwe chotsatira chake chimakhala kuonongeka kwa ubongo wao wa pamphumi.

Chikoka ndi zizolowezi zoipa'zi zikuoneka kuti ndizo gwero lalikuru la kukula matupi komwe kukuchitika pakati pa ana lero. Zofufuzafufuza zaonetsa poyera kuti wailesi ya

kanema ndi kunenepa kopyolera muyeso pakati pa ana ndi zolumukizana kotheratu: mwana aliyense amene amakonda kuonera walesi ya kanema kwambiri amakhalanso wonenepa mposera muyeso.

Ngakhale kuonera walesi ya kanema kumakhala ngati sikukuchitika nthawi yonse, koma kafukufuku wapeza kuti malingaliro a za kanemayo amatenga nthawi yochuruka maora 26 pa mulungu kwa ana ambiri. Pa nthawi imene ana'wa amakhala akuonera walesi ya kanemayi, kwapezeka kuti kagwiridwe ntchito bwino ka matupi a ana apakati pa zaka 8 ndi 12 kamatsika kuposa pamene akungopumula osachita kanthu kena kali konse. Choncho kusagwira bwino ntchito kwa matupi a ana'wa kuphatikiza zodya- idya ndi zomwaimwa zokhala ndi shuga ndiponso mafuta ambiri zomwe amakhala akudya pa nthawi zimawapangitsa iwo kunenepa mposa muyeso. Kunena mwachutchutchu, kafukufukuyu wapeza kuti m' masiku athu ano, mwa ana anai ali onse mwana m' modzi amakhala woenepa kopitiriza muyeso.

Walesi ya Kanema Imalimbikitsa Zizolowezi ndi Makhalidwe Oipa mwa Ana

Ana amene amaonera walesi ya kanema ndi zachidziwikire kuti amakula ndi makhalidwe oipa komanso osachedwa kupsya mtima. Walesi ya kanema imawalimbikitsa ana kukhala a mwano ndi osamvera makolo ao, a bodza, komanso a chizolowezi chokonda kulowerera pa zinthu zoipa.

Walesi ya Kanema imalimbikitsanso mchitidwe wa chiwerewere mwa ana ang'ono ndiponso a zaka zapakati pa khumi kupita mtsogolo. Ngati mwana amaonera walesi ya kanema kwambiri, zindikirani kuti adzayamba mchitidwe wa chiwerewere asafike pothera msinkhu.

Walesi Ya Kanema Imasokoneza ndi Kuononga Makhalidwe abwino M'moyo wa Uzimu

Tikayang'anitsitsa zazochitika pa moyo wa munthu mu mlungu uli wonse kuyambira pamene walesi ya kanema inayamba, tikupeza kuti nthawi imene anthu amaipatulira kukukhala ndi kutumikira Mulungu kapena kuwerenga zolemba za uzimu kuphatikiza Bukhu Lopatulika imakhala yochepetsa kapenanso simapezeka kumene. Chifukwa chomwe zinthu zikukhalira choncho nchakuti Walesi ya Kanema

ikunka ikuba nthawi yathu. Paja iyo imasokoneza kaganizidwe kabwino ka ubongo wa pamphumi, womwe ndi chimake kwa kupembedza, kumvera ndiponso kusankha..

Ngati pali munthu wina yemwe akukaikira ngati nkoyenera kuchotsa walesi za kanema pa khomo pake, awerenge zifukwa khumi ndi zisanu ndi ziwiri zomwe ziri pa chithunzi 12.

Makoswe Oyesera, Nyimbo Zoyimbidwa Mokweza Zida Kwambiri Komanso Kubvina Modikhula Dziuno

Ndi anthu owerengeka amene amamvetsetsa za m'phamvu ya chikoka chomwe kuimba ndi kubvina kuli nayo pa ubongo wa pamphumi. Molingana ndi mtundu wa nyimbo zomwe zingaimbidwe, zingathe kukhala za chikoka chabwino kapena choipa. Akatswiri a zoimbaimba akufotokoza kuti maimbidwe okweza kwambiri mau a zida zoimbira amadutsa m'phamvu imene ubongo wa pamphumi ungathere kuzitanthauzira ndi kuuledzeretsa kuti usathe kulingirira mw'aluntha. Maumboni odziwika bwino akhala akuperekedwa kuti, waiesi ya kanema momwe maimbidwe'wa amafalitsidwa iri chimodzi cha zinthu zimene zikupusitsa ndiponso kuononga ubongo wa pamphumi wa munthu. Kwa zaka zam, biri m'buyomu anthu ena akhala akufotokoza kuti maimbidwe okweza kwambiri mau a zida zoimbira amaononga maganizo ndi malingaliro a achinyamata. Koma pano zinatsimikizika kukhala zoono pamene posachedwapa akatswiri a za ubongo ndiponso za kakhalidwe ka thupi anagwirizana kufufuza za ganizo'li.

Iwo anagawa makoswe m'ngulu atatu. Gulu lina analiika kukhala losamvera kuimba, lina analiika kukhala lomvetsera nyimbo zoimbidwa mwakacheteche (Mozart????), ndi lina lomvetsera kunyimbo zoimbidwa mokweza mau a zoimbira kwambiri. Kenaka anawadutsitsa makoswe onsewo mkanjira kokhotakhota ndi kuwerengera kutalika kwa nthawi yomwe angatenge kutsiriza kudutsa m'menemo, napeza kuti makoswe onse aja pamodzi anatenga mphindi khumi. Kenaka anawalekanitsa makoswe aja nawaikanso m'magulu ao. Pambuyo pa mwezi umodzi zidapezeka kuti makoswe omwe sankamvetsera nyimbo aja anachepetsa nthawi yodutsa mkanjira kokhotakhotako ndi theka la nthawi

yoikikayo. Aja ankamvetsera ku nyimbo zakacheteche nawonso anachiata bwino ndithu poyenda ndi kudutsa mkanjira kaja mu mphindi imodzi ndi theka. Koma makoswe omwe amamvetsera nyimbo zokweza mau kwambiri aja ankangodzigunditsa ku dzipilara za kanjirako, natenga mphindi makumi atatu kuti atsirize kudutsamo. Kenaka kuyesaku kunafika poleleka chifukwa makoswe omvetsera nyimbo zoimbidwa mokweza kwambirimbi aja anayamba kudyana wina ndi m'nzake.

Pofuna kuzindikira chomwe chinachititsa kuti makoswe omvetsera nyimbo zokweza kwambiri adzichedwa poyerekeza ndi anza a m'magulu awiri aja, akatswiri ofufuza'wa anayeza ubongo wa makoswewo. Mosataya nthawi anapeza kuti ubongo wa makoswe omvetsera nyimbo zokwera mau kwambiri aja unali wopunduka wokhala ndi tidziwalo tangophukira tomwe tinasokonezanso chilengedwe cholongosoka cha ubongowo pochurukitsa chiwerengero cha amithenga omwe amtchedwa RNA m'chingelezi omwe ndi mankhwala ofunikira kwambiri kuti ubongo uthe kusungu ndiponso kukumbukira mauthenga omwe walandira.

Zotsatira za kafukufuku uyu zingathe kuthandiza kwambiri pofuna kufotokoza chifukwa chimene anthu ambiri omwe amamvetsera nyimbo zokweza mau a zoimbira amakonda kugwiritsa ntchito mankhwala ozunguza ubongo komanso nakhala okonda za chiwerewere, ndi chifukwa chimene kumakhala kwapafupi anthu oterowo kudzipha komanso kukhala osagwirizanika.

Kwa nthawi yaitali zakhala zikudziwika bwino kuti maimbidwe abwino maka akale akhala akuthandiza ana ophunzira ku sukulu za ukachenjere kuchita bwino kwambiri m'phunziro lija la masamu a zithunzi ndi zojambulajambula (geometry). M'mau ena, tingonena kuti ngati munthu amamvetsera maimbidwe olakwika, adzakhala wolakwika m'khalidwe. Komatu pali maimbidwe abwino a Chikristu omwe ndi othandiza kwambiri kukumangirira chikhalidwe cha bwino cha uzimu m'moyo wa munthu.

Gwero lalikuru momwe zolembedwa zonse'zi zachokera ndi Bukhu lotchedwa Proof Positive, lolembedwa ndi Dr Neil Nedley. Pezani lanu lero! Mtengo wake ndi US\$59.95. Imbani pa 1-800-468-7884 kapena 1-800-744-3566

5-pa-Tsiku (zochokera pa tsamba 3)

Malingana ndi ofufuzafufuza ochokera ku Cancer Research Center a ku Hawaii, kansa ya m'chiberekero ingathe kuchepetsedwa pakudya zakudya zochokera ku zomera, za mafuta ochepe, zokhala ndi chakudya chokhutitsa chambiri ndiponso njere zosakonola, masamba, zipatso ndi nyemba – makamaka nyemba za soya..

Nyemba, nzama ndi mitundu ina ya zakudya zopangidwa kuchokera ku soya ziri ndi ma photoestrogens ochuruka omwe amathandiza kuchepetsanso kuchuruka kwa maestrogen omwe ali m'magazi.

Ofufuzafufuza'wa anatsiriza ndi mau akuti, "Zomwe tapezazi ndi zomwe ofufuzafufuza ena anapeza kalenso ndipo zikulimbikitsa za kufunikira kwa njira zoyenera zotchinjirizira kansa ya m'chiberekero zomwe ndi: kuchepetsa kunenepa pochepetsa zakudya zonenepetsa, makamaka za mafuta ndi chakudya chokulitsa, ndi kulimbikitsa kudyana chakudya chokhutitsa chochokera ku nyemba za soya, ndiponso ku za masamba ndi zipatso." American Journal of Epidemiology, 1997; 146 (4): 294-306. Werengami pa zithunzi 5, 7 ndi 8 kuti muone zakudya zina zofunikira pakulimbana ndi kansa zomwenso ziri ndi chakudya chambiri chokhutitsa.

Ndi phindu lonse'li kuchokera ku zakudya za anthu omwe samadya za mwazi koma zomera zokhazokha pofuna kuchepetsa matenda a kansa m'dziko lonse lapansi, tikuhulupirira kotheratu mu ndondomeko ya "5 – PA – TSIKU." Tikulimbikitsa anthu, ngati kungakhale kotheka, kuti asankhe kukhala a thanzi labwino posintha ndi kuyamba kudyana chakudya chochokera ku zomera – adzidya za masamba ka 3 kapena kuposera apo ndiponso zipatso ka 2 kapena kuposeranso apo pa tsiku.

Pofuna kukuthandizani za momwe mungamakonzere chakudya chanu onani ndondomeko ya mulungu umodzi ya kakonzedwe ndiponso kadyedwe koyenera yomwe iri m'munsimu.

(Ndondomeko yakakonzedwe ka chakudya iri pamwamba pa tsamba lachisanu ndi chimodzi)



KUTHANDIZA ACHINYAMATA KUTI ASASUTE FODYA!

M'MAIKO ONSE amene akungokwera kumene, amuna oposerera gawo limodzi la magawo atatu apakati pa zaka 35-69, akumafa chifukwa chakusuta fodya. Pafupifupi theka la amuna a maiko a kum'mawa kwa Ulaya akumafa m'zaka zapakati pa unyamata ndi ukalamba chifukwa cha kusuta ndudu. Chimodzimidzi ku maiko a kumadzulo kwa Ulaya amuna ambiri amamwalira akadali ang'ono.

Bungwe la World Health Organization (WHO) likufotokozeka kuti zikuoneka kuti anthu myanda 3 akumafa chaka chiri chonse m'dziko lonse lapansi. Anthu okwanira myanda 50 akhala akufa chifukwa cha kusuta fodya.

Kugwiritsa ntchito fodya moposera muyeso kuli chiopsezo chachikuru cha miyoyo pa dziko lonse lapansi. Tiyenera ife kuchitapo kanthu ponka tikufalitsa uthenga wa kuipa kwa kusuta fodya. Ngati kuchitapo kanthu kwathuko kungakhale kopambana, ndiye kuti tingakhale titathetsa gwero lina la chiyambi cha matenda komanso imfa za achinyamata ku mbali zambiri za dziko lapansi.

Nanga tingayambire pati? Kafukufuku akuonetsa kuti anthu ambiri omwe ndi osuta fodya lero lino anayamba ali achichepere. M'dziko la America wa Mgwirizano (U.S.), 60% ya anthu onse omwe akusuta fodya lero anayamba kutero ali ndi zaka 14 ndipo anthu oposerera 90% anayamba chizolowezi choipachi ali zaka 19.

Choncho kuti ntchito yathu yothandiza kuthetsa bvuto la kusuta iyendere bwino tiyenera kuyambira pa ana ndi achinyamata pa zifukwa izi:

1. Ndi chapafupi kuwatchinjiriza ana kusuta kuposa kuwaletsa atapanga kale chizolowezi.

2. Munthu akayamba kusuta ali wamng'ono, zaka zakuonongeka kwa moyo wake ndi mchitidwe woipawu zimakhala zochuruka, ndipo pakutero nthawi yodwala matenda oopysa imakhala yaitali.

3. Zotsatira za kusuta fodya zimayamba kuchitika nthawi yomweyo ku thanzi la thupi mpaka kuchikhalidwe cha umunthu, ndi kusokoneza

kachitidwe kabwino ka zinthu komanso kulepheretsa kukhala ndi mtima wakugwira ntchito zabwino.

4. Magulu onse omwe akukhuzidwa ndi malonda a fodya, chiyang'aniro chao chiri pa ana ang'ono pofuna kuti malonda ao asadzaze mtsogolo; choncho ife tichite china chiri chonse monga tingathere pofuna kuthandiza ana ndi achinyamata kuchita bwino za tsogolo lao.

5. Ngati ife tikufunadi kutchinjiriza, tidzayamba ndi gulu limene silinayambe chizolowezi chakusutachi - ilitu lingakhale gwero lenileni

Anthu okwanira myanda 500 omwe ali moyo lero zibvute zitani akhala akufa chifukwa cha

lakuhepetsa mavvuto omwe amadza ndi kusuta fodya.

Kwa ana a pakati pa zaka 3-11 ntchito yathu ndi yochepa kwambiri yomwe ndi kungwatsimikizira kuti kusuta fodya ndi chinthu chomwe chingaoononge miyoyo yao. Koma ngakhale tingatero, anawo akafika pakutha msinkhu amadziona kuti "sangafe." Choncho, tingathe kuwafikira polankhala mwachindunji za kuopsya kwa kusuta fodyako. Tingawaonetsere kuipako pofotokozeka za kuhepetsa kwake thanzi pa za masewera a mpikisano, za ndalama zomwe zimaonongeka pomgula, kununkha kwa mpweya omwe osuta amaturutsa, kuturuka tsitsi la imvi ndi kuyamba kwa dazi mwamsanga, pfungo lochokera m'thupi, phuma lomwe limadza chifukwa cha kusuta, kufukulira kwa zala, kulephera kuchita bwino pa maphunziro komanso ngozi za lupsya.

Komanso, choyenera kuchizindikira ndi chakuti makolo osuta amachititsanso ana kutengera

kuhalidwe loipali. Mosachita kukaikira konse, kusuta kwa makolo ndi chisonyezo china choonetsa ngati kuti ana ao adzakhalanso osuta kapena ai.

Kafukufuku akusonyezanso kuti kuphunzitsa kogwiritsa njira monga amachitira aphunzitsi ndi ana m'sukulu ndi zothandiza kwambiri pochita nao anthu omwe amasuta fodya m'makhalidwe ao a nthawi zonse. Phindu la njira za kaphunzitsidwe kabwino:

1. Zimapatsa uthenga wa zotsatira za kusuta fodya, potsimikizira mwapadera ndi mwachindunji za zomwe zimachitika ku thanzi ndiponso pa chikhalidwe.

2. Zimachotsa kusamvetsetsa za chiwerengero cha akuru ndiponso achinyamata omwe akusuta.

3. Zimaphunzitsa za kuipa kwa fodya, pakuthetsa bodza la kaneneredwe ka za malonda m'manyuzi pepala, zilinganizo za achinyamata, makolo ndiponso anthu a dera.

4. Zimathandiza ana kuzindikira momwe angapewere ndi kukanira dzikakamizo za kusuta fodya.

Ndikutsimikiza ndithu kuti tingathe kuthandiza myandamyanda ya anthu kunena "ai" kukusuta fodya. Ndikupempha mapemphero anu ndi chithandizo chanu kuti tithandize pophunzitsa ana ang'ono ndi anthu akuru ku dziko lapansi kuti asayesere ndi pong'ono pomwe kuyamba kusuta fodya. Ndipo kwa iwo amene anachita kale chizolowezi chakusutachi, ndikuyembekezera kuti malangizo othandiza kusiya angawathandize kuti asiye kukusuta'ko.

Njira ya Chikhristu Yothandiza Kuleka Kusuta

Kodi mukufuna kusuta ndudu yanu yotsiriza? Uwu ndi uthenga wofunika ngati mukufuna kuchoka m'chizolowezi cha kudziononga ndi ululu wa fodya. Sindingalonjeze kuti kusiya kusuta fodya nkwapafupi; koma ndingathe kukuuzani momwe mungamanyere nkhowo yolimbana ndi kusiya chizolowezi choipachi ndi kupambana. Anthu ena anaimenya kale; choncho inunso mungathe.

Kulimbana ndi Chizolowezi cha Kusuta

Tisachite manyazi kubvomereza kuti tiri ndi chizolowezi cha kusuta. Kutero ndi khwerero loyamba kuloza kukudziletsa kuchizolowezi chosayenerachi.

Chizolowezi cha kusuta fodya chimakhuza mbali zonse za moyo kuyambira ku ubongo mpaka ku thupi. Tiyenera ife kulimbana ndi chizolowezi, ngati tikufuna kukhala ndi mtendere nthawi zonse.

Chizolowezi cha Kusuta ku Thupi Pali njira zingapo zodalilika zoletsera chilakolako cha thupi za fodya. Mukangotsimikizika kuti ndudu imene mwasuta pano ndi yotsiriza, chitani izi kwa mlungu umodzi kuti musabvutikenso ndi chilakolakocho:

1. Kwa maora makumi awiri ndi anai oyambirira, idyani zipatso zokhazokha, ndi kumwa madzi ochokera ku zipatsozo komanso madzi akumwa. Mudye ndi kumwa zinthu zitatu mochoruka monga momwe mungathere. Zipatso ndi madzi 'wo zidzathandizira kuchotsa zoipa zonse zomwe fodya anaziika m'thupi lanu kuphatikiza nicotin. Ngati ululu (nicotin) wa fodyawu utati wachotsedwa mofulumira m'thupi lanu mosatenga nthawi yaitali chilakolako cha fodya chidzatheratu.

2. Mupewe kumwa zakumwa zimene mkati mwake muli ululu wa Cafeine (tiyi, fanta, kokakola, siprati, viniga) kapena mphamvu yoledzeretsa. Izi zimayambanso chilakolako cha fodya. Mkati mwa mulungu woyambirira imwani madzi ndi madzi a zipatso matambula 8 mpaka 12 pa tsiku.

3. Mudzisamba madzi ofunda (osati otentha) m'mawa ndi madzulo, ndi kutsirizira ndi madzi ozizira ndipo mudzipukute ndi taulo bafa.

4. Tsiku liri lonse chitani chizolowezi cha 5, 10, ndi 15 kawiri: dziongoleni-ongoleni kasanu, kuyendayenda kakhumi ndi kukoka mpweya wambiri kulowa m'mapapo mwanu kakhumi ndi kasanu.

5. Pa maora makumi awiri ndi anai oyambirira kusiya kusuta, musadye

zakudya ziri zonse zotsiramo masipaisi kuphatikiza kastadi, viniga, kechupu, mapikosi, nyama yogayagaya, maalimondi otsiridwa zokometsera, chizi ndi zakudya zonse za mtundu uwu zodyedwa patsogolo kapena pambuyo pa chakudya. Zakudya za mitundu yonsezi zimayambitsa chilakolako chofuna fodya. Mupitirize kupewa zakumwa zokhala ndi caffeine ndiponso choledzeretsa mkati mwake. Mudzimwa khofi kapena tiyi wochokera ku za nthanga ndi za njere (chimanga, tirigu, nthanga za there're ndi za malambe komanso ku zomera zina ngati minti, mandimu) ngati chizolowezi cha chofuna zomwaimwa za mtundu uwu chitakufikarani.

Chizolowezi cha m'Maganizo (Ubongo)

Zizolowezi zimene zachitidwa kwa nthawi yaitali zimasanduka makhalidwe – ndipo timazichita izi mosalingiriranso. Umo ndimo ulinso mchitidwe wakusuta fodya. Maganizo athu amazolowera ndi kumva kuti sitingathe kukhala ndi moyo ngati sitingasute. Chifukwa cha ichi sikusiya kusuta fodya kokhako komwe kuli kofunikira koma kupanganso zizolowezi zina zabwino za tsopano zomwe zingalowe m'malo a chizolowezi choononga moyo'chi. Zoyenera tichite ndi izi:

1. Tibvomerize kuti tikusuta fodya. Komanso timasutira kuti ndi nthawi yanji? Timasuta ndi ndani? Ngati tinazolowera kusutira pagome lodyera pambuyo pachakudya, tikangotha kudyako tidzichoka mofulumira pagompe ndi kuyamba kumachita zinthu zina zosakhuzana ndi kusuta fodya. Ngati panali anthu ena amene tinazolowera kusutira nao limodzi tipewe kusakanikira nao kwa mtundu uli wonse kufikira titatsimikizika kuti chilakolako cha kusuta fodyacho chatichokera. Nanga za mpando wa ndalema? Kodi timakhala m'menemo ndudu ili m'dzanja nkumasuta? Tiupewe ndikukhala malo ena.

2. Chilakolacho ndi chikakamizo chakusuta chikatidzera, mtima umafunitsitsa kubwerera. Palibe chosuta pa nthawi! Pomwepo tikumbukire kuti tinasiya kusuta. Mosataya nthawi tichite izi:

Mwakachetechete ndi modzichepetsa tipemphere kwa Mulungu m'mau akuti, "Ndi patсени mphamvu yakugonjetsa;" ndipo

tiigwiritse ntchito mphamvu yathu yakusankha ndi kupfuula mobwereza mau akuti, "Ndinankha kusiya kusuta fodya!" ndipo potsirizira tisankhe chimodzi cha zida ziri m'munsi'mu:

- ◆ Tikoke mpweya wambiri kasanu kuulowetsa mkati mwathu; koma tisatero mosinjirira.
- ◆ Timwe tambula ya madzi kapena madzi a zipatso.
- ◆ Tiyendeyende kunjira.
- ◆ Tidziongoleongole ndi masewero ena olipanga thupi kukhala lomasuka.
- ◆ Tichite kanthu komwe ndi mbali ya zochita za moyo wathu wa tsiku ndi tsiku.
- ◆ Titsuke mano athu pogwiritsa mankhwala okhala ndi pfungo ngati la minti.
- ◆ Tisambe madzi ofunda, kenaka ozizira; podzikwecha bwinobwino ndi chosambira chathu.
- ◆ Titafune karoti kapena timitengo ta selere.
- ◆ Tipeze njere zosasenda za mpendadzuwa ndi kuyamba kuzisenda nkumadya.

- ◆ Tidye ndikupitiriza kutafuna zitsukwa zosatsekemera za mizimbe.
 - ◆ Tichitire foni alangizi kuti adzatiithandize.
 - ◆ Tibwereze kunena mau akuti, "Ndinankha kusiya kusuta fodya."
 - ◆ Tiyang'ane pa nthawi yathu kwa mphindi imodzi ndikusiya, tibwereze ndi kuteronso.
 - ◆ Tiitanire malonjezano a Mulungu.
 - ◆ Tinene pa mtima ndakatulo kapena ndime ya m'Bukhu Lopatulika yomwe timaikonda. Izi ndi ndime zina za malonjezano zomwe timayenera kuzikumbukira pa mtima: Afilipi 4:13; Aefeso 3:20; Marko 10:27; Yesaya 41:10; 1 Akorinto 10:13.
- Zochokera mu: M'zolemba za Hartland Wellness Center zomwe mutu wake ndi *Five Day Stop Smoking Plan*, Participant's Guide. Ngati munthu akufuna chithandizo za kusiya kusuta fodya, kapena bvuto lina liri lonse lokhuza za thanzi lemberani ku keyara zomwe ziri kumbuyo kwa kabukhu aka.

KUFUNIRA THANZI LABWINO ANTHU AMITUNDU YONSE

YAFIKA nthawi yakuti onse okhala pa kadziko kathu kakang'onoka apange chisankho chokhala moyo wa thanzi labwino kapena ai. Kusafunikira ndi zotsatira za kugwiritsa ntchito mankhwala osabvomerizeka, zakumwa zoledzeretsa, fodya, kafeini, sugar woposera muyeso ndi zakudya zokhala ndi mafuta ankaninkhani zikudziwika bwino lero pakati pa mtundu uli wonse ndiponso anthu okhala pa nkhope ya dziko lapansi. Ndi kukwererakerwera kosabwerera m'mbuyo kwa nthenda ya mtima ndi ya kansa m'dziko lonse lapansi, kufala kwa matenda a AIDS, kuopsyeza kwa matenda a Misala ya Ng'ombe ndi mavvuto osaneneka okhuza za thanzi, ife a ku bungwe Lofunira Anthu a Mitundu Yonse Thanzi Labwino tadzipereka kukupatsira chidziwitso chothandiza kuti

anthu akhale moyo wa thanzi ndi wautali. Bungwe lathu likuyendetsedwa ndi anthu wamba omwe adzipereka kwatunthu kukuthandizani kuti thanzi lanu likhalebe la chipambano. Tiri pakalikiliki wakunka tikufalitsa uthenga wa za thanzi pa dziko lonse lapansi pogwiritsa ntchito mutu wakuti, "Kasanu – Pa – Tsiku ndi Malamulo Asanu ndi Atatu a Njira za Chilengedwe." Tiri ndi chikhulupiriro chonse kuti maphunziro'wa athandiza kwambiri kuchepetsa mavvuto za a thanzi ndiponso matenda komanso ndalama zomwe odwala amaononga pofuna thanzi labwino m'dziko lonse lapansi. Tikupemphera kuti zolemba izi zikhale mdalitso kwa inu, banja lanu, mudzi m'mene mukukhala komanso anthu onse okhala m'dziko lanu.

Zoyenera Kuchita Pofuna Kuchepetsa Matenda a Kansa

Izi zalembedwa mwa chidule kuchokera ku zolemba za mabungwe a

*American Cancer Society
ndi National Academy of
Science.*

- Idyani zakudya momwe muli chakudya chokhutitsa chambiri monga za njere zosakonola, nyemba, zipatso, ndi za masamba.
- Idyani zakudya momwe muli mavitani A ndi C wambiri monga za masamba obiriwira ndi achikasu, gulu la zipatso za malalanje ndi zipatso zina zonse za maonekedwe a chikasu.
- Idyani zakudya za gulu la kabichi (brokoli, zongoyamba, kabichi, kolifulawa).
- Musanenepa koposera muyeso.
- Muchepetse kudya za mafuta kufikira pa muyeso wa 30 pa miyeso 100 iriyonse.
- Musadye zakudya zimene zaumitsidwa pogwiritsa mchere kapena mankhwala ena onse ofuna kuzitchinjiriza kuti zisaonongeke.
- Musasute fodya.
- Osamwa mowa ndi zoledzeretsa zina.
- Mupewe kukhalitsa pa dzuwa kwambiri.

Onani, Werengani, kapena Sindikizani Mabuku kuchokera pa:

www.bible-sabbath.com
www.earthfinalwarning.com
www.present-truth.org
www.worldincrisis.org
www.evolution-facts.org
www.pathlights.com
www.stepstolife.org

NJIRA YOPITA KWA KHRIUSTU

Zolembedwa ndi Ellen G. White

MPULUMUTSI anati, “Ngati munthu sabadwa m w a t s o p a n o ,” kutanthauza ngati sangasinthike mtima, kuyambira pa zofuna, maganizo ndi zolinga, kutsogolera ku moyo watsopano, “sakhoza kuona Ufumu wa Mulungu.” Yohane 3:3. Ganizo lakuti munthu angathe kukhala wabwino mwa iye yekha mwachilengedwe chake, ndi losokeretsa kwambiri. “Usadabwe chifukwa ndinati kwa iwe, Uyenera kubadwa mwatsopano.” Yohane 3:7. Si chinthu chokwanira kuzindikira za chikondi ndi ubwino wa Mulungu, kupatsa kwake zabwino, ndi kukoma mtima kwa utate wa chikhaliidwe chake.

Sikokwanira kudziwa za uphungu ndi chilungamo cha chilamulo chake, ndi za kukhazikika kwa chilamulocho pa malonjezano a chikondi chake chosatha. Mtumwi Paulo anazindikira zonsezi pofika ndi pakunena, “Ndibvomerezana nacho chilamulo kuti chiri chabwino.” “Chilamulo chiri choyera, ndi chilangizo chake nchoyera, ndi cholungama, ndi chabwino.” Kenaka nkuonjezera mopwetekedwa mtima ndi kudzimva kuperewera, “Koma ine ndiri wathupi wogulitsidwa kapolo wa uchimo.” Aroma 7:16, 12, 14. Iye anafunitsitsa chiyero, ndi chilungamo zomwe mwa mphamvu za umunthu wa iye mwini sakanatha kuzipeza, ndipo anapfuula, “Munthu wosauka ine! Adzandilanditsa ndani m’thupi la imfa iyi?” Aroma 7:24. Uku ndi kulira komwe kwakhala kukumveka kuchokera m’mitima yolemedwa m’maiko ndiponso mibadwo yonse. Kwa onse’wa, pali koma yankho limodzi lokha, “Onani Mwanawankhosa wa Mulungu amene achotsa tchimo lake la dziko lapansi.” Yohane 1:29.

Kulapa

Ndikudzera mwa Khristu yekha pomwe ife tingathe kuyanjanitsidwa ndi Mulungu, komanso chiyero chake. Koma tingafike bwanji kwa Khristuyo? Anthu ambiri akufunsa funso’li lomwe linafunsidwanso ndi chikhamu chachikuru cha anthu pa tsiku la Pentekoste, omwe, pokhuzidwa ndi

machimo ao anapfuula, “Tidzachita chiyani amuna inu, abale?” Pomwe yankho la Petro linali, “Lapani.” Machitidwe 2:37-38. Ndipo pambuyo pake patangopita masiku owerengeka anatinso, “Lapani, ... bwererani kuti afafanizidwe machimo anu.” Machitidwe 3:19.

Kulapa kumaphatikiza kudzimvera chisoni chifukwa cha tchimo ndi kutembenuka mtima kulisiya. Sitingathe ife kulilapa tchimo pokhapokhapo titamvetsetsa za kuipitsitsa kwake; kufikira titalisisiyiratu kuchokera pansu pa mtima, sipangachitike kusinthika kuli konse kwa moyo.

Ndi zoonza kuti nthawi zina anthu amatha kukhuzidwa ndi njira zao zoipa, ndi kusiya zina za zizolowezi zao zoipa, osazindikira kuti kuteroko kumakhala kuli machitidwe owatengera iwo kunka kwa Khristu. Machitidwe ali onse akuyesetsa kukhala munthu wosinthika, ndi kuchita bwino, amachitika kudzera mu mphamvu ya Khristu. Awa amakhala machitidwe omwe amachitika mosazindikira munthu, pomwepo chikumbumtima chake chimafulumizidwa ndi kupanga moyo wake wachikunja kukonzedwanso. Ndipo monga momwe Khristu amaitana anthu otere kuti ayang’ane pa mtanda wake, kumuona iye amene machimo ao anampachika, malamulo a Mulungu amakumbukikanso mu mtima.. Kuipa kwa moyo wao, tchimo lakuya la moyo wao limaikika poyera kuti alizindikire.

Munthu wochimwa angathe kuchikana chisomo choterechi, angathe kukana kubwerera kwa Khristu; koma ngati sangakane angathe kubwerera kwa Yesu; ndipo nzeru ya chipulumutso ingathe kutsogolera woteroyi pansu pa mapazi a Yesu ndi kulapa machimo omwe anapangitsa kuti Mwana wokonedwa wa Mulungu akhomedwe pa mtanda.

Inu amene mukufunitsitsa ndi mtima wanu wonse moyo wosatha womwe umaposa chinthu chabwino chiri chonse chimene dziko lapansi lingachipatse, mumvetsetse kuti chikakamizo cha mtundu woterewo chiri liu la Mulungu ku moyo wanu.

Mpempheni iye kuti akupatseni mtima wakulapa, ndi kukubvumbulutsirani Khristu wokhalayo m’chikondi chake chosaneneka ndi chiyero chake choyera ndi changwirowo. M’moyo wa Mpulumutsi malamulo a Mulungu – omwe ali chikondi pa Mulungu ndi munthu – zikwanitsidwa mwa ngwirowo. Chikondi chosaneneka, chodzipereka nsembe mwini yekha, ndicho chinali chikhaliidwe cha moyo wake. Ndi poyang’ana pa iye, pomwe kuwala kwa nkhope yake kumafikira pa ife, kuti tithe kulizindikira tchimo ndi kuipitsitsa kwa mitima yathu.

Tisamale ndi kusazengereza. Tisailekeze nkondo yathu yolimbana ndi tchimo ndi kufuninitsitsa kwathu kukhala oyera mtima monga Yesu. Apatu ndi pomwe zikwizikwi za anthu amataikira kwa myaya. Sindifuna kufotokoza monga wosazindikira za kufunika ndiponso kusamvetsetsa za moyo komwe kulipo; pali kuopsya kwakukuru – kuopsya kumene ambiri samakumvetsetsa – kuti pakuchedwetsa kubvomera kukuitanira kwa liu la Mzimu Woyera wa Mulungu ndi kusankha kukhalabe mu uchimo, ndi njira imodzi yochedwera kufulumira kuyanjana ndi Atate ndithu. Ngakhale tchimo lingaoneke ndi kutengedwa ngati laling’ono chotani, ngati litasungidwa, limatsogolera kuchitaiko cha myaya. Choipa chiri chonse chimene sitingathe kuchigonjetsa, chidzationjetsa ife ndi kutsogolera ku chionongeko chathu.

Chitidwe liri lonse lakusayeruzika, kunyalanyaza kapena kukana chisomo cha Khristu, lomwe limachitika pa munthu; limakhala chotsatira cha kuumitsa mtima, kufa kwa mphamvu yakuganiza bwino, kuchoka nzeru yakumvetsetsa, zomwe chotsatira chake sikumfooketsa munthu kokha koma kumpangitsa kukana kudzipereka kukuitanira kwa chikondi kwa Mzimu Woyera wa Mulungu.

Khristu ali wolora kutimasula ife ku tchimo, koma samatero motsutsana nafe pokakamiza chifuniro chathu, koteru kuti, ngati chisankho chathu chikukakamirabe ku tchimo, ndipo sitikufuna kumasulidwa, ngati sitingabvomere chisomo chake; ndi chiyandinso china chomwe iye angachite? Apatu timakhala kuti tadziononga tokha poumitsa mitima yathu kuchikana chikondi chake. “Taonani, tsopano ndiyo nyengo yabwino yolandiridwa; taonani tsopano ndilo tsiku la chipulumutso.” 2 Akorinto 6:2. “Lero ngati mudzamva

mau ake, musaumitse mitima yanu.” Aheberi 3:7-8.

Kubvomereza

“Wobisa machismo ake sadzaona mwai; Koma wakuwabvomereza, nawasiya adzachitiridwa chifundo.” Miyambo 28:13.

Njira zolandirira nazo chifundo cha Mulungu ndi za chindunji, chilungamo ndiponso zosabvuta. Ambuye sakufuna kuti ife tichite chinthu chachikuru ndi choopsya kuti tilandirire chikhululukiro cha machimo. Sitifunika kuyenda maulendo atari ndi otopetsa a zachipembedzo, kapena kuchita zinthu zopweteka m’moyo wathu pakufuna kuonetsa kuti talapa, kudzifotokoza tokha kwa Mulungu kuti ndife oyera, kapena kudzikhalira eni tokha nsembe ya chikhululukiro cha machimo athu, iye akungoti, koma iye wakubvomereza nawasiya machimo ake adzachitiridwa chifundo.

Kubvomereza ndi mchitidwe wapadera ndipo umatsimikizira za machimo omwe achitidwa. Angathe kukhala machimo ochitidwa ndi munthu kwa Mulungu ndipo ayenera abvomerezedwe kwa Mulungu; angathenso kukhala machimo ochitirana munthu ndi munthu mnzake awanso ayenera kubvomerezedwa pakati pa munthu ndi munthu mnzake; kapena ochitidwa pa gulu omwenso ayenera kubvomerezedwa pagulu. Kubvomereza kuyenera kudzikhala kotsimikizika kuchokera pansu pa mtima komanso kwachindunji, potchula tchimo liri lonse lomwe lachitidwa.

Zitsanzo zakubvomereza machimo zomwe zikupezeke m’Mau a Mulungu zikuonetsa mtima wakulapa ndi kubvomereza kwenikweni momwe mulibe kulekelera tchimo kapena kudziyenereza kuli konse. Paulo sanadziyenereza podzitchinjiriza mwini yekha. Akuwafotokoza machimo ake osabisapo chiri chonse kapena kuchepetsa kusayeruzika kwake. Iye akuti, “Chimene ndinachita m’Yerusalemu: ndipo ndinatsekera ine oyera mtima ambiri m’ndende, popeza ndinalandira ulamuliro wa kwa ansembe akulu; ndipo pophedwa iwo, ndinabvomerezaipo. Ndipo

ndinawalanga kawirikawiri m’masunagoge onse, ndi kuwakamiza anene zamwano; ndipo pakupsa mtima kwakukuru pa iwo ndinawalondalonda ndi kuwatsata ngakhale kufikira ku midzi yakunja.” Machitidwe 26:10, 11. Iye sakuzungulira ndi mau pakunenanso

molimbika mtima za chisomo chakupulumutsa cha Khristu chakupulumutsa ochimwa kuti koma, “Khristu Yesu anadza ku dziko lapansi kupulumutsa ochimwa; wa iwowa ine ndine woposa.” 1 Timoteo 1:15.

Mtima wakudzichepetsa ndi wosweka, wodzazidwa ndi kulapa kotsimikizika, udzabvomereza za chikondi cha Mulungu ndi dipo linaperekedwa’lo pa Gologotha; ndipo monga mwana amabvoreza pa maso pa atate wokonda, chomwecho mtima woswekawo udzabvomereza machimo ake onse kwa Mulungu. Potsimikizira ichi kwalembedwa, “Ngati tibvomereza machimo athu, ali wokhulupirika ndi wolungama lye, kuti atikhululukire machimo athu, ndi kutisambitsa kutichotsera chosalungama chiri chonse.” 1 Yohane 1:9.

Kuyeretsedwa

Lonjezano la Mulungu likuti, “Ndipo mudzandifuna lne, ndi kundipeza, pamene mundifuna ndi mtima wanu wonse.” Yeremiya 29:13.

Anthu ambiri ali yense pa yekha amadzifunsa, Kodi ndingadziperereke motani watunthu kwa Mulungu? Mumafuna mutadziperereke atunthu kwa Mulungu koma ndinu ofooka pakasungidwe ka malamulo ake, akapolo a chikaiko, ndiponso olamulidwa ndi zizolowezi za moyo wanu wa uchimo. Malonjezano ndi zotsimikiza mtima zanu zingokhala ngati zingwe zolukidwa ndi mchenga. Simungathe kulumulira magazino anu, zilakolako zanu, ndi zonse zomwe moyo wanu uzikonda. Chidziwitso cha malonjezano anu osweka ndi mapangano osakwanitsidwa zimafooketsa chiyembekezo cha kudalirika kwanu, ndi kukupangitsani kukhulupirira kuti Mulungu sangakulandireni; koma musadere nkhwana ndi kukaika. Chimene muyenera kuchizindikira ndi kufunikira kwa kulimbika pa chisankho chanu. Ichi ndicho mphamvu yeniyeni yolamulira chikhaliidwe cha munthu, mphamvu yakulingirira, kapena kupanga chisankho mwa luntha. Chiri chonse munthu achichita chidalira pa momwe munthu amaganizira. Mulungu anapatsa mphamvu yakusankha kwa anthu; ndipo iyi ndi yao kuti adziigwiritsa ntchito. Inu simungathe kuusinthia mtima wanu pa nokha, pa nokhanso simungathe kupereka zokhumba zake kwa Mulungu; koma mungathe kusankha kumtumikira lye. Mungathe kumpatsa mtima wanu;

pomwepo lye adzaika mwa inu mphamvu ya kusankha kuchita monga momwe lye akufunira. Pakutero chakhaliidwe cha umunthu wanu chidzaikidwa pansu pa ulamuliro wa Mzimu wa Khristu; ndipo zokhumba za moyo wanu zidzakhazikika pa lye ndi magazino anu kukhala m’chianjano ndi lye.

Chisankho cha zinthu zabwino ndi chiyero ndi chinthu chabwino ndithu; koma mukangoima ndi kukwanitsidwa pomwepo, palibe chomwe mungakupindulire. Anthu ambiri adzapezeka otaika chikhaliidwecho atasankha kukhala akhristu. Zi nthu zidzakhala choncho chifukwa chakuti iwo atasankha sanafune kupereka chifuniro chao kwa Mulungu. Pa nthawi ngati ino sakufuna iwo kukhala akhristu enieni.

Kudzera pakuchita bwino ndi chisankho, kusinthia kwakukuru kungathe kuchitika m’moyo wanu. Pakupereka chifuniro chanu kwa Khristu, mukudziyanjanitsa inu eni ndi mphamvu yakumwamba yoposa maukuru ndi maulamuliro. Mudzalandira mphamvu yochokera kumwamba, yokukugwirizani kukhala ochirimika, ndipo pakutero kudzera mwakudziperereka kwatunthu kwa Mulungu mudzakhala moyo watsopano, kuposera apo moyo wachikhulupiriro.

Chikhulupiriro ndi Kubvomerezedwa

Tsopano mwalapa machimo anu, ndipo mwawachotsa mu mtima mwanu ndi kuwasiya. Mwasankha kudzipereka atunthu kwa Mulungu. Choncho pitani kwa lye, ndi kumpempha kuti akutsukeni machimo anu ndi kukupatsani mtima watsopano. Ndipo mukhulupirire kuti amachita ichi chifukwa chakuti analonjeza.

Musayembekezere kuti muyambe mwadzimva kuti ndinu olungama, koma mungoti, “Ndikukhulupirira ichi; ndipo zinthu ziri chomwecho, osati chifukwa ndikungoganiza choncho, koma chifukwa chakuti Mulungu analonjeza.”

Yesu akuti, “Zinthu ziri zonse mukapemphera ndi kuzipempha khulupirirani kuti mwazilandira, ndipo mudzakhala nazo.” Marko 11:24. Pali chofunika kuchichita pakunena za pangano ili – tipemphere molingana ndi chifuniro cha Mulungu. Koma tizindikirenso kuti ndi chifuniro cha Mulungu kutiyeretsa ife kuchoka ku tchimo; kutipanga ife kukhala ana ake,

ndiponso kutiyenera ife kukhala moyo wachiyero. Choncho ife tingathe kupempha madalitso awa, ndi kukhulupirira, komanso kuyamika Mulungu kuti tawalandira. Ndi mwai wathu wapadera kupita kwa Yesu kuti atitsuke, kuti tithe kuima moyang’anizana ndi lamulo la Mulungu wopanda manyazi kapena kudzimva kutsutsika. “Chifukwa chake tsopano iwo akukhala mwa Khristu Yesu alibe kutsutsidwa.” Aroma 8:1.

Pamene mukuwerenga malonjezanowa kumbukirani kuti akuimira chikondi ndi kumveredwa chisoni zosaneneka. Mtima wodzala ndi chikondi chochuruka cha Mulungu

ukuperekedwa kwa wochimwa ndi chisoni chosaneneka. “Tiri ndi maombedwe mwa mwazi wake, chikhululukiro cha zochimwa, monga mwa kulemera kwa chisomo chake.” Aefeso 1:7. Inde ingokhulupirirani kuti Mulungu ndiye Mthandizi wanu. Iye akufuna atabwezera chifanizo monga mwa chikhaliidwe ndi chilungamo chake mwa munthu. Mukamasuntha chifupi kunka kwa lye ndi mtima wakubvomereza ndi kulapa, lye adzadza chifupi ndi inu ndi chifundo komanso chikhululukiro.

Zolembedwa kuchokera mu *Steps to Christ*, lolembedwa ndi E. G. White, tsamba 18 – 55.

CHIOPSYEZO CHA ZA THANZI M'DZIKO LATHU LAPANSI'LI

(Zolembedwa kuchokera pa tsamba 16)

zodyetsa ziweto zakudya zochokera kumagazi a nyama zina. Chigawo cha Unduna wa za Malimidwe (U.S. Department of Agriculture) chinaletsa kumadyetsa ziweto zakudya zopangidwa kuchokera ku mitembo ya nyama zomwe zinali ndi matenda; koma. Mpaka pano, sichinaletse zotenga magazi kuchokera ku nyama zakufa ndi kumadyetsa awa ku ziweto. Mchitidwe uwu ukupitirirabe kupangitsa ng’ombe za ku America kutenga matendawa.

Nkobvutitsa kupha tidzirombo toyambitsa matenda a Misala ya ng’ombe. Sikwapafupi kutipha tidzirombo toyambitsa matenda a BSE ndi CJD monga zimachitikira ndi tidzirombo tonse toyambitsa matenda a utitili wa makoswe, kolera, kapena ebola – tomwe timafa pokweza kutentha kwa thupi. BSE/CJD inayambitsidwa ndi kuswedwa mosayenera ndi moononga kwa chakudya chokulitsa thupi pa muyeso wa kutentha kwa 800 degrees F. Uku ndi kutentha kuposa kumene kukanatha kuotchedwera tidziromboti kukhala phulusa.

Osagwiritsa ntchito ufa wa magazi m’munda wanu. Mai wina yemwe samadya nyama koma za masamba zokhazokha anatenga matenda a CJD pongowaza ufa wopangidwa ku magazi omwe munali matendawa m’munda wake wa maluwa a rose.

Zikwizikwi za ng’ombe zikufa modabwitsa ku America. Kuyambira chaka cha 1981, dziko la United States lakhala liri ndi zikwizikwi za ng’ombe “zomangodzigwera.” Izi ndi ng’ombe

zimene zakhala zikumangofa koma mozizwitsa. A Richard Marsh, dotolo wa za mavirasi ku sukulu ya za ukachenjede yophunzitsirako za matenda a nyama ku Wisconsin ku Madison, akuti wanapeza nyama zokwana 100 zogwidwa ndi matenda a BSE m’dziko la America m’zaka za pakati pa 1981 ndi 1989.

Ngati munthu atafa ndi CJD, amanenedwa kuti wafa ndi nthenda yoononga ubongo (Alzheimer). Anthu onse omwalira ndi CJD amenenedwa kuti afa ndi nthenda ya Alzheimer. Ichi nchifukwa chake kulibe imfa yoti munthu wafa ndi CJD (matenda a misala ya ng’ombe) m’ dziko la America. Koma a dotolo ena a za chipatala amadziwa choonadi chake. Madotolo ena a za chipatala cha nyama m’Pittsburgh m’zoyezayeza zao anapeza anthu okwanira 53 omwe anangoti amadwala Alzheimer. Koma mkufufuzitsa mgawo # 1 anapeza kuti 5.5% ya anthuwo anafa ndi CJD. M’gawo # 2 anapeza kuti 6.3% anafa ndi CJD. Imfa zonedwa za matenda a Alzheimer’zi zikunka zikuchurukirachurukira kupinda kawiri kapena katatu pa chiwerengero m’America, koma sizoonza zenizeni kuti imfa’zo zikuchitika ndi matenda a (Alzheimer monga amadziwika). Matenda oyambitsidwa ndi tidzirombo ta matenda wamba samafulumira kukura ndi kuchuruka mosalekeza monga zikuchitikira.

Zolembedwa ndi a Vance Ferrell, mlembi wa bukhu, *International Meat Crisis*, Harvestime Books, Box 300 Aitmont, TN 37301). Zambiri zikupezeka m’bukhu’li.

CHIOPSYEZO CHA ZA THANZI M'DZIKO LATHU LAPANSI'LI

Zoyenera Kuzidziwa Zokhuza Matenda a Misala Ya Ng'ombe. Nthenda yoopsywa kwambiriyi ikugwira kwambiri anthu m'dziko la Briatin komanso a ku Ulaya. Pali chenjezo lalikuru kwambiri lakuti ingathenso kukhala chiopsyezo ku dziko la America.

Akatswiri a za Sayansi akuitcha nthenda ya Misala ya Ng'ombeyi ndi maina awa: Ikkhala m'ng'ombe amaitcha ndi dzina lakuti, Bovine spongiform encephalopathy (BSE), mu nkhusa, imatchedwa Scrapie; mwa anthu imatchedwa Creutzfeldt–Jakob disease (CJD). Ndipo misala ya mitundu yonseyi pamodzi ikudziwika ndi dzina lakuti, spongiform encephalopathies (SE). Nthendayi imaupangitsa ubongo kukhala ndi timaenje ngati ta chinkhupule. Imayambitsidwa ndi tizirombo tomwe timapezeka pakudya nyama (ng'ombe, nkhumba, nkhuu, kapena nyama za mtchire zokhala ndi ziboda). Zizindikilo zake zimatenga nthawi yaitali kuti ziyambe kuonekera.

Munthu angathe kuitenga CJD pakudya chizalo chiri chonse cha nyama. Tidzirombo tomwe timayambitsa mitundu yonse ya (SE) timadwalitsa mbali iri yonse ya thupi osati ubongo wokha. Ngakhale tidzirombo ta BSE/CJD timadwalitsa ubongo koma timapezeka m'ziwalo zonse za thupi la munthu kapena nyama yomwe yagwidwa ndi matendawa. Choncho mbali iri yonse ya nyama imakhala nato. Nchifukwa chake nkwabwino kusadya nyama. Tiziromboti sitimafa tikaphikidwa. “Kachiroboti kodabwitsa” komwe kamayambitsa SE sikamapezeka mu ubongo mokha! Kamapezekanso m'ziwalo zambiri ndi m'minofu ya nyama, kuphatikiza m'magazi ndi m'mafupa. Zinatimikizika, m'chaka cha 1993, kuti ng'ombe ya bere ndi

yoyamwitsa ingathe kupatsira nthendayi kwa mwana wake – uwu ndi umboni wokwanira kuti nthendayi ingathe kufalitsidwa kudzeranso m'magazi. Mafupa a ng'ombe zazikuru ndi chimodzi cha zipangizo zofunikira pakupanga chakudya chokulitsa thupi, chomwe chimagwiritsidwa ntchito m'zakudya zambiri kuphatikiza zomwe zimakhala ndi pfungo lopatsa madyo komanso zakudya zosakanikira ndi madzi mosabvuta.

Nkhosa za ku U.S. ndi ku Britain zinagwidwa ndi nthendayi pa nthawi imodzi. M'maiko a U.S. ndi Britain nkhusa zinagwidwa ndi nthendayi pa nthawi imodzimodzi m'zaka za m'ma 1950 ndipo inaturukidwa ndi a zofufuzafufuza pamene amafuna kupeza chimene chinayambitsa nthenda ya anthu akudya anthu anzao yotchedwa Kuru ku New Guinea.

M'ma 1970, scrapie inapezekanso mu nkhusa m'maiko a U.S. ndi Britain. Nyama ya nkhusa zomwe zinafa ndi thendayi m'maiko onse awiriwa imapatsidwa ku ng'ombe kuti zidzidya. Nkhosa zakufazo zimapititsidwa ku mafakitale okonzedwera zakudya omwe amaipera ufa wa chakudya chokulitsa thupi, chomwe chimapatsidwa ku ng'ombe. M'chitidwe uwu wachititsa kuti matendawa afale kwambiri.

Asanaziphe Ng'ombe sizimayezedwa kuona ngati ziri ndi matendawa. Bungwe loona za matenda a nyama la USDA m'dziko la America limangoyeza ubongo wa ng'ombe 100 pa ng'ombe 100,000. Ichi ndi chiwerengero chochepa kwambiri kuchitenga kuti chikhale choimira ng'ombe 100,000.

BSE/CJD simapezeka poyeza m'masiku amene ikungoyamba kumene. Chifukwa chakuti nthendayi imayambitsidwa ndi tidzirombo ta (chakudya choonongeka chokulitsa

thupi osati ndi mavairasi kapena mabakteriya), BSE ndi CJD sitimalipangitsa thupi kudabwa kuti lalandira zinthu za chilendo monga limachitira ndi matenda ena. Matenda wa akalowa m'nyama kapena mwa munthu, chitetezo cha m'thupi la wolowedwayo sichimaonetsa chizindikiro china chiri chonse chakulimbana ndi matenda monga momwe chimachitira ndi mabakteriya, mavairasi ndi tidzirombo tina toyambitsa matenda. Chitetezo cha m'thupi sichimatha kuzindikira ngakhale kulimbana ndi matenda wo. Ngakhale a katswiri a za Sayansi amagwiritsa ntchito njira zofufuzira matenda a mitundu inayi, samatha kupeza BSE/CJD mwa munthu amene akudwala monga zimachitikira ndi AIDS. Amadzaipeza poyeza ubongo wawodwalayo atafa kale.

Dziwani ichi: Sichapafupi kuyeza ubongo wa munthu ali moyo pokhapokha atafa.

Zimatenga zaka zochuruka kuti nthendayi iturukire poyera. CJD imatenga nthawi yotalika pakati pa zaka 10 ndi 50 kuti idye ndi kuonongeratu ubongo wa munthu. Koma ng'ombe imafa m'chaka chimodzi ikangoturukidwa kuti yagwidwa ndi nthendayi mwina patapita zaka 8 kuyambira pamene inatengera matenda wa. Ngati ng'ombe imene mukumwa mkaka wake iri ndi nthendayi, ndiye kuti mwana wake amene anategedwa kukaphedwa ndi ogulitsa nyama, analinso nayo ndipo munadya kale nyama yake. Ng'ombe yaikuru yokhala ndi nthendayi ingafe patapita masiku, koma inu mungakhale mutadzitengera matendawa kuchokera kwa mwana wake amene munadya nyama yake m'maphwando anu m'zaka zingapo zapitazo.

BSE ingathe kufalitsidwa kwa ana: Zinatimikizika ndi Ofufuzafufuza

a ku Britain. Nkhosa ndi ng'ombe zimapatsira matendawa kwa ana ao. Nkhuku nazonso zimawapatsira ku mazira. Momwe zikuonekeramu, mukuganiza kuti nukutheka kuti anthu nkupatsirana CJD kuchokera kwa kholo kupita kwa mwana? Izitu nzochititsa mantha kwambiri. Bungwe la FDA likuti anthu onse amene akupereka magazi, asanatero, adziyamba ayankha funso lakuti, “Kodi m'banja lanu alipo amene anafapo ndi (matenda a) Cruetzfeldt Jakob Disease (CJD)?” Ifetu sitiyenera kungokhala chete kwa nthawi yaitali osawachenjeza anthu kuti ino si nthawi yomadya zakudya za nyamazi. Anthu ayenera kuuzidwa kuti asiye kudya nyama zomwe muli matenda. Matenda anyamawa sakukhuza nyama zowetedwa zokha koma ngakhalenso za mtchire monga mbawala ndi ainsa omwe.

Koma tsoka lake, alimi akupeza phindu lalikuru kwambiri pogulitsa mitembo ya ng'ombe zakufa yomwe imakapangidwanso chakudya chopatsa nyama za moyo, choncho nkobvuta kuti iwo asiye kutero. Alimi amalipira \$500 ngati akufuna kuti ng'ombe yao imene yafa iyezedwe. Choncho m'malo moti akataye ndalama zonsezo, iwo amangoigulitsa ng'ombe yakufayo pa mtengo wa \$100 ku mafakitale kuti ikapangidwe chakudya cha ziweto.

Kuletsa m'U.S. kwa ng'ombe zakufa kukhala chakudya cha ziweto – sikukusamalidwa. M'dziko la America mwakhazikitsidwa lamulo loletsa kumatenga mitembo ya nyama zakufa kumakaipanga chakudya cha ziweto. Koma ngakhale lamulo li liripo kupangidwa kwa zakudya za ziweto kuchokera ku mitembo ya nyama zina kukupitirirabe.

Bungwe la USDA silinaletse (Zapitirira kulembedwa pa tsamba 15)

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