

To taub txog txoj kev siv koob hno lub siab muab nqaij los kuaj



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Txoj kev siv koob hno lub siab muab nqaij kuaj yog ib txoj kev kuaj mob uas ib tug kws kho mob siv ib rab koob ntxig mus muab ib qho nqaij me me hauv koj lub siab coj los mus kuaj seb pos muaj mob dab tsi. Txoj kev kuaj mob li no yuav pab koj thiab koj tus kws kho mob kom paub ntxiv seb koj lub siab mob li cas.

Kuaj li no yog ib qho tseem ceeb yuav tau kuaj yog tias koj muaj kab siab C los yog koj lub siab mob yam es koj xav txiav txim seb yuav kho li cas. Txoj kev siv koob hno lub siab muab nqaij los kuaj kuj pab ntxiv thiab yog tias koj tus kws kho mob tsis paub tseeb tias dab tsi yog qhov ua rau koj lub siab mob. Tiam sis, tsis yog txhua tus yuav tsum kuaj li no.

Txoj kev siv koob hno lub siab muab nqaij los kuaj – thaum kuaj ntawd ua li cas

Txoj kev siv koob hno lub siab muab nqaij los kuaj yog ib txoj kev kuaj mob hauv tsev kho mob. Thaum kuaj ntawd koj yuav tsum pw ntxeev tiaj. Xub thawj tshaj, tus kws kho mob yuav xuas kom tau kis tav ntawm koj sab xis uas yog qhov chaw yuav hno rab koob mus kom txhob raug mob.

Ces, tus kws kho mob mam li so qhov chaw no kom huv thiab txhaj ib koob tshuaj loog rau qhov nqaij ntawd kom txhob hnov mob. Tom qab qhov nqaij ntawd loog lawm, tus kws kho mob mam li muab rab koob ntxig mus nqus ib qho nqaij me me hauv koj lub siab los. Ua li no ua sai sai kawg.

Feem coob cov neeg uas tau kuaj li no lawm hais tias tsuas hnov mob me me xwb. Hnov li kab tom thaum tus kws kho mob txhaj koob tshuaj loog. Coob tus neeg hais tias thaum tus kws kho mob muab rab koob hno lawv tsuas hnov nias nias xwb. Tej co neeg hais tias lawv kuj hnov nias nias ntawm lawv sab xis saum lub xwb pwg thiab.

Txoj kev siv koob hno lub siab muab nqaij los kuaj—tom qab kuaj tag lawm

Tom qab kuaj tag lawm, koj tus kws kho mob yuav hais kom koj tig pw ua ntsais twj ywm ntev li 1 los 2 xuab moo. Pw li no kom nias lub qhov nqaij uas rho rab koob ntxig ntawd thiaj li tsis los ntshav thiab koj thiaj li



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tsis muaj teeb meem ntxiv thaum koj sawv ntsug sai sai. Tom qab ntawd, tej zaum koj tus kws kho mob kuj yuav hais kom koj tso ntshav kuaj kom paub tias koj tsis los ntshav qhov twg. Tsis ntev xwb, koj tus kws kho mob mam li hais rau koj tias koj mus tsev tau. Ua li koj tus kws kho mob hais, tsis txhob nqa tej yam nyhav los yog ua si nchav txog li 2 lub lim tiam tom qab ntawd, cia sijhawm rau koj lub cev zoo kom tiav.

Tej yam uas tej zaum txoj kev siv koob hno lub siab muab nqaij los kuaj ua tsis zoo

Txoj kev siv koob hno lub siab muab nqaij los kuaj mas txhua zaus kuaj yeej tsis ua kom raug mob. Tiam sis, xws li txhua txoj

kev kuaj, yeej muaj tej zaum raug mob thiab. Tej zaum muaj tej yam tsis zoo xws li:

- hnov mob ntawm qhov nqaij uas muab rab koob ntxig ntawd
- lub siab los ntshav
- nkaug lwm yam khoom hauv lub cev to, yog tias ntxig rab koob yuam kev
- tsawg tsawg zaus, tuag taus thiab (10,000 zaus muaj 1 tug)

Koj tsis txhob kuaj li no yog tias 1 lub lim tiam ua ntej koj tuaj kuaj ntawd koj tau siv tshuaj aspirin los yog lwm yam tshuaj ua kom ntshav txhob khov. Ib lub lim tiam tom qab koj kuaj li no tag los koj tsis txhob siv cov tshuaj no thiab. Ua zoo qhia rau koj tus kws kho mob paub txog tej tshuaj koj tau siv los yog tej tshuaj uas koj npaj yuav siv tom qab ntawd. Koj yuav tsum tsis txhob kuaj yog tias koj tus kws kho mob xav tias koj tus mob hauv koj lub siaj mob loj heev yuav ua rau koj cov ntshav los tsis txawj tu taus.

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