

Phulaphula ibali elimangalisayo

Igama:

Funda eli nqaku lingezantsi kunye neklasi yakho.

Intlanzi enamafutha nokunqanda ukuxhuzula- unyango olungummangalisano kwintombi yam

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Ukugqibela kwam ukuthumela kule foram ndandixhalatyiswa kukuxhuzula kwintombi yam. Intombi yam efikisayo yaqala ngokuxhuzula kancinci okunzulu nokungephi kunyaka ophelileyo – emva koko yaxhuzula kaninzi ngosuku. Ngoku – emva nje kweenyanga – uphile qete kwaye andisamgqali njengomntu oxhuzulayo yaye ubomi bethu buguquke ngokupheleleyo. Ngaba yanyangeka ngokungummangalisano? Intlanzi enamafutha yaye mhlawumbi amafutha eOmega-3 akuyo.

Siye sazama ukusebenzisa onke amayeza aqhelekileyo kwintombi yethu – kodwa akukho nelinye elisebenzileyo. Amaninzi kuwo asuke amenza waxhuzula ngakumbi. Emva kweenyanga sizama amayeza ahlukahlukeneyo, sasuka sancama sawayeka. Ngelo xesha wayekwimeko embi kakhulu ngokwasemzimbeni. Amayeza ammosha kakhulu.

Ukuze simncede abuyele empilweni ndaqalisa ukumtyisa intlanzi suku ngalunye – ngenxa yeproteni yayo esemgangathweni. Uyayithanda ituna, ngoko ndandimnika yona.

Kangangeveki ndiyityisa ituna intombi yam yabuyela kwimeko entle. Ukuxhuzula uaye kwehla kakhulu waza wabuyela empilweni kwakhona. Ngoku emva kweenyanga ezintathu eqale ukutya intlanzi uphila ubomi bakhe obuqhelekileyo. Kuye kwaba ngathi ngummangalisano kuthi. Sekunjalo ukuba kukhe kwahamba iintsuku engakutyi ukutya okunetuna ukuxhuzula kuyabuya. Kubonakala kuyimfuneko ukuba atye ituna qho emva kwentsuku ezimbini ukuze ahlale engaxhuzuli. Akatyi sixa sikhulu setuna - malunga neegram ezi-60 zibonakala zanele.

Ndiye ndaphanda ndizama ukuqonda enoba abanye abantu baye bayifumanisa intlanzi inezthako ezithintela ukuxhuzula kuyo. Ndifumanise ukuba kukho umdla omkhulu kwindlela amafutha ayo eOmega-3 (uhlobo oluthile olufumaneka kwiintlanzi ezinamafutha) anceda ngayo ekunyangeni ukuxhuzula. Kukho uphando olwenziwayo ngale nto. Ngengozi ndiye ndazibona iingenelo zentlanzi enamafutha no-Omega-3 - Ukuba bendaze kwangaphambili ngezi nzuzo.

Ndingakukhuthaza ukuba ukhe uyizame ituna. Akunyanzelekanga utshintshe okanye uyeke ukusela amayeza ukuze uyizame- yaye awuyi kulahlekelwa yiyo nantoni na xa iye ayasebenza kuwe okanye umntwana wakho. Andikazizami **kwintombi yam** iipilisi zentlanzi enamafutha ngoko andazi enoba nazo zingasebenza kusini na. Ndiye ndadibana nophando oluthile kwi-intanethi olubonisa ukuba kungcono ukufumana uOmega-3 kwintlanzi kunakwiipilisi zentlanzi enamafutha. Ngethamsanqa intombi yam iyayithanda ituna yaye ayina-aleji kuyo.

Ube nethamsanqa!

Uyiphathelwe ngabakwa-Epilepsy Foundation

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Imibuzo:

Kwakutheni ukuze umbhali aphelelwe lithemba?

Yintoni eyafunyaniswa ngumbhali?

Loluphi uhlobo lwentlanzi olwaluthandwa yintombi yimbhali?

Nguwuphi owona myalezo oqukumbela eli nqaku?
