

Funda Indaba

Igama:

Inhlanzi enamafutha kanye nokulawula ukudlikizela – isimangaliso esasindisa indodakazi yami Isihloko:

Ukwelapha okusekayo

Ngigcina ukubhala kule ngosi, ngase ngilahle ithemba ngenxa yokudlikizela okwakuhlupha umntanami. Indodakazi yami eseyintsha ngokweminyaka yaqala yaba nokudlikizela okungemandla ngonyaka odlule – wayeba nokudlikizela okuningi osukwini. Kodwa njengamanje – kungakadluli nazinyanga ezingaki usengcono ngalendlela yokuthi angisamthathi njengomuntu onesifo sokuwa, futhi izimpilo zethu seziguquke kakhulu. Siyini lesi simanga esaletha ushintsho empilweni yakhe? Inhlanzi nje kuphela, cishe amafutha ohlobo lwe-Omega 3 atholakala enhlanzini.

Sase sizame yonke imithi ejwayelekile endodakazini yethu – ayikho eyasebenza. Iningi layo yenza isimo sabhebhethaka. Emuva kwezinyanga eziningi, sizama imithi eyehlukene, sagcina siphose ithawula ekusebenziseni imithi. Wayesesimweni sempilo esimbi kakhulu ngaleso sikhathi. Imithi yamenza wagula kakhulu.

Ukuze ngimsiza abuyele esimweni sempilo, ngaqala ngamnika inhlanzi zonke izinsuku – ikakhulukazi ukuze athole amaphrotheni aseqophelweni eliphezulu. Uthanda ushuna, ngakho ileyo nhlanzi engamnika yona.

Sekudlule isonto elilodwa emva kokumqalisa ushuna, yaqala yabuya intombazane yami. Ukudlikizela kwase kuncipha kakhulu kanti wayesebuyele kulomuntu aye nguye. Njengamanje sekudlule izinyanga ezintathu aqala uhlelo lokudla inhlanzi, usebuyele empilweni eyejwayelekile. Lokhu kufana nesimangaliso kuthina. Kodwa uma kwenzeka kudlula izinsuku ezimbalwa engasidli isidlo sika shuna, ukudlikizela kuyabuya. Kubukeka sengathi kudingeka ukuthi adle ushuna njalo emuva kosuku olulodwa ukuze ahlale engenakho ukudlikizela. Akadli isilinganiso esikhulu sika shuna- cishe nje u-60 grams uyaye wanele.

Kusukela ngaleso sikhathi sengenze usesho kwi-intanethi ukuze ngibone ukuthi abanye abantu nabo sebeke bawuthola yini inhlanzi inezakhi ezinqanda ukudlikizela. Ngathola ukuthi kunentshisakalo enkulu ngalendaba yamafutha ohlobo lwe-Omega 3 (lenhlobo etholakala ezinhlanzini ezinamafutha) ekutheni adambisa isifo sokuwa. Kunocwaningo olwenziwayo mayelana nalokhu. Ngathuka ngizithela nje phezu kolwazi olumayelana nemivuzo yezinhlanzi ezinamafutha kanye namafutha ohlobo lwe-Omega 3 – ngifisa ngabe ngasheshe ngazi ngakho.

Ngibakhuthaza kakhulu abantu kuthi bazame ushuna. Akudingeki ukuthi uyeke imithi ukuze uwuzame – kanti futhi akonakali lutho uma ungakusebenzeli noma ungayisebenzeli ingane yakho. Angikaze ngiwazame amakhepsuli aqukethe amafutha enhlanzi endodakazini yami ngakho angazi uma angasebenza kahle futhi nawo. Ngenza ucwaningo kwi-intanethi oluveza ukuthi amafutha ohlobo lwe-Omega 3 adonseka kalula enhlanzini kunakumakhepsuli amafutha enhlanzi. Ngenhlanhla indodakazi yami iyakuthokozela ukudla ushuna futhi ayinakinga yokuthi unghambisani nayo.

Ngikufisela inhlanhla!

Yethulwe ngomusa wabakwi/ Epilepsy Foundation

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Imibuzo:

Kungani umbhali ayephelelwe ithemba?

Wathola ukuthini umbhali?

Nhloboni yenhlanzi eyayithanda indodakazi yakhe?

Yisiphi isiphetho esitholakala kule ndaba?
