

Asijika Obulamamu

EBYOKULYA EBIYAMBA OKUGOBA ENDWADDE Z'AMAGUMBA



Aminah Nakkazi

Bya JOANITA NANGONZI

OKULUMIZIBWA amagumba kubaddengawo okusinga mu bakadde, wabula kati buli gw'osanga abeere mwana muto akaaba okulimwa amagumba.

Aminah Nakkazi, alumizibwa mu vviivi agamba nti, mu 2023 yatandika okulumizibwa n'atasooka kukitwala nga ekikulu ng'alowooza ajja kutereera. Agamba nti, obulumi bweyongera bwe yagenda ku kyeyo okutuusa lwe yasalawo okudda okufuna obujanjabi.

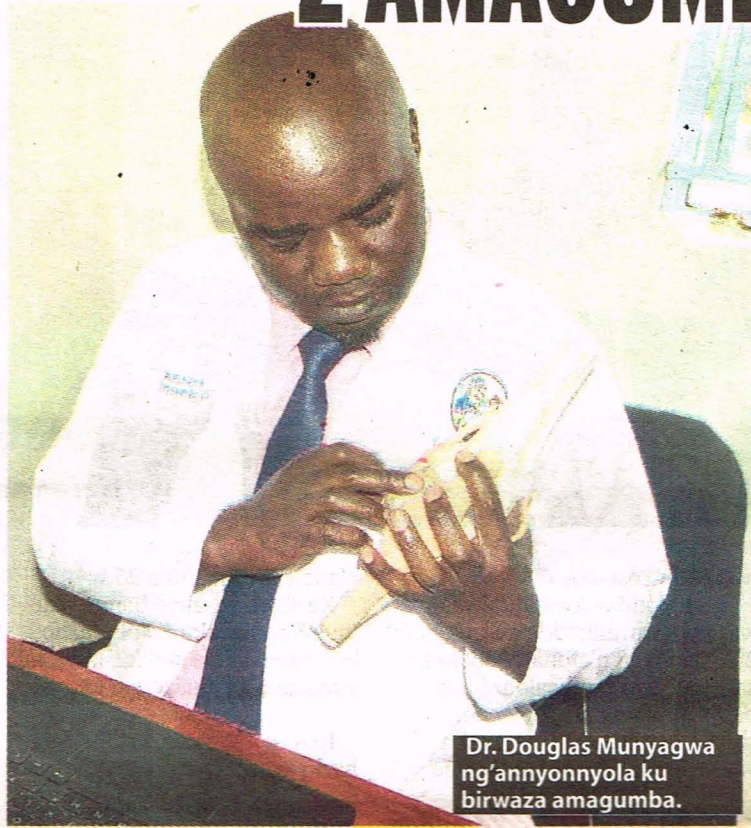
"Ntambudde mu malwaliro mangi wabula bantegeeza nti, nnina okulongoosebwa okutereera nga kinneetaagisa obukadde busatu ze sirina. Nsaba abazirakisa okunyamba nga obuyambi babuyisa ku 0776438534. Ssente z'ekyeyo zanzigwako nga ngula ddagala limpeweezaako," Nakkaazi bw'agamba.

Jesca Mbawadde omutuuzi w'e Kiwangula-Kayunga agamba nti, alumizibwa ggumba ery'omu mukono, guno gwatandika mpolampola okumuluma tamananyi kiki kimutawaanya. Olumu obulumi buyitirira n'ensingo n'emulumirako.

KIKI EKIVAAKO OKULUMIZIBWA ENNYINGO N'AMAGUMBA

Dr. Douglas Muniyagwa, omukugu mu kujjanjaba endwadde z'amagumba mu ddwaaliro lya Kisubi Hospital annyonyola ku bivaako abantu ab'emyaka gyon- na okulwala amagumba n'engeri gye balina okujjanjabwamu:

1 Omuntu bw'agenda akula, ebirungo ebigumya amagumba bikendeera ng'akabebenu akabikka ku magumba ne kagayamba obuteekuuba kagenda



Dr. Douglas Muniyagwa ng'annyonyola ku birwaza amagumba.

kaggweerera, amagumba gano geesemberera ne gatandika okwekuuba ekivaako okulunguula, obulumi n'okuzimba nga kino kitaataaganya entambula y'omuntu.

Okuzimba kuyinza okubaawo olw'okunyigirizibwa kw'ebitundu by'omubiri ebimu ng'emisuwa, ebiyungo n'ebinywa.

2 Okulya ennyama eyitiridde: Waliwo ekirungo ekikola asidi mu mubiri ekiva mu kulya ennyama, omwenge n'ebiragalalagala nga bwe kimuyitiriza, ensigo ezituyambako okumufulumiza mu musulo mu kutaasa ebitundu by'omubiri eby'enjawulo obutakosebwa, gumuyiwa mu nnyingo

n'atandika okwokya akabebenu akabikka ku magumba obuteekuuba ne katandika okwekuuba ekivaako amabwa, n'okuzimba amaviivi. Kivaako n'okulwaza ebiyungo by'omugongo, ennyingo z'emikono n'awalala.

3 Ekirala ekireeta obulwadde bw'ennyingo naddala mu baana n'abakulu okuli ennyingo z'amaviivi n'okulumizibwa emigongo ebiseera ebimu kiva ku baserikale b'omubiri ababa bateeze obuwuka obuleeta endwadde mu mubiri ate okwefuulira omubiri ne batandika okwonoona akabebenu ne katandika okwerya, ennyingo ne zitandika okuzimba.

Obuzibu obwo ebiseera ebisinga tebuwona wabula omulwadde aweebwa eddagala erikendeenza ku misinde gy'abaserikale b'omubiri gye boonooneramu ennyingo. Abalwadde bakubirizibwa okukola dduyiro kibayambe ennyingo zaabwe obuteekuuba.

4 Obuwuka obuleeta yinfekisoni mu mubiri busobola okuyita mu mabwa, awakubiddwa empiso, awamenyese n'awalala, era bwe buyingira omubiri bukosa ebinywa n'ennyingo. Ssinga obuwuka buyingira mu mubiri nga buyise mu kiwundu, bugenda butereevu mu maviivi ne mu binywa eby'omubiri ebirala okuli emigongo.

5 Omuntu nga bakulongoosezza n'ebiyuma bye batafumbwe kisobola okuleetera obuwuka obuleeta obulwadde mu nnyingo ne mu binywa.

6 Omuntu yenna bw'afumitibwa ekintu oba n'omenyeka naye nga w'omenyekedde eggumba liriraanye evviivi obuwuka obwo ne buyingira, bwe butuuka munda butandika okulya amagumba ne butandika okwonoona akabebenu akatandika okwekuuta eggumba ne likosebwa.

ENZIJJANJABA Y'ABALWADDE ENNYINGO Z'AMAVIIVI N'EMIGONGO

Dr. Muniyagwa agamba nti, singa owulira oba bw'olaba omwana wo ng'ayokya era nga tali mu mbeera nnungi mutwale mu ddwaaliro. Weewale okumuwa eddagala nga takebeddwa kuba omwana asobola okuba ng'alina yinfekisoni mu musaayi nga y'etandise okumukosa ebinywa n'amagumba.

Yinfekisoni zino zitawaan-

ya abaana kuba amagumba gaabwe gabeera manafu, omusawo bw'aba akuwadde eddagala likozese bulungi.

• Obulwadde bw'amagumba bujjanjabwa okusinziira ku bulumi omuntu bw'aba alina n'ekibuleeta, ssinga kizuulwa nga bukyali nti, obulumi bunu buva ku buwuka tukozesa eddagala eritta obuwuka erya 'antibiotics'.

• Omulwadde bw'azimba evviivi n'atuuka mu ddwaaliro, ebiseera ebisinga aba ajja kulongoosebwa evviivi eryo ly'ozebwemu obuwuka buggweemu era assibwa ku ddagala eritta obuwuka.

• Omulwadde w'amaviivi bw'abeera mukadde naye asobola okulongoosebwa n'atekebawamu ennyingo empya.

• Abakadde abamu baweebwa eddagala eriddaagiriza akabebenu oluvannyuma lw'okumukebera ne kikakasibwa nti, ebinywa byabwe bigumu.

• Abantu basabibwa okukola dduyiro nga bw'ajjanjabwa kuba dduyiro ayamba okugumya ebinywa.

• Abalwadde b'omugongo nabo bajjanjabwa mu ngeri y'emu wabula kisinziira ku kiguleese.

• N'abalwadde b'emigongo nabo balongoosebwa okusinziira ku siteegi gye babeerako, oluusi ebinywa by'omugongo osobola okubisanga nga binafunye ne kireeta obulumi.

Abantu kye bagamba



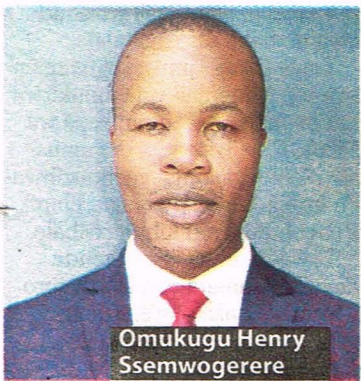
Gladys Mazinga : Ennaku zino obulwadde obwatwalibwanga okuba obw'abakadde bulabika ekisusse mu baana abato wabula ng'ekisinga okuleeta obuzibu ebyokulya n'okunywa ate nga tebakola dduyiro.

Jesca Mbawadde, Kiwangula-Kayunga : Nnumizibwa mu ggumba ly'omukono, olumu obulumi bumpitirirako n'ensingo n'ennumiramu.



Joyce Nalunkuuma : Nze okwewala okukwatibwa edwadde z'amagumba situula wamu omubiri gwange ngukozesa era nfuba okulya enva endiirwa, emmere ey'omu ttaka ate ng'enda mangu mu ddwaaliro.

By'okulina okulya ebiyamba ku magumba



Omukugu Henry Ssemwogerere

Henry Ssemwogere, omukugu mu kujjanjabisa emmere n'obutonde ng'akolera mu ba Oqata Wellness Solution e Wandegaya agamba nti, ekireese ekizibu kino okweyongera mu bantu y'endya embi, ate abalala tebafuna budde bukola dduyiro.

Abamu balya ennyama, bafuweeta ssigala, omwenge, ebiragalalagala ebikola asidi alwaza ennyingo okuli ez'amagulu n'ebinywa eby'omugongo.

Omuntu okwejjanjabwa alina

okulya emmere ezzaamu ebirungo ebibeera bikendedde mu mubiri gwe okuli emmere erimu ebirungo nga Mega 3, Calcium, Magnesium, Glucosimine, okuli ebyennyanya, amagi, ennyama esaanidde, amata kw'ogatta okulya ebibala n'enva endiirwa.

Ebyennyanya ng'oggyeeko okubeeramu calcium, birimu ekirungo kya Mega 3 ekisinga okuyamba okugumya ebinywa by'amagumba era nga mulimu amasavu amalungi.

Ekirungo kino kiyamba okud-

daagiriza ebinywa ebyakosebwa n'okuzza obuggya emisuwa egiyamba okutambuzi omusaayi n'okuggya amasavu anabi mu mubiri.

Omuntu alumizibwa amagumba era yeetaaga okulya beetroot ng'ono alimu nitric oxide ayamba okutereera emisuwa ezitambuzi omusaayi mu mubiri

Enva endiirwa awamu n'ebibala nabyo mulimu Vitamiini C, ayambako mu kugumya ebinywa n'amagumba.