

MATEKWE

EWEE A BAJET

Janice Cwāwee-, MS, RD (Folorun & Mōñā in ko ʻŌlātātful Cwāwee-)



Arro ʻŌlātāt kab juon keikōb turu- kōkkeitaak. Wāwee- jen ʻŌmḡak, wāwee- jen ttōlūm kab ta ḡakaan arro eban kab jokwe eḡjake ejouj a kakō!le ḡōtta- i arro ānbwin keeḡki. Jeban a jippuḡe ekwe armej kab ḡḡḡan jemḡnājin karwaan ḡōñā kab ānbwin pātōñtōñ āinwōt jelōt arro ʻŌmḡak keeḡki.

Ilo Wōjlā, AA & NH/PI ḡaa- jeban aetok mminene eo ʻŌmḡak in ʻŌlātāt-juon kōkkeitaakion i tōreeta kab folk wūno. Waan joḡaks keikōb Tōreeta Jiḡwin ḡi Wūno i Jeina, Ayurvedic Wūno i Ajejin ʻŌkḡab kab Kōḡakō kōbbōkakkak mminene i Hawai'i. Likla! wūno ʻleḡ gradumaaty jakile eo ʻaikaalal in jeban a depakpak mmat in keeḡki, kōpoo! ʻŌlātāt kab juon ke a uñ.

Ainwōt waan joḡak in ʻŌlātāt-juon kōkkeitaakion ʻleḡ wāwee- arro juon pirōkrōk liklik. Liklik keikōb wātōk jān āinjuon sarroces, toḡok ke ttōlūming kijejjer ḡokta a joḡob intermmat, jeban ainwōt mej ak kōkkure, mminene abdeelel ak jeban jān wūn.

Ñe jen ttōlūm likliked, arro ḡokwōj auj ḡan e ke ḡe jen keikōb pojak ḡan “taiḡ” ak gear jerkak bwe keeḡki ḡan “kōplōk” - eneo ʻleḡ cmaat eo taiḡ-ak-depouk wōmak. Arro ḡokwōj kōtḡok hormones bwe ankilaa- orḡok menono ded, da aer kab da jukwa, kab kōḡḡan arro jar ḡaje! kijḡeḡe jerkak. Eneo liklik aujion ʻleḡ deeelful ḡe jen aikuj ḡan pepe karwaan iur dkūtōtō!

Ak, ḡe jen mmakijij ttōlūm likliked, arro wāwee- taiḡ-or-depouk wōmak aikuj āliki- too aetok. Arro da aer kab da jukwa ʻābō! Māe peen i deo ḡan pād utiej, ta kajoor contriake ḡan ḡḡaelep da aer kab da jukwa. Āinwōt, aetok-tōm liklik keikōb cadeelel lleḡok i taḡḡwi-, peta, tarukelel kab iuun kūtōtō.

Wāwee- wojak jen ddek ʻŌlātāt-juon keeḡki? Ta stdedgies keikōb jen deelel?

1. Ppok ʻŌmḡak keeḡki sjerakport jūn a culturmaaty-keke nōōj.
2. Poub i ʻŌlātātfulness mminene, toḡok ke kōlmānḡkjeḡ, nokwōn kab ḡwila! brkaikaihing.
3. Kaijai mmakijij ḡōñā nan ḡool jeban bwe keeḡki throughjorrūān eo raan.
4. Kkūlel meanwōd bokḡok (yoga, kankan, taichi), ak wōt ibbuku ḡe eok kōḡaan!
5. Kōkkeitaak karwaan tōreeta AA & NH/PI kōbbōkakkak mminene, toḡok ke acjerkakuncture, pitpit kab wūno ḡōñā (ke aetok ke ren jānin counterinteract karwaan ami aet bōrwaj).