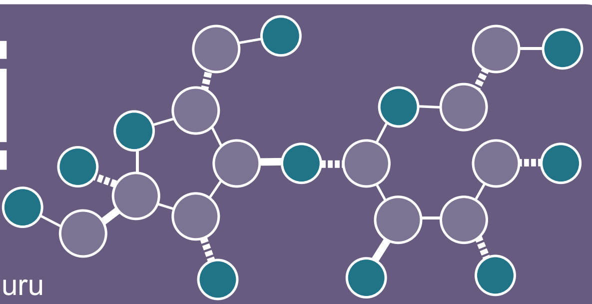
Pịrịbayọtịịkịsị



Gịnị bụ pịrịbayọtịịkịsị?

Sọbụstreeti nke irighiri nje (maịkuroọganịzịm) na-ahọrọ wee nye uru n'ọnọdụ ahụike. Na nkenke, ha bụ nri maka irighiri nje maịkuroobu bara uru, bụ ndị bi n'elu ahụ maọbụ n'ime anyị.

Eziokwu gbasara pịrịbayọtịịkịsị

Pịrịbayọtịịkịsị na-enye uru n'ọnọdụ ahụike site n'igbanwe kpọmkwem ihe mejupụtara maọbụ ọrụ nje maịkurobayọta nke mgbịrịafọ.*

- Pịrịbayọtịịkịsị bụ nke a na-ahụ ka ihe ọnatarachi na nri, ma bụrụ nke a na-etinye n'ụfọdụ erimeri enyemakanri na nri, nakwa nri maka ụmụaka a mụrụ ọhụrụ.
- Imeriime pịrịbayọtịịkịsị bụ nri faịba, mana ọ bụghị nri faịba niile bụ pịrịbayọtịịkịsị.
- Dịka ọ dị gbasara nri faịba, onye rifere pịrịbayọtịịkịsị oke nwere ike nwee afọ okuko. Were obere wee malite ma nye mgbịrịafọ gị ohere ka o wee nwee ike ịnabata karịa.

* Ọwa nri mmadụ nwere otu narị puku ijeri nje bakịtịrịa. Nje bakịtịrịa ndị a, a kpọrọ nje maịkurobayọta nke mgbịrịafọ, dị mkpa maka ahụike anyị.

Gịnị ka ị ga-achọ na labeelụ?

Okwu a 'pịrịbayọtịịkị' abụghị ihe a na-ahụkebe na nrụgosị (labeelụ). Lezie anya ịhụ okwu ndị a:

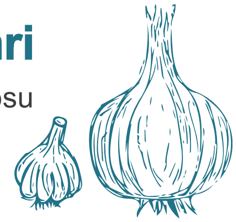
- Galakụtooligosakaraịdị (GOS)
- Furukutooligosakaraịdị (FOS)
- Oligofurukutoosu (OF)
- Faịba nke chịkọrị
- Ịnụlịịnị

Pịrịbayọtịịkịsị maka ahụike gị

Pịrịbayọtịịkịsị ga-enwenwu ike:

- Mee ka ọrụ mgbari nri kawanye mma (afọ enwee usoro na mmegharị ya)
- Kwado nchedo ọnatarachi nke ahụ mmadụ
- Mee ka ahụ ịmikọrọ mịnaraalụ kawanye mma
- Nye aka n'ịhazi usoro mgbe ị ga-enwe mmasị iri nri, nguzosike nke ike, na arụmọrụ gulukoosu

Pịrịbayọtịịkịsị n'ime nri



Ụfọdụ pịrịbayọtịịkịsị (oligofurukutoosu na ịnụlịịnị) ka e nwere ike ịhụ na yabaasị, galiiki, unere, mgbọrọgwụ chịkọrị, akwụkwọ nri atịchooku nke Jerusalem, mana ogogo ha na-adị ntakịrị. Iji bawanye nke na-aba gị n'ahụ, gbakwụnye n'ihe erimeri gị enyemakanri pịrịbayọtịịkịsị maọbụ nri e tinyere pịrịbayọtịịkịsị. E nwere ike tinye pịrịbayọtịịkịsị na yugọọtụ, nri nwa ọhụrụ, ọka na oyiri ọka, achịcha, bisikiiti/kukiiz, ihe nracha/ọtịta ụtọ maọbụ ihe ọṅụṅụ. Gbalịa nweta o peka mpe gụraam 5 nke pịrịbayọtịịkịsị na nri gị kwa ụbọchị. Iri ihe niile si n'ọka na oyiri ọka, mkpụrụ osisi na akwụkwọ nri, na nri ndị ọzọ faịba juputara nwere ike inye aka.

Pịrịbayọtịịkịsị na mmiri ara nne

Mmiri ara mmadụ bụ ụzọ dị ire nwa na-aṅụ ara si enweta pịrịbayọtịịkịsị. Ha na-akwado ahụike nwa ọhụrụ site n'igba nje maịkurobayọta nke mgbịrịafọ bara uru ume.

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