

WOH ISIEPHU 217

Reflux_Hiding

Inkinga yokuphila: Reflux Acid (Thandiwe)

Inkinga yoMphefumulo: Ukuzifihla ngenxa yokulahlwa (Philile)

Inkondlo: Umthandazo Wami Wansuku zonke

Nomusa: Ngiyakubingelela mlaleli egameni leNkosi yethu Jesu Siyakwamukela olelweni lwethu abesifazane abanethemba. olwethulelwa abakwa Transworld radio igama lami ngingu Nomusa ngihamba no dadewethu uPhilile ozosazisa ngezifundo zanamuhla

Philile: Ngiyakubingelela mlaleli egameni leNkosi yethu uJesu futhi ngiyakwamukela ohlelweni lwethu oluthi abesifazane abanethemba igama lami ngingu Philile namhlanje sizofunda okuningi kakhulu esifundweni sethu sezempilo sizofunda nge acid reflux azosistshela ngayo udadewethu u Thandiwe masekuthi mina esifundweni sethu sezomphefumulo sizofunda ngokuzifihla ngenxa yokulahlwa

Nomusa: Siyabonga dadewethu ngiyabona sizofunda okuningi kakhulu namhlanje yazi mlaleli njengoba ngihlezi ngibuka udadewethu uPhilile uyakhanya kunami ngiyazi ngeke ukwazi ukukubona kodwa mina mlaleli ngingowesifazane onesikhumba esimnyama

Philile: Hhayi, angikhanyi ngaleyondlela, akunjalo?

Nomusa: Uma uqhathaniswa nami ungumuntu okhanyayo ngokwebala! Futhi ngithanda amehlo akho amahle ansundu ngokugqamile.

Philile: Awu nawakho mahle ansundu nje!yazi okungijabulisa kakhulu sisi Nomusa ukuthi uhlelo lwethu abesifazane abanethemba lutholakala yonke indawo emazweni wonke omhlaba ngaphandle kwase -Antarctica. Ngicabanga ukuthi kuphela ososayensi nezilwane ezithanda ukubanda ezitholakala lapho, amakhaza wodwa atholakala lapho.

Nomusa: Akuyona yini into ejabulisayo futhi ukuthi izihlelo zomsakazo abesifazane abanethemba lukhona ngezilimi eziningi ezahlukene. Ngakho-ke, abesifazane bayakwazi ukusiza abesifazane, kuzo zonke izingxenye ezahlukene zezwe lethu.

Philile: Kuyiqiniso! Ngisho noma sikhuluma izilimi eziningi, sinebala lesikhumba esihlukile, sivela emasikweni ahlukehlukehlu, kanye nezizwe, thina besifazane sinokufana, akunjalo? Yingakho ngithanda ukuhlanganyela kanye nawe ngalesikhathi.

Nomusa: Ngakho-ke sicela uhlale nathi! Ukhona udadewethu uThandiwe, uzokunikeza usizo ngenkinga evamile kakhulu ebizwa nge-acid reflux! Woza dadewethu.

UMCULO

Thandiwe: Ngiyakubingelela mlaleli egameni lenkosi yethu uJesu ngiyakwamukela ohlelweni lwethu abesifazane abanethemba mlaleli ngiyakujabulela kakhulu ukuhlanganyela kanye nawe namhlanje sizosizana ngezinkinga esihlangabezana nazo kwezempilo

Thandiwe: Ingabe uyakuthanda ukudla? Mina ngiyakuthanda. Uyawuthanda ushokoledi noma ukudla okubabayo noma utamatisi? Ngikuthanda kabi mina. Ezinyangeni ezimbalwa ezedlule, isifuba sami sababuhlungu ngemva kokuba ngidle ushokoledi. Ngabe sengizwa ukunganambithisisi ngemva kokuba ngidle utamatisi obabayo{spicy tomato sauce}. ahh! Ngangizizwa ngilusizi. Kwakuyinto ebuhlungu esifubeni sami. Ngangizitshela ukuthi nginesilungulela, kepha ngemuva kwamasono amaningi ngaqonda ukuthi nginezimpawu ze-

G.E.R.D. Ngiyazi, uyazibuza ukuthi yini G.E.R.D. Nami ngazibuza umbuzo ofanayo. Ngatshelwa ukuthi yisifo esibizwa ngokuthi i-Gastro-Esophageal Reflux Disease. Kuyigama elilikhunyana ukulisho lona, akunjalo! Ngizoyibiza ngokuthi i-acid reflux ukwenza kube lula. (Abakhiqizi, bavumelane nokusebenzisa imigomo yendawo)

Cishe wonke umuntu uke abenaso isilungulela esikhathini esithile. Kodwa kukhona umehluko phakathi kwesilungulela esenziwa[idigestion] nesilungulela se-acid reflux. Abantu abane-acid reflux baba nesilungulela esiqhubekayo kwezinsuku ezimbili noma ngaphezulu ngesonto isilungulela sichazwa njengomuzwa okuvuthayo phakathi kwesifuba sakho.

Abantu abaningi abane-reflux ye-acid basola ukudla kwabo, ukuphila okumatasa nokucindezeleka. Futhi nakuba lezi zinto zingenza isimo sibe nzima kakhulu, akuzona eziyimbangela. Futhi ngeke ziphelele ngokwayo ukuze uqonde ukuthi yiziphi izimbangela ze-acid reflux , ake ngikutshele mayelana nesistimu yakho yokugaya.

Loluhlelo lubandakanya izitho zomzimba wakho ezicubungula ukudla okudlayo. Kukhona izingxenye ezintathu eziyinhloko zalesi simo ezihilelekile ku-acid reflux : yomphimbo noma ipayipi lokudla - i-valve enjengendandatho, nesisu.

Umphimbo ishubhu elide elingenalutho elixhumanisa umlomo wakho kwisisu sakho. Yingakho ngikubiza ngokuthi ipayipi lokudla. I-valve yisivalo esinjengendandatho ekugcineni kwe komphimbo. Iyavuleka ukuvumela ukudla kungene ngaphakathi esiswini mese iyavuleka ukuvalela I acid inganyukeli kwi emphinjeni.

Esiswini ukudla kuba sekugaywa I acid esesiswini. Emva kokugawa ukudla kwakho, kuqhubekela phambili kuye emathunjini ...

Amathumbu - ishubhu elide kakhulu lapho izakhi ezitholakala ekudleni zingena emzimbeni wakho.

Kulungile, sesiyazi ukuthi sine shubhu elincane eliphuma emlonyeni, i-valve, isikhwanyana esiyisisu, ne shubhu elide kakhulu, amathumbu .

Manje, esinye sezimpawu ezivame kakhulu ze-acid reflux ukuphathwa isilungulela okuqhubekayo. isilungulela noma, ukuzwa okuvuthayo phakathi kwesifuba, kubangelwa I acid ephuma esiswini iya epayipini noma emgudwini wokudla. Kwenzeka uma isivalo esiphakathi kwesisu sakho nephayiphu lokudla ingenamandla ngokwanele ukuqinisa nokugcina i-acid esiswini. Ngezinye izikhathi isuke ixega kangangokuba acid yesisu lqhubekela phezulu emlonyeni. Ngezinye izikhathi, acid eningi esiswini ibuyela emuva emgudwini; Ungaba nokunambitha okubabayo noma okumuncu emlonyeni wakho.

Bonke labo abane-acid reflux abanazo izimpawu ezifanayo.

Nomusa: Sisi sicela usitshele ngezimpawu ezivame kakhulu.

Thandiwe: ilezi izimpawu

- isilingulela,
- ukunambitheka okumuncu noma okubabayo emlonyeni wakho,
- nobunzima bokugwinya.

Ngezinye izikhathi, isilungulela singenza uzizwe ungakhululekile kakhulu ukuthi ungathandi ukusebenza noma ukuzibandakanya nabanye. Abantu abaningi, njengami, bathola ukuthi izimpawu zimbi kakhulu ngemva kokudla, lapho beguqa, noma lapho belele phansi. Ngezinye izikhathi eminye imithi ingenza izimpawu zibe zibi kakhulu.

Kunezinye izimpawu ongase ube nazo:

- ukukhwehlela okuqhubekayo - okubonakala lapho ulala ebusuku;
- ukushelwa izwi;
- isisu esithukuthele;

- nobuhlungu besifuba.

Kodwa uma uzwa ubuhlungu obunzima esifubeni, ungaxhumana nodokotela noma isisebenzi sezempilo ngokushesha. Kungenzeka ukuthi unesifo esinzima kakhulu esingesiyo-acid reflux.

Ucabanga ukuthi ungase ube nesifo se-acid reflux? Ingabe unazo ezinye noma zonke izimpawu engizikhulumile? Uma kunjalo, ake ngikwazise ngendlela elula yokudla nokuziphatha okungasiza ekunciphiseni izimpawu zakho. Okusebenza kangcono kimi ukudla okuncane. Yeka ukudla ngaphambi kokuba uzizwe ugcwele. Ngaleyo ndlela kukhona ukudla okuncane isisu sakho esizokugaya ngesikhathi esisodwa. Bese ube nesidla kamuva uma ulambile. Ungadli isidlo esikhulu kusihlwa ngoba kuzoba nzima ukulala.

Kukhona ukudla okunye okuye kungakuphathi kahle kunokunye . kumina, kungukudla okunamafutha amaningi (izibonelo). Ngezinye izikhathi, ukudla okunotamatisi kuyangikhathaza, futhi ushokoleli. Okunye ukudla okuvamisile ukuba nenkinga, ikhofi, iziphuzo zezithelo, u-galiga no-anyanisi. Kubantu abaningi, ukudla okubabayo kubangela izinkinga. Uma noma yikuphi kokudla okuphatha kabi isisu sakho, gwema ukukudla.

Uma unamafutha noma ukhuluphele loko kunezela ukucindezeleka esiswini sakho. Zama ukwehlisa isisindo uma ungakwazi. Lokho kwangisiza kakhulu. Futhi, ungalali ngemva kokudla. Abahlengikazi abaningi nodokotela basazisa ukuthi kufanele ulinde amahora amabili kuya kwangu-3 emva kokudla ngaphambi kokuba ulale. Ungase ufune ukuphakamisa ikhanda lombhede wakho 6 kuya ku-9 Amasentimitha angu-20 (20 cm). Ukusebenzisa nje imicamelonoma izingubo zokulala akwanele; Udinga ingxenye yonke engenhlalayomzimba wakho ukuba iphakanyiswe-kusuka ekhanda lakho kuya okhalweni lwakho. Ungasebenzisa amabhloksi noma izinsika ngaphansi kwemilenze ekupheleni kombhede.

Okulandelayo, ungabeki izingubo ezikubambayo. Ibhulukwe eliku bambayo noma elokumpintshayo noma ibhande kubeka ingcindezi eyengeziwe esiswini sakho.

Lezo ziyiziphakamiso ezimbalwa zokusiza ukunciphisa izimpawu zakho. Kodwa, ungazi zibi izimpawu zakho, ikakhulu uma ziba zimbi kakhulu. I-acid reflux engalashiwe ingabangela izinkinga ezinkulu kwimpilo yakho. Uma ufinyelela kuma-antacids afana ne-Mylanta, i-Tums noma i-Roloids, (amagama emakhaya?) Lawo angasiza ekunciphiseni acid esiswini nasekunciphiseni ubuhlungu. Kodwa njalo ulandele izinkomba zelebuli ukuze usebenzise ngokuphephile.

Uma izimpawu zakho zihlala zifana isikhathi eside, futhi uthola ukuthi awukwazi ukuthola ukukhululeka ngalezi zinguquko ezilula, sicela uye kudokotela noma emtholampilo ukuze uthole ukwelashwa. Kunemithi emihle abangakunika yona ukuze unciphise inani le-asidi oyenzayo; Noma ungadinga ukuhlinzwa okuncane, ukuze ukwazi ukujabulela ukuphila futhi. Impilo yakho ibalulekile kithi, futhi ngiyazi ukuthi nakumndeneni wakho.

Nomusa: Siyabonga kakhulu dadewethu uThandiwe kuningi esesikufundile nami nginayo inkinga yokuphathwa isilungulela ikakhulu mengidle ubhontshisi kodwa sengisizakale kakhulu ngiyethemba nawe mlaleli usizakele njengami

UMCULO (ingoma)

Nomusa: Siyakwamukela futhi mlaleli kuhlelo lwethu abesifazane abanethemba. Ukucasha, kwakuyinto enhle ukuyenza lapho sasingamantombazane amancane. Uke wadlala lo mdlalo obizwa ngokuthi umacashelana. Abanye bacashe oyedwa asibheke sicashe sithule meke wasithola siyashintshana! Imidlalo yobungane yayimnandi, kodwa ukucasha noma ukuzifihla njengomuntu omdala kuvame ukuba umphumela wobuhlungu odlule kubo. Akuwona umuzwa omuhle ukuthi sizifihle, uma silimele! ukhona

udadewethu uPhilile u zokusiza ukuthi uthathe izinyathelo zokuphuma endaweni yakho yokucasha noma yokuzifihla emnyama ngokusebenzisa isifundo somphefumulo sanamuhla. Siyakwamukela, siyakwamukela sisi Philile!

Philile: Ngiyabonga dadewethu Nomusa ngiyakubingelela mlaleli egameni lenkosi yethu uJesu futhi ngiyakwamukela ohlelweni lwethu abesifazane abanethemba. Ngiyajabula ukuthi sinesikhathi ndawonye. Ake ngikubuze umbuzo: "ingabe ufana no fudu?"ngiyazi uyacabanga ukuthi waze wawubuwula umbuzo! Ngakho ake nginitshela indaba ngo fudu elibizwa ngokuthi "thili." Futhi ngenkathi usalalele, zibuze ukuthi ingabe ufana noTilly. Mhlawumbe uzoyiqonda kahle indaba yakhe.

"U-Thili" wayehlala ehlathini elijulile, elimnyama eligcwele imithi emide kakhulu kanye nezitshalo eziluhlaza ngazo zonke izinhlobo. Kodwa "uTilly" wayengeyedwa ehlathini. Izimpungushe, amabhere, ochakide, izimvukuzane nezinhlobo ezahlukene zezinyoni zazihlala khona, futhi. Kwakukhona nezinye izimfudu. Ezinye zezilwane zazingabangane bakhe kanti ezinye zazingesibo.

"UTilly" wayazi ngokusaba nokulimala. Wayevame ukuzizwa elahliwe. Uyabona, wayehlukile kwezinye izimfudu. "U-Tilly"wayenophawu olugqamile, oluphuzi olwalunjengenkanyezi egobolondweni lakhe. Wayeluzonda lolo phawu. kwakwenza kube lula kubantu nakwezinye izilwane ukuba bamthole. Ngaphezu kwalokho, "uTilly" wayehamba kancane kunezinye izimfudu ehlathini. Imilenze yakhe yayimifushane. Ngakho-ke, abangane bakhe babehamba ngokushesha bemshiye lekude. Wazizwa enamahloni ngendlela ayakhiwe ngayo. Futhi lapho ezinye izimfudu zimchukuluza futhi zimtshela ukuthi wayengabalulekile ngoba wayehlukile, kwaba buhlungu kakhulu. wafisa ukuzicashela azifihle egobolondeni lakhe .Iloko ayekwenza isikhathi esiningi. Ukucasha noma ukuzifihla indlela ayebalekela ngayo labo abamlimazayo.

"UTilly" wakhumbula isikhathi lapho umfana othile okuthiwa "uThami" efika ehlathini. Wamthola ngenxa yomphawu lwakhe oluphuzi futhi waqala ukumjikijela ngamatshe. efuna ukubona ukuthi ingabe angalushaya yini loluphawu." "UTilly" wabuyela egobolondo lakhe, ecabanga ukuthi umfana uzomyeka. Kodwa "uThami" wamthatha ngesandleni sakhe, waqala ukumgxogxa ngezinti. Wathola ukuphumula lapho umfana esekhathele

ukudlala ngaye wamphonsa phansi. Wayengathandi ngisho nokucabanga ngakho!

Njengoba isikhathi siqhubeka, "uTilly" wazithola ezifihla ngokuphindaphindiwe egobolondweni lakhe. Ezinye izimfundu zamemela ukuthi adlale nazo, kodwa "uTilly" wesaba ukuthi zingamlimaza ngamazwi, ngakho wazifihla egobolondweni lakhe. Kwabonakala sengathi "kuphephile" ukuba kulo. Ngokuhamba kwesikhathi, bamshiya yedwa. Wayedabuke kakhulu futhi enesizungu, kodwa wayengeke avume ukuthi unesizungu. Ekuphileni kwakhe okufishane, wayazi ukwesaba nokulahlwa kuphela.

Ngezinye izikhathi, "uTilly" wayehamba enqenqemeni lwehlathi, futhi ebangeni elikude wabona indlu enkulu, yamatshe phezu kwegquma. Wayevame ukuzibuza ngabantu ayebabona eduze kwendlu ... indoda nomfana. Wajabuliswa ukuthi babengamboni, ngoba wayebasaba abantu njengoThami.

Ngolunye usuku njengoba "uTilly" ehlala emaphethelweni ehlathi, umfana osendlini enkulu, eyamatshe wasondela. Wazifihla egobolondweni lakhe. Wayengeke athembe noma ubani. Umfana, ogama lakhe lingu "Joshuwa," waguqa phambi kwakhe. Ngomusa, wamthinta emuva, ebona uphawu lwakhe oluphuzi. "Yeka inkanyezi enhle ephuzi!" Esho. "UNkulunkulu udale wena nophawu olukhethekile." Wamnikeza izingcezu zakhe zokudla, uma ephuma kuphela egobolondweni lakhe adle. Kodwa "u-Tilly" wayezimisele ukuhlala ephephile. Ngemva kokubuyela endlini enkulu, yamatshe, "uTilly" wakhipha ikhanda ukuze abukele. Wabona ezinye izilwane zasehlathini zidla utshani obuluhlaza eduze kwendlu. "ULinda," wayemi phakathi kwazo. Wayemuzwa ekhuluma nazo ngobuqotho. Wamangala ukuthi zazingasabi.

"U-Tilly" wabuyela emaphethelweni ehlathi. Wayezibuza ngalo mfana othiwa "uJoshuwa." Futhi lapho embona, wayeza ukukhuluma naye ngomusa futhi amnike ukudla. Noma kunjalo, "uTilly" wayehlala egobolondweni lakhe. Akazange athembe "uLinda."

Ngelinye ilanga kusihlwa kwabakhona isiphepho. Amanzi omfula agcwala. "UTilly" wazama ukufika endaweni ephakeme, kodwa imilenze yakhe yayihamba kancane kancane. Wazama kodwa kwakushelela eshibilika wayewezwa amanzi ukuthi ayagcwala.

wayezwa uJoshuwa ebiza igama lakhe emzwela kude. "Tilly, Tilly," wamemeza. Uphi? "Wezwa izigi zakhe zisondele, ngakho wayeka wangena egobolondweni lakhe. Into elandelayo ayizwa izandla zikaJoshuwa zimphakamisa emhlabathini omanzi. "Tilly," washo ngesineke, "Ngikutholile!" "Siyabonga ukuthi kulula ukutholakala ngenxa yenkanyezi ephuzi ngemuva kwakho. Ngangikhathazekile ngoba ngangazi ukuthi ngihamba kancane kunezinye izilwane. "Wabe esenezela," Tilly, ubaba wathi ngingakuletha ekhaya endlini enkulu, yamatshe. Uzophepha lapho. "

UJoshuwa wamthwala ngomusa uTilly eya naye ekhaya. Wamnakekela futhi ngokushesha wazithola ebuka ngaphandle kwegobolondo lakhe. Wayesephephile futhi ekhuselekile. Wayesefunda ukuthemba. Yebo, ngezinye izikhathi izilwane zasehlathini zazimhleka futhi zisho amazwi anonya, kodwa Manje akazange azifihle. Wayengabathanda ngoba wayazi ukuthi uyathandwa futhi wamukelwa uJoshuwa noyise.

Mlaleli wami, ingabe uke wenza njengo "Tilly" ufudu? "Igobolondo" lethu liyisithombe sendlela esizifihla ngayo kwabanye ukuze sizizwe sivikelekile ekulahlweni nasekuhluphekeni. Indlela esiziphatha ngayo isivimbela ekwazaneni nabanye abantu. Sithule nezidingo zethu. Singase sizizwe silondekile okwesikhashana, kodwa siphuthelwa uthando, injabulo nobungane-zonke izinto ezinhle ezivela ebudlelwaneni noNkulunkulu nabanye abantu.

Ingabe buwazi ukuthi 'uJoshuwa' elinye igama elithi 'uJesu'? Uyazi ukuthi uJesu ungubani, futhi ngubani uYise? Uyazi ukuthi ubani ongasibamba ngezandla, lapho singaphephile futhi sinamahloni, futhi sesaba, lapho singekho isidingo sokucasha noma sizifihle khona. Lezo zandla yizandla ezithandekayo nezothando zeNkosi uJesu Kristu, iNdodana kaNkulunkulu. Wanikela ngempilo yakhe lapho efa esiphambanweni ngenxa yethu, lapho kwakufanele sife ngenxa yezono zethu. Beka ithemba lakho kuye, cela uJesu ukuba akuphakamisele phezulu akukhiphe emanzini noma ezikhukhuleni empilweni yakho. Uthembisa ukugcina izingane zakho ziphephile futhi zikhuselekile ezandleni zakhe manje futhi aziyise ekhaya ukuze zihlale naye ezulwini ngelinye ilanga.

UMCULO

Philile: Namuhla siye sakhuluma ngezinto ezibuhlungu. Ezinye zingaba buhlungu ngokomzimba, njenge-acid reflux, kanti ezinye zibuhlungu ngokomuzwa, njengokulahlwa. Kungakhathaliseki ukuthi ubuhlungu bethu bubuhlungu ngokomuzwa noma emzimbeni, uNkulunkulu uyaqonda, futhi uhlupheka nathi. Wenza imizimba yethu nemizwa yethu, ngakho wazi kangcono ukuthi sihlupheka kanjani.

Uyazi kahle uma kuziwa ekusizeni ukuphulukisa. Esinye seziphondo asinike zona ukusisiza ukuba sibhekane nobuhlungu empilweni yethu yikhono lokukhuluma naye ngomthandazo.

Ngakho-ke sikunikeza, lo mthandazo namuhla.

"Umthandazo Wami Wansuku zonke"

UNkulunkulu abe yindawo yami yokuphumula

Futhi iisphephelo sami, Ngehora lenhlupheko,

Lokwahlulwa, nokususwa kwangathi ngingake ngiyeke

Ukuzihawukela nokudabuka, kwangathi ngingaqiniseka ngaso sonke isikhathi

Ngengomuso elingcono, kwangathi ngingama ngingesabi

Noma yikuphi okungezeka, ngiqinisekile ngolwazi lokuthi

Ngomkhuleko kuphela futhi ngibuze uMdali wami

UBaba wami ophezulu ukungigcina nginoxolo

Ngomusa wakhe nangothando lwakhe

Nomusa: Amen. siyabonga kakhulu dadewethu uPhilile ngesifundo sanamuhla kwezomphefumulo mlaleli ngiyethemba ufunde okuningi futhi wathola nokusizakala. Sesifinyelela ekupheleni kwesikhathi sethu sindawonye. Sisi Philile kambe, uzokwenzani ngaleli sonto elizayo?

Philile: Nginezinto ezijwayelekile okufanele ngizenze, futhi abesifazane abaningi nabo abazenzayo. Ngizobe ngihlanza indlu yami, ngiwashe izingubo, futhi-ke, yebo! Ngizobe ngilungiselela isikhathi sohlelo lwethu abesifazane abanethemba ngesonto elizayo!

Nomusa: Ungasinika yini amanqampunqampu wokuthi sizokhuluma ngani?

Philile: Yebo, kodwa nje ukunisikela okuncane, ngoba angifuni ukuninika konke ngaphambi kwesikhathi! Iviki elilandelayo, sizoxoxa ...

Futhi singathanda ukuthi uhlanganye kanye nathi futhi, mlaleli. Ngeke kufane ngaphandle kwakho.

Nomusa: Ungakhohlwa ukuthi ungathintana nathi kwimininingwane esekugcineni ... usale kahle mlaleli ohlelweni lwethu abesifazane abanethemba! UNkulunkulu akubusise wena nomndeni wakho.

UMCULO