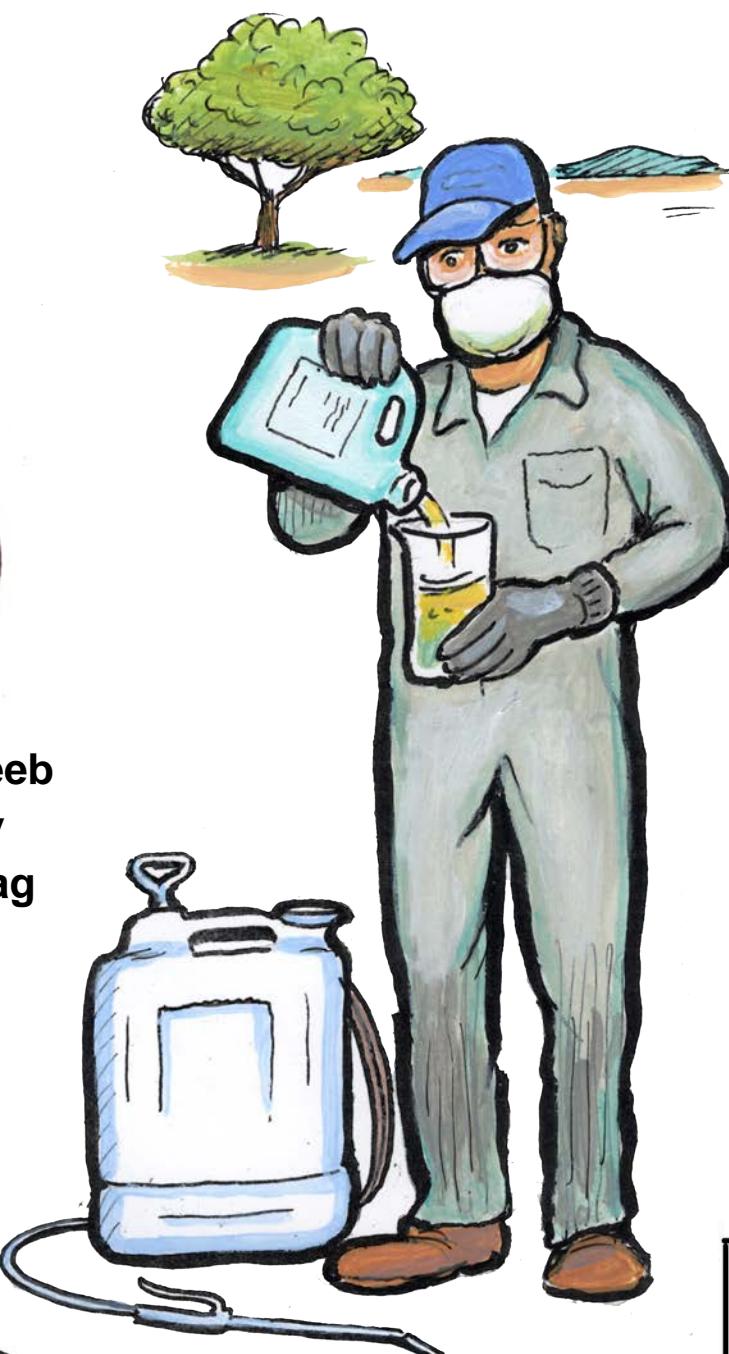


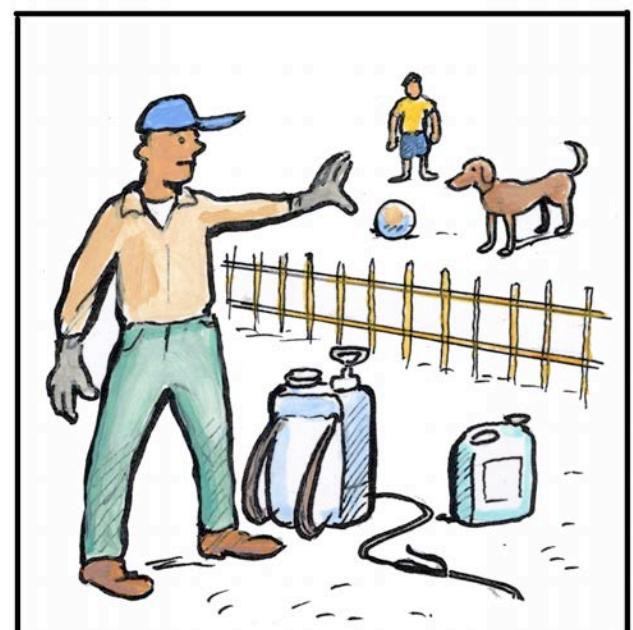
Thaum tov tshuaj tua kab



Tsis txhob haus luam yeeb thiab noj mov thaum tov tshuaj lossis thaum txuag tshuaj



Tsis txhob cia menyuam, tej tshiaj txhu, thiab tej khoom ua si nyob ze rau qhov chaw koj tov tshuaj thiab txuag tshuaj



Yog tias tshuaj txeej rau qhov twg, siv hmoov ntoo lossis hmoov miv los w rau. Ces muab cheb rau hnab khib nyiab thiab muab ua zoo pov tseg

Thaum ntsuas tshuaj, tsuas siv tej fwj uas tsim nyog rau xwb. Tsis yog tej fwj thaib diav uas siv hauv chav ua noj.

