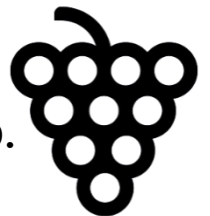


# Cov Lus Qhia Rau Kev Tswj Dej Hauv Nrog Cev

Hauv qab no yog nqe lus qhia los ntawm cov neeg lim raum.

- Tuaj yeem teeb moos kom ceeb toom koj kom tsis txhob haus dej hmo ntuj.
- Tsis txhob noj khoom daws ntsev.
- Txhuam koj cov hniav thiab yaug qhov ncauj, tab sis tsis txhob nqos.
- Caffeine tuaj yeem ua kom qab los noj mov. Sim haus cov dej haus uas tsis muaj caffeinated (Tsis txhob haus dej uas muaj phosphorus)
- Kev zom khob noom tuaj yeem pab tsim cov qaub ncaug.
- Txiv mees kos tuaj yeem siv los ua cov khob noom qab zib.
- Sim lub raj mis nrog cov kua txiv qaub (los yog lwm yam dej qab zib) thiab siv nws los "txhaj" koj lub qhov ncauj.
- Kev noj cov khoom txom ncauj kom txau rau qhov zoo (tsis txhob ntxiv cov kuas phosphorus)
- Kev tawm dag zog tuaj yeem pab rau kom muaj qhov cuam tshuam ntawm koj li kev haus dej.



*"Cov ntaub ntawv no tsuas yog siv rau cov ntaub ntawv xov xwm xwb thiab tsis yog qhov hloov pauv rau cov lus qhia los sis kev kho mob. Sib tham txog koj qhov kev kuaj mob tshwj xeeb, kev kho mob, kev noj haus thiab cov lus nug txog kev noj qab haus huv"*