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Geli halkan calaamadda
 wakaaladda iyo khariidada.

Shaxda G

Aadidda xarun caafimaad sida ugu dhakhsiyaha badan waxay kugu caawin kartaa in aad heshid daryeel caafimaad, in aad ka hortagtid uur iyo jirro halis ah, iyo in aad heshid la talin.
Adeegyada waa kuwo badbaadsan oo khaas ah.

Haddii lagugu qasbay in aad
galmootid...

W

 axa la sameynayo kadib galmada xooga ah