

Te Tiaki Māmae



Horoia, whakamaroketia hoki ōu ringa (te ture 20 hēkona).

Whakamahia te tāweru mā, te tāora pepa rānei hei tōpuni i ngā mamae. Meinga ki te rāpihi te tāweru, te tāora pepa rānei.

Uhia ngā mamae ki te tāpitanga, ki te tākai rānei. Tinihia ia rā.

Horoia, whakamaroketia ōu ringa anō.

Me he pātai, he māharahara rānei ōu e pā ana ki ngā mamae, uia tō tākuta, tō nēhi rānei.

KIRI ORA

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