

He aha te whakamātautau haumanu?

He rangahau hauora te whakamātautau haumanu e pā ana ki te tangata. Ka āwhina ngā whakamātautau i ngā rata, me ngā kairangahau ki te kimi mēnā he haumanu, he whaitake ngā rongoā hou, ngā pūrere, maimoatanga rānei ki tērā e manakohia ana.

He aha e whakauru atu ai te tangata?

He maha ngā pūtake e whakauru atu ai te tangata, arā:

- Kāore i te tino whaitake ngā maimoa onāiane
- Kāore he ara maimoa whai utu atu anō i te wātea
- Te āhei ki ngā haumanu hou, e ara mai ana rānei
- Kei te hiahia kia pai ake tō rātou hauora
- He āwhina kia pai ake te āhua o ētahi atu ā muri ake

Kāore he pūtake "tika" - engari ko te mea e tika ana ki a koe.

Ngā momo whakamātautau haumanu

Ngā whakamātautau hāpaiora

Te whakamātautau i tētahi maimoatanga (rongoā, pūrere, haumanu rānei) kia kite ai mēnā ka āwhina i tētahi mate.

Ngā whakamātautau hāpaiora-kore (mātakitaki)

Kāore he maimoatanga hou i roto. Ka mātakitaki ngā kairangahau i ngā mōhiohio hauora kia marama ake ai ki tētahi mate.

Ka āta whakamārama tō rōpū whakamātautau he aha te momo whakamātautau e tonoa ana koe kia whakauru atu ki roto.

Ō kawenga

Mēnā ka whakauru atu koe, ka tonoa koe kia:

- Haere ki ngā toronga kua whakaritea
- Whai i ngā tohutohu o te rangahau
- Whakamōhio atu ki te rōpū mō ngā huringa ki tō hauora, ngā rongoā, ngā āhuatanga rānei
- Tuku pātai mēnā kāore i te marama



Ngā painga o te whakauru atu

He mea nui ki ngā kaiwhakauru te:

- Āta tiroiro me ngā maimoatanga a ngā rata mātanga
- Āhei atu ki ngā maimoatanga hou kāore i te wātea whānuitia
- Whiwhi mōhio atu anō mō tōna mate
- Mōhio kei te tautokona, kei te arohia atu hoki
- Āwhina kia pai ake te maimoatanga mā ētahi atu

Ngā mōrea pea o te whakauru atu

He mōrea kei roto i ngā maimoatanga katoa, ā, ko ētahi pea ko ēnei:

- Ngā pānga kino, tae atu ki ngā mea ohorere
- Kāore pea te maimoatanga e āwhina i a koe
- Ka whakaurua atu pea koe ki tētahi rōpū whakataurite, meho rānei (he rerekē i tēnā, i tēnā whakamātautau, ā, ka kōrerohia i te wā tuku whakaae)

Ka āta whakamāramahia ngā mōrea i mua i tō tuku whakatau, ā, ka āta tiroirohia tō haumanu puta noa i te rangahau.

Ō tika hei kaiwhakauru

E āhei ana koe i ngā wā katoa ki te:

- Tuku pātai ahakoa te wā
- Whai wā ki te āta whakatau
- Heri whānau mai, kaitautoko rānei
- Wehe ahakoa he aha te wā
- Whiwhi tonu i ō maimoatanga hauora noa
- Tiaki tonu i tō matatapu



Kei a koe anō te tikanga mēnā ka whakauru atu koe, ā, ka whakaritea ō mōhiohio i raro i ngā ture tūmataitinga paetata.

Te kimi whakamātautau haumanu

Ka taea e koe te:

- Kōrero ki tō rata, tētahi mātanga rānei
- Haere ki te whārangi Te Rapu Tangata mō Ngā Whakamātautau kei tā mātou paetukutuku
- Whakapā atu ki tō mātou rōpū – e tuwhera ana mātou ki te kōrerorero



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Ngā kaiwhakauru ā muri ake

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