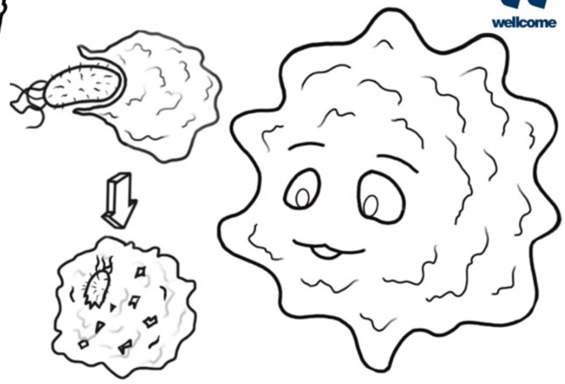
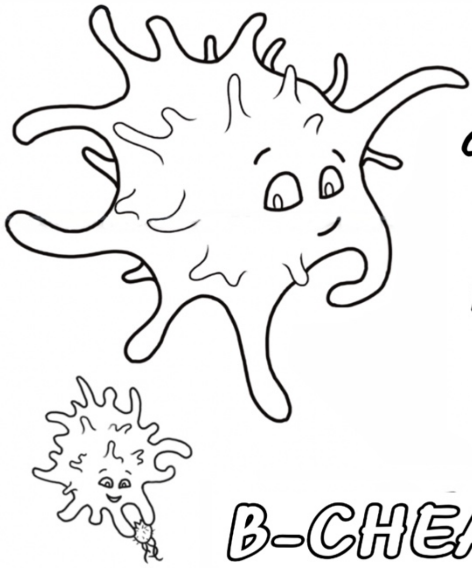
MACRAFAGACH



AON ÁIT A nDÉANANN BAICTÉAR NÓ VÍREAS IONSAÍ AR DO CHORP, TAGANN NA CEALLA IMDHÍONACHTA SEO DE LÉIM ISTEACH CHUN AN T-IONFHABHTÚ A CHOSC! BEANNÚ NÍ THUGANN NÁ SLÁN NÍ FHÁGANN ACH AN FRÍDÍN FEALLTACH A SHLOGADH IN ÁIT NA mBONN!



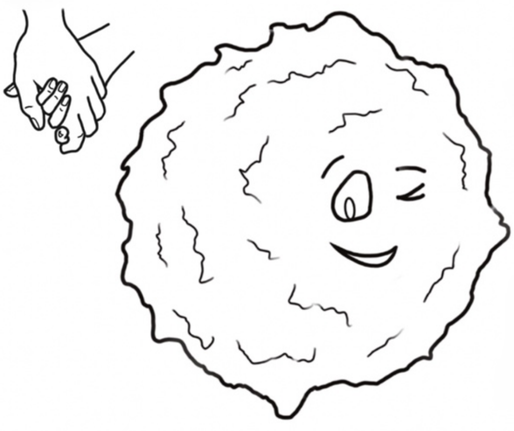
CILL DHEINDRÍTEACH

CAD EILE A DHÉANFADH NA CEALLA SEO ACH FRÍDÍNÍ A SHLOGADH FREISIN! ACH SA CHÁS SEO, NUAIR A BHÍONN AN FRÍDÍN ITE ACU, CUIREANN SIAD PÍOSA DE AR TAISPEÁINT AR A nDROMCHLA FÉIN, PÍOSA AR A DTUGTAR 'PEIPTÍD'. TUGANN SIN LE FIOS DO NA T-CHEALLA GO BHFUIL AN NAMHAID TAGTHA AGUS GO gCAITHFIDH SIAD DUL CHUN CATHA!

B-CHEALLA

IS É GNÓ NA B-CHEALL NÁ ANTASUBSTAINTÍ A DHÉANAMH - MÓILÍNÍ SPEISIALTA Y-CHRUTHACHA IAD SIN. TUGANN SIAD FAOIN bhFRÍDÍN NAIMHDEACH AGUS GREAMAÍONN DE PHRÓITÉIN AIR, RUD A CHUIREANN ÓNA RÚN É - IS É SIN, É FÉIN A GHREAMÚ DE CHEALLA DO CHOIRP! TARRAINGÍONN AN RÍRÁ SEO AIRD NA gCEALL IMDHÍONACHTA EILE - AGUS SIÚD ISTEACH SA SCLIÚCHAS LEO!

T-CHEALLA



TÁ T-CHEALLA MARFACHA AGUS T-CHEALLA CABHRACHA ANN. DÉANANN NA CINN MHARFACHA CEALLA FABHTAITHE A SCRIOSADH. NA CINN CHABHRACHA, AR nDÓIGH, CABHRAÍONN SIADSAN LE CEALLA EILE, AR NÓS NA B-CHEALL, LENA N-OBAIR A DHÉANAMH. COINNÍONN NA T-CHEALLA CUIMHNE AR A NAIMHDE. ABAIR GO nDÉANANN FRÍDÍN IONSAÍ ORT AN CHÉAD UAIR, BHUEL, GO bhFÓIRE DIA AIR MÁ THRIALLANN SÉ AN DARA hUAIR É!

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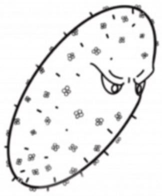
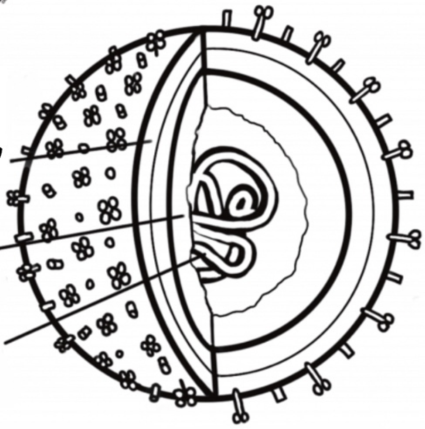
VÍREAS AN FHLIÚ



SIOMPTÓIM: AN tSRÓN AG SILLEADH, FIABHRAS, TINNEAS CINN, TUIRSE, PIAN SNA MATÁIN



CONAS A SCAIPEADH A CHOSC:

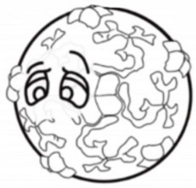
BEIR AIR!

FAIGH RÉIDH LEIS!

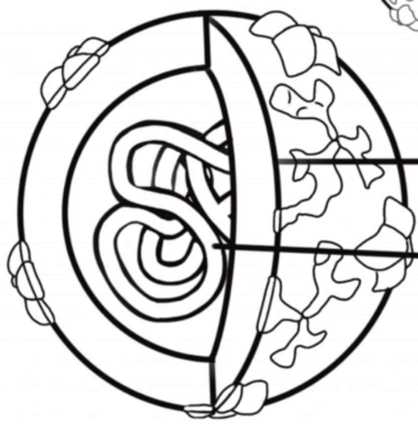
MARAIGH É!

NIGH DO LÁMHA CHUN AN VÍREAS A MHARÚ!!

RINIVÍREAS (SLAGHDÁN)



SIOMPTÓIM: AN tSRÓN PLÚCHTA NÓ AG SILLEADH, SCORNACH TINN, SRAOTHARTACH/CASACHTACH



CONAS A SCAIPEADH A CHOSC:

BEIR AIR! FAIGH RÉIDH LEIS! MARAIGH É!

NIGH DO LÁMHA CHUN AN VÍREAS A MHARÚ!!

CORÓINVÍREAS

SIOMPTÓIM: FIABHRAS, GEARRANÁIL, CASACHT THIRIM, BLAISEADH NÓ BOLADH A CHAILLEADH, TINNEAS CINN

CONAS A SCAIPEADH A CHOSC:

BEIR AIR! FAIGH RÉIDH LEIS! MARAIGH É!

CHUN AN VÍREAS A MHARÚ, NIGH DO LÁMHA GO MINIC AGUS AR FEADH 20 SOICIND AR A LAGHAD!!

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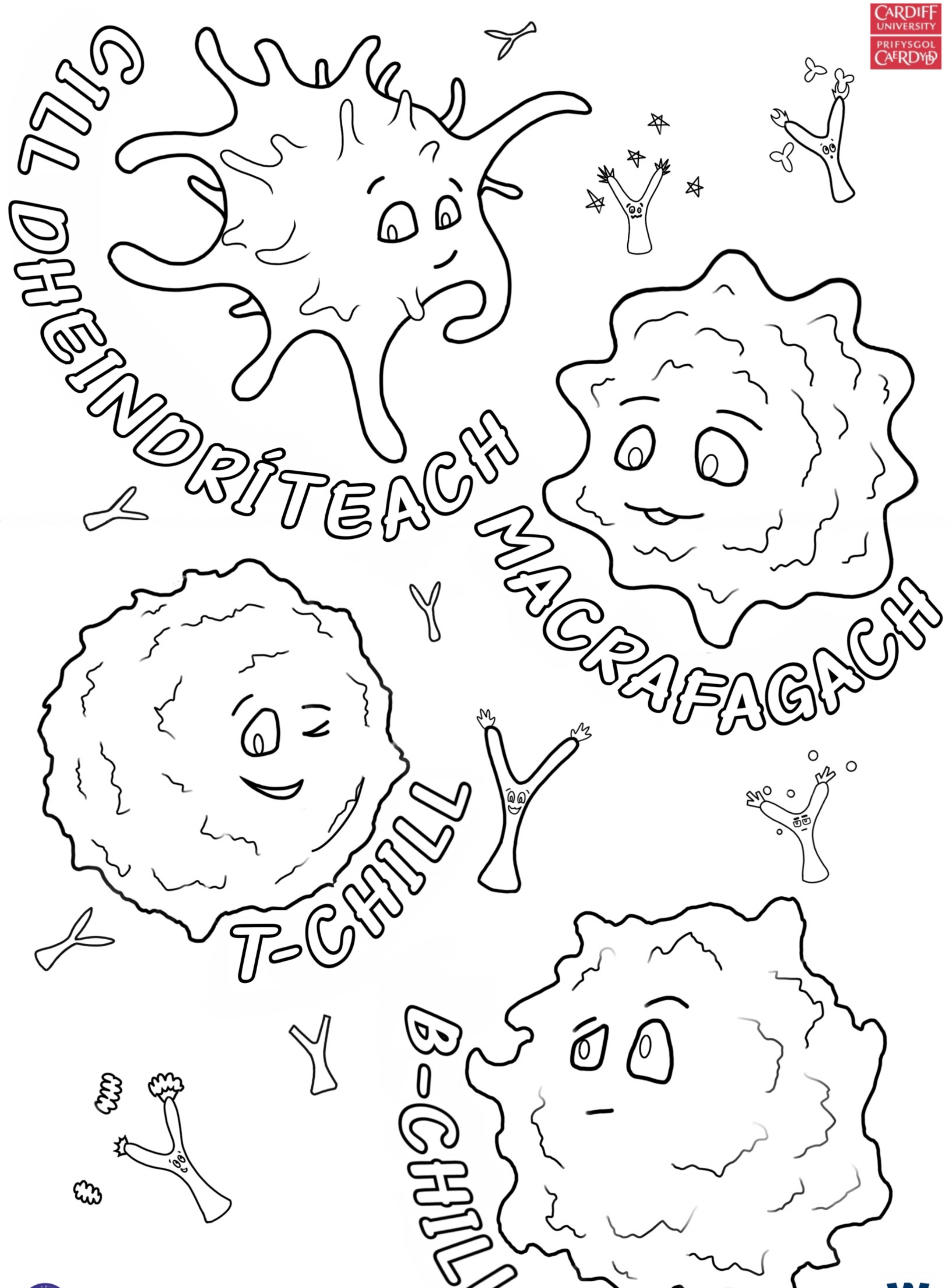

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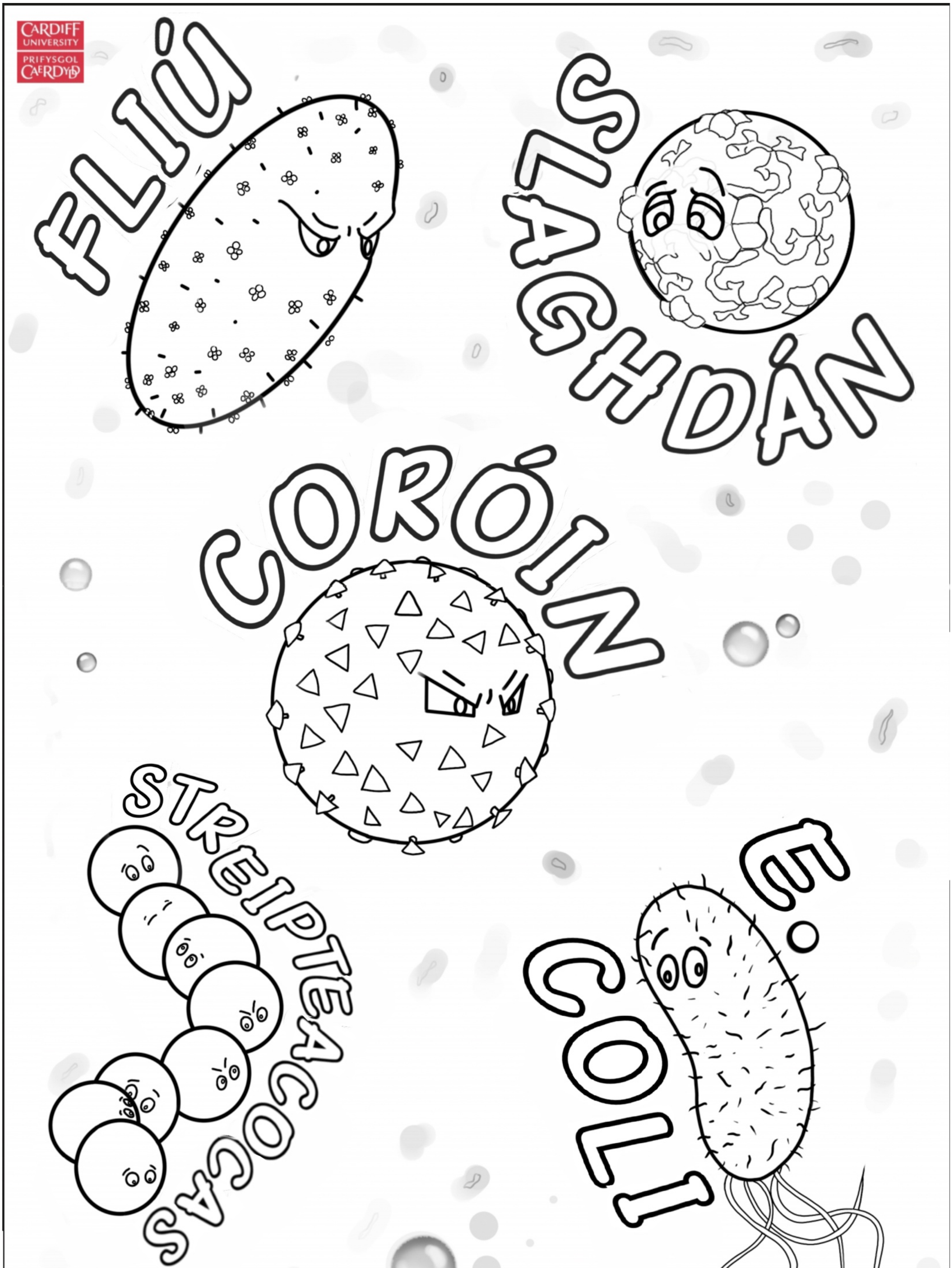

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