

Engeri y'okukolamu eddagala ly'obutonde eritta enjoka mu nkoko.

Enjoka buzibu bwa maanyi mu nkoko era zisobola okukosa enkula n'ekibalo ky'engeri enkoko gye ziriyamu.

Enkoko zirumbibwa enjoka okuyita mu kulya emmere enkyafu oba okunywa amazzi amakyafu. Obubonero bw'enkoko ezirumbiddwa enjoka mulimu okukogga, ekiddukano, ebyoya ebitali bya mutindo, okubiika amagi amatono n'endabika embi.

Ebivumula eby'obutonde

Ebivumula eby'obutonde mulimu katunguluccumu. Katunguluccumu alina ebirungo eby'omugaso eri enkoko era mw'ebyo mulimu ebirungo ebitta ebiwuka ebinyuunyunsi. Okukozesa katunguluccumu okutta ebiwuka ebinyuunyunsi, tabula katunguluccumu ow'obuwunga mu mmere oba omutabulire mu mazzi g'enkoko ag'okunywa. Era osobola okukozesa empeke ya katunguluccumu. Era osobola okutabula katunguluccumu omusekule mu mmere.

Apple cider vinegar: Teeka ejjiiko emu eya vinegar mu buli liita nnya ez'amazzi g'okunywa.

Kaamulali: Sekula kaamulali era omutabule n'emme. Kikubirizibwa okuteeka ekitundu 1% ekya kaamulali mu mmere.

Ekirungo kya diatomaceous earth: Kino kirungo kya kirime ekikozesebwa okutta enjoka mu nsolo. Tabula 100g ez'ekirungo kya diatomaceous earth mu buli kilo emu ey'emme era emmere ogiwe enkoko.

Okuziyiza okulumbibwa enjoka

Okukuuma enkoko nga tezirumbibwa njoka z'omu byenda, kuuma wansi enkoko we zibeera nga wayonjo era nga wakalu, weewale okuteeka enkoko ennyingi awamu, tokkiriza nkoko kusembera wali nsolo za mu nsiko, enkoko ziwe amazzi amayonjo era ggalira enkoko empya nga tezinneetabula n'endala.