

**From:** <mjio145236@yahoo.com>  
**To:** "RegComments, CII" <CII.RegComments@HQ.DHS.GOV>  
**Sent:** Saturday, May 24, 2003 3:34 PM  
**Subject:** ÇÑ¹¹Öëð³ËÖÁÖÅ¶·Öë·ÐËÇÀ ËÀëÍ ÊØÇÀÒ¼·Öà·é ·éÇÀ,ÃÃÁªÒµÖ

ÇÑ¹¹Öëð³·ÙáÃÊØÇÀÒ¼·ÃëÒ§;ÒÀ ÍÀëÒ§ãÃ?  
 ·ÖáÁ¶Ö§µéÍ§ãªëÁÖÁ·¹éÖË¹Ñ; ·Ù·ãÇÁÑ¹ Í·ÍÖËÖÃ  
 ·ÖáÁ ðÇÖÁ·Ñ¹ à·ÒËÇÒ¹ áÁà;Ã¹ áÁë·ÖÇÖé¹?  
 ·ÖáÁ¶Ö§ÁÖãÇÁÑ¹ÊëÇ¹à;Ö¹ Á·ÁÖ;·Ñ§?  
 ÊÖ;µÑÇð³ ËÃ×Í·Öëð³·ÑÑ;µéÍ§·ÃÁÖ;¹Ñ¹ÍÖ;ÒÀãÊÀëÒ¹Öé áÁÖ;·ÖÀëÒÁµÑÇáÍ§ «Ð·Ö  
 ðÇÖÁãÇëÖá··Öë¼Ö¹·ÁÖ·áÁ×éÍ§;ÒÀÁ·¹éÖË¹Ñ; ð¹ÊëÇ¹ãÊëð·ÇëÒ;Ö¹¹éÍÁÁ§ ËÃ×Í Í·ÍÖËÖÃ  
 ;ÇËÖÁÖÁ¶·¹éÖË¹Ñ;à·é¹Ñé¹ã»Ç¹áÁ×éÍ§·Öë¼Ö¹·ÁÖ·ÍÀëÒ§ÁÖ¹áÁ§ á¼ÁÖÐÀëÒ§;ÒÀµéÍ§;ÒÀÊÖÁÍÖËÖÃ  
 áÁÐ¾·ÁÑ§§Ò¹·á¹ÖÇÖµ»·ÁÐÇÑ¹  
 á¼×éÍ§ãª·ÁÐ·Ò·ÖÁ·Ó§Ò¹ÇÍ§ÃëÒ§;ÒÀ à;Ö¹;ÒÀá¼Ö¹·ÁÖ·ÁÑ§§Ò¹ áµéÍÖËÖÃ·ÖëàÁÖ;Ö¹·á¹áµëÁÐÁ×éÍ¹Ñé¹ÁÖÁµëá»é§  
 ·¹éÖµÖÁ  
 áÁÐãÇÁÑ¹ ÁÖÊÖë§·ÖëÃëÒ§;ÒÀµéÍ§;ÒÀ×ÍÊÖÁÍÖËÖÃ ·¹éÍÁÁÖ;  
 ÃëÒ§;ÒÀ·Ö§áÁëÊÖÁÖÁ¶·¹éÖË¹Ñ;·ÖëàÁÖ;Ö¹·á¹·éË··Ö§à;Ö¹·ÖÁ  
 ÊÐËÁ·Á·Ù»éÍ§ãÇÁÑ¹ «Öë§ã»Ç¹áÁ×éÍ§·ÖëÁÖ;ÒÀ·Öë·Ð·Ç·ð·ÖÁ»·ÁÖÁÒ³Ç  
 Í§ÍÖËÖÃ·ÁëÁÖÊÖë§·ÖëÃëÒ§;ÒÀµéÍ§;ÒÀá¹»·ÁÖÁÖ³·Öë¼ÍáÊÁÖÐ  
 ÇÖ,Ö;ÒÀ·Öë¶·µéÍ§;ÒÀ·¹éÖË¹Ñ; ð×Í·ÃëÒ§;ÒÀµéÍ§;ÒÀãªë¼·ÁÑ§§Ò¹ÇÑ¹·ÁÐ 1200-1800 Cal  
 á¼·ÁÖÐ·ÇÑ¹·é¹áÁÖ·Ö§µéÍ§·Ò¹  
 ÍÖËÖÃ·ÁÇÁ·¹é·Öë§ÇÑ¹·áëÁÖ³·ÁÑ§§Ò¹·á¼·ÖÁ§400-800 Cal ÊëÇ¹·ÖëàÊÁ×Í·Ö¹·Öë·ÊÐËÁ·Á·ÃëÒ§;ÒÀ·ÁÖ·á¹é  
 áÁÐÍÖËÖÃ¹Ñé¹·µéÍ§·ÁÖÊÖÁÍÖËÖÃ·ÁÖ³  
 5 ÊÁ·Ùë ÁÖ·ÇÑ¹·ÁëÒ§;ÒÀ·ÐáÁëÊÖÁÖÁ¶·Ö§Ò¹ ËÃ×Íá¼Ö¹·ÁÖ·ÁÑ§§Ò¹·á¹é  
 ÊÑ§à;µ·é¹·Ö;Ö¹·ÖëÍ;ÒÀ·ÁÑ§;ÒÀ·ÁÖë§Í;ÁÖë§ÍéÇ¹ á¼·ÁÖÐÀëÒ§;ÒÀ·Áªé

¾·ÁÑ§§Ò¹;Ç¹·ÁÖ§ áµë;µéÍ§;ÒÀÊÖÁÍÖËÖÃ·éÇÁ ·Ö§à;Ö¹·ÍÖ;ÒÀÊÖÇÁÖ;Í;µéÍ§·Ò¹·ÁÖ;Í;ÇëÒà;èÒ  
 ÊëÇ¹·Öë¹·ÍÖËÖÃ;Çªé¹·ÁÖ·ÇÑ¹· ÁÖë§Í·ÁÖë§ÍéÇ¹

áÁëÇëÒ·ÐÍ·áÍ§ ËÃ×ÍªëÁÖÁ·¹éÖË¹Ñ;  
 á¼·ÁÖÐ·ÊÖ·éÖÁ·ÃëÒ§;ÒÀ·ÐµéÍ§ÊÑë§ãÊëÃëÒ§;ÒÀ·ÍÖËÖÁÍÖËÖÃ·ÖëÃëÒ§;ÒÀµéÍ§;ÒÀ ¼·Á;Ç×Í ;Ö¹·ÁÖ;Í;ÇëÒà;èÒ

·Ö§;·ÁÑ¹·ÁÖÍéÇ¹;ÇëÒà;èÒ  
 ·ÖÁÑ§§? ·ÖÁëÐ ;Ö¹·ÁÖ;Í;Çà;Ö¹ ;Ö¹¹éÍÁ ËÃ×ÍÍ·ÍÖËÖÃ;ÇÇÖ¹·ÊÖÁÍÖËÖÃ áÁëÊÇÁ·«Ð·Ö  
 ðÖµ¹º §ëÒÁÁÖ; ÊÖÍÖËÖÃ·ÖëÁÖÊÖÁÍÖËÖÃ·ÁÖ áµëÁÖ á·Á·ÍÁÖë µëÖ·Ò¹  
 ·Öë;ÁëÖÇÁÖ¹·Öëá¼×éÍ¹·Ð¹;ÇÇÖð³·Öá»Ç¹·Öë·ÐµéÍ§ªéá»·Á;·Á·ÍÖËÖÃ·Öë·Ö·ÖëÊÖ¹·á·Á; Ç³·Ð¹Öë  
 ÁÖÁÍ·¼·Ùëªéá»·Á;·Á·ÍÖëË·ÊÖ¹·á·ÍÁ·ÁÖ;Ö áÁÐ·ÑëÇá·Á;  
 à¹×éÍ§·Ö;à»Ç¹·ÍÖËÖÃ·Ö§ãÊëðÇÖÁ»·Á··Á·ÊË·ÁÖ;¹·á¹é·ÁÑ¹;ÒÀ·ÁÑ¹·ÁÑ¹·ÁÍ§  
 ·Ö; ÍÁ·Ö;·ÁÐà·Ê·ÁÇÁ·Ñë§»·ÁÐà·Ê·Á·  
 á¼·ÁÖÐ·Í;·Ö¹·ÐÁ·¹éÖË¹Ñ;·Á§·é 3-8 ;µéÍ·×Í··ÁÑ§ÊÖÁÖÁ¶··ãÇÁÑ¹·ÊëÇ¹à;Ö¹·¹é·Á·Öë·Á·éÁÖ;ÁÖ;¹éÇÁ  
 áµë·Ñë§ÊÁ·à;Ö¹·Ö;ÖëÃëÒ§;ÒÀ·á¹éÍÖËÖÃ·Öë·Ö·ÁÖÊÖÁÍÖËÖÃ·ÁÖ¶·éÇ¹·á·Á·ÁÖëµëÖ  
 ·Ö§Êë§¼·Á·ÁëÊëÃëÒ§;ÒÀ·à;Ö¹·ÖÁ·Ó§Ò¹  
 á¼·ÁÖ·ÁÖ·ÁÑ§§Ò¹·ÍÀëÒ§µÇÁ»·ÁÐÊÖ··ÖÁÒ¼·ÊØÇÀÒ¼·ÖÇÖë¹·ÍÀëÒ§·Á·é·Á·ÁÖ·éÍ¹·ÁÐºÇÑ¹·éÖÁÊÁ·Ù·Á³;  
 ð³·ÊÖÁ·Á¶·Öë·Ð»éÍ§;Ñ¹·á·Á·ÁëÒÁ·é¹éÇÁµÑÇ·ð³·áÍ§ ÊÑ¹·ÁÖ·Ùá·ÁÊØÇÀÒ¼·  
 áÍÖá··á·µÑÇ·ð³·éÇÁ·¼·ÁÖµ·ÁÑ³±;·Á·Áªª·ÒµÖ 100%  
 ÇÍÇéÍÁ·Ù·Á·Öë·Áµ·ÖÁ·é·Öë click <http://www.geocities.com/thaihealthclub2u/hc151>

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 ;·ÁÖ³·ÖáÇëÖÁÖ·Öë [www.unsubhealthclub.web1000.com](http://www.unsubhealthclub.web1000.com)

