

UWE UBUHLENI WAMI

Amaphuzu angu-5 mayelana
nesifo se-psoriatic ukukusiza
ukuthi ungiqonde

Yisimo esingelapheki esiba nokuqubuka nokuhoxiswa

Ingelapheka kodwa ingelapheki

Abantu abaningi abasiqondi lesi simo

Kuthinta ngaphezu kwesikhumba sami

Ayitheleleki



AMACEBISO ASEBENZA

Kungenzeka ukuthi: ngikhathazekile,
ngiyazicabangela futhi ngiqaphile



Ngicela ube

unomusa, uzwelo nozwelo

mnene ngesikhumba sami njengoba kungaba buhlungu

Ungasebenzisi amanzi ashisayo kakhulu, kunalokho amanzi ayisivivi

Cabangela ukungihlalisa endaweni ethule esaluni

Amaqhubu esikhumba angase abe mahlehla kodwa ashanelwe kalula



I-Psoriasis AYITHETHELANI

<https://psoriasis.org.za/>