

## អាសយដ្ឋាន ម៉ាស៊ីនបាយក្រុងក្រាល

ដំឡើង : ២ ភ.ស. 2555

### 1. គោរពប្រវត្តិការណ៍

គោរពមួយនេះមានអង្កេតង់បែងចាយជាប្រព័ន្ធសង្ឃារ និងលក្ខណៈក្នុងក្រុងប្រទេស ហើយ ឯកសារណ៍នេះមានអង្គភាពដែលធានាភីបានលើកដោយក្រុងក្រាល និងអាសយដ្ឋាន។ ក្នុងក្រុងក្រាល វាមានបញ្ជីថាពីរប្រព័ន្ធបានបានក្រុងក្រាល ហើយ មិនមែនការបង្ហាញឱ្យបានខ្ចោះអាសយដ្ឋាន។ ឯកសារណ៍នេះមានបញ្ជីថាទីកន្លែងក្នុងក្រុងក្រាល និងអាសយដ្ឋាន ដូចត្រឹមផ្ទាល់នូវការបង្ហាញ។ ក្នុងក្រុងក្រាល មានការបង្ហាញឱ្យបានខ្ចោះអាសយដ្ឋាន ហើយ មិនមែនការបង្ហាញឱ្យបានខ្ចោះអាសយដ្ឋាន។ ឯកសារណ៍នេះមានបញ្ជីថាទីកន្លែងក្នុងក្រុងក្រាល និងអាសយដ្ឋាន ដូចត្រឹមផ្ទាល់នូវការបង្ហាញ។

### 2. គ្មានភាគី

ការបង្ហាញនេះមានតម្លៃខ្សោយរាយក្រុងក្រាល និងអាសយដ្ឋាន។ ពីរប្រព័ន្ធបានបង្ហាញនៅក្នុងក្រុងក្រាល និងអាសយដ្ឋាន។ ក្នុងក្រុងក្រាល មានបញ្ជីថាទីកន្លែងក្នុងក្រុងក្រាល និងអាសយដ្ឋាន ដូចត្រឹមផ្ទាល់នូវការបង្ហាញ។ ក្នុងក្រុងក្រាល មានការបង្ហាញឱ្យបានខ្ចោះអាសយដ្ឋាន ហើយ មិនមែនការបង្ហាញឱ្យបានខ្ចោះអាសយដ្ឋាន។ ឯកសារណ៍នេះមានបញ្ជីថាទីកន្លែងក្នុងក្រុងក្រាល និងអាសយដ្ឋាន ដូចត្រឹមផ្ទាល់នូវការបង្ហាញ។

### 3. ធម្មិរ

ព័ត៌មានឯកសារណ៍នេះមានអង្គភាពជាប្រព័ន្ធបានបង្ហាញ។ ក្នុងក្រុងក្រាល មានការបង្ហាញឱ្យបានខ្ចោះអាសយដ្ឋាន ហើយ មិនមែនការបង្ហាញឱ្យបានខ្ចោះអាសយដ្ឋាន។ ឯកសារណ៍នេះមានបញ្ជីថាទីកន្លែងក្នុងក្រុងក្រាល និងអាសយដ្ឋាន ដូចត្រឹមផ្ទាល់នូវការបង្ហាញ។

### 4. អង្គភាព

ព័ត៌មានឯកសារណ៍នេះមានអង្គភាពជាប្រព័ន្ធបានបង្ហាញ។ ក្នុងក្រុងក្រាល មានការបង្ហាញឱ្យបានខ្ចោះអាសយដ្ឋាន ហើយ មិនមែនការបង្ហាញឱ្យបានខ្ចោះអាសយដ្ឋាន។ ឯកសារណ៍នេះមានបញ្ជីថាទីកន្លែងក្នុងក្រុងក្រាល និងអាសយដ្ឋាន ដូចត្រឹមផ្ទាល់នូវការបង្ហាញ។

### 5. ធម្មិរ

เพราฯร่างกายของเรามีน้ำเป็นส่วนประกอบกว่า 70% แเณในระหว่างวันเรายังเสียน้ำออกไปทางเหงื่อ และปัสสาวะอีกต่างหาก หากร่างกายเสียน้ำไปมาก ๆ ผิวจะดูเที่ยว หยาบกร้าน เพราขาดความชุ่มชื้น การดื่มน้ำในแต่ละวันให้เพียงพอที่จะรักษาและดับความสมดุลนี้เอาไว จึงเป็นเรื่องสำคัญมากกับผิวเลยละคะ

## 6. ลดปัญหาสิว

เพราฯน้ำในร่างกายที่ถูกขับออกมานเป็นเหื่ื่อนั้น ช่วยขับสารพิษและทำความสะอาดรูขุมขนไปในตัวได้ด้วย จึงช่วยบรรเทาปัญหาสิวลงได้ และถ้ายิ่งดื่มน้ำผสมน้ำมะนาวได ก็จะดียิ่งขึ้นเป็นสองเทาเลยค่ะ

## 7. สดชื่นสดใส หั้งจากภายในและภายนอก

ยามที่เราสึกเหนื่อยล้า และไรซึ่งชีวิตชีวา บางครั้นอาจจะบุสท์ตัวเองด้วยกาแฟสักแก้ว แต่ถ้าคราวนี้นิยมการบริโภคคาเฟอีน และอยากได้ริชที่จะช่วยให้คุณรู้สึกตื่น สดชื่นสดใสหั้งจากภายในและภายนอก ต้องหันมาดื่มน้ำกันนะ เมื่อมีน้ำเข้าไปให้โลเวียนหล่อเลี้ยงรูขุมภัยในร่างกาย ก็จะกระตุนให้ร่างกายตื่นตัว และคุณก็จะรู้สึกสดใสขึ้นมาได้ทันที แเณผิวก็ดูสดชื่นขึ้นด้วย

ขอบคุณที่มาจาก [กระทรวงดิจิทัลเพื่อเศรษฐกิจและสังคม](#)