

# ¿Tik ixmatok?

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Ajkopa tepepan tech nijin to kuetaxkoapan Puebla wan ataujta tech to Mexiko, moixmati kemej “omikilit” o “teoxiwit”. Moku kemej xiujpa wan wejkaux takual tech to mexiko. Nesi ke nijin kilit semi mo ixmati tech to mexiko. Kanaj ne Oaxaka ika ki tsilowa piotet wan ki tewatsa tech komal, wan ajkopa Tepepan to semanawak Puebla ika ki ajweyalia in emol.



In omikilit (*Piper auritum*) mo ixmati pampa ni taman ajweyak, nijin xiwit kipia miak tamanelol ton kachi mo ixmati kemej in safrol wan metil eugenol.



Yikin taixtemol kijtowa ke kampa ongak omikilit kipia sekin tachijchiwalyot safrol wan metil eugenol ajkopa to semanawak puebla, kachi kipia metil eugenol ¿Ton chiwalis kipia in omokilit?

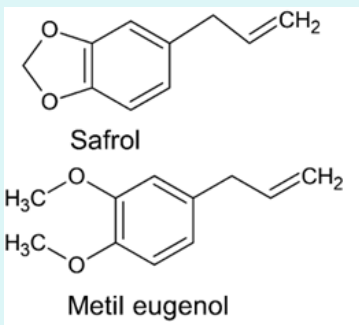


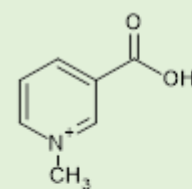
Imagen: Nemesio Villa Ruano



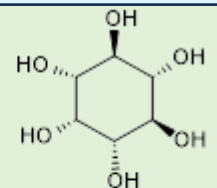
Nikin tachijchiwalmej kipiaj antifúngicas wan aokuiltemiktijkej. Yej ika, kuali tapalewis ka takayot nin kuejsolis.



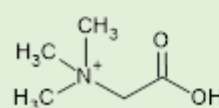
No mo ixmatok ke in omikilit kipia nutracéuticos kemej trigonelina, in Mio-inositol, in betaina wan colina. Nijin chijchiwalyot tapaleujyaij maj amo weweyokan wan amo kokoxkawikan wan maj amo ki piakan tsopekik kokoxkayot.



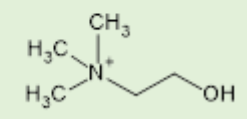
Trigonelina



Mioinositol



Betaina



Colina



¡Axkan tik matokia! In omikilit kipiamiak tachijchiwalyot ton tapaleuyia, sayojke, amo kuali se ki miak kuas pampa in safrol wan in metil eugenol kualtia ki kokoxkakuis in takamej.

¡Ti mits tataujtiaj kachi kixmati wan kin yekpia to xiujyot!

Tik neki kachi ti kixmatis, timits tataujtiaj tapo nijin tepos mekayot:

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