

۱- ژبەر چ ل وهرزى پايژى نهخوشى زيدهتر دبن

- 1- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3604842/>
- 2- <https://www.livescience.com/54663-why-we-get-sick-when-season-changes.html>
- 3- <https://www.grassrootshealth.net/wp-content/uploads/2019/11/Avg-D-by-Month-non-supplement-users-11.19.pdf>

۲- نفرهتا زانين (the curse of knowledge)

- [/https://effectiviology.com/curse-of-knowledge](https://effectiviology.com/curse-of-knowledge)
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- <https://pubmed.ncbi.nlm.nih.gov/30831578>
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مايكروبايوم چيه؟ چاوا بهكترياييت ريفيكيت ته زهوقى ته

تيكدهن؟

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ژبهر چ جاده خراپ دبن؟

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