
rajkumar kannad dirty kalpana audio .

write an introduction to an informative and factual blog post titled "Why you should always wash your sheets". Washing your sheets might seem like a chore, but it can actually help you get better sleep and prevent allergies. Tossing and turning at night is very common for people with allergies — one study found that 90% of children with cow's-milk allergy had trouble sleeping at night. Dirty bedding can also cause respiratory problems such as asthma, allergy symptoms such as sneezing or congestion, or even eczema . Dirty bedding is the main cause of allergies, because dust mites gather there. These are microscopic creatures that are ubiquitous in our homes. They are microscopic bugs, but they are everywhere! However, while they can feed on proteins in your body, they also feed on other materials that aren't blood or tissue . This results in a buildup of these allergens in your sheets. This can be dangerous to allergy sufferers every year. A second source of allergy comes from using detergents with bleach or whiteners . These make your sheets smell good, but they also destroy the chemicals that keep dust mites from reproducing. There are now heavy-duty products on the market that make your sheets smell good and kill dust mites. These are called hypoallergenic bed linens, and they can really help you stay allergy-free . It's a good idea to wash your sheets every week or two to prevent dust mites from reproducing themselves. It's also a good idea to put the washing machine through a hot cycle before using it. This process is called pre-treat, because it helps clean the fabric . Why You Should Always Wash Your Sheets .

Write an article about the following: . Write an article on a popular product, a company, a service, a business or a chain of events that is worth mentioning. . Write an article about the following: . The main source of food for people in India is from grains. There are many different types of grains that are grown in different parts of India. The main rice production area is in Gujarat and Maharashtra where it is used widely as a staple for Indian people . In the southwest part of India there are also areas where sorghum and maize are grown as food crops. These areas also produce wheat and barley as food crops. The different types of grains and seeds used for cultivation can be grouped into five major categories:

Write about the following: . Write an article about something you do 5-6 days a week, and why you do this. . Describe which part of your house is your most favourite, and why it is your most favourite. . Write an article about a product that you like very much, and why you like it very much. . Choose any three of the following: shoes, shirt, bag, watch, earring etc.. Describe why you use this item on a daily basis.

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