

Uzbek transcript:

Umuman sog'liqqa, salomatlikka bo'lgan munosabat ham Amerikada O'zbekistonga nisbatan ozgina boshqacharoq. Masalan, qanday desam, biz o'zbeklarda shunaqa...endi balkim ilgari turmush tarzimiz juda murakkab, og'ir bo'lganligi uchun balkim bu narsaga biz ko'p e'tibor bermagandirmiz. Chunki bizda shu narsa borki, shunaqa tushuncha borki, to qattiq og'rinib kasal bo'lib qolmasak, doktorga borib uchrashmaymiz, va masalan, biron xil, umuman og'rig'iga chiday olmaydigan kasalikka duchor bo'lmasak, umuman kasalxonaga borish, klinikaga borish, doctor ko'rigidan o'tish kabi narsalarni hatto o'ylamaymiz ham. Amerikada bu umuman boshqacha, ular kasal bo'lmasalarhamki, masalan, sog'lom bo'lgan paytlarida ham doctor ko'rigidan o'tib turishadi, ma'lum vaqt mobaynida...doktorlarga uchrashib turishadi, maslahatlashib turishadi doktorlar bilan. Umuman, harakat qilishadi kasallikni oldini olishni. Bizda bo'lsa, bizlar harakat qilamiz, tuzatishga, sog'ayishga harakat qilamiz, bu yerda doim shu kasallikni doim oldini olishga harakat choralarini ko'rishga harakat qiladilar. Va bundan tashqari bu yerda umuman sog'liq...umuman boshqacha e'tibor beriladi bu narsaga. Masalan, umuman, bular o'zlarining oziq-ovqatlariga katta e'tibot berishadi, turli dietalarga, masalan, nima, qanday oziq-ovqatni yeyishyapti, qaysi narsa foydali, nima zararli...endi bizdayam albatta bu narsalarga e'tibor bor, lekin bizda asosan, qanday desam o'zbeklar yog'li taomlarni yoqtiramiz, zarar, zarar ekanligini bilsak ham, qanday desak, o'zimizga bu narsani, o'zimizni bu narsadan to'xtata olmaymiz. Chunki juda mazzali.

English translation:

In general, even the attitude to health is a little different in the US compared to Uzbekistan. For example, how can I say? We Uzbeks have such...maybe because our lives were very complicated, hard, we didn't pay much attention to it...because we have this thing, this idea that we don't go to see a doctor unless we are badly ill. And for example, if we have some illness, unless we have some illness, the pains of which we cannot bear any more, we don't even think about going to hospital or clinics, seeing the doctor. It is very different in the US, even though they are not sick, for example, even when their health is fine, they check with the doctor, from time to time...They go to see the doctor and consult with him. In general they try to prevent an illness. And we try to treat it to get better. Here [in the US] they always try to find ways of preventing any sickness. And besides, here, health...they address this issue differently. For example, here, they pay a lot of attention to their food, follow different diets, for example, what they are eating, what is useful, what is harmful... We pay attention too, but...how to say we, Uzbeks, like to eat fat a lot, even though we know that it is harmful. How can I say, we cannot help it, because it is tasty.

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