

Remediu Natural pentru Cresterea Nivelului de Fier din Sange

Un articol de Cristian Iacov

In cazul in care rezultatele analizelor (hemoleucograma) va indica un nivel scazut de fier (anemie) si doriti sa va imbunatatiti aceasta stare de sanatate, articolul pe care il veti citi este pe cale sa va dezvaluie o reteta care va ajuta destul de mult sa cresteti nivelul de fier din sange, aceasta fara suplimente nutritive.

Stim bine ca fierul este componenta principala a hemoglobinei care transporta oxigenul si dioxidul de carbon spre si dinspre celule. De asemenea fierul joaca un rol CITESTE IN CONTINUARE

Sursa: secretele.com

Transforma o foaie colorata intr-o punga de cadouri SUPERBA

Un proiect extrem de frumos: cum sa iti faci singur/a pungutele de cadouri cu doar doua ingrediente: o foaie colorata si putin lipici lichid. Pentru decorare vei avea nevoie de o panglica colorata (indicat este sa nu fie in aceeași nuanță cu cea a hârtiei).

Reteta miraculoasa care imbunatateste vederea si reintinereste pielea! Te va scapa de ochelari!

Multi oameni se confrunta cu probleme de vedere pe parcursul vietii. Daca aveti aceeasi problema va sugeram sa incercati aceasta reteta extrem de puternica si te poti bucura de beneficiile sale.

Combinatia de ingrediente va reduce dioptria si te-ar putea ajuta chiar sa scapi de ochelari. Acest remediu poate fi facut acasa si va accentua nu numai vederea mai buna, dar, de asemenea, va oferi un aspect mai sanatos si mai tanar.

Se face repede iar ingredientele sunt accesibile oricui, astfel ca oricine poate prepara licoarea acasa. Ce este si mai important este ca ingredientele de care ai nevoie sunt sanatoase si naturale.

Ingrediente:

200 ml ulei de seminte de in

2 lamai

3 catei de usturoi

1 kg de miere bruta

Mod de preparare:

Curata si fierbe lamaile in propria zeama amestecand usor. Adauga usturoiul curatat si amesteca. In cele din urma, adauga uleiul de seminte de in si apoi mierea, amesteca bine pana sa omogenizeaza continutul. Se toarna amestecul intr-un borcan si asigura-te ca il pastrezi intr-un loc racoros si intunecat, de preferinta, in frigidere. Ia o lingura din aceasta bautura inainte de mese. Nu uita sa-l agiti din cand in cand, foloseste intotdeauna lingura de lemn sau de plastic, nu din metal, deoarece distrug nutrientii.

Respondentii care s-au bucurat de beneficiile acestui remediu spun ca dioptria lor s-a imbunatatit de la -4 la -2. Aceasta reteta a imbunatatit, de asemenea, si elasticitatea pielii lor, astfel ca a devenit neteda si moale.

Sursa: <http://m.caplimpede.ro>

35+ House Cleaning Tricks For People Who Hate Doing Chores

Hate cleaning? These time-saving tricks will be helpful next time you move. Or people are coming over.

1. Get Your Mattress Drunk

 Source: lonehomerranger.com

We spend 1/3 of our lives laying on a mattress that can't be washed. Or can it? Pour vodka into a spray bottle, spritz lightly across your mattress and leave it to air-dry. The alcohol kills odor-causing bacteria while it disinfects the

mattress.

2. 5-Minute Microwave Cleaner

Source: [stackingthecool](#)

Halve a couple lemons and put in a glass dish with water. Zap until the water starts to boil. Let it sit and steam for a minute before opening. The gunk can now be wiped away with little effort. You might want to share this one with that co-worker who's always exploding spaghetti in the break room.

3. Fool-Proof Ceiling Fan Cleaner

Source: [thehouseonhillbrook.com](#)

Hook an old pillowcase over one fan blade at a time and slowly wipe it backward. The blade will be clean and the dust will be trapped inside (instead of in your hair).

4. Grease Stain Fixer

Source: [onelittleproject.com](#)

Got greasy fingerprints on the walls? Cover the stains with white chalk, wait a few minutes and then wipe the chalk away with a damp cloth. Works on clothes too!

5. Quick-Dry Wet Shoes and Gloves

Source: [indielectic](#)

Shoes and gloves soaked through from rain or snow? Shove some crumpled newspaper inside to soak it all up. A sachet of plain uncooked rice works too.

6. Pet Hair Squeegee

Source: emlili.com

Do you live with a four-legged friend who loves to shed? Sweep your carpet with a rubber squeegee (or run your hand over it while wearing a rubber dish washing glove) and prepare to be horrified by what comes up.

7. Speed Up Drying Time

Sursa: youtube.com

Pressed for time? Throw one clean dry towel in with wet clothes before starting the dryer. 15 minutes later, take it out. The dry towel will actually absorb some of the excess moisture floating around and speed up drying time.

8. No-Fuss Blender Cleaner

StumbleUpon

Source: theburlapbag.com

Love smoothies but hate cleaning the blender? Just fill it with warm water and a drop of dish soap, then turn it on and blend for a few seconds. Dump, rinse with clean water, and dry.

9. Butter Knife in the Air Vent

StumbleUpon

Source: homesweethomebodies.net

Cruddy air vent or A/C intake? Moisten a clean towel with your

favorite cleaner and wrap around a butter knife. Now you've got the perfect tool to clean the narrow grate.

10. Revitalize Leather Furniture

 StumbleUpon

Source: fibrenew.com

Buff worn leather furniture with shoe polish. Scratches and scuffs will disappear.

11. Onion Grill Cleaner

 StumbleUpon

Source: wonderhowto.com

Halve a white onion and use a fork to rub it back and forth over the grates of a hot grill. The onion will clean the grates and add a little extra flavor.

12. Easy Lipstick Remover

 Source: stephanieheva

Spray the spot with hairspray, let it set for 10 minutes, dab with a damp washcloth, and wash as normal.

13. Pot and Pan De-Scorcher

 Source: bsicleaningservices.ca

Fill the bottom of the pan with water and add a cup of white vinegar. Simmer. Take the pan off the stove and add 2 tablespoons baking soda. Empty the pan and scrub lightly to

remove burn marks.

14. Clean a Coffee or Spice Grinder

Source: marthastewart.com

You can't put this appliance in the dishwasher and cleaning by hand will likely result in a cut-up hand. Instead pulverize bread or uncooked white rice to remove old odors. Then grind 1 tablespoon baking soda to clean, and wipe thoroughly.

15. Lampshade Duster

Source: creeklinehouse.com

16. Overnight Oven Cleaner

Source: mommysavers.com

Put a bowl filled with 1/2 cup of ammonia into a completely cold oven. Leave overnight and wipe clean the next day. Easy peasy.

17. Shower Head Saver

Source: areal-lifehousewife.com

Shower head covered with nasty hard water deposits? Pour distilled white vinegar in a plastic bag and fit it over the shower head with a rubber band. Let it soak for an hour (or overnight) then remove the bag and wipe scum away with a cloth.

18. Glass Sparkler

 StumbleUpon

Source: posedperfection.com

Tired of spotty, cloudy glasses? Just spray with some white vinegar and wipe with a paper towel.

19. Glass Dish Revitalizer

 StumbleUpon

Source: emlii.com

Nastiness baked onto your favorite glass dishes? Scrub them with a ball of aluminum foil and a little dish soap.

20. Dryer Sheet Redux

 Source: happymoneysaver.com

After they've freshened your laundry, use dryer sheets to clean anything—baseboards, your television or laptop screen, bookshelves—and the anti-static chemicals will actually repel dust in the future.

21. Splattered Stove Shortcut

 Source: onegoodthingbyjillee.com

Remember this kids: oil attracts oil. Next time your bacon breakfast makes a mess of the stove, add a few drops of vegetable oil to paper towel, then wipe the greasy surface and watch the oil disappear!

22. Microfiber Couch Miracle

Source: dimitrajc

There's nothing grosser than a couch that looks like you pulled it out of the alley. Use a spray bottle to cover your couch with rubbing alcohol, then use a clean white sponge to rub the couch. Fluff the fibers with a hard bristle brush when done, and it'll look good as new.

23. Dishwasher Deep Cleaner

Source: thepinjunkie.com

Even though it cleans other things, occasionally your dishwasher needs to be cleaned as well. Run it on its hottest cycle with nothing but a container filled with white vinegar in the top rack. Then, sprinkle some baking soda on the bottom, and run it again on a short-hot cycle. Be prepared to shield your eyes from the sparkle.

24. Soap Scum Annihilator

Source: kitchendaily.com

Instead of scrubbing, spray cooking spray on your glass shower door and/or walls. Give it about 5 minutes and wash it off with soapy water and dry it. The oil in cooking spray will dissolve the soap buildup and lime deposits.

25. Quick Fix for Slow Drains

Source: houselogic.com

Bathroom sink draining slow? Drop 4 Alka-Seltzer tablets down the drain, followed by 1 cup distilled vinegar. After 10 minutes, rinse with boiling water.

26. Easy Bathtub Ring Remover

Source: apartmenttherapy.com

Ring around the tub? Cut the grapefruit in half and sprinkle the pink fruit with salt. Wet your tub and sprinkle additional salt on the bottom. Use the fruit as a scrubber, being sure to get the juice on every surface. Rinse clean and enjoy the fresh scent!

27. Sock Puppet Blind Cleaner

Source: devablinds.co.uk

Put your hand in an old (clean) sock. Dip the sock in a bowl of equal parts water and white vinegar, then use it to wipe in between window blinds.

28. Water Ring Reverser

Source: homemademamas.net

Water rings on wood furniture? Soak up excess moisture with a towel, then blast it with a hair dryer while still damp, and they should disappear.

29. Amazing Carpet Stain Lifter

Source: homemakerchic.com

Carpet stain driving you crazy? Spray stain with a mixture of 2 parts water with 1 part vinegar. Lay a damp rag over the spot, then press a hot iron—set on the steam setting—on the rag for about 30 seconds. Repeat for really stubborn stains. It's like a mini Stanley Steamer!

30. No-Scrub Coffee Pot Cleaner

Source: thekitchn.com

If you're addicted to caffeine, your coffee pot probably shows it. Fill the reservoir with equal parts white vinegar and water. Run the brew cycle halfway through, then turn off and let it sit. After an hour, turn it on and let the cycle repeat. When it's done, run two cycles with fresh water only.

31. Never Polish the Silver Again

 Source: theholisticicingredient.com

If you have actual silver cutlery or dishes, you know polishing it can be a pain. Line a large dish with aluminum foil, add a 1/2 cup of table salt and a 1/2 cup of baking soda. Fill the foil-lined sink with hot water, and then dump in all your silver. After a 30 minutes soak, the tarnish will be gone. Just rinse and wipe dry.

32. Vacuum Up Vomit

 Source: veronicascreativespot

If your kid (or roommate) hurls on your sofa, don't panic. Make a paste of baking soda and water, and take a spatula or spoon, generously spreading it onto the affected area (be sure to hold your breath or you might vomit too). Let it dry overnight, and you'll be able to easily vacuum the whole thing up. Also works for urine and carpets (hooray).

33. Two-Step Foreman Grill Cleaner

 Source: angsays

If you don't clean it right away, you'll never get all the gunk out of the tiny ridges of your Foreman grill. Try this instead: When you're done cooking, unplug it, and press a couple of damp paper towels between the lid and the surface. The leftover heat will steam clean the grill. Wipe it dry with

another paper towel and you're done.

34. Zero-Effort Toilet Cleaner

 Source: [thediyguineapig](#)

Scrubbing the toilet sucks, especially if more than one person has been using it. Instead of scrubbing, "fill a mason jar with vinegar. Punch a couple of small holes in the metal lid with a nail. Drop that jar into your toilet's water tank upside down. With each flush, a little vinegar will seep out of the jar and keep your toilets clean and yucky growth-free!," explains Organic Authority. No mason jar handy? Snip off a section of one of those Mr. Clean Magic Eraser sponges and drop it right in the bowl before you go to sleep. In the morning, the ring will be gone! Just be sure to get it out before you flush.

Source: [organicauthority.com](#)

35. Simple Sponge Sanitizer

 Source: [momsagainstcooties.com](#)

You can also run it through your dishwasher's sanitize cycle.

36. Broken Glass Magnet

 Source: [realsimple.com](#)

There's nothing worse than stepping on a tiny remnant of that glass you broke last week. Carefully press a piece of white bread all over the area to pick up even the tiniest shards.

Sursa: <http://www.architecturendesign.net>

Cum sa Faci Vitamina C la tine Acasa dintr-un Singur Ingredient Natural

Un articol de Calin Petru Barbulescu

Cele mai multe suplimente de vitamina C, ce se regasesc in farmacii, sunt obtinute din ingrediente chimice. De obicei acestea nu contin vitamina C naturala, ci sunt extrase folosind acid ascorbic, care este un produs chimic sintetic obtinut din glucoza.

S-a demonstrat faptul ca acidul ascorbic distrugе intr-adevar microbii din organism, insa doboara la pamant sistemul imunitar.

In cele ce urmeaza veti invata cum sa va faceti in casa, cel mai bun supliment de vitamina C, care va ajuta cu CITESTE IN CONTINUARE

Sursa: secretele.com

Regenerarea completă a organismului durează 7 ani!

Vezi tipurile de DIETE care îți refac organismul mai RAPID!

Unul dintre cei mai apreciati doctori la nivel mondial si care a reusit prin activitatea sa sa redea speranta si viata pentru mii de oameni carora nu li se mai dadea nici o sansa este Dr. Brian Clement.



Brian Clement a petrecut mai mult de trei decenii studiind nutritie si sanatatea naturala. El este absolvent atat in medicina naturopata cat si in stiinte nutritionale. Din 1980 el a coordonat cresterea si dezvoltarea Institutului Hippocrate si a facilitat punerea in aplicare a unor tratamente progresive de sanatate naturale de mare succes precum: Dieta cu hrana vie, Terapia Wheatgrass, Microscopie cu camp inchis, si Elementele esentiale ale terapiei minte-corp . De-a lungul anilor acesta si-a asumat rolul de avocat al sanatatii, motivand un public foarte mare care era dornic de a lua masuri pentru a-si imbunatati viata.

In urma experientei sale vaste Brian Clement a venit cu calauziri pentru intelegerea procesele care au loc in interiorul corpului in timpul detoxifieri . "De fapt, 60 de suta din deseurile acumulate vor fi eliminate in primele sapte zile ale programului [Programul de Sanatate Hippocrates], dar vindecarea si regenerarea completa a organismului dureaza un numar de 7 ani si se descompune in urmatoarele etape.

Intre prima zi si primul an si jumata (1 zi- $1\frac{1}{2}$ ani) – se produce curatarea digestiva si eliminarea depunerilor mari de grasimi si a calcificarilor.

Intre primul an jumataate si primii doi ani (1 $\frac{1}{2}$ -2 ani)
– curatarea profunda a tesuturilor si a articulatiilor.

Intre primii doi ani si primii cinci ani (2-5 ani) – curatarea si regenerarea structurii osoaselor, a cartilagiilor si curatarea in continuare a articulatiilor.

Intre primii cinci ani jumataate si primii sase ani si trei luni (5 $\frac{1}{2}$ -6 $\frac{1}{4}$ ani) – repositionarea si reinnoirea organelor.

Intre primii sase ani si trei luni si primii sapte ani (6 $\frac{1}{4}$ -7 ani) – curatarea tesutului cerebral si curatarea neurologica.

Reactiile de curatare pot rezulta in timp ce strat dupa strat este dat laoparte. Dar va veti simti mai bine si mai bine pe masura ce trece timpul. Datorita inteligentei celulare a corpului , fiecare parte este afectata de ansamblu. Si, atunci cand o parte este reinnoita, aceasta duce la o mai mare integritate si la o mai mare armonie si in cadrul intregii finite. ”

In ce consta programul Hippocrate? in mare parte hrana vie, cititi mai jos principiile de baza asa cum sunt ele structurate chiar de Ane Wigmore, cea care a infiintat Institutul in urma cu peste 50 de ani.

Proteine

Dieta Hippocrate:

Sosuri fermentate, iaurt, branzeturi si lapte din seminte si nuci; seminte, fasole si nuci incoltite; avocado; bauturi verzi.

Alimente tranzitorii:

fasole, mazare, linte (supe) usor gatite; tofu, tempeh, nuci proaspete prajite usor si unt de nuci, nuci si seminte neinmuite.

De evitat in totalitate:

Carnea rosie, pestele, carnea de pasare, ouale; laptele si branzeturile pasteurizate ; proteinele vegetale hidrolizate, orice alte derivate din produse de origine animala.

Carbohidratii

Dieta Hippocrates:

Chipsuri de cereale; paine de cereale incoltite, cereale, cereale incalzite; paini germinate de grau, lapte de cereale; cruste din cereale incoltite; alte gustari din cereale crude sau incoltite

Alimente tranzitorii:

Paine (fara drojdie), biscuiti nedospiti; orez, grau, mei, hrisca, orz, ovaz, malai, bulgur, secara; toate intregale gatite usor; paine de cereale incoltite; granola naturala

De evitat in totalitate:

Toate painile cu drojdie si produsele din faina, cerealele prelucrate, orezul alb, fideaua, pastelete; fulgi de ovaz cu zahar; produse de patiserie care contin uleiuri rafinate, zahar, faina rafinata, aditivi.

Grasimi / Uleiuri

Dieta Hippocrates:

Avocado, branzeturi din seminte si nuci; unt de nuci proaspete si crude in cantitati mici; dressing-uri si iaurturi vegetale din seminte si nuci crude si proaspete.

Alimente tranzitorii:

Mici cantitati de ulei de susan sau ulei de masline rafinat pe salate, unt de nuci, tahini din susan

De evitat in totalitate:

Toate uleiurile cu exceptia celor de masline si susan; unturile de nuci si arahide comerciale, unt sau smantana pasteurizata; toate produsele alimentare care contin sau sunt gatite cu uleiuri.

Legume

Dieta Hippocrates:

Verdeturi si alte legume incoltite crude, cultivate ecologic, murate fara sare, uscate, amestecate cu blendar-ul in supe sau sosuri; stoarse

Alimente tranzitorii:

Aburite (fara ulei); gatite usor, supe si alte mancaruri, bulion, la casoleta; crescute conventional

De evitat in totalitate:

Congelate; iradiate; conserve; arse, preparate cu zahar si / sau sare, vechi sau ofilite; murate cu sare.

Fructe

Dieta Hippocrates:

Crude si proaspete, in sosuri, supe, salate, shake-uri, lapte, placinte, uscate, ne-sulfurate, ca si gustare.

Alimente tranzitorii:

Fructe fierte sau deserturi preparate de fructe, mere coapte, fructe uscate inmuiate si aburite, fructe aburite, sos de mere.

De evitat in totalitate:

La conserva, conserve sau prezervate cu substante chimice si zahar adaugat; uscate cu sulf(sulfiti); necoapte.

Bauturi

Dieta Hippocrates:

Rejuvelac, suc din fructe proaspete si sucuri de legume, apa de izvor sau apa distilata; bauturi verzi.

Alimente tranzitorii:

Sucuri de fructe naturale imbuteliate si sucuri de legume, ceaiuri de plante medicinale, bauturi naturale carbogazoase, cafea din boabe.

De evitat in totalitate:

Apa de la robinet, cafeaua, ceaiurile, bauturile carbogazoase,

bauturile alcoolice, bauturile din fructe indulcite artificial.

Gustari

Dieta Hippocrates:

Betisoare din legume (telina, morcovi), fructe proaspete, amestecuri de cereale incoltite, chips-uri de cereale, suc proaspăt, fructe uscate și nuci; branza din seminte;

Alimente tranzitorii:

Turte de orez; granola naturală, biscuiti nedospiti; amestecuri de nuci, seminte, sushi de orez; mere coapte, sucuri imbuteliate, floricele de porumb (fara ulei sau unt), ceai de plante, cafea din boabe, bomboane de sirop de orez.

De evitat în totalitate:

Gustari naturale și nenaturale de tip junk-food; gustari comerciale de genul "de sănătate", snacks-uri alimentare; bauturile carbogazoase; bomboanele și alte dulciuri comerciale.

Condimente

Dieta Hippocrates:

Miere cruda nefiltrată, polenul de albine, fructe proaspete, fructe uscate, miso, tamari, sare vegetala, praf de alge, sauerkraut, lamai, suc de lamaie, ierburi proaspete și uscate.

Alimente tranzitorii:

Miere pasteurizata, sirop de artar, malt de orz, sirop de orez; sorg; otet de cidru de mere, sare de mare, usturoi, ceapa, ardei iute, condimente de chili, enzime sub forma de praf de legume; vin natural pentru gatit.

De evitat în totalitate:

Produsele care contin aditivi, inclusiv: zahar, melasa, sirop de trestie de zahar, dextroza (glucoza), fructoza, sare, sare iodata, otet, piper, glutamat monosodic (MSG), uleiuri, oua, coloranti, conservanti și prezervanti.

Vindeca Ciroza la Ficat cu 0 Combinatie Uimitoare

Un articol de Cristian Iacov

Steatoza sau ficatul gras precum si ciroza hepatica sunt unele dintre cele mai comune boli care afecteaza ficatul. Depozitele grase pot provoca complicatii grave si chiar pot duce la aparitia insuficientei hepatice.

Stim bine faptul ca ficatul este un organ vital – acesta curata sangele, echilibreaza glucoza din sange, descompune grasimile, produce enzime si mentine vitaminele, mineralele si glicogenul. Functia sa nu poate fi inlocuita de nici un alt organ din corp.

Hipertensiunea arteriala, CITESTE IN CONTINUARE

Sursa: secretele.com

Un Amestec Uimitor pentru Tratarea Ganglionilor

Limfatici

Un articol de Cristian Iacov

Ganglionii limfatici crescuti sunt un fenomen destul de comun. Ei apar ca urmare a cariilor netratate, a infectiilor netratate, insa exista sanse ca acestia sa fie de fapt un simptom al aparitiei unei tumori canceroase in viitor.

Foarte multe persoane se trezesc deodata cu ganglioni limfatici crescuti in jurul gatului sau la sau subsuoara. In cele mai multe cazuri, teama care are loc in aceasta conditie, dupa vizita la medic, este inlaturata. Din pacate, exista uneori cazuri in care aceasta **CITESTE IN CONTINUARE**

Sursa: secretele.com

Cum Sa-ti Vopsesti Parul In mod Natural Fara Chimicale

Un articol de Maya

Pot spune ca imi vopsesc parul de aproape 15 ani cu produse chimice din comert. Sunt blonda, si mi-am mentinut aceasta culoare de peste 10 ani.

Am facut acest lucru pana cand am obtinut o informatie, de la o doamna in varsta, care mi-a dezvaluit un secret!

Mi-a zis asa: „Domnisoara, stiai ca iti poti mentine parul blond fara sa folosesti vopsea de par din comert? Trebuie doar sa-mi urmezi sfaturile!”

La indemnul acelei doamne am incercat o metoda foarte simpla de mentinere a parului in CITESTE IN CONTINUARE

Sursa: secretele.com

Dezhidratarea te Imbolnaveste si te face obez

Efectele adverse ale consumului insuficient de apa includ probleme digestive, ale pielii, ale vezicii urinare si ale rinichilor, oboseala si chiar dureri de cap. Avem nevoie de apa la fel de mult cum avem nevoie de aerul pe care il respiram! Pastrarea corpului hidratat, NU ESTE O GLUMA!

Stiati ca deshidratarea incepe de fapt chiar inainte de a avea senzatia de sete? Consumand apa pe tot parcursul zilei este cel mai bun mod de a te mentine sanatos. Intotdeauna trebuie sa ai o sticla sau un CITESTE IN CONTINUARE

Sursa: secretele.com