

30 Stunning White Henna-Inspired Tattoos That Look Like Elegant Lace

In an interesting twist on traditional Indian henna tattoos, numerous beauty and fashion sites have started selling stunning white henna-inspired flash tattoos that are blowing up on Instagram.

If you've got a creative streak or don't like stick-ons, there is also a cosmetic compound called "white henna" which is very similar to the original – minus the skin stain.

(H/T: MyModernMet, Bored Panda)

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Sursa: architecturendesign.net

**Cum sa desfunzi vasul de
toaleta cu un singur produs**

pe care îl ai în bucatarie!

Un articol de Cristian Iacov

Infundarea toaletei poate deveni rapid un adevărat cosmar. Stii cum se spune, de ce ti-e frica nu scapi, asa ca mai devreme sau mai tarziu, ti se poate intampla si tie. Tocmai de aceea venim in ajutorul vostru!

Vezi mai jos cea mai simpla metoda prin care poti rezolva problema imediat!

Stii bina ca, potrivit legilor atractiei, sunt sanse ca dezastrul sa te ia complet pe nepregatite, asta ca sa fie treaba completa. In mod ideal, o pompa sau un plonjor rezolva problema eficient si **CITESTE IN CONTINUARE**

Sursa: secretele.com

Reteta miraculoasa pentru indepartarea negilor proeminenti

Un articol de Calin Petru Barbulescu

Leziunile la nivelul pielii provocate de infectiile cu virusul papiloma uman sunt foarte raspandite in randul populatiei. Se cunosc peste 100 de subtipuri ale virusului papiloma, fiecare responsabil pentru anumite imbolnaviri, desi majoritatea genereaza simptome la nivelul pielii.

Negii proeminenti (vulgari si seboreici) se numara printre leziunile frecvente aparute in urma infectiilor cu HPV, putand afecta pe oricine.

Din fericire, nu toate tipurile de negi sunt periculoase pentru **CITESTE IN CONTINUARE**

Sursa: secretele.com

Dinti puternici si albi pana la adanci batraneti: Reteta naturista a calugarilor tibetani

Un articol de Calin Petru Barbulescu

In mod interesant, din cele mai vechi timpuri calugarii tibetani au stiut cum sa-si mentina dantura sanatoasa pana la varste inaintate. Locuitorii acestor tinuturi montane nu au trecut niciodata pragul vreunui cabinet stomatologic si nici nu au folosit pasta de dinti conventionala.

Care sa fie atunci secretul lor? Ei bine, totul consta intr-o reteta simpla, pe care ti-o dezvaluim in continuare.

Pentru a prepara aceasta pasta de dinti naturala, adauga o lingura de sare in 100 ml de apa **CITESTE IN CONTINUARE**

Sursa: secretele.com

Verifica starea glandei tiroide: Ai nevoie doar de o oglinda si un pahar cu apa!

Un articol de Cristian Iacov

Stiai ca iti poti masura singur eficienta glandei tiroide? Pentru a verifica chiar la tine acasa starea glandei tiroide, nu ai nevoie decat de o oglinda si de un pahar cu apa. Avand forma unui fluture, glanda tiroida este positionata catre baza gatului. Hormonii produsii de aceasta glanda influenteaza functionarea tuturor sistemelor corpului.

Daca se inregistreaza un surplus de hormoni tiroidieni, inseamna ca glanda tiroida a devenit hiperactiva, ceea ce duce la agitatie. Deficitul de **CITESTE IN CONTINUARE**

Sursa: secretele.com

Cum sa actionezi atunci cand te ineci cu mancare si nu e nimeni in jur sa te ajute! Acesti pasi iti pot salva viata!

Un articol de Cristian Iacov

Exista o metoda prin care poti interveni prompt atunci cand cineva se sufoca si ramane fara aer. Este vorba de „manevra Heimlich”, o metoda de prim-ajutor utilizata pentru a preveni

sufocarea unei persoane care se ineaca cu fragmente alimentare ce obstructioneaza laringele.

Aceasta manevra presupune compresia diafragmei prin smucirea cu putere a victimei.

Pentru a salva viata unei persoane in astfel de cazuri, trebuie sa intervii imediat. Pozitioneaza-te in spatele victimei si infasoara-ti bratele in jurul taliei acesteia, imediat sub coaste. Asaza una dintre palme in jurul taliei victimei si CITESTE IN CONTINUARE

Sursa: secretele.com

40 Simple Tips For A Happy And Healthy Life

It's all about career and success these days. No matter what we achieve, it's never enough, we always strive for more. It's all good as long as we don't forget ourselves and our loved ones. Sadly, that's rarely the case.

That's why we wanted to share these life tips by Daily Health Gen with you. Hopefully, they will be a source of inspiration for some positive changes, even if the smallest ones. We all need a little push from time to time.


Leave a comment or vote for your favorite tips, we want to know what you think!

More info: [Daily Health Gen](http://DailyHealthGen.com) (H/T: Bored Panda)

01. Tips For A Happy And Healthy Life



**TRY TO MAKE AT LEAST
THREE PEOPLE SMILE
EACH DAY.**


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02. Tips For A Happy And Healthy Life



**SIT IN SILENCE FOR AT
LEAST 10 MINUTES EACH
DAY.**


 /DailyHealthGen

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03. Tips For A Happy And Healthy Life



**WHAT OTHER PEOPLE
THINK OF YOU IS NONE
OF YOUR BUSINESS.**


 /DailyHealthGen

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04. Tips For A Happy And Healthy Life



**DREAM MORE WHILE
YOU ARE AWAKE.**

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05. Tips For A Happy And Healthy Life



**DON'T WASTE YOUR
PRECIOUS ENERGY
ON GOSSIP.**


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06. Tips For A Happy And Healthy Life



**YOU DON'T HAVE TO WIN
EVERY ARGUMENT.
AGREE TO DISAGREE.**

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07. Tips For A Happy And Healthy Life

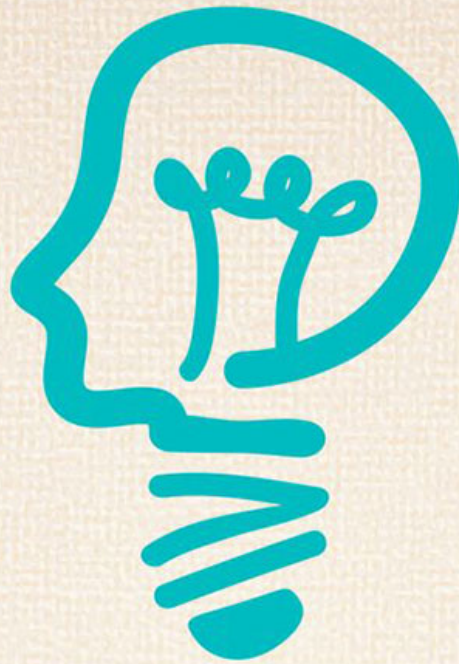


**SPEND TIME WITH PEOPLE
OVER THE AGE OF 70 AND
UNDER THE AGE OF 6.**


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08. Tips For A Happy And Healthy Life



**DON'T TAKE YOURSELF TOO
SERIOUSLY. NO ONE ELSE
DOES.**

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09. Tips For A Happy And Healthy Life

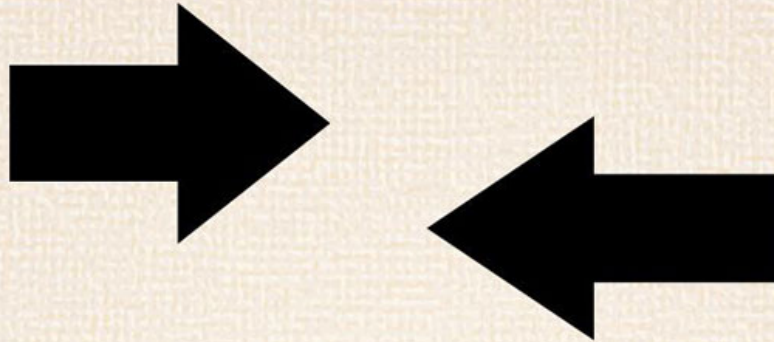


**LIFE IS TOO SHORT TO
WASTE TIME HATING
ANYONE. SO, GET RID
OF THOSE ILL FEELINGS.**

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10. Tips For A Happy And Healthy Life



'DON'T COMPARE YOUR LIFE TO OTHERS'. YOU HAVE NO IDEA WHAT THEIR JOURNEY IS ALL ABOUT.


 /DailyHealthGen

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11. Tips For A Happy And Healthy Life



**NO ONE IS IN CHARGE OF
YOUR HAPPINESS
EXCEPT YOU.**


 /DailyHealthGen

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12. Tips For A Happy And Healthy Life



**READ MORE BOOKS
THAN YOU DID LAST
MONTH.**


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13. Tips For A Happy And Healthy Life



**YOUR JOB WON'T TAKE
CARE OF YOU WHEN
YOU ARE SICK.
YOUR FRIENDS WILL.
STAY IN TOUCH.**


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14. Tips For A Happy And Healthy Life



**SLEEP FOR 8 HOURS
A DAY.**

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15. Tips For A Happy And Healthy Life



**SMILE AND
LAUGH MORE.**

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16. Tips For A Happy And Healthy Life



DRINK PLENTY OF WATER.

*“Drink at least 2 Litres of
Water Per Day.”*


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17. Tips For A Happy And Healthy Life

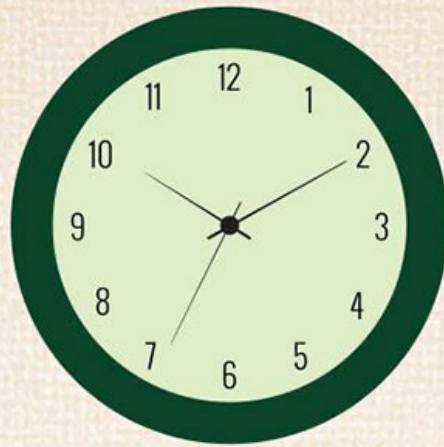


**FORGET ISSUES OF THE PAST.
DON'T REMIND YOUR
PARTNER WITH HIS/HER
MISTAKES OF THE PAST.**


 /DailyHealthGen

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18. Tips For A Happy And Healthy Life



**HOWEVER
GOOD OR BAD
A SITUATION IS,
IT WILL CHANGE.**

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19. Tips For A Happy And Healthy Life



**CALL YOUR FAMILY
OFTEN.**


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20. Tips For A Happy And Healthy Life



**TAKE 10 - 30 MINUTES
OF JOG EVERY DAY.**


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21. Tips For A Happy And Healthy Life

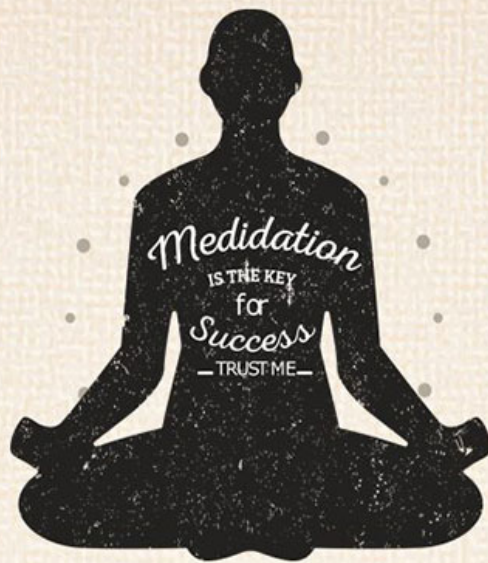


**NO MATTER HOW
YOU FEEL, GET UP,
DRESS UP AND
SHOW UP.**


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22. Tips For A Happy And Healthy Life



**MAKE TIME TO PRACTICE
MEDITATION, YOGA & PRAYER.**


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23. Tips For A Happy And Healthy Life

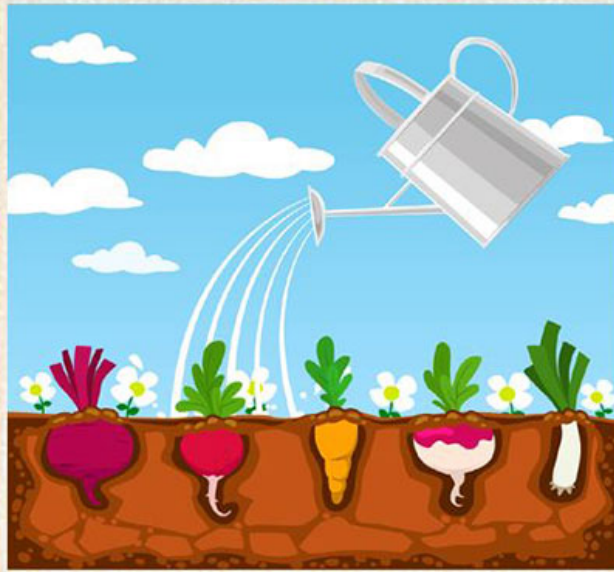


**MAKE PEACE WITH YOUR
PAST SO IT WON'T SPOIL
THE PRESENT.**


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24. Tips For A Happy And Healthy Life



**EAT MORE FOODS THAT GROW
ON TREES & PLANTS AND
EAT LESS FOOD THAT IS
MANUFACTURED IN PLANTS.**


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25. Tips For A Happy And Healthy Life



Live With The 3 E's
ENERGY,
ENTHUSIASM,
EMPATHY.


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26. Tips For A Happy And Healthy Life



**ENJOY LIFE EACH
MOMENT, TRY NEW
THINGS.**


 /DailyHealthGen

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27. Tips For A Happy And Healthy Life

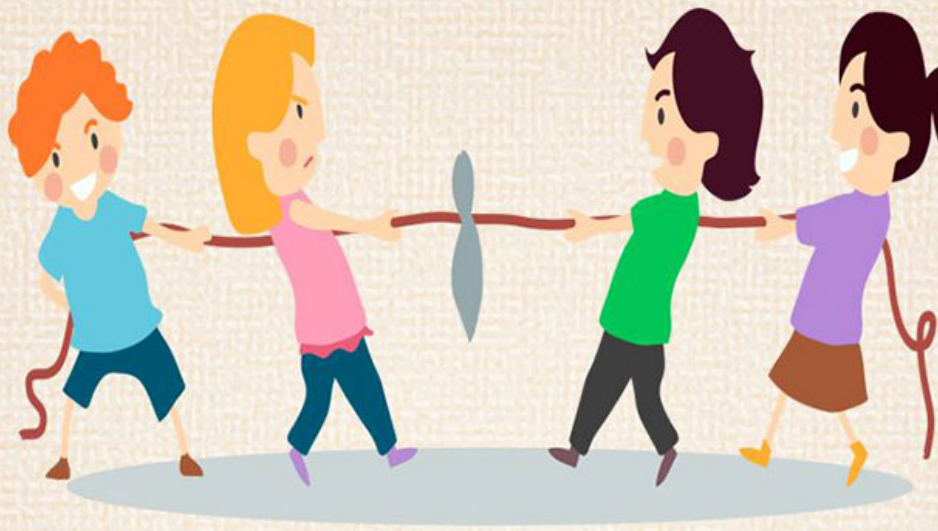


**EACH DAY GIVE
SOMETHING GOOD
TO OTHERS.**


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28. Tips For A Happy And Healthy Life



PLAY MORE GAMES.


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29. Tips For A Happy And Healthy Life



**LOVE YOURSELF, BECAUSE
YOU ARE UNIQUE AND
WONDERFUL IN YOUR
OWN WAY.**


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30. Tips For A Happy And Healthy Life



REALIZE THAT LIFE IS A SCHOOL AND YOU ARE HERE TO LEARN. PROBLEMS ARE SIMPLY PART OF THE CURRICULUM THAT APPEAR AND FADE AWAY LIKE ALGEBRA CLASS BUT THE LESSONS YOU LEARN WILL LAST A LIFETIME.


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31. Tips For A Happy And Healthy Life



**DON'T HAVE NEGATIVE THOUGHTS
OR THINGS YOU CANNOT CONTROL.
INSTEAD INVEST YOUR ENERGY IN
THE POSITIVE PRESENT MOMENT.**


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32. Tips For A Happy And Healthy Life



**GET RID OF ANYTHING
THAT ISN'T USEFUL,
BEAUTIFUL OR JOYFUL**

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33. Tips For A Happy And Healthy Life



**DON'T OVER DO.
KEEP YOUR LIMITS.**


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34. Tips For A Happy And Healthy Life



**FORGIVE EVERYONE
FOR EVERYTHING.**

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35. Tips For A Happy And Healthy Life



**EAT BREAKFAST LIKE A KING,
LUNCH LIKE A PRINCE AND
DINNER LIKE A PAUPER.**


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36. Tips For A Happy And Healthy Life



**TIME HEALS
EVERYTHING.**


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37. Tips For A Happy And Healthy Life



**THE BEST IS YET
TO COME.**

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38. Tips For A Happy And Healthy Life

WAKE
UP!!



**WHEN YOU AWAKE
ALIVE IN THE
MORNING, THANK
GOD FOR IT.**


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39. Tips For A Happy And Healthy Life



**ENVY IS A WASTE OF TIME.
YOU ALREADY HAVE ALL
YOU NEED OR DEFINITELY
WILL GET WHAT YOU
REALLY, REALLY WANT.**


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40. Tips For A Happy And Healthy Life



**YOUR INNER MOST
IS ALWAYS HAPPY.
SO, BE HAPPY.**

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