

Alina inflamatiia gatului, curata sinusurile si elimina mucusul din plamani in doar cateva minute cu un amestec de vis!

Un articol de Cristian Iacov

Chiar daca frigul cumplit inca nu ne-a acaparat, virozele respiratorii au inceput sa ne dea tarcoale tot mai des. Fie ca este vorba despre o simpla raceala de sezon sau daca este ceva viral, te invit sa descoperi un preparat care te va ajuta sa scapi cu bine de aceste conditii de sanatate.

Te asigur ca dupa ce il vei incerca, acest amestec va fi aliatul numarul 1 in tratamentul racelilor, durerilor in gat si virozelor respiratorii!

Acest amestec iti va curata sinusurile, va elimina 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 produsi 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

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 (H/T: Bored Panda)

01. Tips For A Happy And Healthy Life



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

 /DailyHealthGen

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02. Tips For A Happy And Healthy Life



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

 /DailyHealthGen

source

03. Tips For A Happy And Healthy Life



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

 /DailyHealthGen

source

04. Tips For A Happy And Healthy Life



**DREAM MORE WHILE
YOU ARE AWAKE.**

 /DailyHealthGen

source

05. Tips For A Happy And Healthy Life



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

 /DailyHealthGen

source

06. Tips For A Happy And Healthy Life



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

 /DailyHealthGen

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07. Tips For A Happy And Healthy Life

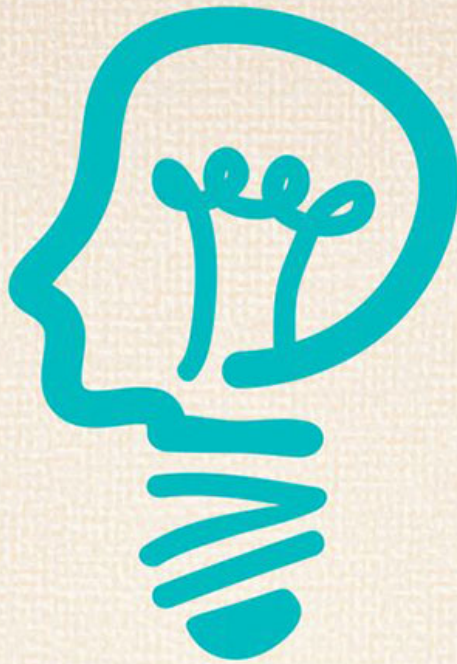


**SPEND TIME WITH PEOPLE
OVER THE AGE OF 70 AND
UNDER THE AGE OF 6.**

 /DailyHealthGen

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08. Tips For A Happy And Healthy Life



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

 /DailyHealthGen

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09. Tips For A Happy And Healthy Life

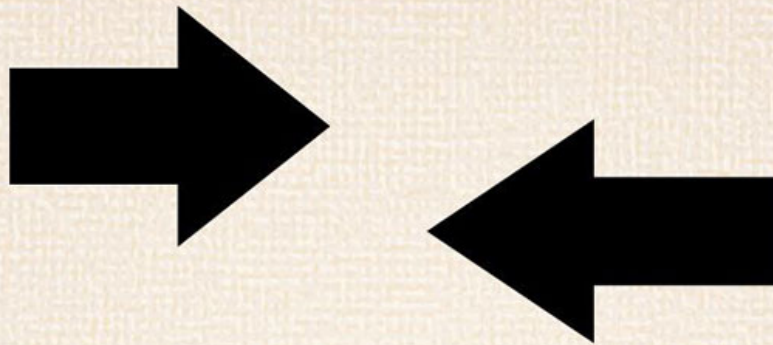


**LIFE IS TOO SHORT TO
WASTE TIME HATING
ANYONE. SO, GET RID
OF THOSE ILL FEELINGS.**

 /DailyHealthGen

source

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

source

11. Tips For A Happy And Healthy Life



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

 /DailyHealthGen

source

12. Tips For A Happy And Healthy Life



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

 /DailyHealthGen

source

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.**

 /DailyHealthGen

source

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.**

 /DailyHealthGen

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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.”*

 /DailyHealthGen

source

17. Tips For A Happy And Healthy Life

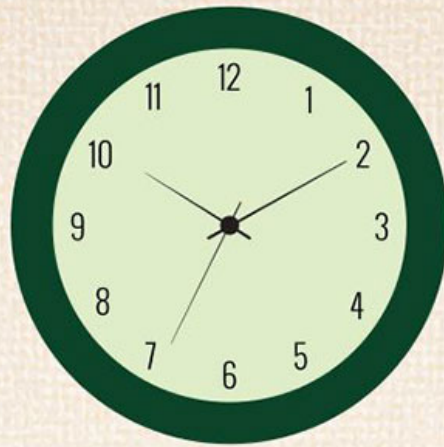


**FORGET ISSUES OF THE PAST.
DON'T REMIND YOUR
PARTNER WITH HIS/HER
MISTAKES OF THE PAST.**

 /DailyHealthGen

source

18. Tips For A Happy And Healthy Life



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

 /DailyHealthGen

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19. Tips For A Happy And Healthy Life



**CALL YOUR FAMILY
OFTEN.**

 /DailyHealthGen

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20. Tips For A Happy And Healthy Life



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

 /DailyHealthGen

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21. Tips For A Happy And Healthy Life

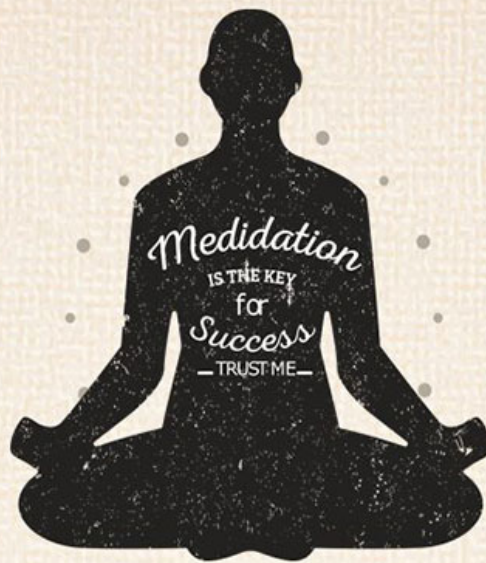


**NO MATTER HOW
YOU FEEL, GET UP,
DRESS UP AND
SHOW UP.**

 /DailyHealthGen

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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

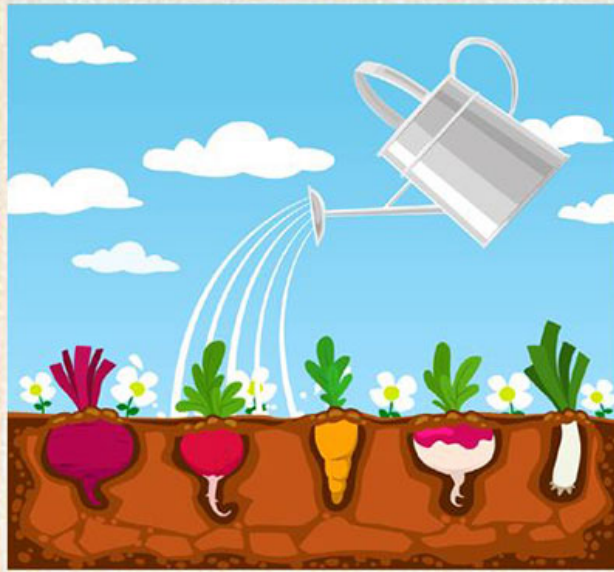


**MAKE PEACE WITH YOUR
PAST SO IT WON'T SPOIL
THE PRESENT.**

 /DailyHealthGen

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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.

 /DailyHealthGen

source

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

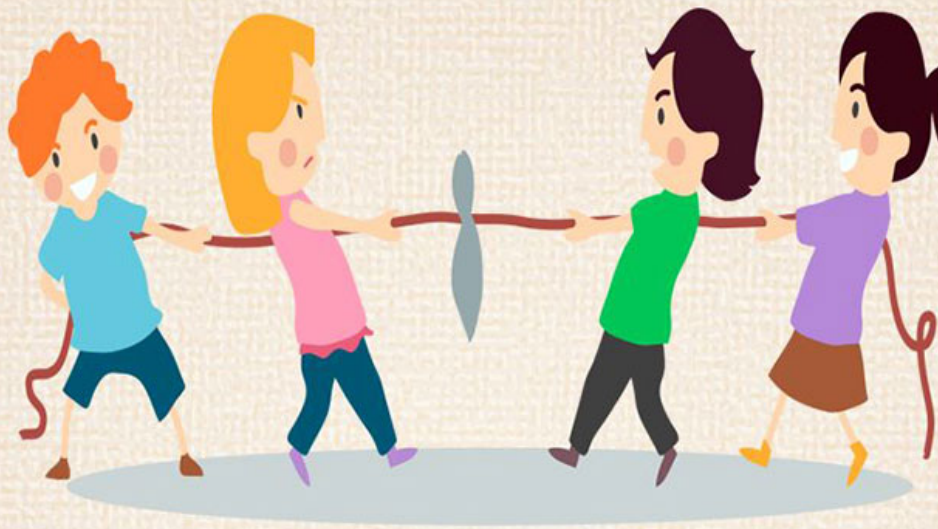


**EACH DAY GIVE
SOMETHING GOOD
TO OTHERS.**

 /DailyHealthGen

source

28. Tips For A Happy And Healthy Life



PLAY MORE GAMES.

 /DailyHealthGen

source

29. Tips For A Happy And Healthy Life



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

 /DailyHealthGen

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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.**

 /DailyHealthGen

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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.**

 /DailyHealthGen

source

32. Tips For A Happy And Healthy Life



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

 /DailyHealthGen

source

33. Tips For A Happy And Healthy Life



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

 /DailyHealthGen

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34. Tips For A Happy And Healthy Life



**FORGIVE EVERYONE
FOR EVERYTHING.**

 /DailyHealthGen

source

35. Tips For A Happy And Healthy Life



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

 /DailyHealthGen

source

36. Tips For A Happy And Healthy Life



**TIME HEALS
EVERYTHING.**

 /DailyHealthGen

source

37. Tips For A Happy And Healthy Life



**THE BEST IS YET
TO COME.**

 /DailyHealthGen

source

38. Tips For A Happy And Healthy Life

WAKE
UP!!



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

 /DailyHealthGen

source

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.**

 /DailyHealthGen

source

40. Tips For A Happy And Healthy Life



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

 /DailyHealthGen

source

Sursa: architecturendesign.net

Poarta sosete ude inainte de a merge la culcare pentru a preveni si trata gripa sau raceala – 0 metoda incredibila de vindecare!

Un articol de Cristian Iacov

Moda sosetelor ude a fost folosita in cultura indiana pentru a preveni si trata raceala si gripa.

Chiar daca nu pare deloc placuta, aceasta metoda este insa foarte utila. Strategia de umezire ajuta in simptomele febrei datorita faptului ca sangele incepe sa circule prin picioare, ajutand la cresterea fluxului circulatiei.

Mai intai trebuie sa-ti incalzesti picioarele in apa calda si apoi sa bagi o pereche de sosete subtiri in apa rece. Stoarcele si pune-ti-le inainte de a merge la CITESTE IN CONTINUARE

Sursa: secretele.com

Cum indepartam in mod Natural Papiloamele Cutanate

Un articol de Cristian Iacov

Papiloamele cutanate, in special cele mari, pot complica intr-adevar unele rutine zilnice simple, cum ar fi barbieritul sau chiar imbracarea hainelor.

Aceste formatiuni nu reprezinta un pericol pentru sanatate si nu necesita tratament, insa uneori acestea pot provoca iritatii sau disconfort, nelunad in calcul si aspectul estetic care nu este deloc placut.

Aceste probleme sunt destul de frecvente, conform statisticilor Institutului National al Sanatatii din CITESTE IN CONTINUARE

Sursa: secretele.com

Ridica-ti moralul cu limonada cu turmeric – Bautura lucreaza mai eficient decat orice antidepresive existente

Un articol de Cristian Iacov

Curcuma (turmeric) poate fi oricand ridicata la rangul de panaceu, fiind eficienta intr-un spectru larg de boli si afectiuni. Aceasta radacina de culoare portocalie este un antiinflamator puternic ce stopeaza cresterea celulelor precanceroase, sprijina tratamentul bolii Alzheimer, reduce colesterolul rau, si trateaza cancerul de piele.

Curcuma se foloseste pentru artrita, arsuri la stomac (dispepsie), dureri de stomac, diaree, flatulenta, balonare, lipsa poftei de mancare, icter, probleme CITESTE IN CONTINUARE

Sursa: secretele.com

Ai probleme cu varicele? Acesti doi pasi simpli te vor ajuta sa le rezolvi

Un articol de Maya

Exista multe cauze care stau in spatele aparitiei varicelor. De exemplu, miscarile si postura corpului, diferite miscari, etc, influenteaza circulatia. Toate aceste motive pot fi impartite in doua categorii, iar daca urmezi sfaturile indicate, vei rezolva problema.

Iata cum rezolvi problema!

Redu presiunea venelor

Fa exercitii in mod corect. Exista exercitii care nu sunt recomandate persoanelor cu varice din cauza impactului asupra picioarelor. Mai mult, impactele scurte blocheaza CITESTE IN
CONTINUARE

Sursa: secretele.com

Accelereaza arderile de grasime cu un amestec

uimitor!

Un articol de Cristian Iacov

Aceasta reteta reduce depozitele de grasime abdominala in mod natural si fara a depune efort fizic, intareste muschii abdominali, modeleaza trupul, stimuleaza sistemul imunitar, detoxifica organismul si elimina toxinele din ficat si din stomac.

Aceasta bautura miraculoasa se prepara din ingrediente naturale cu proprietati mari pentru slabit, iar rezultatele sunt vizibile in doar cateva zile!

Iata reteta de preparare a bauturii ideale pentru topirea grasimilor de pe abdomen:

Ingrediente CITESTE IN CONTINUARE

Sursa: secretele.com