

Pericolele tocurilor inalte si modul in care iti afecteaza sanatatea!

Un articol de Maya

Vestimentatia ta va arata uimitor cu perechea perfecta de pantofi cu varf ascutit si tocuri de 10 cm, dar daca esti adepta acestui stil si porti acest fel de incaltaminte mai mereu, poti ca in timp sa dezvolti o serie de afectiuni. Cele mai multe dintre femei poarta tocuri inalte ocazional, in timp ce altele le poarta in fiecare zi, chiar daca sunt pe deplin constiente ca pantofii prea inalti sunt incomozi. Nu este ceva neobisnuit, mai ales in zilele noastre, ca femeile sa faca sacrificii pentru

CITESTE IN CONTINUARE

Sursa: secretele.com

Cum poti identifica alimentele tratate chimic in magazine si la piata?

Un articol de Maya

Nu exista nici o modalitate infailibila sau vreun raspuns unanim cu privire la identificarea alimentelor organice de alimentele tratate cu chimicale. Pentru a face aceasta distinctie, trebuie sa recurgem, de multe ori, la intuitie si sa exploatam la maximum informatiile furnizate de mass-media, rezultatele propriilor noastre investigatii asupra

furnizorilor de materii prime si a producatorilor de produse alimentare.

Principii:

Alimentele tratate chimic au un aspect mai placut, au forme mai CITESTE IN CONTINUARE

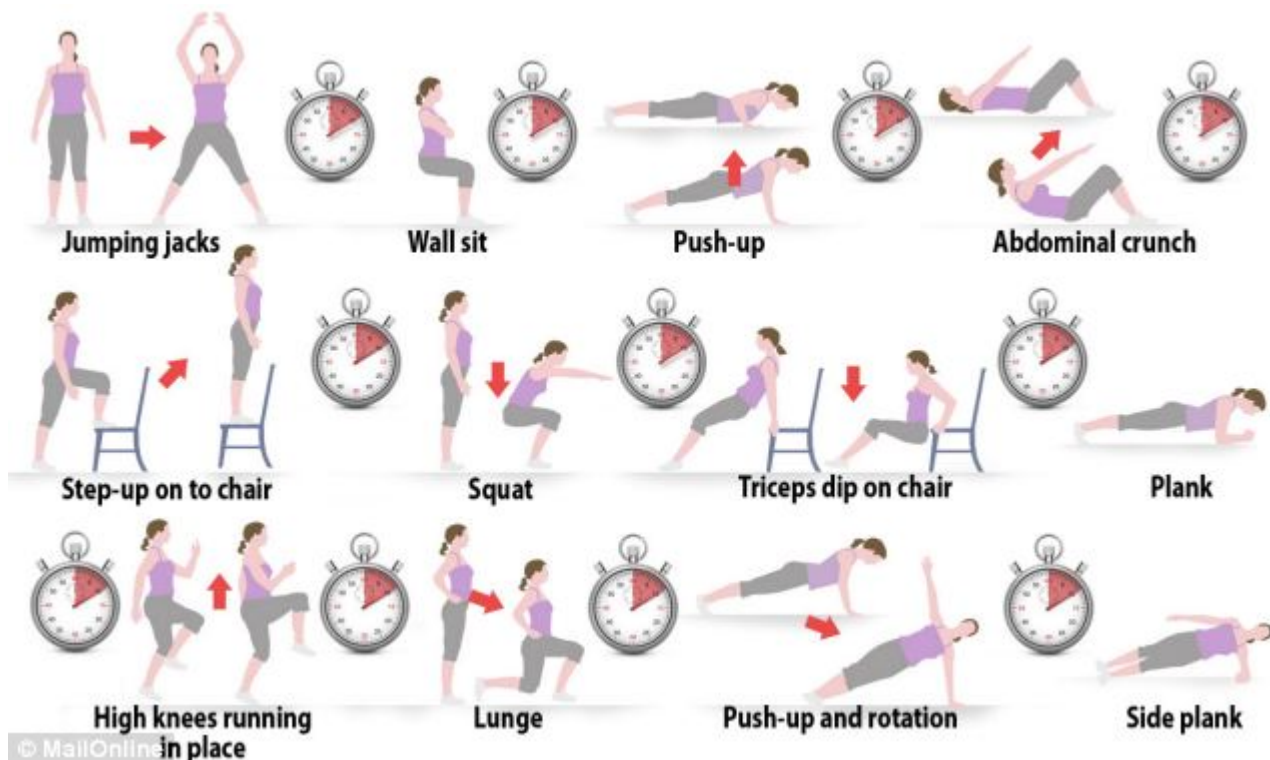
Sursa: secretele.com

7-MINUTE TOTAL EXERCISE ROUTINE

No matter where you are, get that body fit with this new and wonderful 7-minute workout. It requires no gym equipment whatsoever, therefore no excuses. All you need is in your house already, a chair, a wall and your own body weight.

This routine combines the best **10 exercises** to burn calories and stay fit and strong, and you should do each for 30 seconds with a 10 second rest in between in order for the workout to be effective.

Remember to always keep your abdominal muscles contracted in every exercise and in every position as well.



#1 Jumping Jacks

The first step is to stand up straight with your feet together and your arms at your side, then bend your knees slightly and follow this with a jump. In mid-jump, bring your legs out to the side about shoulder width or slightly wider. As you are moving your legs outward, you should raise your arms up over your head to elevate your heart rate.

#2 Wall Sit

Stand approximately 2 feet in front of a wall with your back facing it, and lean against the wall slowly and begin to slide down the wall until your knees are bent at 90 degree angles, as though you are sitting in a chair. Keep this position for a minimum of 20 seconds or a maximum of 60 seconds.

#3 Push-Up

This exercise is great for targeting your pectoral muscles, triceps, and anterior deltoids. Push-ups are performed by pushing your body up and down using your upper body and arm strength. To do a correct push-up, you must raise your body up onto your toes so you are balanced on your hands and toes. It is important to keep your body in a straight line from head to

toe without sagging your torso or arching your back.

#4 Abdominal Crunch

Lie on the floor, facing up, with your knees bent, then curl your shoulders towards your pelvis. You can either place your hands beside your neck, resting gently behind your neck, or placed across your chest. To perform a proper crunch, your lower back must remain resting against the floor allowing your hip flexors to rest so all of the attention can be focused on your abdominal muscles.

#5 Step-Up onto Chair

The step-up onto chair routine is super effective for your body. Not only does it work on your abdominal muscles, but it also builds lean muscle mass, boosts your metabolism and aids in weight control – Bonus!

Position a sturdy chair in front of you and stand with your feet about hip-width apart and your arms at your sides. Next, step up onto the seat with one foot and press down while bringing your other foot up next to it. Step back with the leading foot and bring the trailing foot down beside it to finish one complete step-up.

#6 Squat

To perform a proper squat, your feet should be flat on the ground, about shoulder-width apart and point your feet slightly facing outward, rather than straight ahead. Never let your knees extend beyond your toes, as this will increase the likelihood of damage to your knees. Keep your back straight and bend at your knees as if you were going to sit back in a chair, thrust your hips forward and pull in your abs whilst keeping your back only slightly arched. Slowly lower your body so that your legs are almost parallel to the floor.

#7 Triceps Dip On Chair

Sit on the chair with the palms of your hands on the edge, and then slowly slide your buttocks off the seat whilst supporting your weight with your hands. First, straighten your right leg and keep your left leg bent at a 90-degree angle keeping your elbows bent all the time, slowly lower your buttocks towards

the floor. Push back up until your arms are straight.



#8 Plank

This exercise is vital for building your core and arm strength.

Lie face down on the floor with your elbows resting on the floor and your arms in a 90-degree position. You then push down on the toes of your feet to extend your feet and push your body so it is off the ground and resting on your elbows and toes. Hold the position for as long as you can.

#9 High Knees Running In Place

Perform a typical running motion while lifting your knees high into the air. Ensure that your legs are at 90-degree angles when being lifted high into the air and point your toes forward in order to maintain the correct form and to really benefit from this simple exercise. This exercise is great for the muscles in your legs and hips, and can even improve your lower body flexibility.

#10 Lunge

Lunges are great for toning a number of different areas of your body, so they are a particularly useful exercise.

To perform a basic lunge, you must first begin by standing up straight with your shoulders back and relaxed and your chin up, step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Maintain the weight in your heels as you then push up to the starting position.

Sursa: viral-braids.com

Cum sa-ti cureti colonul de toxine in 7 zile utilizand 3 ingrediente simple – Reteta!

Un articol de Cristian Iacov

Colonul este unul dintre cele mai importante organe din corpul nostru. El este responsabil pentru eliminarea deseurilor lasate in urma de alimentele pe care le ingeram. Un colon care functioneaza corect poate duce la un nivel ridicat de energie, o digestie mai buna si o sanatate optima.

[Vezi mai jos cum sa-ti cureti colonul in 7 zile consumand un amestec de ingrediente pe care le ai in casa!](#)

Desi este adevarat ca organismul este cladit in asa fel incat sa se autocurete si sa elimine singur CITESTE IN CONTINUARE

Sursa: Secretele.com

A pus ulei in cafea si si-a dat cu amestecul rezultat pe piele! Vezi ce beneficii are aceasta tehnica

Daca celulita reprezinta o problema de care nu reusiti sa scapati, puteti incerca un truc simplu, in urma caruia veti observa cu siguranta o imbunatatire.

Tot ce trebuie sa faceti este sa umpleti o jumatate de cana cu cafea, peste care adaugati 2 linguri de ulei de masline. Dupa ce amestecati bine, folositi pasta rezultata pentru a masa zonele afectate de celulita.

Ulterior, acoperiti cu o folie de plastic si lasati sa actioneze timp de 10 minute, dupa care clatiti. Cafeina absoarbe apa din tesuturi si, astfel, celulita nu va mai fi la fel de vizibila.

In plus, aceasta substanta ajuta si la reducerea numarului de celule grase din tesutul adipos.

Sursa: www.kanald.ro

Cele mai bune exercitii pentru ridicarea sanilor

Un articol de Maya

Sanii sunt formati din tesut adipos, glande si collagen

(tesutul care ii mentine fermi si „pe pozitii”). Dar pe masura ce trece timpul, glandele si colagenul scad, iar locul lor e luat de grasime. Asta nu iti va modifica neaparat dimensiunea sutienului, dar atractia gravitationala isi va face simtita prezenta si... se vor lasa

Una dintre cele mai bune modalitati de a ridica sanii “lasati” este aceea de a consolida muschii de sub ei, deoarece acestia le vor oferi sprijin. Cand acesti muschi sunt CITESTE IN CONTINUARE

Sursa: secretele.com

Punctul fericirii din trupul tau – Calea spre indepartarea energiilor negative si intarirea sistemului imunitar

Un articol de Cristian Iacov

Exista un organ in corpul nostru, despre care se vorbeste rareori, dar care, cu siguranta, isi merita din plin denumirea de „punct al fericirii.”

Identificarea lui nu este dificila. Este vorba, de fapt, de o glanda localizata in piept, si anume timusul. Aceasta glanda este plasata catre extremitatea superioara a cavitatii toracice.

Iata cum poti depista acest punct:

Aseaza doua degete de la mana deasupra depresiunii din zona

inferioara a gatului, chiar deasupra sternului.

In preajma CITESTE IN CONTINUARE

Sursa: secretele.com

Pozitionarea alunitelor pe corp dezvaluie problemele cu care te confrunti

Un articol de Maya

In conformitate cu astrologia chineza, pozitionarea alunitelor pe corp ne permite sa aflam problemele cu care ne confruntam, starea de spirit, sanatatea si viitorul. Aceasta metoda este folosita de chinezi in medicina traditionala. Astrologii chinezi cred ca energia Qi (Chi), este activa in diferite perioade ale vietii iar varful acesteia sta intr-o aluna sanatoasa. In timpul perioadei de adolescenta numarul de alune creste, in perioada sarcinii se pot intuneca, iar dupa 40 de ani, ele pot sa CITESTE IN CONTINUARE

Sursa: secretele.com

Tratamente Alternative ce

Dizolva Cataracta, Previn Intoarcerea ei si te Ajuta sa Eviti Interventia Chirurgicala

Un articol de Cristian Iacov

Interventia chirurgicala este de obicei singura optiune oferita de medicina conventionala oamenilor care sufera de cataracta.

Totusi, exista tratamente alternative care pot dizolva cataractele, impiedicand recidiva acestora.

[Vezi mai jos despre ce este vorba!](#)

Cataractele se formeaza atunci cand lentila naturala a ochiului devine tulbure, ducand la pierderea vederii. Ele apar cel mai adesea in cazul persoanelor de peste 40 de ani, si sunt, pe plan international, principala cauza a CITESTE IN CONTINUARE

Sursa: secretele.com

Sfaturi Pentru O Menopauza Sanatoasa

Un articol de Cristian Iacov

Menopauza este vazuta ca o faza negativa in viata unei femei.

Menopauza este de fapt o etapa normala in viata fiecarei femei, etapa prin care va trece cu siguranta si careia trebuie sa-i faca fata cu fruntea sus. In loc sa va temeti de menopauza, trebuie sa invatati sa o imbratisati. Bucurati-va de aceasta noua etapa a vietii intr-un mod sanatos si linistit.

Organismul se schimba in timpul menopauzei. Aceasta schimbare poate afecta diferite aspecte ale sanatatii dumneavoastra, precum si CITESTE IN CONTINUARE

Sursa: secretele.com