

5 Plante Vindecatoare pe care Trebuie sa le Consumi Zi de Zi!

Exista o serie de motive pentru care o persoana planteaza in gradina, diverse soiuri de plante. Unul dintre cele mai populare motive pentru a face acest lucru este de a avea fructe proaspete, legume si plante pentru consumul propriu.

In plus, plantele care sunt adaugate la prepararea mancarii pentru a le oferi savoare, pot fi de asemenea folosite si in lupta impotriva bolilor cele mai raspandite in societatea in care traim. Incidenta cancerului continua sa creasca, oamenii incercand sa-si CITESTE IN CONTINUARE

Sursa: secretele.com

WHAT ARE THOSE EXTRA HOLES IN YOUR SHOE FOR? I WISH I KNEW THIS EARLIER

I have always worn a sport shoes and now when i saw this video i'm so amazed. Have you ever noticed those extra shoelace holes on your sports and running shoes and did you ever thought for what they are? What is purpose? I have noticed them but i never get some idea for what exactly they are. Usually those extra holes stay unused and that is. Just for that reason , a company that sells LED accessories for runners and cyclists has explained the reason and the brilliant

purpose of those extra holes. The extra holes can be used to prevent blisters on your heels and stop your feet from cramming forward into the front of the shoe. So now watch the video and learn exactly what those holes are there and how to use them in the future. We hope that you will love this awesome video. Enjoy!

Sursa: allforfashiondesign.com

Sursa video: youtube.com

Ce nu stiai despre Sparanghel

Sparanghelul face parte din familia crinului (Liliaceae), avand o **serie de beneficii pentru sanatate**. Cu un gust unic, aceasta leguma **contine foarte multe substante nutritive**, cu functii cunoscute si beneficii asupra organismului uman.

In primul rand, sparanghelul contine cantitati mari de vitamina A, vitamina B6, vitamina C, vitamina K, riboflavina si tiamina.

Vitamina A sustine sanatatea ochilor, sistemul imunitar, precum si starea de sanatate a tesuturilor epiteliale incluzand pielea, CITESTE IN CONTINUARE

Sursa: secretele.com

A visual guide to match suits and shoes

A VISUAL GUIDE TO MATCHING SUITS AND SHOES



BLACK



CHARCOAL



NAVY



GREY



LIGHT GREY



WHITE



CHAMPAGNE



BLUE INDIGO



KHAKI



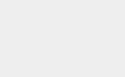
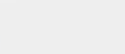
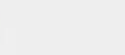
BROWN



LIGHT BROWN



OLIVE GREEN



Sursa: 9gag.com

Suggested Five Suit Best Picks Good Picks Fashion-Forward Great during Spring/Summer Great on Tropical Regions Great during Autumn	Suits Black Charcoal Navy Grey Light Grey Brown Champagne Indigo Khaki White Medium Brown Light Brown Olive Green	Shoes Formality Black Dark Brown Merlot Medium Brown Walnut Chili	General Events When to Wear a Suit • Weddings • Public Speaking & Presentations • Office & Interviews • Events & Parties Daytime: Light Colours Evening: Dark Colours Both: Medium Colours Disclaimer: The combos tagged with the fashion-forward tag are NOT indicated for beginners and can be seen as a fashion faux pas. Wear at your own discretion. This is merely a guide. Don't treat this as a set of rules. Pay attention to what the people around you are wearing and dress appropriately!	• General Events • Evening Wear • Business* • Formal Events • Black Tie • Optional • Funerals * Generally frowned upon in the USA	• General Events • Evening Wear • Business • Formal Events • Funerals	• General Events • Evening & Daytime Wear • Business • Formal Events	• General Events • Daytime Wear • Business • Formal Events	• General Events • Evening & Daytime Wear • Business • Formal Events	• General Events • Daytime Wear • Business • Formal Events	• General Events • Daytime Wear • Business • Formal Events	• General Events • Daytime Wear • Business • Formal Events	• General Events • Daytime Wear • Medical & Dentist Office	• General Events • Evening & Daytime Wear	• General Events • Daytime Wear	• General Events • Daytime Wear	Shoes Index Formality Formal Great Beginner's Picks Trending	Windsor Oxford Plain Toe Oxford Cap Toe Oxford Cap Toe Oxford w/ Pearl Toe Brogue Oxford w/ Medallion Cap Toe Brogue Oxford w/ Wingtip Toe Plain Toe Derby Plain Toe Monkstrap Split Toe Derby Brogue Derby w/ Longwing Toe Cap Toe Double Monkstrap Brogue Monkstrap w/ Medallion Cap Toe Spectator Oxford w/ Wingtip Toe Max Toe Penny Loafer Horseshoe Loafer Tassel Loafer
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Sursa: [businessinsider.com.au](https://www.businessinsider.com.au)

Suit Colour



with Shoe Colour

Sursa: rebloggy.com

Cum sa Scapi de Unghiile Galbene

Un articol de Maya

Ingialbenirea unghiilor poate fi declansata de diverse afectiuni medicale. Fumatorii sunt mai predispusi la ingialbenirea unghiilor cat si doamnele sau domnisoarele care folosesc destul de des oja.

In cazul in care te numeri printre persoanele care au aceasta problema, Echipa Secretele a descoperit cateva remedii eficiente pentru rezolvarea lor.

Citeste mai jos ce trebuie sa faci!

Foloseste lac pentru unghii

Cel mai comun factor care determina ingialbenirea unghiilor este folosirea frecventa CITESTE IN CONTINUARE

Sursa: secretele.com

Making ice cream at home

We all know that the homemade always tastes better. Making ice cream at home is one of the easiest and most fun food projects for kids to help out with or make on their own. This is really amazing recipe and it really tastes yummy.

For making this cool ice cream you will need milk, cream, sugar, vanilla extract, salt, sprinkles if you like, a measuring bowl, measuring cups, an ice cube tray, a large freezer bag, a small plastic bag, and winter gloves. Probably most of these ingredients and supplies you already have it around the house and with all these things you can have ice cream done in less than 15 minutes. Watch the amazing tutorial and enjoy!

Sursa: <http://worldinsidepictures.com>

Sursa video: [youtube.com](https://www.youtube.com)

Descopera Personalitatea si Relatia cu cei din Jur dupa Linia Inimii

Un articol de Maya

Stiati ca linia inimii este un indicator foarte important al personalitatii? Pe langa personalitatea, aceasta linie iti dezvaluie si calitatiile, defectele cat si modul in care esti perceput de cei din jur.

In imaginea de mai jos se observa 4 tipuri de linii ale inimii (cele ingrosate cu rosu).

Verifica-ti linia din palma ta si citeste mai jos interpretarea :

Interpretare:

A) In cazul in care linia inimii se termina sub degetul mijlociu, pot spune ca te-ai nascut pentru a fi lider. Esti o
CITESTE IN CONTINUARE

Sursa: secretele.com

Cum sa zidești o bolta fără cofrag

Aceasta este una dintre cele mai vechi metode de a face tavane, folosind var si mortar, numita metoda „terasă Madras”.

Pastreaza racoare în interiorul chiar în timp ce pe partea de ieșire este prea cald; vă veți simți ca sunteți într-o cameră cu aer condiționat.

Sursa: youtube.com

Sursa: youtube.com

Sursa: youtube.com

Vindecare prin Medicina Traditionala Chineza

Ce este medicina energetica? Cum emotiile influenteaza organele vitale si vice-versa? In Vest, medicina energetica, chiar si unele cercetari medicale de masa au inceput sa prezinte interes . Dar **Medicina Traditionala Chineza (TCM)**, a explorat temeinic aceste domenii, de secole – iar acum putem beneficia de pe urma ei.

Medicina moderna occidentala tinde sa se bazeze foarte mult pe echipamente costisitoare atat pentru diagnostic cat si pentru tratament, in timp ce TCM nu. **Aceasta poate conduce** CITESTE IN CONTINUARE

Sursa: secretele.com

0 Lingurita de Ulei de Masline pe Stomacul Gol Iti Poate Salva Viata

Un articol de Cristian Iacov

Hipocrate a spus odata faptul ca hrana noastra ar trebui sa fie medicamentul nostru si ca unul dintre cele mai bune lucruri pe care le putem face, ar fi sa consumam zilnic cate o lingurita de ulei de masline.

Stiati ca grecii consuma in medie 20 de litri de ulei de masline pe an, comparativ cu doar 0.5 litri de persoana in Romania?

Pe langa faptul ca uleiul de masline este una dintre cele mai bune surse de grasimi mononesaturate, acest ulei este medicamentul absolut. A fost intotdeauna CITESTE IN CONTINUARE

Sursa: secretele.com