

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: lonehomeranger.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: indieclectic

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: emlii.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. Scrapes 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: housethings.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: theholisticingredient.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 distruge intr-adevar microbii din organism, inasa 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

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 Limfatici

Ganglionilor

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 corpul 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

Iata cum va puteti Vindeca de Paradontoza intr-o Saptamana

Un articol de Cristian Iacov

Gingivita este cea mai usoara forma a paradontozei. Gingivita netratata poate avansa la parodontita, la care exista mai multe grade. **Parodontita agresiva** apare la persoanele care au boli ale gingiilor, dar par a fi sanatosi sau cel putin nu au nici o alta boala pe care medicina conventionala a considerat-o cauza de parodontita. **Parodontita cronica** include inflamatie tesuturilor de sustinere a dintilor mergand pana la pierderea dintilor. **Necrotizanta bolii parodontale** este o infectie grava in CITESTE IN CONTINUARE

Sursa: secretele.com

10 Super-Alimente care iti pot vindeca intregul corp

Un articol de Calin Petru Barbulescu

Pentru functionarea corpului in parametri cat mai optimi, luati in calcul aceste zece super-alimente ce contin substante nutritive.

1. Patlagina

Ai calcat pe ea, ai ignorat-o, ai incercat de atatea ori sa o elimini de pe gazonul tau, insa aceasta “buruiana” inofensiva este medicamentul cel mai utilizat de pe intreaga planeta, ajungandu-se in ziua de azi sa se cultiveze din ce in ce mai mult. De la patlagina se foloseste cel mai mult radacina, insa in unele cazuri si tulpina este CITESTE IN CONTINUARE

Sursa: secretele.com

Crema Anti-Celulita Facuta in Casa – Rezultate Vizibile in 7 Zile!

Un articol de Calin Petru Barbulescu

Daca nu aveti posibilitatea sa mergeti la un salon de masaj pentru a scapa de celulita, poate aceasta crema facuta in casa va rezolva problema. Este foarte usor de facut si nu o sa va coste mai nimic. Pe langa aceste avantaje, aceasta crema este produsa din ingrediente 100% naturale si va asigura ca va fi mult mai eficienta decat orice crema pe care o veti cumpara din farmacii.

Dupa ce veti citi cum se face, sunt sigur ca in momentul urmator, va veti apuca sa o pregatiti, iar dupa 7 zile de
CITESTE IN CONTINUARE

Cum pot obtine Cardul de Sanatate (pentru cei care nu l-au primit)

Incepand cu 1 Mai 2015, pentru a beneficia de servicii medicale decontate de CNAS, este obligatorie prezentare Cardului de Sanatate CNAS .

Pentru ca sunt mai mult de 500.000 de romani care nu au primit cardul de sanatate, cred ca acest articol poate fi folositor.

Pentru cei care nu au intrat inca in posesia cardului, CNAS pune la dispozitie o pagina web cu detalii despre cum puteti intra in posesia cardului, [AICI](#)

Pentru a verifica existenta cardului in retururile primite de la Posta romana, [vezi AICI](#)

Mai multe detalii despre Cardul de Sanatate, [AICI](#)

[Verifică online dacă ești asigurat](#) la sistemul de sănătate [AICI](#)

In cazul **pierderii**, **furtului** sau **schimbarii datelor personale** inscrise pe cardul de sanatate, asiguratul va cere un duplicat. Aceasta se va intampla in termen de 15 zile calendaristice de la producerea uneia dintre situatiile expuse mai sus, titularul cardului sau, dupa caz,

împuțernicitul acestuia va solicita CAS (Casei de Asigurări de Sănătate) în evidențele careia figureaza, un nou card național de sănătate.

Costul duplicatului este de aproximativ 15 RON (din care aproximativ 2,2 EUR + TVA costul de productie al cardului si aproximativ 2,75 RON + TVA cost distributie) si va fi suportat de titularul cardului.

Cum procedam?

Se depune la CAS, o **cerere de eliberare card de sanatate duplicat** si o copie a actului de identitate, insotite de dovada platii cardului si a costurilor de distributie prin servicii postale. Plata se va efectua la sediul Casei de Asigurari. Casa de asigurari de sanatate, va elibera o adeverinta valabila 30 de zile, timp in care trebuie sa primiti noul card. Asiguratul va primi acasa noul card. Din momentul depunerii documentelor, cardul va figura in sistem ca fiind inactiv, iar asiguratul va beneficia de servicii medicale in baza adeverintei primite.