

# 40 Simple Tips For A Happy And Healthy Life

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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)

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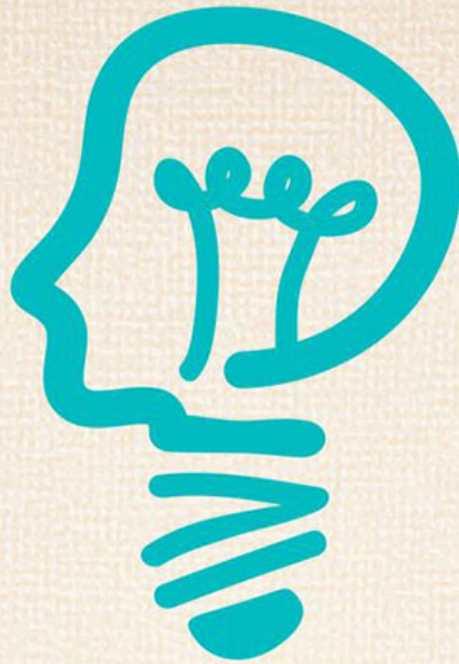


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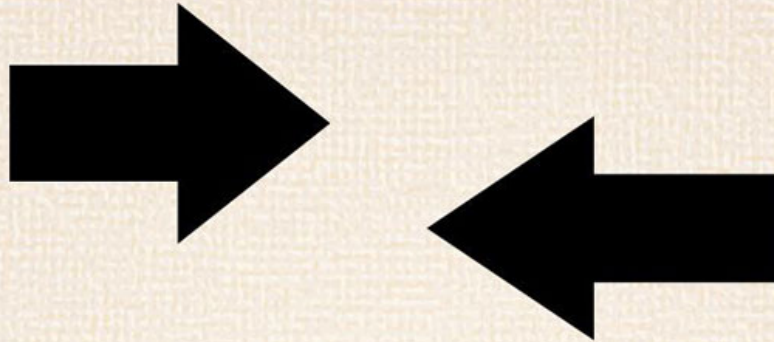


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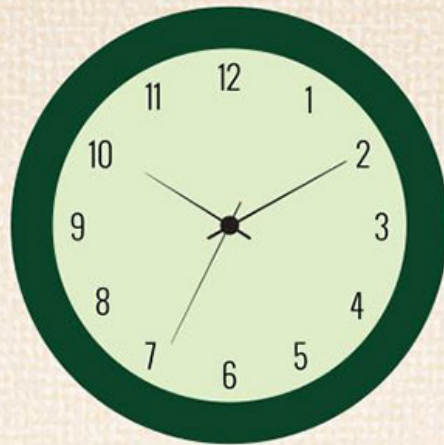


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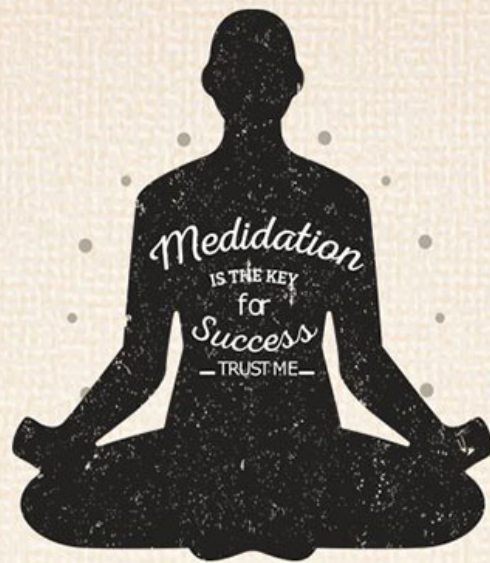


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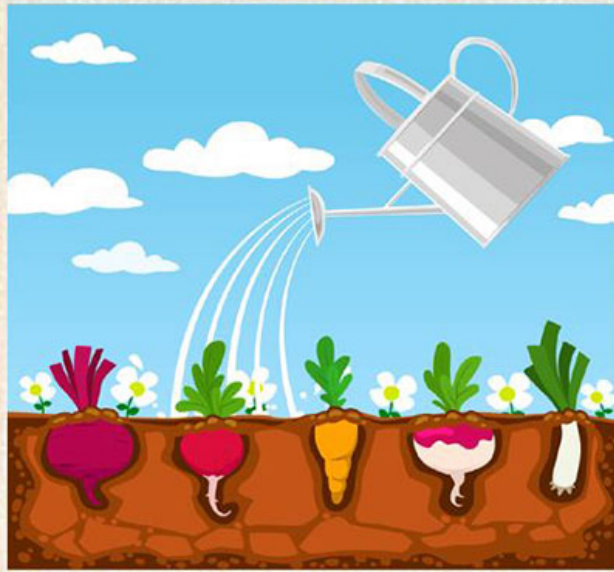


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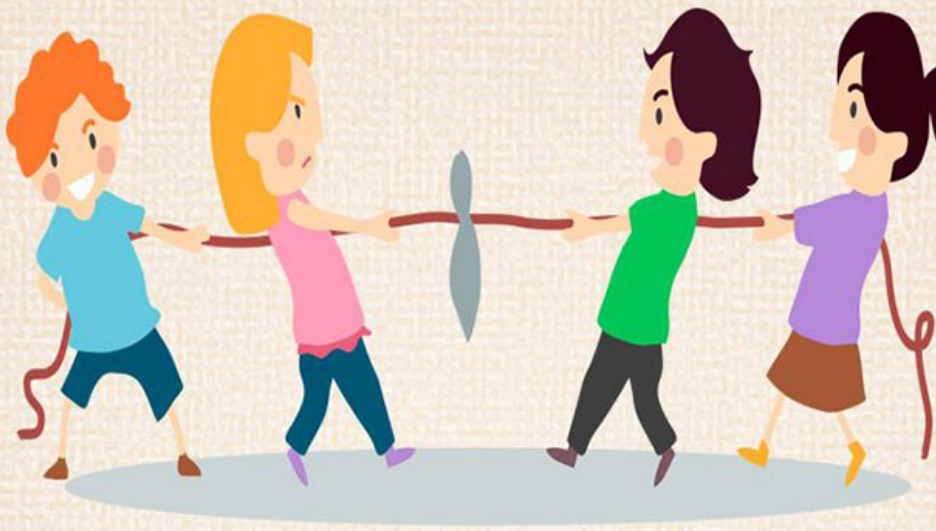


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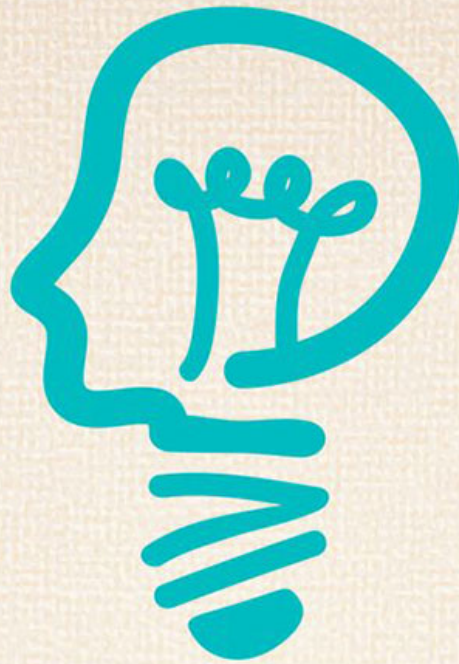


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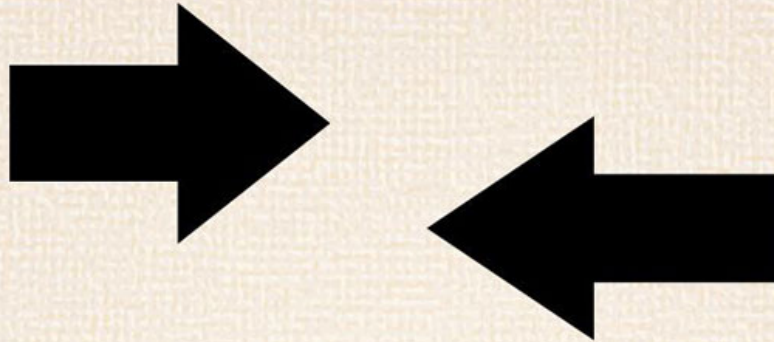


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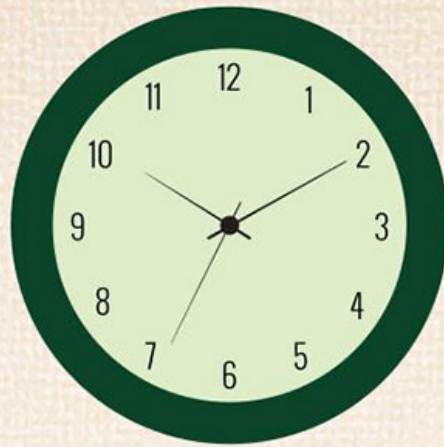


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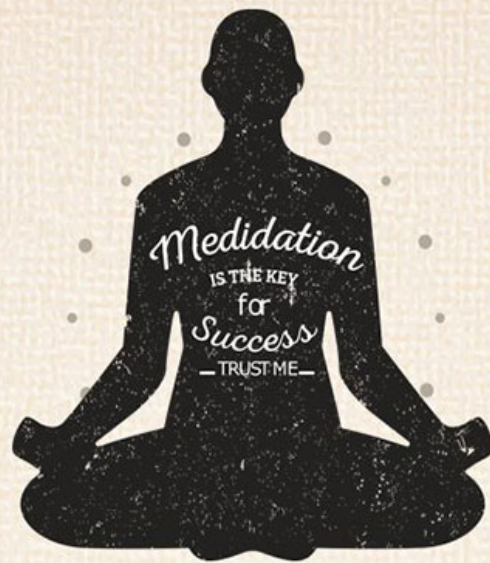


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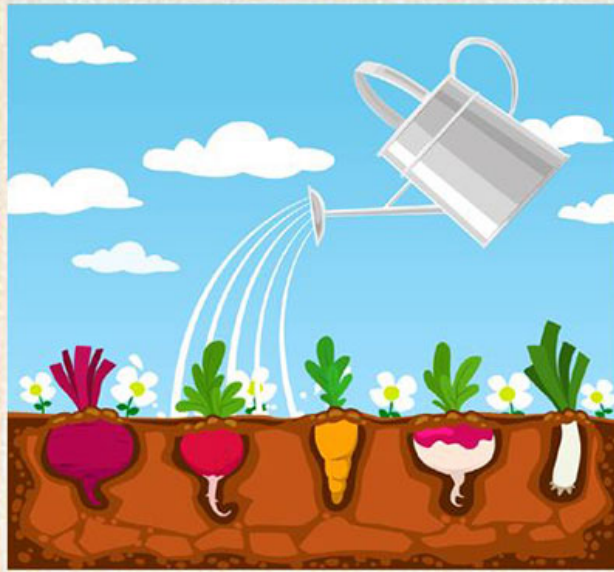


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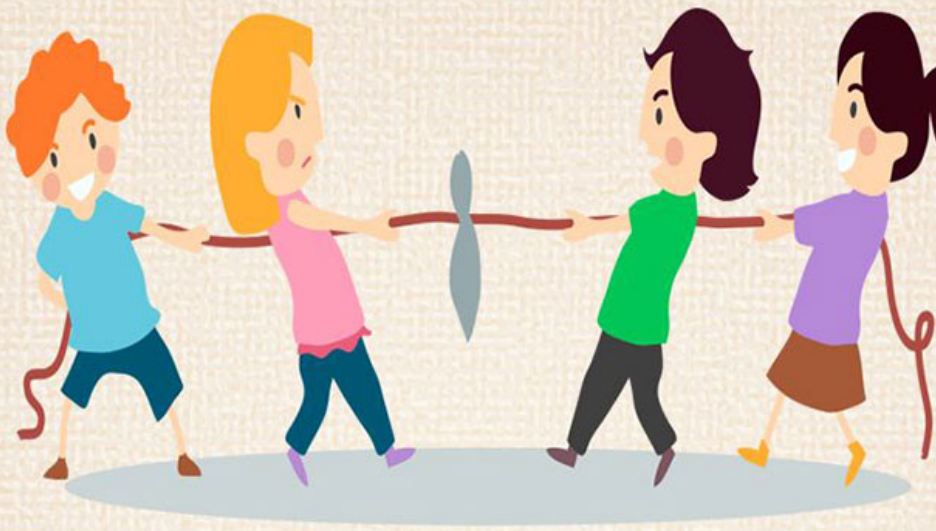


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# **11 USEFUL WAYS TO CLEAN EVERYTHING IN YOUR MAKEUP BAG**

Today we have prepared for you a wonderful and useful article with a few tips that shows how your make up accessories. You will see how easy and on a simple way to clean your makeup bag, how to wash your make up brush, also curling iron and hair iron should also be cleaned at a certain time and other tips. Find some useful ideas below and enjoy in these tips.

## **1. EMPTY OUT YOUR MAKEUP BAG, FLIP IT INSIDE OUT, AND USE MAKEUP REMOVER WIPES TO CLEAN THE INSIDE.**

 [source](#)

## **2. AN ALTERNATIVE WAY TO CLEAN EYELASH CURLER**

 [source](#)

## **3. PUT YOUR LIPSTICK IN THE FREEZER OVERNIGHT TO KILL GERMS AND BACTERIA**

 [source](#)

## **4. HOW TO: CLEAN YOUR CLARISONIC BRUSH HEAD**

 [source](#)

## **5. HOW TO CLEAN YOUR LASHES LIKE NEW AGAIN!**

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## **6. HOW TO CLEAN & SANITIZE YOUR MAKEUP & MAKEUP BRUSHES**

 [source](#)

## **7.HOW TO- HOMEMADE MAKEUP BRUSH CLEANER**

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## **8.WASH UP! HOW TO CLEAN MAKEUP SPONGES**

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## **9.HOW TO SANITIZE YOUR MAKEUP PENCIL SHARPENER**

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## **10.HOW TO PROPERLY CLEAN YOUR HAIR BRUSH**

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## **11.HOW TO CLEAN YOUR CURLING IRON**

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Via [buzzfeed.com](https://www.buzzfeed.com)

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# **8 Brilliant Tips For Living Life**

<https://www.youtube.com/watch?v=6pjn6XQisEM>

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

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# 5 Top Kitchen Tips

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

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## Top 6 Tips to Act on a Job Interview

Seeking for a new job isn't easy and sometimes it can take a lot of time. The stressful moments before being called on an actual interview can make you nervous and restless. But if you are among those few people who got that call and if you get your invitation for your first interview, don't panic. Yes, there are some set rules on what you should speak in order to introduce yourself and give the company a better picture about yourself, but also, some body language and phrases are welcome. These Tips to Act on a Job Interview might help you become that one candidate that the company is looking for.

### **#1. Don't be late**

Give yourself enough time to reach your destination, especially if you're unfamiliar with the area. Seriously, instead to go there relaxed, you'd be even more stressed out because you won't be able to get on time. If you can, go and

look for the location a few days before, just in case. Don't get there too early, either. It can make you look as if you have no other job, and they may get the wrong picture (that you panic or that you are impatient). The best time to arrive is between 10 to 20 minutes before your time.



Image Source: <http://www.inc.com>

## **#2. Research the company**

Don't worry if people call you a creeper or a stalker because you're researching the company, in fact everybody does this. Take time to find out about challenges and problems that company is facing. The simplest method is simply to do a Google search. Actually, most companies would even ask you certain questions like "what do you know about our company/stuff we sell/produce" etc. in order to see if you were interested enough to do a research on them. If you stand there without any info about the company you applied your CV for, they would think that you are not well informed and that you were just sending your resumes to random job seeking ads.



Image Source: <http://www.samarberry.com>

## **#3. Dress code**

Nobody says that you should dress in a suit, but even if you do it won't be a mistake. After all it is an official interview and with your dress code you are showing respect towards the company, towards the whole process and towards yourself. If you aren't fan of formal clothing, at least try to wear calm colors and decent clothing. Some people say that jeans aren't good for interviews, but if you combine them with a shirt and a coat, it would be a simple casual yet formal combination.



Image Source: <http://healthcarepursuits.com>

## **#4. Don't speak badly about ex bosses or places you worked for**

Speaking poorly of a former employer, no matter how bad your relationship, could come back terrible to you. If you get the job they would know that you will trash them, if you don't get the job maybe it is because of this mistake you did on the interview. Even if the interviewer asks you what you disliked about your former boss, refuse to take the bait. You can speak about things you learned, even if the context is different from what the interviewer might be thinking. The best answer is that you and your former boss were not on the same wave length or that you simply don't wish to speak about it.



Image Source: <http://i.huffpost.com>

## **#5. Don't over or underestimate yourself**

This is not time to play modest. You are selling your knowledge and work experience. Don't say that you don't know how much money you wish to earn. Some employers would ask you directly about the salary part – You can say a sum “from-to” and that is okay. Some of them would ask you what you expect from the job – among the rest of the things (like personal growth, promotions and good correlations with your co-workers) you can mention that you of course expect suitable salary.



Image Source: <http://everydaylife.globalpost.com>

## #6. Your education is important

Yes, companies would value your education, but they would value more your experience. If you are on your first job hunt, don't hesitate to mention your college internships, activities that you took after classes or hobbies that you do. You'd be surprised that those things matter too. So if you happened to help your mother organize and plan a weekend trip for your extended family, mention that. If you help your father in his business, mention that too. Also, show that your education turned you into a reliable person with lots of knowledge in the area you prefer to work.



Image Source: <http://liberalarts.udmercy.edu>

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## 10 Tips to whiten your teeth naturally – Home remedies

There is nothing worse than the horrifying looks of yellow teeth. While this happens for many reasons ranging from too much caffeine and tea to taking a ton of antibiotics to your diet it can often be treated. However the cost for the treatment can be quiet costly and cost hundreds of dollars. Often times many dental plans won't even cover this as it's considered cosmetic and that leaves you with a huge bill. Why pay all that money when you have a host of ingredients that

are right in your kitchen or can be purchased at your local grocery store for just a few dollars. Today we are going to show you the top ten home remedies for whitening your teeth.

## 1. Baking Soda

Baking soda is one of the best ways to whiten your teeth when used carefully. Please keep in mind these suggestions should be used in moderation. Excessive use of baking soda can erode your teeth's natural enamel which can leave you prone to other issues. Here are some simple easy ways to use baking soda to whiten your teeth. Try mixing a quarter teaspoon of baking soda with a little bit of toothpaste. Brush your teeth with the gritty mix and do this at least twice a week. Instead of warm water you can make the mixture with hydrogen peroxide, lemon juice, or even white vinegar. The picture below has some suggestions you can try that we will also mention in this post.



## 2. Orange Peels

Orange peels are very effective at removing those dreaded yellow colors from your once pearly white teeth. You can instantly restore your teeth's gorgeous looks by rubbing a fresh orange peel every night before going to sleep. The vitamin C and calcium will go to work right away and fight the chemicals that cause yellow discoloration. Try doing this for a few weeks and notice how much better your teeth look.



### 3. Strawberries

Another big supplier of vitamin C strawberries also will help your yellow teeth vanish if done properly. Try this concoction to get those pearly whites back. In your blender grind a few strawberries to make into a thick paste. Gently rub the paste onto your teeth. If you do this every day twice a day you will notice in just a few short weeks that your yellow teeth are gone. Just like magic. How is it that for money saving. It is much cheaper to buy a box of strawberries for a few dollars then spend hundreds on expensive whitening treatments. Try the other method below in the picture for more positive results.



### 4. Hydrogen Peroxide

Hydrogen Peroxide contains a mild bleaching ingredient which has the same results as those expensive whitening treatments. However pay extra attention when using Hydrogen Peroxide as overuse can irritate your gums and make your teeth extra sensitive. Try this method to make a hydrogen peroxide paste. Mix a paste of baking soda with some Hydrogen Peroxide. Then gently brush your teeth with it. Later on do a regular brushing of your teeth with your favorite regular toothpaste.



### 5. Lemons

One of the best ways you can rid your teeth of yellow discoloration is using lemon peels. In fact it is suggested that gargling with lemon juice and scrubbing your teeth with a lemon peel is one of the most efficient ways to remove yellow marks on your teeth.



## 6. Salt

Salt has been used for hundreds of years and has been proven to be effective with removing yellow plaque marks from teeth. Simply mix regular table salt with some baking soda and very gently rub it on your teeth. Pay extra attention with salt as it can do some damage to your gums and teeth enamel if you brush harshly.



## 7. Holy Basil

Not only is Holy Basil very good at removing yellow plaque marks from your teeth but it also helps prevent advanced periodontal diseases such as pyorrhea. Leave a few holy basil leaves in the sun for several hours. Go out and check them periodically when they are dry this is when they are ready to be used. You then want to take the dried Holy Basil leaves and grind them in your blender until they are in powder form. Mix the Holy Basil powder with your regular toothpaste and start brushing away.



## 8. Apples

Apples are very powerful fruits and benefit our bodies in many ways. But did you know just chewing a crunchy apple once or twice a day is just as potent as brushing your teeth. The acidic juices from apples works diligently to remove yellow stain marks from your teeth. Still brush your teeth but try doing this with eating one or two apples a day and see how gorgeous those teeth will look.



## 9. Charcoal

Another well-known teeth brightener Charcoal has potent crystal chemicals that does a great job at whitening teeth. Just mix a little bit of charcoal powder with your regular toothpaste and gently brush. Try doing this twice a day. If you don't have Charcoal you can also use burnt bread and rosemary as substitutes.



## 10. Margosa

Margosa or neem leaves are both effective against yellow teeth. In addition to these excellent features margosa due to its tough antiseptic properties is very effective in fighting other dental health issues such as bad breath and cavities. You can use margosa twigs instead of your regular tooth brush and start putting those powerful properties to work right away. In addition to this you can also chew margosa branches to help fight yellow discoloration and prevent other dental health issues.



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