

life hacking for a healthy lifestyle

#1

Peeling toothbrush

- With a soft toothbrush, you can make peeling to avoid black spots, and if the skin exfoliates on the lips.
- Exfoliate- отслаивается
- Avoid black spots – избавиться от черных точек
- A soft toothbrush- мягкая зубная щетка



#2

Use glue for wounds in emergency situations

- You can use just glue, but not recommended.
- There are special medical glue.
- A wound- рана



Use sweetener. Sweetener- сахарозаменитель

- If you want to reduce the consumption of fast carbohydrates, you can use a sweetener. It will be profitable, for example: 1 kg of aspartame ~ 200 kg of sugar. It can be used in a batch and it does not knit saliva.
- Fast carbohydrates- быстрые углеводы
- Profitable – выгодно
- A batch – выпечка
- Knit saliva – вязать слюну



Pull the splinter with soda

- Apply to the place where the thorn stuck, a mixture of soda and water. You can glue the wound on top with a plaster. After a while the thorn will be very easy to get, because the skin will soften
- A thorn-заноза
- A wound-рана
- will soften- размякнет



Use frozen vegetables from the market

- There are times when we don't want to cook and go to the store. In such cases, we order bad food or eat fast food. If you keep a couple of packets of frozen vegetables, they can be consumed at a convenient time. Modern technology helps to preserve all the necessary vitamins and minerals.
- Store-магазин
- In such cases-в такое время
- Order-заказывать
- a couple-морозилка
- convenient- удобно



Use dental floss

Floss- НИТЬ

- The remains of food remain between the teeth and with time it begins to rot and stink. This leads to tooth caries between the teeth. If you use floss, your teeth will live longer.
- To rot-гнить
- To stink-вонять
- Between- между



#7

Do sport

- It is good for health and helps to stay in shape, not only for men, but also for girls. We have made it more likely to engage in these men, but it is useful to everyone! Well, you know!



to stay in shape
ост. в форме





Apply my advice and thank you
for your attention!