

Online Library How To Look After Your Guinea Pig A Practical Guide To Caring For Your Pet In Step By Step Photographs

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Drink lots of green tea, and use the tea bags afterwards to reduce puffiness on your eyes. Green tea is filled with antioxidants, which can reduce inflammation and puffiness in your skin. Chill the used tea bags in your fridge, then place them over your eyes for 10 to 15 minutes to reduce puffiness.

~~How to Look After Your Skin (with Pictures)~~ [wikiHow Life](#)

Look after yourself Self-care in the wake of the coronavirus outbreak includes focusing on things you can control (like having good hygiene) instead of those you cannot (stopping the virus). Where possible, maintain your daily routine and normal activities: eating healthy meals, getting enough sleep and doing things that you enjoy.

~~Coronavirus: 8 ways to look after your mental health~~

How to Look After Your Mind and Body. Being Healthy and living a long happy life is important for each of us. The key is looking after both your mind and body. A healthy body can carry an even healthier mind. Read the article below for...

~~4 Ways to Look After Your Mind and Body~~ [wikiHow](#)

Steps. 1. Keep a good diet. This will help you with many other things, not just your nails. [1] 2. When applying lotion to your hands make sure to rub some into and around your nails. 3. Keep your nails even. If you find that some of your nails are super long while the others are broken-off, trim or ...

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Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health. Tell me more... 3. Eat well. Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body.

~~How to look after your mental health | Mental Health ...~~

As well as cleaning your blood, they also help regulate your blood pressure, balance the amount of water in your body, and manage your body ' s production of vitamin D. For more information about the intricate workings of your kidneys, head to the Kidney Health Australia website. 5 things you can do to look after your kidneys 1.

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How to look after your kidneys. Try to drink approximately 8 to 10 glasses of water or herbal tea each day. Ideally your urine would have a faint yellow color. Avoid a high intake of sugar and refined carbohydrates like bread, pasta and breakfast cereals.

~~Are you looking after your kidneys? | Liver Doctor~~

Make sure your hands are clean before using your laptop. Place your laptop on a clean, dust-free surface. Make sure the laptop is well-ventilated by ensuring that the vents are clear of obstructions. Keep your environment at a neutral temperature. Use a dehumidifier if your climate is exceptionally humid.

~~How to Take Good Care of Your Laptop Computer (with Pictures)~~

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Photo: Erika Raxworthy 1. Make Sure Your Succulents Get Enough Light. Succulents love light and need about six hours of sun per day, depending on the type of succulent.

~~How to Care for Succulents (And Not Kill Them): 9 Plant ...~~

After major abdominal surgery, your biggest challenge will be keeping your dog calm, so it's best to consult your veterinarian about techniques you can use. Depending on the dog, you might just need to keep it on a leash when you walk them, but for a more active or younger dog, you might need to keep it crated or kept in a dark, quiet room.

~~How to Care for a Dog After Spaying (with Pictures) — wikiHow~~

How to look after your mental health during a pandemic. Written by Maria Cohut, Ph.D. on March 27, 2020 — Fact checked by Jasmin Collier.

~~How to look after your mental health ... — Medical News Today~~

When your hair begins to look greasy, but you don ' t want to wash it yet, you can add some dry shampoo to help your hair look clean. Hold the can 10 inches (25 cm) from your hair and spray it on your roots in short bursts. Massage the product into your scalp, then comb through your hair when you ' re done. 3

~~4 Ways to Look After Your Hair — wikiHow~~

Add ice. Curiously, ice cubes are a great way to water because they aren't messy, they release moisture slowly into the soil and prevent overwatering. Start with an ice cube per day and keep your eye on the

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soil moisture. Also ideal if you're escaping your four walls for the Christmas holidays.

~~Christmas Poinsettia Care Guide | Interflora~~

Try eating from a smaller plate and cutting down on fatty and sugary foods. Get at least half an hour 's exercise a day leaving you warm and slightly out of breath. Finding an exercise that you enjoy will help: try walking, swimming, cycling or dancing. Stick to the recommended guidelines for drinking alcohol.

~~Looking after your liver - British Liver Trust~~

10 tips to look after your teeth. Good oral hygiene and regular visits to the dentist will help you maintain healthy teeth and gums. Here are some tips to help you look after your teeth. Brush at least twice a day. The best time to brush teeth is after meals. Choose a toothbrush with a small head for better access to back teeth.

~~10 tips to look after your teeth - Better Health Channel~~

Rehoming a goldfish can be tricky, she says – far better to do your research first to see if you can look after it properly. “ I think a lot of people would research a dog or cat with a lot of ...

~~Carp diem: how to look after your lockdown goldfish for ...~~

However your wellbeing is at the moment, there are things you can do to look after and improve it. What helps you now may not be the same as what helps you in the future. Try what you feel is comfortable and right for you, at this moment. Here are our top tips to look after your wellbeing:

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~~Looking after your wellbeing | Mind, the mental health ...~~

How to look after your mental health in the aftermath of the election. Written by Maria Cohut, Ph.D. on November 6, 2020 — Fact checked by. Isabel Godfrey.

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