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USB flash drives may seem ancient in history, but they are cheaper than ever, smaller than ever, and faster than ever. This week we are curious which ones you think the best tote these files around you need but don't trust the cloud. We see a lot of storage deals these days, and often there are some really good USB 3.0 flash drives among them. Some of them are almost indestructible and can go anywhere. Others are super-tiny and can fit in your wallet. Others have the shape of keys, or have some other amazing trick up your sleeve. Which ones do you think are the best? Let us know in the discussions below. Let's hear your voice in the discussions below! To vote, follow these recommendations: Follow this format for your voice, including bold print. If you don't think about it, it won't count: PHOTO or SCREENSHOT of the best USB 3.0 FLASH DRIVEVote: BEST USB 3.0 FLASH DRIVE Why: Explain why these flash drives are the one you think is all around the best. Maybe you have one and you love it. Maybe it's super cheap, indestructible, super-portable, or just fast. Maybe it's packed with extra features. What makes it the one you would recommend to others, and why? Do your job! Don't duplicate the nominations! Instead, if someone has appointed your choice, the star (recommend) it to give it a boost and respond with your story instead. Please do not leave without logging, direct comments on this post. They're just going to be pushed down. Save your stories for the representations of others! If you're not sure what we mean, just check out the nominations of our writers below. We'll give you a start and they all need to be in the proper format so you can just follow our example. Hive Five is our weekly series where you vote for your favorite apps and tools for any job. Any suggestion on the topic? Email us at tips@hivefive@lifelifehack.com!G/O Media can get commissionMario Kart Live: Home CircuitPhoto by Sinchen Lin. Go to The Smoother Content, Softer, Healthier, Younger Looking Skin: Yes, Please! We've gathered the top secrets of the pros. Who isn't obsessed, even a little, about her skin? After all, this is our biggest organ, one that is most likely to show the effects of the elements (such as the sun and wind) and the aging process. Of course, you can't control the weather or hands time. But there is a lot you can do to keep your skin in peak shape. Read on for the latest advances- from high-tech lasers to fine lines to innovative skin cancer drugs that will help prevent and defeat beauty wrecks and medical problems alike. Problem No 1: Redness is a lowdownblame that perpetual flush on years of exposure to ultraviolet The sun that can cause capillaries to burst, explains Debra Jaliman, md, professor of dermatology at the Mount Sinai School of Medicine in New York and author of Skin Rules. As you get older, your skin also thins, making blood vessels vessels Visible. Another common culprit: rosacea, a chronic disease that involves swelling of blood vessels under the skin. Its redness comes and goes, usually in response to triggers like sun, stress, hot weather, wind, hot tubs, and spicy food. It looks like it's on the cheeks, nose, chin or forehead. Rosacea can cause acne-like bumps. RxHide has a red face with a green-hued concealer such as Dermablend, Dr. Jaliman says. If you have rosacea, your dermatologist may prescribe antibiotics or topical foods that contain sulfur or azalea acid that have anti-inflammatory properties. Wearing sunscreen is a must to prevent outbreaks. Look for those that contain physical blockers of zinc oxide or titanium dioxide, which tend to be less irritating than chemical ingredients, Dr. Jaliman says. At the same time, you can get visible blood vessels zapped away in your dermis office with a laser. Most people claim two to three to treat at about \$300 a pop. Problem Number 2: Sun damage and lowdown lines as you get older, your body slows down its collagen and elastin production, says Jessica Krant, MD, assistant clinical professor of dermatology at SUNY Downstate Medical Center in New York. This reduces skin elasticity. The result? It's the occasional furrow on your forehead, frown, or squint becomes constantly etched on your face. As for age spots, thank all the days you spent as a teenager sunbathing yourself without sunscreen: Exposure to ultraviolet rays over time causes an increase in the number of pigment cells in the skin, Dr. Krant says. What it looks likefine lines; flat brown or black spots on the sun open areas such as the face, chest and arms. Rx Age Spots: Pharmacy whitening creams that contain 2 percent hydroquinone or a natural ingredient called kojic acid-can help. But if you have a lot of damage, you probably need something stronger. Your dermatologist may prescribe 4 percent hydroquinone, but talking to her about the risks is not allowed in Europe for safety reasons. Your dermis may also prescribe lightening ingredients such as tretinoin and hydrocortisone. If those don't work, consider laser or intense pulsed light sessions that cost \$300 to \$500 each time. Thin lines: Products containing retinol mow collagen, help to rant wrinkles. Over-the-counter ones are good for fine lines and crow legs, Dr. Krant says; ask for your document for a Retin-A prescription if you need more energy. Botox or dysport injections prevent wrinkles on the forehead. Cost: \$500 to \$750. Next page: Problem 3: Allergic and irritated skin - pagebreak No 3: Allergic and Lowdown skinIf you have a rash that is marked by dry, cracked red spots, you will probably have contact dermatitis. Either you have touched a substance you are allergic to, like nickel or latex, or you have a non-allergic reaction to chemicals like those in detergents. You can eczema, which is usually caused by irritants from aromas, cold weather, allergens, and sometimes even stress. Eczema is usually itchy and sometimes leads to small lumps that leak fluid. If you have itchy scars that move during the day, you have hives. Acute hives that come suddenly often due to food or drug allergies. Chronic hives, which can last up to six weeks, are more common and are not always allergic. About 20 percent of the time, they are caused by cold, heat, light or exercise. Otherwise, they may be caused by an autoimmune disorder or the body's response to the disease. In some cases, there is no clear reason. RxIf you notice the sudden hives, take Benadryl and call your document as soon as possible; you may have a serious allergic reaction. Contact dermatitis usually goes away when you avoid what causes it. Over-the-counter antihistamines such as zertek, and hydrocortisone creams can also help, but if the rash continues, see a derm or allergist. Prescription cortisone creams can relieve eczema and chronic hives; Severe cases of chronic hives can be treated with prescription drugs like ciclosporin, which help suppress the immune system. LowdownTake Deep Breath: Not all bumps and bumps are cancerous. The most common are seborrheic keratose (SKs) - harmless brown or black growths that usually occur with age and can work in families. Other non-problematic growths include warts and skin tags. Warts are caused by the human papillomavirus (HPV) and they are contagious but not life-threatening. You will most likely catch one if you have a cut which explains why they tend to appear on your fingers. Skin tags are often kneaded on the armpits, due to cracking. For the same reason, you can get them if you are overweight or have large breasts. The way they look starts out as small, flat, rough, tan or brown bumps that slowly thicken on the face, chest, shoulders or back. Warts are small, grainy manure that feel rough and bumpy. Skin tags stick out and maybe a little stem connecting to your body. RxThese naros are harmless, but you can choose to have your dermatologist remove them, either by freezing them with liquid nitrogen (cryosurgery), burning them (electrocauteria), or, if they are large, zapping them with a laser. Always check them out though, since it is sometimes difficult to tell whether the growth is benign or potentially cancerous. © copyright. All rights are reserved. Printed from a link to an external site that may or may not comply with the accessibility guidelines. Last updated October 14, 2020 When you become an early riser, you'll experience benefits, including feeling more energetic and having more time to do what you want. If you want to join the ranks of those who wake up with the sun, there are some things you should know before you run to set the set Alarm. What exactly do you need to do to learn how to become an early riser? Here are 5 tips that I found to be most helpful in making the transition from an unstable sleeper or night owl early in the morning. Choose to get up before you go to sleep You are not very good at making decisions when you have just woken up. You were in the middle of a dream in which the insert celebrity crush choice here serves you breakfast in bed, only to be rudely awakened by the harsh tones of your alarm clock. You are disappointed, confused and surprised. Now is not the time to make decisions about whether to stay in bed! And yet, most of us leave the first decision of our time to be made in the blur of partial wakefulness. No more! If you want to learn how to be an early riser, try making your decision to climb at a certain time before going to bed the night before. This frees you from making a decision in the morning when you have just woken up. Instead of making a decision, you only have to execute our decision from the night before. Easier said than done? Of course. But only the first few times. After all, your need for raw willpower to stick in bed will diminish and you will be the proud parent of a new habit! Steve Peacock invites you to practice putting a few practical lessons in the side during the day without the morning fog in your head.2 Have a plan for your extra TimeLet to say that you actually made it out of bed 2 hours before you normally will. Now what? What are you going to do with all the time you found in your day? If you don't have something planned to do with your extra time, you run the risk of getting caught up in the temptation of morning sleep, which destroys all the work you put into getting up. Before you fall asleep, make a quick note about what you would like to do for the extra hours the next day. You can read a book, clean the garage, or write that working report you've been putting off. Make a plan when you wake up early and you will do more than protect yourself from going back to bed. You get things done and these results will fuel your desire to build growth early in the habit!3. Make Growing Early Social ActivityY online or social media buddies just don't have the pull to make your new habit stick in the long run. The same cannot be said for the people you spend time with as part of your early morning routine. Sure, you can read blogs for two hours every morning, but wouldn't it be great to join an early breakfast club, running a band, or playing chess in the park at 5am? The more people you get involved in making your new habit an everyday part of your life, it will be easier to succeed. Consider finding an accountability partner who is also interested in becoming an early stand-up. Maybe it's this. who you plan to run with at 6 a.m. Or it could be your husband or wife and you decide to get up early to spend more time together before the kids wake up. Learn more about finding the perfect accountability partner in this article. Don't use an alarm that makes you angry! We're all connected differently, why do we all insist on torturing ourselves with the same alarm every morning? I spent years trying to wake up before the alarm went off so I wouldn't have to hear it. I did a pretty good job, too. Then, I started using my cell phone as my alarm clock and quickly realized that different ringtones annoyed me less, but worked just as well to wake me up. Now I use the ringtone alarm as a backup for my bedside lamp, which I connected to the timer. When the bright light doesn't work, the cell phone lifts the slack and I wake up on time. Lesson learned? Experiment a bit and see what works best for you as you try to become an early riser. The light, sound, smells, temperature, or even some dodgy that dumps water on you can be more enjoyable than your old alarm clock. Give something new to try! And the last thing you can do is set the alarm at least a few feet from your bed. If it's within your reach of your hand, you'll be tempted to press the snooze button. However, if you have to get out of bed to turn it off, you'll be more likely to resist going back to sleep.5 Get your blood flowing right after waking up!f you don't have a neighbor you can choose fights with at 5am, you will have to settle with more mundane exercises. It doesn't take much to get your blood flowing and chase sleep out of your head. Just choose what you don't mind doing and go through the motions until your pulse is up. Jumping rope, push-ups, crunches, or a few minutes of yoga is usually enough to do the trick. Here are 10 simple morning exercises that will make you feel great all day. (Just don't do anything that your doctor hasn't approved.) If you are going to go for a full morning workout, be sure to give your body at least 15 minutes to move before you start. Drink a glass of water, stretch a little and then get into a workout. If you live in a beautiful part of the world like me, you can use a little of your early morning to go for a walk and enjoy the beauty of the world around you. If you have a cafe open within walking distance, dragging yourself out of bed for a cup of coffee to enjoy a walk home as the world wakes up around you it is a wonderful experience. Try it and you'll enjoy becoming an early riser! The final thought of making a new habit is always a problem, especially if this habit makes you out your bed before the sun even up. However, early risers enjoy increased performance, higher concentration, and even healthy eating habits! It's all great reasons to give it to him try to get up a few minutes early. Try to get to bed a little earlier and learn how to become an early riser with the above tips and conquer your days. Read more on how to become an early RiserFeatured photo credit: Nomadic Julien via unsplash.com unsplash.com phicool flash drive user manual. jd flash drive user manual. sandisk xpand flash drive user manual. sandisk wireless flash drive user manual. sandisk xpand mini flash drive user manual. sandisk flash drive user manual. usb flash drive user manual

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