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There's a little worse description than a car problem with a friend's gearhead. They ask you very specific information about your car and you are left to explain that: 1.) You have no idea how your car works and 2.) When you said you were in cars, you really meant that you liked the British repartee Top Gear, although you rarely had an idea of what they were joking about. Audi has an interesting solution for owners of Audi A1/A3. The newly updated iOS app from the automaker, from Metaio, allows you to target your smartphone camera to 300 parts of your car, like dials, buttons, and even engine pieces to be clearly identified and explained on the screen. It's like a user manual that you can specify. Curiously, the recognition of 2-D and 3-D images takes place in real time, with all these backend definitions streaming out of the cloud. This means that the user will never have to download updates to expand the content. Rather, as the cloud gets smarter, so will your phone. Much like Ikea's recent catalog of furniture modeling, which was also built by the Metaio-Audi app is an example of augmented reality gone straight. While many have seen the potential of AR's distracting HUDs and interfaces like GPS, which lies right above your own vision, Metaio has built interactions to respond to the simplest gestures, framing questionable objects on the screen and instantly getting definition. And in this regard, Metaio sees its software scale far beyond cars. Of course, we want to continue this partnership with Audi and other automotive partners. - says a representative of Co.Design. But we see potential in interactive guides for almost all industries. Download it here. Getty Images The child is back! Sir Meeks-A-Lot may have tapped these texts more than 20 years ago, but our fascination with homelessness still remains. In fact, from Iggy Azalea's curvy derriere to Sofia Vergara's ridiculously tinted carcasses, behind replaced breasts like this is the body part of the decade. But there's no reason to worry if you think your not on the same level: whether it's pain in the butt of problems to focus on health issues (radiculitis, anyone?) or more cosmetic issues (hello, cellulite!), we have them covered. What is pain (often found in the lower back or hip) that travels along the sciatic nerve that runs from the lower back down through each of your legs. Most of the time, sciatica is due to a herniated disc that bulges and compresses the nerve. But sometimes it is caused by piriformis syndrome, which is when the striped muscle piriformis (it extends from the sacrum to the upper femur) compresses the sciatic nerve. You are more likely to experience the first signs of age from 50 years old. Years of sitting can increase the risk of sciatica, says Wellington Hsu, md, professor of orthopedic surgery at Northwestern University School of Medicine. There is also a genetic component. I shias can sometimes occur during pregnancy, when the enlargement of the uterus can push against the nerve. What it feels like is anything from blunt pain to shooting or burning knife pain with an electric shock. An Rx primary care physician or podiatrist should be able to diagnose sciatica through a physical examination. Usually the condition improves with over-the-counter or prescription anti-inflammatory drugs or muscle relaxants, stretching exercises or physiotherapy. Cortisone injections can work for short-term relief. If your pain persists for more than six weeks, you may need an MRI to determine the cause. Problem No. 2: Sacroiliac Joint Pain What is the pain around the sacral joint located in your lower back where your spine and pelvic bone meet. Although it is common to have discomfort in the area during and after pregnancy (as your pelvis expands to prepare for birth, ligaments stretch and tug at the joint, causing pain), many women experience it due to muscle tightness or weakness. Don't ignore the pain: This may mean that the cartilage between the bones wears out, which can lead to arthritis. What it feels like is pain in the lower back and hips (often on one side) that worsens with a bend or activity; It tends to get more serious after you sit for a long time and feels better when you go to bed. Rx It can be diagnosed by your attending physician or orthopedic specialist with physical examination and X-ray. Treatment is usually conservative: over-the-counter anti-inflammatory drugs and, if necessary, cortisone injections directly into the joint to relieve pain. The best prevention is a strong core, which helps to relieve pressure from the joint, strengthening the surrounding muscles. Talk to your paper about movements (such as planks and thigh lifts) to do on your own. What's a hole?! If you notice blood in the stern or on toilet paper, or itching and swelling around the anus, you may have hemorrhoids. The most common risk factor, says Steven Naymagon, MD, gastroenterologist at Mount Sinai Hospital: constipation. Your MD can tell if you have an external hemorrhoid (under the skin around the anus) by exploring the area; Hemorrhoids inside the rectum can also usually be diagnosed by manual examination, but if there is bleeding, you may need a colonoscopy or flexible sigmoidoscopy to rule out something scarier like colon cancer. Treatment is usually over-the-counter products with hazelnuts or hydrocortisone to relieve swelling and/or itching, as well as soaking in a warm Sitz bath. Also key: Slowly up your fiber intake to 25 to 30 grams a day, and drink lots of water. If that doesn't work, Dr. Adds, your document can perform an office procedure known as banding gum, where it places a strip around the hemorrhoid to cut off its circulation (group, and 'roid, fall within the limits What is an injury to one of your hamstring muscles that run down the back of your hips from your pelvis. While this can happen to anyone who is active, you're more susceptible as you get older because your muscles tighten as you age, says Jordan Metzl, MD, a sports medicine physician at the Hospital for Special Surgery in New York. What it feels like a sharp pain in the back butt or foot during activity (when the actual tension occurs) and also afterwards, along with swelling and bruising. Rx Your first step OF RICE: rest, ice (use cold packs 20 minutes at a time, several times a day), compression with a bandage around your hips and height. If you've been poo for more than a few days, look at your GP or sports medicine specialist. You can do an X-ray or MRI to see if it is a complete tear or tension, and can get crutches or a prescription for physiotherapy. New to iPhone, iPod Touch, or iPad and wondering what tips and tricks you really need to know to get started? Are there friends and family who are new to the iPhone and would like to have a handy link to send them? Don't look any further. Carefully curated below TiPB's top 10 tips and tricks for new users - all you need to know is to get going now. Note: If you're really new, check out our new user guide first, the fastest way to get and run and enjoy your new device. Because iPhone, iPod touch and iPad have only a few buttons, the Home button does a lot of different things. So much, it can be misleading. With the click of a mouse you can move you around home screens, a double click can put you in a quick application switch, a triple click can run availability, click and hold can run voice control on iPhone 3GS and iPhone 4 and Siri on iPhone 4S, and tapping and holding combined with the sleep/wake button can restart or restart the device, or put it into recovery or DFU (update) modes. Typing tips and key shortcuts for iPhone and iPad Want you had a faster way to insert punctuation or get to caps or numbers on iPhone, iPod Touch, or iPad virtual keyboard? Or a way to type just a few letters to get a whole word or sentence? iOS has many time-saving features built in to do just that. How to protect your iPhone or iPad with a Lock Your iPhone, iPod touch, or iPad password can store a lot of personal information, including your contacts, photos, and personal messages. You can set up a simple 4-digit pin or a strong alphabetical password to protect them. How to set up a password lock How to take a screenshot with an iPhone or iPad Taking a screenshot very easily with iOS and allows Record or share an image of everything and everything on your device - high score video games, cool feature in the app, funny FaceTime moment, bug you want to report. Just snap it and it goes right into the camera roll with all the Other photos. How to share a photo or video with an iPhone or iPad the only thing that is better than a big picture, awesome video, or even a killer screenshot is shared with friends and family. With the action button, the iPhone and iPad make it very easy. How to set up iMessage and FaceTime on iPhone or iPad If your friends and family also have an iPhone, iPad or iPod touches, you can avoid using your minutes,

and bypass expensive SMS/MMS fees using Apple's free FaceTime video call and iMessage text and photophones. How to customize FaceTime How to customize iMessage As iMessage works How to use Siri on iPhone 4S Siri is Apple's new artificially intelligent virtual assistant, and it can help get more done, easier, on your iPhone 4S. While the core commands are great, Siri also understands context and relationships, and becomes even more powerful when you put together start combinations. How to tie to your iPhone Personal Hotspot If your data plan allows, you can tie a Windows or Mac laptop, or even your iPad to your iPhone Personal Hotspot and get them online, even if you're away from Wi-Fi. How to use a personal hotspot How to connect an iPad to a personal hotspot How to watch flash video on iPhone or iPad Apple does not support Adobe Flash videos on iPhone, iPod Touch, or iPad. Often it doesn't matter, and the video site will realize that you are on an iPhone or iPad and send you an H.264/HTML 5 video instead, or if it's for a TV network, you'll be able to find an app in the App Store that does it directly. However, for smaller sites that are not compatible and don't have their own apps, there are also several App Store apps that convert Flash videos to Apple-backed H.264 videos on their servers and then send it to your iPhone or iPad so you can watch it. How to watch flash video How to upgrade or restore your iPhone, iPod Touch, or iPad software About once a year Apple releases a new version of its mobile operating system, as they just did with iOS 5. In the end, they will release a few minor improvements, such as upcoming iOS 5.1. Between them, there are likely to be a few bug fixes and performance enhancements, such as upcoming iOS 5.0.1 or 5.0.2. Once this is done, you can get future updates via Wi-Fi. If something goes wrong, you can also easily recover (overwork) either from backup, or as a new device. Since battery problems are one of the biggest reasons why people resort to recovery, here are some troubleshooting tips for that as well. Your top tip? There you have them, TiPb top 10 tips and tricks for the new iPhone, iPod and iPad users. Did we miss any of your favorites, or didn't cover everything you really wanted to know? If so, add them to the comments! Meanwhile, here are some more of our favorite top 10! Top 10 apps and games for iPhone Top 10 apps and games for iPad We We Are We earn a commission for purchases using our links. Learn more. More. [iphone 7 plus user manual pdf](#). [iphone 7 plus user manual pdf download](#). [apple iphone 7 plus user manual](#). [verizon iphone 7 plus user manual](#). [iphone 7 plus user guide manual pdf](#). [iphone 7 plus camera user manual](#). [iphone 7 plus 128gb user manual](#). [iphone 7 plus user manual download](#)

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