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Red t shirt template side

Skip to the main contentRD.COMSue that he wears a shirt from his back and put it into one of these new uses. Shorten the long-sleeved shirt. Take that worn shirt off your back and put it to one of those new uses. Shorten the long-sleeved shirt. If your shirt has frayed cuffs but otherwise looks good, cut off and line the sleeves to make it short sleeves. You will get a lot of extra wear from thisObled long-sleeved shirt making great painting coats. On another home project, don an old long sleeved shirt. You will not have to worry about stains and mud. And of course, old shirt smocks are perfect for kids during creative color or arts-and-crafts time at home or school. Make a shirt for the backpack. Tie a knot at the bottom of the shirt and stuff items over the collar section. Tie the ends of the sleeves together and throw it over your shoulder. This is a good way to carry a small load of laundry to the laundry room. Old shirts make great clothes. They are especially good for cleaning cobwebs and other dust from ceilings and corners. Just stick to one end of the broom and start wiping the dust. Rags from the shirt are also good shoe polishers. Make napkins. Cut off the back of the shirt into 12-inch squares of fabric. Hem each side together and you have a new set of napkins for dinner. Cut off the rails. Remove all the buttons and ornaments from the shirt and put it away for your children, who will love all the trinkets you have given them for arts and crafts projects. Originally published: April 09, 2011Orimally published in Reader's Digest Enjoy the best stories, advice & jokes! As a style editor, I always picked up small hacks here and there. But recently I learned a fashion tip that really blew my mind: You can wear a red bra under a white shirt, and it won't show. Typically, my all-black-all wardrobe beliefs run down to my lingerie drawer. I have dozens of black bras and panties because they really work under anything. Black never shows up on my chocolate skin. I never worry about colored lace poking through a sheer shirt (if I want to), or my underwear pointing through a pair of lingerie pants. Related: These are the best T-Shirt Bras for cup size JBut while visiting Jenette Bras in LA, shop owner Jenette Goldstein casually mentioned how she always recommends red t-shirt bras to her big-busted clients. I totally gave her a side eye. Everyone knows that you wear naked (if you have fair skin) or black (if you have dark skin) under a white T-shirt ... Right? In a separate interview with Anna Shnir, a specialized sales manager in Panache, she confirmed that professionals are for red for invisibility under a white shirt. Of course, as a skeptical journalist, I had to find out if this hack was a real deal. So we gathered several editors with dark, medium and light skin tones to try red bras under white tees. As you can see from the above photos, the red bra trick worked all of them! Yes, all four of those beautiful self staffers are wearing red bras underneath white tee for fantastic results. Every woman - myself included - was shocked at how well the red bra blended smoothly. There was one test that didn't go so well, though. It turned out that when it comes to hiding them under white shirts, there is a significant difference between a red bra and a pink bra. The bra below had a pinkish-purple hue to it, which made it a little too obvious. To make this trick work, you'll need to look for a bra that's true red, or deeper, like burgundy, and stay away from fuchsia or hot pink tones. Lessons. When done correctly, red is the new neutral. So instead of searching the internet for your perfect nautious bra - because let's be honest, there are more options these days, but it's hard to match your skin accurately - try a bold red bra instead. It's going to do its job, and it's going to be your own sexy little secret. Here are seven crimson bras that pass the T-shirt test. Related: 25 ways to wear your favorite T-shirt first sold in 1987 in Austria, Red Bull is a carbonated drink containing caffeine as well as other energy-boosting compounds, including several B vitamins and taurine (1). While the exact composition varies by country, other ingredients in Red Bull include sugar, carbonated water, baking soda, citric acid, magnesium carbonate, glucuronolactone, and artificial colors and flavors (1). One 8.4-ounce (260-ml) can provide (2): Calories: 112 Protein: 1.2 gramsFat: 0 gramsCarbs: 27 gramsSugar: 27 gramsSugar: 75 mg It is also high in several B vitamins, including thiamine (B1), riboflavin (B2), niaacin (B3), B6 and B12 (2). In addition, Red Bull has sugar-free options, including Red Bull Zero and Red Bull Sugarfree, which are made with artificial sweeteners aspartame and acesulfame K instead of sugar (3). While ingredients in Red Bull can provide an increase in energy, they can also cause short- and long-term side effects – especially in larger amounts. SummaryRed Bull is a sugar-sweetened, caffeinated beverage marketed as a way to enhance mental and physical performance. Due to its combination of ingredients, there are concerns about its potential side effects, especially when consumed in greater quantities. Although Red Bull remains a popular drink, research suggests that it can negatively affect your health. May increase blood pressure and heart rateBred pressure and heart rate are two important measures for heart health, as elevated levels have been associated with a higher risk of hypertension (high blood pressure) and heart disease (4, 5). Several studies in healthy adults have shown that drinking one 12-ounce (355 ml) can significantly increase blood pressure and heart rate levels within 90 minutes and up to 24 hours after consumption (6, 7, 8, 9). These increases in heart rate and blood pressure are considered largely due to Red Bull's caffeine content, as one large 12-ounce (355-ml) can contain 108 mg of caffeine – approximately the same amount as a cup of coffee (2, 10, 11). Despite moderate and occasional intake of Red Bull is unlikely to cause serious heart problems in healthy adults. Still, excessive intake – especially in younger people – has been associated with abnormal heart rhythm, heart attack, and even death (11, 12, 13). Additionally, while research is limited, drinking Red Bull can worsen heart health and be life-threatening in individuals with pre-existing high blood pressure or heart disease (11). It may increase the risk of type 2 diabetes with sugar, especially from sweetened beverages, it may increase the risk of type 2 diabetes (14). In fact, a review of 310,819 adults found that drinking 1-2 servings of sugar-sweetened beverages a day was associated with a significant 26% increased risk of type 2 diabetes (14). As Red Bull is sugar-sweetened - providing 29 grams of sugar in one 8.4-ounce (260-ml) serving - drinking one or more servings a day could increase the risk of type 2 diabetes (2). May damage your teeth Research suggests that drinking acidic drinks can damage tooth enamel, which is a hard outer coating that helps protect your teeth from decay (15). Red Bull is a sour drink. As a result, regular intake can damage tooth enamel (16). One 5-day study of the tube found that exposure to human tooth enamel to energy drinks for 15 minutes, 4 times a day resulted in significant and irreversible loss of tooth enamel (17). The study also found that energy drinks are twice as harmful to tooth enamel as soft drinks (17). It can negatively affect kidney health while occasionally drinking Red Bull is unlikely to have any serious effects on kidney health, research suggests that chronic and excessive intake could. A 12-week study in rats found that chronic Red Bull intake can cause a decrease in kidney function. However, these results have not been replicated in human studies (18). In addition, research suggests a link between high sugar intake and an increased risk of chronic kidney disease (19, 20, 21). Since Red Bull is high in sugar, frequent and excessive intake can increase the risk. May increase high risk behaviors Research has shown a link between drinking Red Bull and increased high risk behavior, especially when combined with alcohol (1). When consumed together, caffeine in Red Bull can mask the effects of alcohol, making you feel less intoxicated while still experiencing alcohol-related disabilities (22, 23, 24). This effect can have serious consequences. One study found that college students who drank energy drinks and alcohol together were more likely to drink and drive and experience serious alcohol-related injuries than when alcohol was consumed alone (25). Although not associated with alcohol, observational studies show that in young adults, regular intake of energy drinks such as Red Bull is associated with an increased risk of alcohol dependence and illicit drug use (22, 26, 27). Of course, not everyone who drinks Red Bull will experience an increase in high-risk Still, it is important to be aware of the potential risks, especially in younger adults and when it comes to alcohol. It can lead to caffeine overdose and possible toxicity while safe doses of caffeine vary by individual, current research recommends limiting caffeine to 400 mg per day or less in healthy adults (28). As one small 8.4-ounce (260 ml) can of Red Bull provides 75 mg of caffeine, drinking more than 5 cans a day could increase the risk of a caffeine overdose (2). However, the average half-life of caffeine in the blood ranges from 1.5-9.5 hours, which means that it can take up to 9.5 hours for the level of caffeine in the blood to drop to half its original amount (29). As a result, it is difficult to determine the exact amount of Red Bull that could lead to a caffeine overdose. Additionally, adolescents under 19 may be at greater risk of caffeine-related side effects (30). Current recommendations require limiting caffeine to 100 mg or less per day in adolescents aged 12-19 years. Therefore, drinking more than one 8.4-ounce (260 ml) serving of Red Bull could increase the risk of caffeine overdose in this age group (28). Symptoms of caffeine overdose and toxicity may include nausea, vomiting, hallucinations, anxiety, rapid heartbeat, dizziness, difficulty sleeping and seizures (31). SummaryOccasional, moderate intake of Red Bull is unlikely to have any serious side effects. Still, when consumed frequently and in excess, it can have several negative and potentially life-threatening effects. Red Bull without sugar is lower in calories and sugar, but has the same amount of caffeine as regular Red Bull and therefore probably the same potential side effects (32). Despite not providing sugar, Red Bull without sugar can still increase the risk of type 2 diabetes. In fact, research links regular intake of artificial sweeteners to an increased risk of type 2 diabetes and has its own potential safety concerns and side effects (33, 34, 35). SummaryA red bull sugar-free intake has a lower sugar and calorie content, packing the same amount of caffeine as a regular Red Bull. In addition, because it contains artificial sweeteners, regular consumption can still increase the risk of type 2 diabetes. While rare, excessive intake of Red Bull and similar energy drinks has been linked to heart attacks and deaths. Most of these cases occurred in younger adults who reportedly drank energy drinks regularly and more (13, 28, 36, 37, 38, 39). Many factors affect how much caffeine you need to consume to make it dangerous and potentially life-threatening. While current recommendations require limiting caffeine to no more than 400 mg per day in healthy adults, cases of caffeine-related deaths were primarily in individuals with an unusually high intake of 3-5 grams of caffeine per day (28, 31). This would mean drinking approximately forty-eight.4-ounce (260 ml) cans of Red Bull in one day. Yet in many Heart attack and cases of sudden death involving energy drinks, individuals drank only 3-8 sheets in one day - much less than 40 sheets. One recent study in 34 healthy adults found that drinking 32 ounces (946 ml) of Red Bull daily for 3 days resulted in significant changes in the interval between heartbeats (39). A change in heart rhythm can lead to certain types of arrhythmias that can result in sudden death, especially in people with high blood pressure or heart disease (39). In addition, researchers claim that these changes in heart rhythm can not only be explained by the amount of caffeine, but were probably due to a combination of ingredients in Red Bull (39). More research is needed on how a combination of ingredients can affect heart attack risks and other serious side effects. As such, pregnant women, children, people with heart problems, and caffeine-sensitive individuals should avoid Red Bull altogether. SummaryAleas of energy drinks has in rare cases been associated with heart attacks and sudden death. More research is needed, but some stocks should avoid Red Bull altogether. Red Bull is a sugar-sweetened, caffeinated energy drink. Frequent and excessive intake can have serious and possibly life-threatening side effects, especially when combined with alcohol. Therefore, pregnant women, children, individuals with heart problems, and caffeine-sensitive individuals should avoid drinking Red Bull altogether. What's more, because it's high in sugar and has little nutritional value, you can benefit from choosing healthier alternatives to help raise energy levels like coffee or tea. Tea.