

Portfolio of Iuferova Anastasiia

Copywriting + SMM

Topic: cryptocurrency and e-commerce

Info/Entertaining Blog Posts:

A mysterious persona behind Bitcoin

<https://news.exeno.com/2021/12/11/a-mysterious-persona-behind-bitcoin/>

What is BTCV? A brief guide to Bitcoin Vault

<https://news.exeno.com/2021/11/30/brief-guide-to-bitcoin-vault/>

St. Nicholas Day – a big tradition of gift-giving

<https://news.exeno.com/2021/12/04/st-nicholas-day-tradition-of-gift-giving/>

Bitcoin facts that you didn't know about

<https://news.exeno.com/2021/10/17/bitcoin-facts-that-you-didnt-know-about/>

What is NFT, how does it help to sell digital art, and is using it truly profitable?

<https://news.exeno.com/2021/05/28/what-is-nft-how-does-it-help-to-sell-digital-art/>

5 ways that crypto is changing our world

<https://news.exeno.com/2021/10/24/5-ways-that-crypto-is-changing-our-world/>

Paying with Crypto VS paying with FIAT money

<https://news.exeno.com/2021/05/16/paying-with-crypto-vs-paying-with-fiat-money/>

Cryptocurrency News Digest

<https://news.exeno.com/2021/05/07/cryptocurrency-news/>

Blockchain: the inspiring technology of the future

<https://news.exeno.com/2021/04/30/blockchain-the-inspiring-technology-of-the-future/>

Articles about the company:

Easy direct crypto payments on Exeno

<https://news.exeno.com/2021/11/07/direct-crypto-payments-on-exeno/>

Online shopping of the future

<https://news.exeno.com/2021/04/25/online-shopping-of-the-future/>

Recommendations + product description articles:

The best gift ideas from Exeno

<https://news.exeno.com/2021/11/14/the-best-gift-ideas-from-exeno/>

Top-3 multiplayer games to play with your friends

<https://news.exeno.com/2021/11/02/top-3-multiplayer-games-to-play-with-your-friends/>

Unique Christmas gift ideas

<https://news.exeno.com/2021/12/17/unique-christmas-gift-ideas/>

PR Articles:

5 reasons why Crypto Weeks are better than Black Friday

<https://news.exeno.com/2021/11/24/5-reasons-why-crypto-weeks-are-better-than-black-friday/>

The shopping experience at Exeno described by Cointelegraph

<https://news.exeno.com/2021/05/14/the-shopping-experience-at-exeno-described-by-cointelegraph/>

Become an Exeno Ambassador!

<https://news.exeno.com/2021/05/25/become-an-exeno-ambassador/>

Newsletter examples:

<https://docs.google.com/document/d/1p3xQWEUjEa9uxV0hQY0mEFv5NzwBu8KgypzepdkWUmY/edit?usp=sharing>

Social Media Posts:

<https://www.instagram.com/p/CWc55d7rGmX/>
<https://www.instagram.com/p/CWOGVcEo5mY/>
<https://www.instagram.com/p/CUe8no3qMUK/>
<https://www.instagram.com/p/CV8EvjXMu8v/>
<https://www.instagram.com/p/CV0WbGrI4HT/>
<https://www.instagram.com/p/CVvMw9Uqd-4/>
<https://www.instagram.com/p/CVsn8qvtaV-/>
<https://www.instagram.com/p/CVQMaJPN7qV/>
https://www.instagram.com/p/CUzi_FMNS7F/
<https://www.instagram.com/p/CT1v4chqmx5/>

Topic: SMM and marketing

Convert likes into sales

Social media is a great tool for increasing sales. There you can show all the benefits of your products and the customers' testimonials.

How do likes on your social media posts help increase sales?

Boost of engagement

Numerous likes result in an engagement boost. And the greater the engagement, the more frequently your posts appear in your followers' feed. It means that more people will see your selling posts along with other content. And it will boost sales.

Increase in people's loyalty to the brand

Have you noticed that you are more likely to put a like on the post if it already has many likes? It's so-called social proof. When you see that many people like something, you will certainly think that it's great, otherwise it won't be liked. That's why it's crucial to produce high-quality content on social media. The algorithms will push your post to the top of your followers' feed, which means an increase in brand visibility and sales.

Likes help push your site to the top of the search page

The amount of likes influences the SEO optimization of your website. It will be shown on the top positions of the search page if your social media accounts are successful in terms of engagement.

Remember that it's important to produce relevant, timely, and engaging content for your followers in order to increase sales in the future. And if you don't know how to do it, you can always ask our team for help.

AR Marketing is Marketing of the Future

AR (augmented reality) marketing is a new social media advertising trend that emerges with this new technology.

Using AR helps increase sales and engagement because it's relatively new and unusual, so many people would be eager to interact with this type of ad.

How does AR technology help businesses get more sales:

Customers can try before buying

Previously, the inability to try online products before buying was one of the main obstacles to purchasing. Now, thanks to AR technology, you can try on makeup, clothes, and some home-related items in online mode. It is easier for Facebook AR ads to catch a potential buyer by showing him his "future" with this product on the screen.

Customers can get more information about a product

By scanning the label in an off-line sale point, a customer will get more information about a product plus the demonstration of the usage of this product. It can be very helpful, as not everyone likes asking a shop consultant about an item he wants to buy. Now, he can use the AR features instead and get more information faster and in a more entertaining way.

AR implementation increases brand awareness

AR ads can be a design masterpiece that your customers will be happy to share. It increases brand visibility. More people will interact with your ads and your profile. The algorithms will push your content to the top of your followers' feed. You will get a profit.

AR marketing is quite an effective instrument for your brand development. And it's a very time to use it.

Hashtag campaigns #

Hashtag campaigns are used for many brands to raise engagement on their social media and the awareness of their products, and to increase sales.

It works perfectly with both small businesses and world-known ones. Let's take a look at some good examples.

✓ #ShareACoke

Coca Cola brand is a sort of trendsetter in the advertising industry. This hashtag came into sight during the personalized coke bottles campaign. It was positioned as a great gift with the name of a person on it. And very soon Twitter was full of these bottles photos with the [#ShareACoke](#) hashtag. It's still used by the brand, especially on different holidays.

✓ #LetsDoLunch

Domino's Pizza in the United Kingdom launched this hashtag by saying: post a photo with [the #LetsDoLunch](#) hashtag and get a discount for pizza. The result was not long in coming. Hashtag boosted brand awareness and sales. Who can resist a pizza discount?

✓ #WorthSaying

It's a hashtag made from the collaboration of L'Oréal Paris and the Golden Globes Awards. The brands invited women to share their problems under this hashtag. The campaign is about women empowerment that is a popular topic in social media. So it got lots of shares. The advantage of a social issue hashtag is the resonance and very fast increase in brand awareness.

Before launching a hashtag campaign, make sure that the issue you want to share is relevant to your target audience. And try to come up with an easily pronounced hashtag.

Topic: healthy lifestyle and supplements

The Reasons Why Supplements May Not Work

Food supplement effectiveness depends not only on the quality of the supplement itself but also on the way you consume it.

To achieve the desired effect, it is important to remember important rules that help supplements work:

- ✅ Take dietary supplements at the specified time of the day and pay attention to the intake method. It even matters what you drink your supplements with;
- ✅ Choose the correct dosage of the product;
- ✅ Make sure that you combine everything correctly. Some supplements and vitamins work best when taken simultaneously;
- ✅ Store vitamins properly. It is usually room temperature that you should store your supplement in.

Be aware and take food supplements properly 🌿

<https://www.instagram.com/p/Ci0ZTRkhKLd/>

Healthy Habits for Every Day: Components of Long Life 🥗

Here are the essential parts of a healthy life that may help you live longer.

🛌 Make sleep a top priority

Sleep is a process when our body rests and renews. It relaxes muscles and even helps with weight loss.

🧠 Don't multitask during lunch

Next time you sit down to eat, concentrate on eating. Take 10 minutes to focus on and enjoy the food you're eating will leave you more satisfied and more in control of your appetite.

💪 Make small exercises every day to strengthen your core

Planks and side planks are an excellent way to strengthen your core. Find one minute to fit in an extra plank.

🚶 Incorporate morning walk into your routine

The morning light is considered to be especially good for you; if you take a walk between 8 am and 12 pm it will be twice as effective as the same walk taken in the evening.

Save the post and take these simple recommendations into account 👍

<https://www.instagram.com/p/CJDdUjLCxaJ/>

How to Improve Your Sleep Quality 🌙

Healthy sleep is one of three main healthy life components, along with exercise and a healthy diet. Follow these tips to improve the quality of your sleep.

😞 Don't drink coffee late in the day

Caffeine can stay elevated in your blood for 6–8 hours. Therefore, drinking large amounts of coffee after 3–4 p.m. is not recommended, especially if you're sensitive to caffeine or have trouble sleeping

😞 Eliminate irregular and short day naps

Sleeping in the daytime can confuse your internal clock, meaning that you may struggle to sleep at night.

😞 Get to sleep and wake up at consistent times

Your body will soon get used to the schedule, and you'll fall asleep automatically at the same time.

😞 Set a comfortable temperature in your bedroom

Around 70 °F (20 °C) seems to be a comfortable temperature for most people, although it depends on your preferences and habits.

Save this post and enjoy healthy sleep.

<https://www.instagram.com/p/CJGodyTCQdN/>

Digital Detox: a New Useful Habit for Healthy Lifestyle →

 According to software company Rescue Time, we spend 3 hours 15 minutes a day on our phones on average.

Digital detox is something we all need. It reduces stress and anxiety, prevents us from neck and eye pain, and improves our overall well-being.

Few tips on how to imply digital detox:

-  Cut the time you spend on gadgets as much as possible, especially in the evenings;
-  Take regular breaks during the day and give your eyes some rest (preferably once in every 20 minutes);
-  Put your phone away 2 hours before going to bed;
-  Locate the screen a little below your eyes, and at arm's length distance from your face;
-  Choose 1 day a week that will be totally “gadgetless”.

Have you already experienced digital detox? How did you feel after it?

<https://www.instagram.com/p/CJLYwi5CYd9/>

How to Eat Less Sugar?

Sugar is necessary for our brain functioning, but it may become an unhealthy obsession.

Some ways how to deal with it:

-  Cut down sweet drinks. Instead of soda, packaged juice, or even smoothies (they also contain lots of sugar) go for herbal teas, pure water, or water with lemon.
-  Check the sugar content on the canned or “healthy” processed snack food. Choose cooking at home or having some fresh snacks (fruits or protein-saturated food).
-  Don't keep sugar in the house

Have some dark chocolate or fruits for the case of “sugar-emergency”. Get rid of cookies and biscuits. In this case, there will be no temptation to overeat sweets.

Are you a sweet tooth, or are you indifferent to sweets?

<https://www.instagram.com/p/CKRv7Zwll3p/>

50% off Flex Repair for our Followers! 🎁

Get your special 50% discount on the first pack of Flex Repair: one of our bestsellers!

👍 Flex Repair components contribute to the maintenance of normal muscle function and the immune system function (vitamin D) and maintain optimal immune balance in the respiratory tract (Ginger).

📅 Taking Flex Repair will become a perfect new habit for those who want to take better care of themselves.

Don't miss it. Go on our website and order Flex Repair with a discount. Link in bio ↗

<https://www.instagram.com/p/CKdlAqzo792/>

Topic: sport

Posts for Facebook group “Black Knight Squash Official”:

How yoga can improve your squash skills 🧘

What can help professional squash players improve their skills besides playing on the court? The answer is yoga!

🧘 Strength and stamina

Squash players always use one side of their body more intensively, so the other side is noticeably weaker. This imbalance can result in chronic injuries. Yoga helps to avoid it. You train both sides of your body while practicing yoga. That improves your stamina and makes you perform better on the court.

Flexibility

Even the most active people can lose their flexibility with time, but yoga may slow this process down and keep you in the right shape.

Balance

A squash player has to change his movement direction very fast. Many yoga exercises are aimed to improve one's body control and coordination. So don't ignore it.

Control of breath and mind

You should always keep your mind focused during the play. Yoga poses are sometimes really challenging, but they can teach you how to deal with your thoughts. It is a very useful practice for squash players.

Do you have yoga classes in your schedule? If not, have you ever considered practicing yoga?

[#squash](#) [#squashblossom](#) [#squashlife](#) [#squashtesting](#) [#squashplayer](#) [#squashtime](#)

<https://www.facebook.com/bksquashofficial/photos/a.192479724257034/1429453253893002/?type=3&theater>

3 things to do if you want to play squash better

Here are some tips to improve your squash skills:

More time for solo practice

One of the features of squash is that it is possible to train alone to practice some techniques and to level up your skills. Not everyone uses this advice, but 15-20

minutes of solo training before a gaming session can result in significant improvement. Just find some exercises and be consistent in your training.

🏸 Play with different opponents

You have to be able to play with various players that use different techniques and are of different skill levels. It is important to adapt to different opponents and be prepared for any game.

🏸 Keep fit

Squash is not only about skills but also about strength. The games are physically tough, so you need to be fit. There is always something to strive for in terms of the physical form, so try to dedicate your time to this part of your squash player life.

What other things would you recommend doing to level up one's squash game?

[#squash #squashblossom #squashlife #squashtraining #squashplayer #squashtime](#)

<https://www.facebook.com/bksquashofficial/photos/a.192479724257034/1429438577227803/?type=3&theater>

Topic: clothes and fashion

Posts for the Instagram account of @charies.son (Online Fashion Shop/Blog)

Selling post in a form of a meme:

Charlie's Son shirt is the right choice for those who want to look fabulous whether at a party or an official event. Let's raise a glass with Leo for the world of fashion ✨

You can purchase our shirt on the website. Link in bio ↑

<https://www.instagram.com/p/CBDsMyNHU90/>

👁️ That's a look of everyone who will see you in Charlie's Son shirt. You will get tons of compliments, for sure.

So what are you waiting for? Go to our website and buy a perfect shirt for your perfect outfit ✨ Link in bio ↑

<https://www.instagram.com/p/CAxWCu6nBLK/>

Entertaining posts:

Peaky Blinders Style: From Birmingham's Streets to Series and Fashion Podiums 🧥

The «Peaky Blinders» series instantly gained popularity. This is not a typical crime drama. There are no bright suits and silk shirts.

It's about the industrial revolution in the 1920s in England, and it is brutal.

«Peaky Blinders» is led by Thomas Shelby. Shelby is a self-confident man who wears tweed and flannel monochrome outfits, smartly designed for the inclement weather of Great Britain and the harsh circumstances of the 1920s.

The only color addition is a pastel tie or a striped shirt, which he always wears with a white detachable collar.

This style had an impact on the modern men fashion trends, and some fashion collections of Fashion Week 2019 in London were inspired by the series.

Like the post, if you want more Peaky Blinders content 👍

<https://www.instagram.com/p/CB5WtkgqFVQ/>

This is what the men's shirts are actually should be used for...

And they are truly frequent guests in many women's wardrobes 😊 And not only for fun: there are plenty of women outfits that include a man's shirt as a base. And it looks awesome

Does your sweetheart borrow your shirts? Like the post, if she does ❤️

Video by @katie.one

<https://www.instagram.com/p/CBkvEOgHOaJ/>

Chris Hemsworth's Style ✨

Let's take a look at one of the most well-paid Hollywood actors, Chris Hemsworth's style 👍

📌 Hemsworth is a big fan of the paisley suits. He wears his navy paisley suit with a shirt of the same pattern and a navy tie.

📌 For formal events, the actor opts for the three-piece suit with a bow tie. It's a timeless classic that always looks good.

📌 Chris Hemsworth's style has some retro features. Just look at this blue jacket made of velvet with wide lapels.

📌 As for casual style, the actor prefers light cotton shirts of the beige color that are perfect for summer weather.

Would you like to try on some of Chris Hemsworth's outfits? Share in comments ↓

<https://www.instagram.com/p/CA5cZq0nD8J/>

Top-5 films about fashion designers ✨

As we all are stuck at home, it's the right time to watch some movies. Here are the most fashionable ones. Enjoy the world of high fashion.

🎬 Yves Saint Laurent: Crazy Love (L'amour fou, 2010)

The documentary about Yves Saint Laurent shows not only the genius of the designer but also his feelings, emotions and personal life. The plot revolves around a love affair between Laurent and Pierre Berger.

🎬 Valentino The Last Emperor (2008)

The film is dedicated to the king, or rather to the emperor of high fashion - Valentino. It's unprecedented access to his world. You will have the opportunity to see how fashionable masterpieces were created.

Lagerfeld Confidential (2007)

This film is about the life and work of one of the most mysterious designers, Carl Lagerfeld. He always hid his private life behind his famous sunglasses. A designer for Fendi and Chanel is revealing his secrets on the screen.

Coco before Chanel (2009)

What do we really know about the legendary French Woman, "who put the whole world in mourning"? The film shows the first steps of the unknown and poor Gabriel and her difficulties with climbing the fashion Olympus.

Christian Dior: The Man Behind the Myth (2005)

It's a documentary film about a legendary designer who revolutionized fashion in post-war Paris. His vision was so explicit that all French fashionistas forgot about the post-war difficulties and rushed to buy his clothes.

What is your favorite fashion designer?

<https://www.instagram.com/p/B-4wJT4DKGg/>

Posts about the product (informative selling posts)

Why Charlie's Son shirts are made of Egyptian cotton? 

The main purpose of clothes is to make you feel comfortable and stylish. Egyptian cotton fabrics perfectly meet this purpose.

The advantages of Egyptian cotton:

 Egyptian has high moisture absorption. It cools perfectly and therefore is indispensable in hot countries.

✅ The fabrics made from Egyptian cotton are known for their breathability. In cotton clothes, you will feel fresh and cozy.

✅ It is easy to take care of the clothes made from Egyptian cotton. Cotton fabric does not require special washing modes.

We choose the best fabrics for our clients. Go to our website and purchase a shirt that you will wear with pleasure for a long time 👍 Link in bio ↑

<https://www.instagram.com/p/B-pWw1JF4wD/>

Why buying a Charlie's Son shirt is the easiest way to look stylish? 🕶

✨ Fashion can be complicated. It is sometimes too expensive to dress in good taste or fashionable clothes are too exhausting to take care of.

💪 We are aware of those issues. That's why we created our brand - to help people deal with them.

! Some high-quality brands are too expensive, plus they always demand shipping fees.

👤 We solved this problem by including all delivery fees into the price. You don't have to pay any additional taxes. The price you see is the price you pay. And you can be sure that the shirt will serve you for a long time. So you will save you money.

! High-quality clothes need special care that can take lots of time.

👤 Our shirts are easy-to-iron. That means that you don't have to spend at least 20 minutes a day on ironing the shirt before wearing it. Just let it dry on the hanger.

You can choose your favorite shirt on our website ✨ Link in bio ↑

<https://www.instagram.com/p/B-Z2m6aDmyQ/>

Topic: science (rewritten brand articles)

Posts for the Instagram account of @conductscience

What can we do with electromyography (EMG)?

Electromyography (EMG) is a specialized diagnostic technique used to study muscle function by analyzing the electrical signals emanating from the nerves and the muscles.

- ✓ Electromyography aids in the diagnosis of peripheral nerve disorders.
- ✓ The technique allows direct observation of nerve impulses from muscle fiber.
- ✓ Surface electromyography provides a non-invasive method to record neuromuscular function.

But:

! EMG recordings can be contaminated by the disturbance in the electrical supply, interference from the mechanical artifacts, stimulus artifacts, and the activity of the nearby muscles.

<https://www.instagram.com/p/B7tdZ68lhL/>

Sophie's Mazes 🧩

📌 Sophie's Mazes are paper mazes that help to develop human brain functions and to measure the cognitive abilities of one's brain.

📖 There are three levels of difficulty of free mazes set on our website: easy, medium and hard. You have to complete them in 20, 35 and 45 minutes accordingly. It's a great way to exercise your spatial navigation skills.

👤 About the author

Sophia Anastasia Chamitoff [@amazemesophie](#) graduated as Valedictorian of Paraclete High School in 2017 and is now an honor-roll student at the University of San Diego.

✨ She started her first company, "Chamitography" at the age of 16; Chamitography is a content creation and photography company.

➡️ Her other project is real-estate and property management app, “REzen,” which is a one-stop-shop for any and all property management needs.

✏️ Maze-drawing project “Sophie’s Maze” is a result of her collaboration with serial entrepreneur and Harvard doctor, Dr. Shuhan He.

🔬 Ms. Chamitoff’s hand-drawn, solve-able mazes will be backed by the credible research and science of Dr. Shuhan He.

Try this brain innovation on our website 👍 There is a free set of mazes to download. Challenge yourself 💪 Link in bio ⬆️

[#maze #brain #brainfunction #cognitiveabilities #innovation #brainchallenge](#)

<https://www.instagram.com/p/B99x7CMqLI5/>

Posts for the Instagram account of @mazeengineers

Animal models of schizophrenia.

✅ The use of animal models is inevitable due to ethical limitations in human research.

✅ In addition, genome-editing approaches such as CRISPR are useful for introducing genetic risk factors identified in human studies to animal models, which could provide important insight into where, when and how certain genes may affect brain development and schizophrenia development.

✅ Lastly, animal models are essential for testing and developing effective therapeutics, which may lead to human clinical trials and ultimately promising medications for the patients.

✅ To date, rodents are the most commonly used animal models for brain disorders and are considered our current best non-primate mammalian models. A number of behavioral changes in rodents have been suggested to mimic schizophrenia in humans, such as impairments in social interactions, working memory and locomotion.

To discover more about research methods of studying this disease go to our website. Link in bio! [#research](#) [#schizophrenia](#) [#animalmodel](#) [#disease](#) [#science](#) [#studies](#) [#epidemoiology](#)

<https://www.instagram.com/p/B76W4sopM9e/>

Topic: herbal medicine

Posts for the Instagram account of @the.blessed.seed
(<https://www.instagram.com/the.blessed.seed/>)

Selling Posts

Get 10% off your first order !

Have you ever used black seed oil? That's a chance for you to try it 

Just go to our website (link in bio), scroll to the end of the page, and register with your e-mail address. Make your first purchase and get 10% off ✨

Form your new beneficial habit right now ↑

https://www.instagram.com/p/CAvlo_mFMI3/

Our service 🕯

We care about our customers and do our best to provide the most comfortable service. You can easily order our products.

 We provide free shipping worldwide

You just pay for a product. No additional fees. The price you see is the price you pay.

 1-year money-back guarantee

Not satisfied with the product? Return it, and we'll give you a full refund. Even if the product is empty.

💰 No hassle returns

Return your items, no questions asked. We'll even cover the return fees.

It's important for us that you are satisfied with our product. So we are always ready to help you 😊

https://www.instagram.com/p/B_XBi5vnELv/

The difference between black seed oil and black seed capsules 🌿

We have different black seed products. The most popular is the black seed oil and the black seed capsules.

What the difference?

🌿 There are lots of delicious options for how to use black seed oil in culinary. We have a special video dedicated to the culinary use of black seed oil on this page.

🌿 Some people don't like the oil taste. You can mix the black seed oil with some yogurt or honey, so you won't feel it.

💊 Black seed oil capsules are more convenient and easier to use. The oil in capsule form is much easier to adjust the dosage because it's pre-measured for you.

💊 Another advantage of taking capsules is that you can avoid the black seed oil taste if you don't like it. Capsules are a perfect option for those who don't like the taste and smell.

It is your choice what to take. If you want to make your dishes different, use the oil. If you want something to take quickly and without oil taste then buy the capsules. Link in bio ↑

https://www.instagram.com/p/B_hoPuXHDw_/

Benefits of Luxury Rose, Argan & Black Seed Oil 🌹

✨ We don't always have time to take care of our bodies and to put on different products every day.

💧 It's great to have an all-in-one product that you can use in your beauty routine. So we've developed the luxury rose, argan, and black seed oil that can be used for hair, face, and body.

🌹 Contained in a glass pipette bottle, the oil is easy to use and just pure luxury! You can now pamper yourself to an incredible product at such a reasonable price and reap its properties to the fullest.

🌿 Our luxury rose, argan and black seed oil contains carrot tissue oil, Grapeseed oil, black seed oil, argan oil, vitamin E, and Bulgarian rose oil.

💚 And it has multiple outstanding properties that will make you come back for more.

Our luxury oil will make you shine. Go get it on our website. Link in bio ↑

https://www.instagram.com/p/CAVI_KSnW9z/

Entertaining Posts

How much water do we need to drink per day?

We all know about this "8 glasses of water a day" rule. But it's not completely true. According to the WHO, the adequate daily fluids rates are:

💧 Approximately 3.7 L for men

💧 Approximately 2.7 L for women

It is estimated that 80% of this amount we receive with any drinks, including milk, fruit juices, tea and coffee, and 20% from solid foods (vegetables or fruits). So if you are not thirsty, you don't have to drink a lot of water just because you were told to.

Anyway, if you think that you want to drink more than your common daily water dose, you need to consult your doctor.

<https://www.instagram.com/p/CByB3hbnrh4/>

Useful properties of honey 🍯

Honey has lots of useful properties that your body can benefit from. Let's take a look at them.

🍯 Honey contains useful substances like carbohydrates, minerals, and trace elements. It also has organic acids, C, and B vitamins in its composition.

🍯 Replacing regular sugar with honey helps lower blood pressure, as well as cholesterol and triglycerides in the blood.

🍯 Honey stimulates digestion and thereby improves metabolism. It normalizes the acidity in the stomach and the microflora of the digestive tract.

🍯 This product strengthens the immune system and relieves stress. Honey is a popular cold remedy that weakens viruses.

Do you have honey in your diet? How often do you eat it? Share in comments ↓

<https://www.instagram.com/p/CA5ZCvEnuW9/>

5 Healthy Eating Habits 🥗

Healthy eating is the base of a healthy life. Here are 5 tips that will help you eat healthier.

🔍 Don't ignore breakfast

A morning meal will help you control your hunger all day, speed up your metabolism, and prevent stress. Plus, it's a great energy boost.

🕒 Don't hurry when eating

Firstly, the process of digestion begins already in the mouth, which means that the further digestion process depends on how well you chew the food. Secondly, fast food intake leads to overeating.

🚶 Go for a walk after eating

This will improve the process of digesting, and oxygen, which actively fills the cells of the whole body during walks, will accelerate the breakdown of fats and prevent you from gaining weight.

👨🍳 Cook by yourself

We rarely cook nowadays. It's easier to buy already prepared food or to order something from the cafés. But if you dive into the process of cooking, your food will be much healthier and even cheaper. So you'd better consider this option.

🥑 Bring avocado to your home

Despite its high-calorie content, avocados do not contain sugar and unhealthy fats. That is why this fruit is included in any diet menu. It goes well with many products and is widely used in salads, snacks, and sandwiches.

Follow those rules and stay healthy 💪

<https://www.instagram.com/p/CCBfRhXnfTQ/>

5 tips on how to fight insomnia 🌙

Lots of people suffer from insomnia in our stressful world. What to do if you cannot get asleep? Here are some tips:

🌙 Do not eat much before going to bed

Eat an hour before bedtime. You'd better avoid fried foods and fatty meals. Otherwise Your intestines will work at maximum. It is almost impossible to fall asleep in such a situation.

🌙 Meditation will help to relax

Just concentrate on your own breathing. So the body goes into a kind of trance, the muscles relax, the thoughts disappear. Gradually, you will get asleep. Before going to bed, it is better to breathe deeply and slowly.

🌙 Exercise in the fresh air will help you.

For example, ordinary running is considered an excellent cure for insomnia. It saturates every cell of the body with oxygen, helps to relax, and gives a feeling of euphoria.

🌙 The optimal sleeping position will save you from insomnia.

In order to quickly fall asleep, it is worth choosing the optimal body position. Experts advise you to sleep on your right side. It is strongly not recommended to rest on your stomach. Your body gets less oxygen in this position.

🌙 Take a bath before going to bed

Just before bed, you should take a relaxing bath. Drop a few drops of your favorite aromatic oil in warm water. If you lie in warm water for about 10 minutes, you will get asleep much faster.

Save this post and use the tips listed here for better sleep 👍

<https://www.instagram.com/p/CAnXqWEftLm/>

Engaging Posts

Giveaway 📺

We want to support you during these hard times. And the best way to do it is to give presents.

We will have 3 winners and they can choose the presents from the Blessed Seed.

Our presents:

- 📺 Strong Black Seed Oil
- 📺 Original Black Seed Oil
- 📺 Black Seed Oil Capsules

Conditions:

- ✅ Follow us;
- ✅ Like 5 recent posts;
- ✅ Tag your friend in comments.

All the participants will get discounts on our products! Winners will be chosen from Instagram and Facebook on 10th of May.

Let's get started 📺

https://www.instagram.com/p/B_juH_agsEp/

Topic: children and fashion

Mini Fashion Monsters:

(<https://www.instagram.com/minifashionmonsters/>)

Walking with a child after quarantine: important rules to follow 

Although self-isolation is over, you need to follow some simple rules while walking with your child.

✓ Avoid crowded places

If there are too many people in the nearest city parks and squares, you can choose either another place or an unpopular time for most people to walk.

✓ Don't wear a mask for no reason

If there is a direction to wear a mask in your country, then you should do it. But make sure that your kid is not too active as it is bad for his health to wear a mask during some activities. If the mask is not a must, then don't wear it in the open areas.

✓ Don't go to the playground

We know that it's hard to entertain a little kid and the playgrounds are the real salvation. But don't go there right after the end of self-isolation. You cannot control the distance between the kids there and there are always lots of bacteria that children exchange with each other.

Take care of yourself and your child and stay safe 

<https://www.instagram.com/p/CB8lEFnFNgy/>

How to Sell Using Mini Fashion Monsters App? 

Here is a simple instruction of how to sell using our app:

- ◆ Go to your profile;
- ◆ Have some good quality photos of your clothes and toys prepared;
- ◆ Batch uploading is the most time-efficient way to list your items;

- ♦ If you have lots of items then list them in batches and at stages throughout the day;
- ♦ Once the buyer has paid for his order, you'll have money pending in your account, which will be released to you when you ship the order and enter the tracking number.
- ♦ When you've posted the item and scanned the shipping label, your funds' status will change from Pending to Redeemable.
- ♦ You can then withdraw the funds to your bank account, or use the balance to pay for other items on the Mini Fashion Monsters marketplace.

You can download the Mini Fashion Monsters App in the AppStore ✨

If you have any questions about the sale process using our App, you are welcome to ask in comments ↴

<https://www.instagram.com/p/CCGh-8QliND/>

It's double the giggles and double the grins, and double the trouble if you're blessed with twins. 🤪 © Unknown author

They are so cute 🥰

How many children do you have? Share in comments ↴

Credit for video: [@sisterlycousinlylove](#)

https://www.instagram.com/p/CCJHS9Snt7_/

Topic: decor (working with interpreter)

<https://www.instagram.com/deinlieblingsding/>

Post Your Sign — Get a Present 📺

Who wants some nice new home decoration for free? Prepare a special place for your individually made sign that we'll raffle among our followers.

What do you need to do to get it?

- ✓ Follow our account;
- ✓ Share the photos of your own signs in stories or in posts for a month;
- ✓ Tag our account so we'll see all the participants;
- ✓ The more you share, the more chances you have to win. So why don't you start immediately?

In a month, we'll randomly choose our winner who has complied with the terms of the contest.

Good luck 🍀

Wanna some coffee? ☕

🍁 Oh, these autumn mornings... We just cannot survive them without a giant cup of coffee at some nice place. And we are that your cafe guests are feeling the same way.

✨ So, get the sign "But First Coffee" and cheer your guests up on rainy mornings by hanging it on the wall.

We also have a "Happy Place" sign that will become the most insta-photographed spot in your cafe.

And how about the "Guest WC" sign in case your guests get...lost?

You may also come up with your own cafe sign idea. We'll be happy to make your place even happier 😊

"Children see magic because they look for it." – Christopher Moore

Help your child find this magic. Let's begin with their own room. Show them your love by hanging their name sign on the wall.

A “Lucky kid” sign will remind them that the world is so big, but they are lucky enough to find their place in it.

Think of something meaningful to put on your child’s room wall. We’ll help you make their childhood magical.

Forget about flowers! We have a better present option for your beloved.

“With You, I’m Home” sign will be a constant reminder of your feelings. With this confession on the wall, your sweetheart will know that he/she makes a place you live in together a real home.

And this is what we call true love 💕

Wedding! What can be more important and more stressful in sweethearts’ life?

Chill out! Your wedding will be perfect anyway. And you’ll be proud to hang a sign with your newborn family name over the celebration table 🧑🏻‍🤰🧑🏻

★ **Do you remember your childhood room? It is the warmest and the most cherished memory of all.**

💕 Make the same to your little treasure. We'll help you with the unique baby room design. We can create any personalized wall sign for your baby to make his/her childhood room special.