A Healthy Home

While there are many components to lasting health, the one that needs much attention, is self-care. This is an area that we, as women, are often not taught how to do. We have old tapes and stories that cloud our ability to feel good about loving ourselves and giving ourselves the time we deserve. I am here to help you change that NOW.

These next three weeks are all about giving ourselves permission to honor the spirit that we are, both physically and spiritually/emotionally (whatever fits)

I believe Home" refers to how and where you live on the "inside" and your relationship with your body. In partnership with the physical, the internal space of you is just as important. Specifically, how do you take care of your body, how you sleep, how do you nourish your mind, body and soul.

Then go into what is coming with relationships, etc. is this making any sense?

This moment focuses on cleaning out the external items in our lives that:

- We no longer need and no longer use.

- Holding on to these items, creates blockage of energy, and bogs us down.

Your bedroom should be your sanctuary, free of electronics, paperwork and mess.

- Clothing in your closet that you haven't worn for 2 seasons.

- Old underwear in the drawer of your bedroom bureau. For some reason, we feel we don't need new underwear every year. Why is that?

- Worn out or stained: pajamas, bathrobes, tops, sweaters, and socks

- Linens: Old pillow cases, sheets, towels, blankets

I have gotten great pleasure in passing my nicely used items over to a local homeless or battered women's shelter.

> *Real food does not list the chemicals used to make it. Real food is grown in organic soil, without pesticides.*

Kitchen – The Pantry Clean-out!

This is the beginning of your taking a new approach towards your health and the health of your family.

We all have a pantry, which is often the mainstay of the food we eat.

And that's part of the problem. The majority of the food we eat should be "live" food, a rainbow of colors of all the vegetables!

We've become numb to exactly how much processed food we're consuming, and that processed food contributes to the deterioration of your health.

Let's get started!

- Remove everything that's in a box. Everything. That means all cereals, pastas, cookies, crackers, rice breadcrumbs

- Place the boxes of food on the table by category- so all the cereals will be in one area.

- Go through the boxes and read the labels!

The goal is to stock your pantry with amazing organic, healthy, amazing super-foods!

KITCHEN

BPS is chemical found in plastic, and is very toxic for your body. You want to replace your plastic storage containers with glass containers. It's also important to stop using plastic wrap, as that leaches BPS and phthalates into your food.

TOXINS IN THE HOUSE

CLEANING SUPPLIES AND LAUNDRY DETERGENT

As you finish your current products, replace them with non-toxic, environmentally safe cleaning and laundry supplies. These products are easily found at Whole Foods, as well as your local hardware store.

WATER FILTER

Water contains contaminates, chemicals, bacteria, pesticides, herbicides, VOCs, chlorine, asbestos and lead. Needless to say, these are not things you want to put into your body ever day. I recommend the use of the Aquasana filtration system.

MAKEUP/FACIAL CARE

Your skin is your largest organ, and absorbs up to 60% of the toxins in the products you use. Look for skin care products labeled "USDA Certified Organic", and free of parabens, synthetic products and synthetic fragrances.

CONCERN ABOUT COST

Many people have expressed their concern that eating organic and buying staples from the health food store is "too expensive" for their budget. Here's my response: Not feeling well and becoming sick is expensive.

It is possible to eat organic, shop from a health food store and at farmers' markets and stay within your household food budget. Many people report they're actually spending less money now that they are eating healthier!