

Dress YOUR Kitchen for Success

Each and every day, I attempt to create and experience a healthy, balanced and fulfilling day and assist others in doing the same. It is my goal to address the various components of creating a healthy and fulfilling life, to include our homes, the foods we eat, movement, mindset; the creation, effectuation of our best day.



Key to me reaching my goals and Attaining My Vision is *Dressing MY Kitchen for Success*. What I mean by this is to offer an appearance and function that reinforces and supports my desired behaviors and goals. Feeling and looking healthy while creating a Kitchen that espouses and offers the tools needed to create enjoyable and healthy meals and life.

Let's start with a few basics:

1. Showcase Natural Materials: Who doesn't love natural materials? They activate all of our senses with shape, color, scent, and texture. Rocks, stones, beach glass, shells, and driftwood all make for lovely accessories, while live plants and essential oils can enliven any space. Place wall mirrors in locations where they will enhance natural light or reflect natural views such as tree-topped mountains. Don't fret if you're not surrounded by beauty; you can remedy a poor view by blocking it with a frosted window film and placing some gorgeous nature artwork and live plants around it instead.

2. Place Objects Mindfully: We should all take a cue from the inherent order of nature when decorating our homes. We need to be mindful of where we place furnishings so we don't impede the flow of energy through a room. Place the primary pieces of furniture (bed, desk, and main seating) so that they face the rest of the room. In Feng Shui, we call this "command position." It is the most comfortable position to be in, and it allows you to fully rest and be most productive.

3. Bring on the Yang Energy: Incorporate the energetic yang energy into your space by maximizing its natural light and opening windows whenever possible. Live healthy plants and, of course, a cat or dog or two can add to the liveliness of any space as well. Incorporate pictures of nature on your walls along with natural materials such as stones, rocks and pinecones.



4. Make Room for Beauty, Musical Sounds and Play: What is life without beauty, musical sounds and playfulness? Nature is full of these elements, from birds and squirrels chirping to delicate flowers to mysterious paths that wind into a forest. Find pieces that elicit curiosity, wonder, and appreciation. Be bold and curious. We should feel love, musical sound and laughter every day.

5. Find your Middle Ground: Creating a balance between the extremes of yin and yang (complementary opposites such as dark/light, soft/hard) is often subtle but very powerful. I call this "the Middle Way," as in Buddhism, for instance, not too still, not too energetic. Bringing some nature into our homes is not only a great way to ease the strain of everyday life, but it brings us back to more harmony, aligning us with the natural flow of energy.

Bring each of these elements throughout your home and into your kitchen. As you do, you will enhance your experience of preparing and enjoying healthy foods. Each of the foods that I showcase in my kitchen are beautifully arranged and displayed in glass containers. As I go in and out of my kitchen, my eyes, mind and heart feast on these healthy foods.

Each time I see and experience these foods, I am retraining my brain, day after day **NEGATING THE EFFECT** of Years of Exposure to **UNHEALTHY FOODS** and their **MARKETING**.

Each of **THE FOODS** showcased in my **KITCHEN** are **HEALTHY ... RICH in VITAMINS, MINERALS, ANTI-OXIDANTS, PHYTONUTRIENTS, FIBER, PROTEIN and HEALTHY FATS** to one degree or another.

Let's take a tour of my kitchen and start with one of my favorites ... **ORGANIC SHORT GRAIN BROWN RICE**, gluten-free, high in nutrients, low in calories, a healthy, versatile food. Brown rice is a **SLOW-BURNING CARBOHYDRATE**; it **DOES NOT CAUSE YOUR BLOOD SUGAR TO RISE** & is an excellent source of **LONG-TERM ENERGY**.

Let's go on to **Steel Cut Oats** What better way to gain the strength and energy to necessary carry you thru a hectic morning than with a steaming bowl of freshly cooked oatmeal. Oats contain a specific type of fiber known as beta-glucan. Beta-glucan lowers cholesterol levels , and enhances our immune system.

Next are **Black Beans** Legumes, to include **BLACK BEANS** has a health-supportive mix of protein-plus-fiber. One of my favorite meals is **BLACK BEAN SOUP**. I soak black beans overnight, in the morning, pour out the soaking water and rinse them, add more water, organic vegetable broth & organic salsa, I bring to a boil, simmer until done, meaning the beans are soft and ... voila ... **YOU** have a delicious **BLACK BEAN SOUP**.

Quinoa ... is not a grain ... it's the edible seed of the goosefoot plant, a member of the spinach, Swiss chard, & beets family. It provides the proper amount of all the essential amino acids. Like brown rice, Quinoa is a very versatile food, experiment and you will love the results !

Dates are touted as being an almost perfect health food. After a workout, enjoy two or three dates It is a great recovery food. They replenish the glycogen that gets depleted; it also helps to stimulate muscle growth while helping to repair any damage done to your muscles.

Raisins the naturally sweet, tangy flavor of raisins, along with their portability and long shelf-life, make them an ideal fruit for your family's healthy diet. Raisins have more antioxidants than spinach or broccoli.... Who would have known!

Walnuts While being chock full of anti-oxidants, walnuts has also been shown to decrease "abdominal adiposity" the technical term for the depositing of fat around our mid-section A handful of walnuts deceases belly-fat without causing weight gain!

Chia Seeds yes, the same seeds that grows hair on your Chia pet -- have emerged as a health-boosting powerhouse. Toxins are engulfed by the gelatinous Chia Seed and as we digest them, the Chia seed and the toxin are eliminated from our bodies.

Hemp Hearts.... Are chock full of nutrients & have been shown to increase energy without the side effects of stimulants like caffeine & sugar. Hemp Hearts come without an excess of carbohydrates, refined sugars, and saturated fats--which are so often eaten in excess & have proven to be challenging to our health.

Pumpkin seeds ... and pumpkin seed oil have long been valued for their anti-microbial benefits, including their anti-fungal and anti-viral properties. Pumpkin Seeds and their oil, just like lemons counteract the negative acidic effect of so many of our foods.

Water ... There isn't a single bodily function—from seeing, hearing & thinking to running, singing & laughing—that does not depend on water. Water is a lubricant. It keeps things flowing and moving. Drink one ounce for every inch of height. Add a whole lemon and develop the alkaline nature of your diet ... thereby providing numerous health benefits.

Next, have immediately available those tools that provide you w/ easy preparation of these delicious foods. A powerful blender, such as a VITAMIX, a juicer, BROWN RICE COOKER and STEAMER and Crockpot for those hot & piping winter meals.

Prepare as much as possible before you start off on your day and you will always have available to you delicious and nutritious foods as YOU and Your Kitchen are Dressed for Success.

Apply to enroll in my Dress YOUR Kitchen for Success 4-Week Academy and upon acceptance and engagement receive the benefits of:

- Private *DRESS YOUR KITCHEN for SUCCESS* Facebook Group
- Determination of current processes and food choices
- Assessment and recommendation of additional food choices
- Recommendation of helpful food preparation HACKS
- Creation of invigorating kitchen configurations
- One-on-one Food Shopping Experiences
- Identification of helpful food implements and equipment
- Nurturing and empowering habit formations
- Face-to-Face/Virtual Check-In Coaching
- 24/7 Engagement via our *Attain Your Vision AP*
- Customized, Nutritive & Yummy *Eating Out* Strategies
- *At a Glance Nutrition Cheat Sheet*

Congratulations for moving forward in your evolution and becoming a healthy and empowered woman!
Namaste, Lorraine