



*Creative Living with Sheryl Borden  
6100 Series*



*Home, Hearth + Health - Section I*



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Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “Cancer Fighting Foods” is in Section I on page 3; whereas, “Do We Really Need Blood Pressure Meds?” is in Section II on page 8.

# Cancer Fighting Foods

Cutting-edge research now shows that certain foods can kill cancer cells. Emerging evidence shows that certain foods, eaten in small portions -- and on a regular basis -- provide benefits that actually starve cancer cells. That stops cancer before it grows!

A new preventative approach is called **anti-angiogenesis**: that is starving or destroying cancer cells to prevent growth. It is the same science that led to the development of a class of drugs currently used to treat cancer.

Researchers now recommend that changing the way you eat -- and your internal environment -- cancer cells are deprived of the chance to grow and multiply.

The National Cancer Institute recommends that we avoid saturated fats in eggs, butter, fatty meats and cheese. We need to eat more folate-rich foods. This B-vitamin is found in oranges, dried beans and romaine lettuce. It is recommended that we include more "cruciferous" vegetables, such as bok choy, cauliflower, broccoli and Brussels sprouts. And, finally be sure to include all-grain foods fortified with folate.

## **A Stronger Roll for Diet and Cancer Prevention:**

- Natural cancer-fighting compounds are found in a number of foods
- Leading researchers find some foods have the same ability to "starve" cancer cells as some cancer drugs
- They suggest people can deprive cancer cells the chance to grow and multiply if they change the way they eat
- There are over 30 foods currently identified as "anti-angiogenic."

**Cooked tomatoes are key** and it should be in a small amount of oil. This includes any cooked tomatoes: canned or fresh, whole, chopped or in sauce.

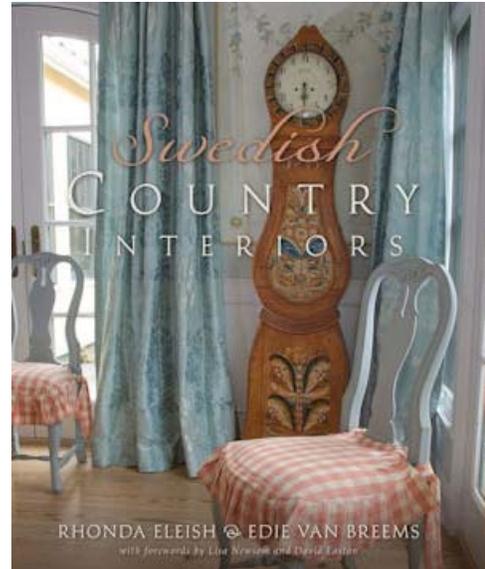
We should eat 2 to 3 servings per week (1 serving = 1/2 cup.)



**Flounder is great for everyone!** This fish is low in mercury and high in Omega-3 fatty acids. Aim for three 6-ounce servings per week. It's a mild fish the whole family will enjoy. Other choices, like salmon and tuna, are good choices, too.

**COURTESY: Pat Baird  
Registered Dietitian**

# Swedish Country Interiors



In *Swedish Country Interiors* Rhonda and Edie delve deeper into their love of Swedish country design, showcasing fifteen homes across America that have a wide spectrum of interpretations of Swedish country style. Readers will find numerous examples of Swedish country living that the homeowners have embraced and derived inspiration from, including wall decorations, functional furnishings, natural upholstery materials, light, and indoor-outdoor living.

Whether it's the tall, folk-painted Swedish case clocks, checked gingham, natural wood flooring, or the allowance of an abundance of light into interior living spaces, Swedish country style draws people from all walks of life with its fresh, clean, comfortable, and well-designed look.

**COURTESY: Rhonda Eleish & Edie Van Breems  
Authors and Decorators  
[www.evbantiques.com](http://www.evbantiques.com)**



# Total Fitness

fitness ♦ nutrition ♦ healing

## What Is a Damaged Metabolism?

Many people have a hard time losing weight or maintaining their weight because they have a damaged metabolism. If you have struggled with diet after diet, exercise program after exercise program and nothing seems to work, this may be WHY. Metabolism is scientifically defined as the sum total of the breaking down and the building up processes in the body.

If you have a damaged metabolism, you are breaking down faster than you are building up. Your metabolic rate has been lowered by years of stress and possibly overexercising and not eating enough food or enough of the right foods.

If you have a degenerative disease of aging - diabetes, osteoporosis, thyroid problems, heart disease, chronic fatigue - these are clear signs that you have a damaged metabolism. If you have adrenal burnout from years of unrelenting stress, and/or you have insulin resistance, you definitely have a damaged metabolism. About 20-30 percent of people under the age of 35 and 70-80 percent of people over the age of 35 have a damaged metabolism.

If you have a damaged metabolism, you will have to eat and exercise DIFFERENTLY from someone with a healthy metabolism in order to heal your metabolism and lose weight.

People with a DAMAGED metabolism will need to keep their heart rate below 90 bpm when they do cardio-vascular exercise. That is because the body has to release the stress hormones cortisol and adrenalin in order to keep the heart rate above 90 bpm, such as in running or spinning classes. A simple walking program may be the best form of cardiovascular exercise for someone with a damaged metabolism.

If you have a damaged metabolism, you may find yourself gaining weight if you eat more carbohydrates than your body can handle. The average person with a

damaged metabolism needs to limit their carbohydrates to roughly 125 grams per day. Add more if you are exercising or experiencing depression.

## How To Heal Your Metabolism

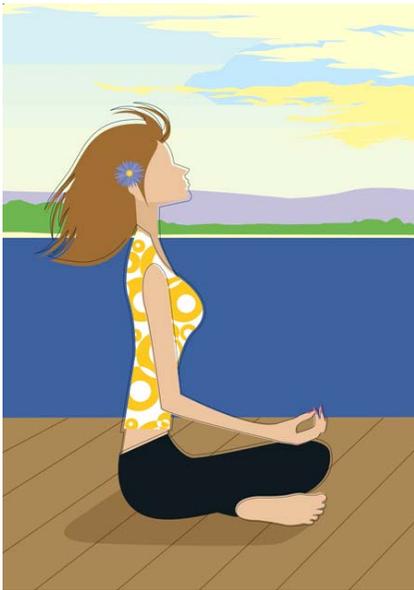
If you have a damaged metabolism, you must focus on becoming healthy and rebuilding your metabolism in order to lose weight and be thin and healthy the rest of your life.

### Follow these 5 Steps:

1. **Nutrition.** Eat 5 mini meals every day of REAL food, not products. Make sure that you are eating protein at every meal. Limit manmade carbohydrates like breads, pasta, cookies and cakes, and focus on eating REAL carbohydrates from fruits and vegetables, which are loaded with nutrients. You can download FREE recipes on our website, as well as a shopping list of healthy foods, at <http://totalfitness.net/nutrition%20recipes.htm>

2. **Rest.** Many people have burned out adrenal glands from years of chronic stress. Have your adrenal gland function scientifically tested. If your total cortisol for the day is below 20, you may be suffering from severe fatigue. Take days off simply to rest. Take hot baths, sleep as much as possible, meditate. Once you are out of complete exhaustion, make sure you are getting 10 hours of rest each and every day. We encourage everyone to meditate as meditation has a dramatic beneficial affect not only on lowering stress hormones but improving the body's ability to handle insulin.

3. **Hormonally appropriate exercise.** Begin to move in ways that actually heal your metabolism, not break it down. Avoid high intensity cardio where your heart rate exceeds 90 beats per minute. Include relaxing yoga — NOT hot yoga like Bikram — tai chi, qi gong



and walking. As your energy level improves, lift weights 2-3 times per week for 20-45 minutes at a time. Rest between sets.

**4. Taper off toxic chemicals.** Street drugs, like marijuana, cocaine and LSD, all have terrible side effects not only for the brain but also for the metabolism.

Alcohol causes the

body to convert testosterone into estrogens, which is why men who drink a lot of beer can develop breasts like women. Cigarettes are incredibly toxic for the liver. Caffeine puts the body immediately into stage one of adrenal stress. Sugar suppresses the immune system and affects insulin levels. In short, cleanup your lifestyle.

**5. Be Patient!** Many people have spent the past 10, 20, 30 or even 40 years starving themselves, over-exercising, being excessively stressed, taking drugs and being inconsistent with their exercise program. The key is to get on a good program and STAY on it. Excellence is built on a life of good habits.

**COURTESY: Catherine Carrigan**  
**Total Fitness**  
[www.totalfitness.net](http://www.totalfitness.net)



# CHOOSING A PROFESSIONAL REMODELER

The National Association of the Remodeling Industry (NARI), the only independent association dedicated to the remodeling industry is a not-for-profit trade association with more than 50 years of industry experience. NARI represents professional remodeling contractors, product manufacturers, distributors, wholesalers, trade publications, utilities and lending institutions. NARI is committed to enhancing the professionalism of the remodeling industry and serving as an ally to homeowners.



NARI members have access to the latest information in the industry through publications, educational programs and seminars, and conferences. The NARI professional remodeler pledges to uphold the association's strict Code of Ethics and is dedicated to advocate professionalism and integrity.

## FINDING A QUALIFIED REMODELER CONTRACTOR

Depending on your needs and the size of your remodeling project, there are several options for you to explore before finalizing your plans. Attempt to define which of the following alternatives represent the best approach for your project:

**The General Contractor** - Many home improvements may not require professional design services and can be handled by an experienced remodeling contractor. Again, be sure to deal with a professional. Even small jobs need careful planning, as their successful completion is important to you.

**The Design/Build Contractor** - Design/build is a concept developed to benefit the homeowner with his or her remodeling project by providing both quality design and construction services within the same company. A design/build contractor will be able to see your project through from start to finish, keeping design, engineering and budget in mind.

**The Architect** - Major remodeling projects require construction drawings to define contracts and permits procurement. If your professional remodeler does not provide design services, you can use a professionally trained architect. It is best to work with an architect experienced in remodeling, as he or she will be more sensitive to the special challenges that remodeling represents.

**Proper Planning is Important** - Think your remodeling project through from start to finish. Careful planning of your home improvement projects will enable you to update your home, increase the value of your investment and customize your living space; all for a lot less than the cost of a new home.

Look over your property carefully. What repairs are needed? What improvements would you like to make? Think ahead and determine your future needs. Professional remodeling contractors can help you in your planning by outlining options and discussing the improvements you can make within your budget.

Finding a qualified professional remodeling contractor doesn't have to be a difficult task. Following these guidelines will make the selection process easier and you will be better prepared to make an informed decision that best suits your needs.

- Employ a contractor with an established business in your area. Local firms can be checked through references from past customers in your community.
- Many states, but not all, require contractors to be licensed and or bonded. Contact your state or local licensing agencies to ensure the contractor meets all requirements.
- Check with the government Consumer Affairs Office and the Better Business Bureau to ensure there is no adverse file on record for the contractor.
- Ask to see a copy of the contractor's certification of insurance or for the name of his or her insurance agency to verify coverage. Most states require a contractor to carry worker's compensation, property damage and personal liability insurance.
- Make sure the contractor's insurance coverage meets all the minimum requirements. If you solicit bids from several different contractors, be sure they are bidding on the same scope and quality of work. Discuss variations in bids and beware of any bid that is much lower than the others.
- Be sure the contract includes the contractor's name, address, phone and license number (if applicable). A

contract should include detail about what the contractor will and will not do. A detailed list of materials for the project should be included in your contract, with information such as size, color, model, brand name and product. The contract should include approximate start and completion dates.

- Study the design plans carefully. Insist that you approve them and that they are identified in your written contract before any work begins.
- Known as the "Right of Recision," Federal law requires a contractor to give you written notice of your right to, without penalty, cancel a contract within three business days of signing it, provided it was solicited at some place other than the contractor's place of business or appropriate trade premises.
- Make sure financial terms are understood and spelled out in the contract. The total price, payment schedule, and any cancellation penalty should be clear.
- A warranty covering materials and workmanship for a minimum of one year should be written into the contract. The warranty must be identified as either "full" or "limited." The name and address of the party who will honor the warranty (contractor, distributor or manufacturer) must be identified. Make sure the time period for the warranty is specified.
- A binding arbitration clause is also a good inclusion in the event a disagreement occurs. Arbitration may enable you to resolve disputes without costly litigation.
- Thoroughly review the entire contract and be certain you understand it before signing it. Consider the scope of the project and make sure all items you've requested are included. If you do not see a specific item in the contract, consider it not included. Never sign an incomplete contract. Always keep a copy of the final document for your records.

### **Think About Design and Function**

Design and function should be foremost in your mind if you're thinking of adding a room or converting an existing room. Give thought to details such as: where you want electrical outlets, telephone jacks and cable hook-ups located; the type of lighting required; your current and future storage needs; and whether you want to include luxury items. These details will enable your remodel to better suit your needs and lifestyle. A professional remodeler should be consulted about design and function of any remodeling project. He or she can also help you with time and money-saving hints.

**COURTESY: Paul Zuch  
Capital Improvements/NARI**  
[www.nari.com](http://www.nari.com)

# FIRST THINGS FIRST: DEFINE CLUTTER

Does your home say 'Come in!' or 'Abandon hope, all ye who enter here?'

It's true - we can't keep everything and keep a clean house. But how do we decide what to keep? How do we decide what's meaningful in all the clutter? Until friends gently pointed it out to me, I never knew so much of what I pictured as valuable amounted to nothing more than junk. To develop a deeper understanding, I created expanded definitions for this foe called clutter.

## KNOW YOUR ENEMY

What is clutter? You will get different answers from different people. What holds value and utility to one person can hold the opposite to another.

**Trash:** Yes, one person's trash can be another person's treasure, but there are some things that are just plain trash.

**Unorganized things:** Be careful. Even organized things amount to clutter if you don't use them.

**Unfinished projects:** I mean projects you have given up on. If you haven't worked on it in more than a year, it is an unfinished project.

**Homeless things:** Good things become clutter when they are haphazardly strewn about.

**Unused goodies:** Consider frequency of use as well. You may want to keep the Christmas tree you use every year, but rethink the bicycle you haven't ridden since college.

**Unnecessary duplicates:** Do you really need the extra blender?

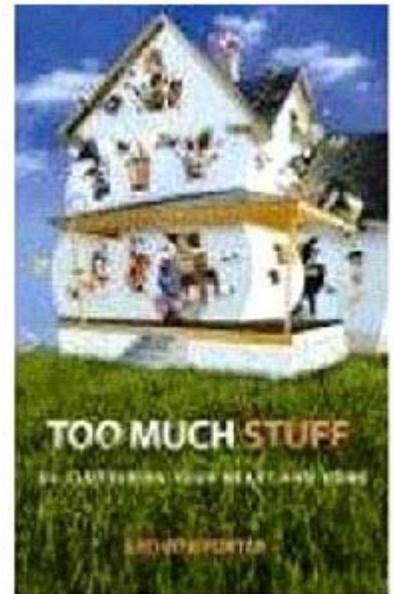
**Visually displeasing objects:** Why keep something you think is ugly? But be careful of this one. You may not like your kitchen table, but if it's the only one you have, it's not clutter.

**Broken items:** If that coffeemaker doesn't work, then toss it and buy a new one.

**Clothes that don't fit:** How long have you been holding on to those jeans in case you can ever squeeze into them again?

**Outdated or obsolete things:** Still using a pre-Pentium computer? If it does the job, fine. Just don't keep it as a paperweight because you paid \$4,000 for something that today you can't even give away.

**Too much of anything:** Do you really need 50 pairs of socks? The less you have, the less you have to clean!



Did you ever think there could be so many definitions for clutter? Becoming familiar with them makes it easier to say good-bye to our "stuffaholic" tendencies. To free ourselves from the things that enslave us to extra and unnecessary housework, we first need to recognize these collections around our home for what they are - clutter.

But clutter goes beyond those things invading our homes. It also steals space in our hearts. There is a psychological realm where collections of bad feelings and negative emotions dwell inside us, cluttering our hearts.

For more about clutter and dealing with it, you'll enjoy Kathryn Porter's book "Too Much Stuff."

**COURTESY:** Kathryn Porter  
Author & speaker  
[www.clutterwise.com](http://www.clutterwise.com)