



Creative Living with  
Sheryl Borden  
**7200 Series**  
Home, Hearth & Health - Section 1



# Table of Contents

## Home, Hearth & Health

Mindfulness of Body Practice .....	I-3
Kimball Starr Interior Design.....	I-4
MasterBrand Cabinets, Inc. ....	I-5
The Components of a LSF Lifestyle .....	I-6
Foods That Feed Your Brain.....	I-7
Projects From Minwax .....	I-9
Add a Personal Touch to Entertaining .....	I-10
Less Drilling Feels Great .....	II-11
Primal Dentistry .....	II-12
Qi Jong Meditations.....	II-13
Quit Brushing Your Teeth!!!.....	II-15
Questions & Answers Regarding Biomimetic Dentistry .....	II-16
Guests .....	II-17

**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, “Mindfulness of Body Practice” is in Section I on page 3, whereas “Less Drilling Feels Great” is in Section II on page 11.**

# MINDFULNESS OF BODY PRACTICE

This practice offers space to experience sensations fully, openly and with awareness.

1. Find a place where you can sit comfortably, settling into an upright posture - perhaps on a chair with a firm seat, with the spine self-supporting, hands on thighs. Let the body be upright, but without straining or stiffening. You can close the eyes, or have them open, perhaps letting the gaze fall downwards. Notice how this posture feels right now.
2. Open up awareness and notice sensations in the whole body. Be aware of contact - texture and temperature in parts of you touching the floor, chair, clothes, other body regions, the air around - as well as internal sensations, such as tightening, relaxing, pressure, fatigue, heat, cold, aching, and so on.
3. As best you can bring interest to pleasant and unpleasant sensations, allowing them to be felt fully. Be aware of preferences - liking some sensations and not liking others - and notice when and how you're getting caught up in or resisting them. Be curious about any changes in location, intensity or quality of sensation.
4. When you see the mind wander into thinking, gently let go of thoughts and come back to feeling. When you notice the mind wandering elsewhere (e.g. to sounds), acknowledge this also, bringing it back, as best you can, with kindness.
5. If the mind feels very scattered, or sensations are particularly intense, you could come back to mindfulness of breathing for a time, using the breath as an anchor for attention once more. Open up to the whole body again as you feel ready. Perhaps imagine that you're breathing into and out from the entire body.
6. After you've practiced, experiment with staying present to body sensations as you move into whatever comes next in your day.

## How Meditation Helps With Difficult Emotions

How are you feeling? Meditation gives us a chance to entertain that question at a deeper level. In *Getting Started*:

*Emotions*, *Mindful* shares authoritative practices to learn how to tame raw, difficult emotions and foster feelings that are positive, powerful, and beneficial. For a sneak peek, here are some meditative practices for working more creatively with fear.



It's hard to imagine life without fear. Its raw power can save lives. It can also paralyze us and invade every part of our life. Taming it and directing it is one of life's greatest challenges.

Fear is primal. And essential for survival. It's highly energetic, and even exhilarating. Lots of people love horror movies, and kids (young and old) get a huge kick out of scaring each other. But fear is no joke. It can be a highly aroused state that overtakes us in response to a perceived threat, causing us to either fight, flee, freeze, or faint. It can be a deeply unpleasant feeling.

As with all emotion, the practice of meditation can stabilize us enough in the midst of fear to help us see more clearly - to distinguish a false threat from a real threat that needs to be acted upon. The type of fear meditation can have the most effect on is the fear (and fears) that we continually generate in our own minds, the product of our rich imagination and our desire to control everything, rather than be tossed around in the risky and stormy world.



As our fear rises, we can start yammering in our heads to reinforce the size and shape of the threat: "They're not going to like me... they'll think I'm stupid...I'll never get another job...I'll lose my mind.. and all my friends... and my apartment..." By now, our palms are sweaty and we're in a total panic.

The good news: This is all natural. The very intense energy of fear, when we're able to let it dissipate, can become a powerful driving force. It's nothing other than the energy of life.

### Practice

**NAME THE FEAR:** Being able to recognize that fear is present can be hugely important in not allowing it to control you. As you **NOTICE** your heart pumping more, your chest tightening, your back stiffening, let an imaginary alarm bell go off in your head. Take 3 or 10 or 20 deep breaths, however many you need to **SLOW** your body down. Place your hand on your heart if that will help.

Acknowledge to yourself, "I'm scared. I'm afraid."

**NAME THE FEAR** so you automatically create a bit of distance between yourself and the intensity of the emotional reaction. Say a few phrases of **WELL-WISHING** toward yourself and for others:

- May (I/others) see the source of our fear.
- May (I/others) be safe and free from fear.
- May (I/others) be happy and at ease.

### Practice

**LEAN IN TO FEAR:** Whenever you feel the energy of fear, **DON'T AVOID** the feeling. Sit with it. As fearful thoughts of dread and worry continue to arise, approach them with **FRIENDLINESS**. Don't treat them as a threat. Be kind toward yourself for being afraid. See what happens when you hold your ground and let the fear rise in your mind. You may **FIND CONFIDENCE** within.

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# Kimball Starr Interior Design

At Kimball Starr we believe comfort, balance, and livability are the key to successful design.

We work with clients to create successful interiors tailored to client needs in both residences and commercial spaces. By working with a diverse team of architects, contractors, and talented artisans, our focus is on interior detailing, thoughtful finish selections, and custom-built furnishings to transform your space into a beautiful and intelligently planned interior. Whether you've worked with a designer before or it's your first time, we're with you every step of the way.



Kimball Starr Interior Design services include:

- Design remodels for bathrooms, kitchens, entire homes, and commercial spaces
- Space planning for maximizing interior flow and layout
- Selection and buying of furnishings, antiques, floor coverings, lighting, accessories, and art
- Color consultations for rooms, furniture and paint, entire homes, and building exteriors
- Custom furniture design providing unique pieces specified to your needs
- Sustainable design using environmentally conscious building materials, furniture, finishes, and fixtures
- Healthful interiors for people with chemical sensitivities and compromised immune systems
- Commercial design specializing in restaurant, retail, and boutique hotels

We provide initial complimentary one-hour consultations to give you a chance to meet us and share more about your interior design project. So take the leap and let's get started on "changing your life one room at a time!"

**COURTESY: Kimball Starr**  
**Kimball Starr Interior Design**  
[www.kimballstarr.com](http://www.kimballstarr.com)

# MasterBrand Cabinets, Inc.

## Why MasterBrand?

Because We're Expert Cabinet Makers

As a cabinet manufacturer, we know every project is different. That's why we offer expertise for every level of consumer - from start to finish.

Whether you're a seasoned do-it-yourselfer or hiring a professional installation crew, selecting cabinetry products for your home is easy when you work with the expert cabinet makers at MasterBrand. With our help, you won't just pick cabinetry options; you'll make thoughtful choices and understand why your cabinet selections will work for your life.



## About MasterBrand

As one of the largest cabinet manufacturers in North America, we're experts at listening to the desires of families to ensure that our cabinetry products meet their needs. Whether moving into a new home or improving their current one, our customers want to create their ideal living spaces – and it's our goal to help them.

That's why our brands offer both quality and versatility, fair prices, and are backed by extensive networks of cabinet dealers and manufacturers, and why we honor every promise we make.

## What We Stand For

We've built our reputation as one of the best cabinet makers around by committing ourselves to four service basics: quality construction, fashionable products, on-time delivery, and complete delivery. To make these basics tangible for both cabinet dealers and consumers, MasterBrand participates in the Kitchen Cabinet Manufacturers Association's (KCMA) stringent Performance & Construction Standard for kitchen and vanity cabinets. Tests conducted by an independent laboratory measure structural integrity, as well as drawer, door and finish durability. Cabinets that bear the KCMA Certification seal are recognized in the marketplace as superior products, capable of withstanding typical household use better and longer.

## Our Cabinet Brand Portfolio

As cabinet makers, we offer a spectrum of products ranging from standard to custom, satisfying every budget and lifestyle. Each cabinetry line in our family of brands provides the same great service, product innovation and quality that MasterBrand is known for – assuring your dream kitchen becomes a reality.

## Committed to Sustainability

At MasterBrand, we're at the forefront of cabinet manufacturers that are doing their part to ensure a better tomorrow. Through community outreach programs and green practices, we work to ensure that the crafting of our home cabinets has as little environmental impact as possible.

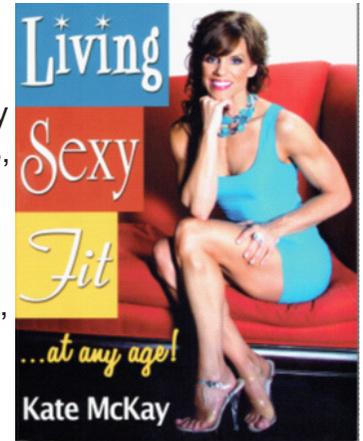
**COURTESY: Andy Wells**  
**MasterBrand Cabinets, Inc.**  
[www.masterbrand.com](http://www.masterbrand.com)

# The Components of a LSF Lifestyle

Living Sexy is all about making a paradigm shift on how we view sexy. It's about expanding our view of what sexy is. Sexy is about living your life with confidence, vitality, passion, health and abundance. Fit means having a body that reflects your deep and passionate nature, living a life of health, wellness, and positive self-acceptance from the inside out.

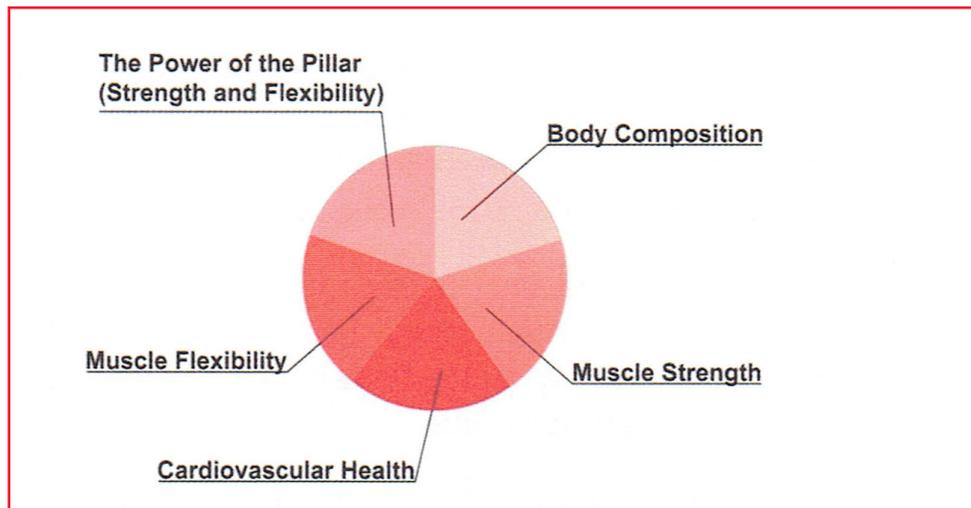
Living Sexy is about living your life ALL IN – no longer settling for less than you deserve, and claiming the joy that is rightfully yours... to be fit, to be rich, and to be happy with who you are and how you show up in the world.

**And who doesn't want that??**



## The Five Components of Fitness

*"Knowing is not enough: we must apply. Willing is not enough: we must do."* Goethe



**Being fit is defined by how well your body performs in each of these five categories:**

1. The Power of the Pillar (Pillar Strength & Flexibility)
2. Muscle Flexibility
3. Muscle Strength
4. Cardiovascular Health
5. Body Composition

**COURTESY: Kate McKay**  
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# Foods That Feed Your Brain

## Beautiful Minds Program

**Can what we eat really make a difference in how smart we are and how well we remember?**

Absolutely! Today we know that up to 66% of brain aging is within your control and diet plays a huge part in that (social connectedness, challenging your brain, and staying physically fit are the other 3 brain-health factors). Eating and living right at any age can help to grow new brain cells, increase connections between cells, and even expand your memory center - the hippocampus. That is what the Beautiful Minds program is all about. Beautiful Minds is a partnership between the National Center for Creative Aging (NCCA) and DSM Nutritional Products. It is a national health education campaign designed to empower Americans to develop and maintain healthy, beautiful minds by focusing on the four dimensions of brain health: both physical and mental health, social well-being, and nutrition. You can stack the deck in favor of thinking clearly and remembering more both today and down the road if you follow these simple diet steps and you can get more tips and information at [beautiful-minds.com](http://beautiful-minds.com).

**Why is "eating like a Greek" is important?**

People who eat the traditional Mediterranean diet think more clearly, have better memories, and are at lower risk for dementia and Alzheimer's. Recent studies report improvements in thinking by following this eating style. This isn't gyro sandwiches, but the more traditional diet, which is packed with produce, nuts, olive oil, some seafood, and a little red wine.

**Is fish really a brain food?**

Your brain is very greasy, but in a good way. More than 60% of it is fat. Unlike the lazy fat stored on the hips or belly, fat in the brain is a worker bee. It makes up the cell membranes that surround each cell and the insulation sheath around neurons that allows thoughts to travel fast from one cell to another. The more fluid and flexible those membranes, the faster you react, the more you remember, and the more creative and clever you are. The most fluid fats are

the omega-3s, and the brain must love the omega-3 DHA, because 97% of the omega-3s in your brain are DHA. An accumulating body of research shows that children, adolescents, and young adults think better, perform better on tests, and react faster when their diets are optimal in DHA. A recent study found that children performed up to 50% better on reading tests when they supplemented with the DHA, and studies (including the MIDAS study) find that seniors remember more and might even be at lower risk for cognitive decline when daily intake averages between 220 and 900 milligrams. Note: your body can't make this fat. It has to come from the diet.



**Are antioxidants as good for our brains as they are for our hearts?**

The brain consumes more oxygen than any other tissue and that oxygen cocktail is loaded with little oxygen fragments called free radicals or oxidants. Left unchecked they pierce the delicate membranes of your 100 billion brain cells contributing to memory loss and dementia. However, load your anti-free radical or anti-oxidant arsenal with lots of antioxidant-rich colorful produce and you seriously side step the risk of memory loss.



Aim for no less than 8 servings a day of the deepest colorful fruits and veggies you can find! That's why blueberries help to support brain power - they are deep blue all the way through.

A perfect example of this is vitamin E. A recent study found that a daily supplement of 2,000 IU of vitamin E given to people with mild to moderate Alzheimer's slowed the progression of the disease! Studies also are finding that a substance in green leafies, called

lutein, already shown to help support a lower risk for vision loss caused by macular degeneration, also helps to support memory function within an aging population.

**Besides focusing on what we can eat, tell us what NOT to eat, too.**

What is good and bad for your heart is good and bad for your brain. You are one big package. So, it's no surprise that saturated fats in red meat, fatty dairy products, and processed foods are associated with clogged thinking and mental fatigue. Cut back on beef, butter, sour cream, whole milk, cheese (the #1 source of saturated fat in the diet), and foods that contain palm oil or hydrogenated vegetable oils.

**What about on the days when we miss the mark and don't eat perfectly. Should we supplement?**

Most people don't eat perfectly, so taking a moderate-dose multi is a good idea to fill in the gaps. That multi also might help you stay mentally fit. For example, the mind shuts down without vitamin B12. It might even start shrinking! You need this B vitamin to ensure your brain cells send messages back and forth quickly, so you have no trouble putting two words together, remembering a friend's name, or staying quick witted. It's no wonder that studies, like one from the University of Oxford in the UK, repeatedly find that you lose your ability to think, remember, and react in direct proportion to your B12 levels. In fact, many researchers speculate that doubling a person's vitamin B12 levels by taking supplements could slow cognitive decline by one third or more. The antioxidant vitamins and minerals also can help fill in the gaps on the days you don't get enough produce. But keep in mind, there is a reason why they are called supplements, not substitutes. You need to eat really well and supplement responsibly.

If you are a young women or teenage girl who is dragging through the day and often can't think straight, get your iron checked! Anywhere from 20% to 80% of women (stats vary from study to study) are low in this important mineral, which helps carry oxygen to your brain. Too little iron means you literally suffocate your brain tissue. No wonder you can't think straight! Cook in cast iron, add more iron-rich foods like legumes and green leafs to the diet, combine a vitamin C-rich glass of OJ with your iron-rich bean burrito to improve absorption, and get your

"serum ferritin" levels checked next time you are have blood work.

If you don't eat at least two to three servings a week of fatty fish like salmon, then take an omega-3 DHA supplement. You need at least 220 milligrams of this nutrient. Also, if you don't eat lots of dark green leafs every day, make sure your supplement contains lutein.

**Finally, how can exercise help?**

Are you truly serious about staying mentally sharp? Then there are no excuses! You must exercise daily - both muscles and brain. People who challenge their brains by learning, problem-solving, and trying new things, and who exercise every day, also think faster, remember more, learn easier, are more creative and better problem solvers. They are least likely to develop memory loss, dementia, or Alzheimer's. A survey dating back to the 1960s repeatedly finds that Americans' diets are low in everything from vitamin A to zinc. Growing bodies need large amounts of nutrients, yet studies repeatedly find that children's diets are lacking in nutrients important for growth, development, healing, brain function, learning, and more. So, to fill in the gaps on the days when you or your child do not eat perfectly, it makes sense to take a supplement or two.

**COURTESY: Elizabeth Somer  
Author & Nutritionist  
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# Projects From Minwax

## How to Create a Photo Display Frame



Bruce Johnson, spokesperson for Minwax, will show how to take an empty old picture frame or a new unfinished frame and turn it into a unique and easy to change display of

photographs, notes, lists, reminders, etc.

Using a staple gun and thick wire or string, stretch two or three strands from side to side, attaching them to the back of the frame with the staple gun; then use miniature clothes pins to hang pictures, business cards, reminders, etc. from the strands.

Stain and finish the frame using one-step Wood Finishing Cloths. If you are looking for a more traditional 1-step, try Poly-Shades.



## New Uses for Vintage Crates & Old Boards

Whether you are decorating for a special occasion, such as a party or wedding, or just looking for some fresh, unique ideas for your home or apartment, you can add rustic charm while at the same time saving money.

Use Wipe-On Poly on an old crate and Minwax Stain on



unfinished crates. In addition to this, crates, either old or new, can be used for a variety of purposes, from stacking together to form bookcases and display units to using beneath a wide board to make a bench for the end of a bed or a coffee table.



Another idea for using a crate would be to make a floral centerpiece (for either a dining room table or for several tables at a reception). After the crate has been stained and finished, you can add either real potted plants or artificial flowers to it.

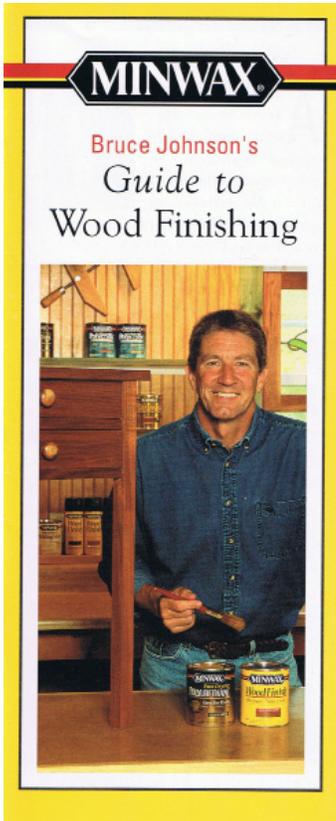


Make a rustic file box by simply cutting out a few boards from an old pallet and nailing them together (or finding discarded old boards). You can create a custom file box for whatever you need: recipes, photos, notecards, etc.

This next idea is a variation from the "menu" sign idea, but instead of stenciling the menu items on five or six rustic boards, this would hang indoors or outdoors with the word "welcome" stenciled across the top board, then the name of each member of the household on their own board, perhaps in different fonts. Each board would hang from the one above it using hooks screwed into the top and bottom edge of the board.

**COURTESY: Bruce Johnson**  
**Minwax**  
[www.minwax.com](http://www.minwax.com)

# Add a Personal Touch to Entertaining



Entertaining is an art and Bruce Johnson shows how easy it is to personalize items that you enjoy using when guests visit your home. Beginning with an unfinished serving tray, Bruce demonstrates how easy it is to personalize the tray with your favorite colors or to match your decor. After creating the design and applying your color, you end up with a colorful and useful item that will impress your guests.



As the seasons change, so can your table centerpieces - especially when they are anchored with a beautiful wood "window box" container. Bruce shows how to prepare the wood on the centerpiece container, how to choose a rich color to compliment your decor, as well as how to fill the centerpiece with natural decorations that can change with the seasons.

COURTESY: Bruce Johnson  
Minwax

[www.minwax.com](http://www.minwax.com)

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## NOTES