



## Rejuvenating the Bathroom Energy

*The bathroom is dedicated to our space for cleansing and purifying the body. We generally start the day and end the day in the bathroom and it is for this reason that so we really should focus on the balance of energy that is in the bathroom to ensure that it is nurturing our energy versus draining it.*

This year, we spent our summer holidays visiting with our dear friends in Ontario. The guest room was lovely and I was surprised to consciously notice that the ensuite bathroom had a particularly good flow of energy. Hmmm ... I wondered why I hadn't noticed that in my own bathrooms. Mental note – check out the bathrooms and balance the energy flow.

The bathroom is primarily governed by the Water element which is associated with prosperity. In effect, the water is usually going down the drain. Does the expression “Don't flush your money down the toilet” sound familiar?

We want the bathroom to be just as pleasant and uplifting as it is functional – to keep the energy balanced and gently flowing.

First things first – declutter and clean to get the energy refreshed. It's a mystery how we can accumulate so much in such small spaces. Organize the bathroom drawers and cupboards and throw out all those ‘almost empty’ bottles and lotions and potions that you ‘might’ use one day. Remember the ‘*everything has an energy*’ Feng Shui basics ... keep those items that you love or use and apply the 50% rule in the drawers and cupboards.

Be sure to fix anything that is not working properly. Dripping taps are definitely ‘money going down the drain’ and on a subconscious level, the constant drip is simply annoying. Now is the time to replace any burnt out light bulbs.

All the drains, and in particular the toilet drain because of its large opening, can pull the energy down. Add red tape around the drain pipes and place a three inch convex mirror directly below the “U” in the pipe under the sink. Place a convex mirror on the floor behind the toilet facing up; and keep the toilet lid closed. The sink, shower and bathtub stoppers can be kept closed when not in use or covered with lovely smooth stones to block the energy pull.

Bathrooms are apt to leak energy and will accumulate lower vibrations quite easily, so the Feng Shui effort you put into recreating a beautiful bathroom will send healing, calming energy throughout your home.

Bathrooms are a great room to stimulate mental Feng Shui by displaying affirmations on the wall, door or mirror. Seeing positive words in front of you every day really works by shifting your thinking. Train your mind to avoid habitual, negative words and phrases and replace them with positive, empowering ones.

Here's a few tips to balance the energy in the bathroom.

- You can counteract the excessive Water element by adding

the Earth element. Live or silk plants in a terra cotta pot, decorative or functional pottery and stonework are all good examples that will help balance the water energy.



- You can further strengthen the Earth element by incorporating the Fire element. I particularly love candles in the bathroom to bring in some warmth and light. Artwork depicting animals and accents with the colour red are also excellent additions.
- The Wood element ‘drinks’ Water and ‘feeds’ Fire. Enhance your bathroom with healthy plants (I especially like bamboo), fresh flowers and woodenware. The colours green and blue will add some more stability.
- Minimize the Metal element because it will further strengthen the already governing Water element.

A Feng Shui bathroom has a sense of serenity and beauty – you feel like you have retreated to the Spa – right in your own home. When colour, texture, aroma and visual beauty is balanced, the bathroom can be the perfect place to rejuvenate your body and mind.



*“Most of us live hectic, stressful lives, and are in serious need of soothing places where we can relax and unwind. A clean, tidy, nicely appointed bathroom invites you to soak your worries away in a hot bath with lavender-scented bath salts. Make this pampering experience even nicer with candlelight, soft music, and a pile of fresh flurry towels with which to dry off.”*

~ Stephanie Roberts

The following relaxing bath cure is one of my personal favorites to clear your energy field and revitalize your energy. This is especially helpful when you have been in crowds of people, work with the public or have had contact with negative or sick people.

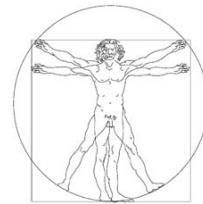
Add to a nice warm bath that you can fully soak in:

- 1 cup sea salt
- 1 cup baking soda
- 3 capfuls of hydrogen peroxide (food grade - 35% solution strength)

Drink a glass of spring water before, during and after the bath and follow by a shower. ~ Debra Ford, *In the Feng Shui Zone*

*No matter where the bathroom is located, a beautiful space with its own special ambiance will ensure a good energy flow. Comfort, cleanliness and convenience are key ingredients to good Feng Shui, and our modern bathrooms provide them all.*

# Matters of Health



## Part Two: Our own 'Fort of Sorts', a Leak in the System and Peace in 'the House'

Last article I talked about allergies, the link to ADD and ADHD behaviors, Candida Albicans and other underlying problems ADHD/ADD can cover up.

It is absolutely imperative to keep the intestinal barrier, our own protective 'fort of sorts' in top notch shape. Healthy intestines protect our bodies from the bad stuff. Like sealant stopping leaks, a strong intestinal lining will only let properly digested fats, proteins and starches pass through their designated 'junction' to be assimilated correctly. It also prevents access to undigested 'food' molecules, bacterial products, fungus, toxins, and other unwanted entities. Healthy tight fitting junctions along the intestinal tract will not allow 'large molecules' through. But if this system becomes aggravated or inflamed, the junctions become loose and flimsy and permit them through. Remember children's soft and permeable intestinal walls? Now the immune system is in red alert. Not recognizing these large molecules, it attacks them as invaders, stimulating an antibody reaction. Now we have a Leak in the System.

Leaky Gut Syndrome (LGS) is rapidly increasing – especially in people who continue to receive rounds of antibiotics that are inappropriate. Even more frustrating – the overuse of antibiotics and over the counter meds are usually given to fight off recurrent infections – infections that are probably being caused by leaky gut because of the antibiotics and the over the counter meds. Head spinning? No doubt. Let's mix it all up with poor diet, lack of nutrition, environmental aggravators...and we have quite the brew.

Conditions and symptoms produced by LGS? Childhood hyperactivity. Allergies. Muscle pains. Acne. Tummy aches. Tummy distension. Eczema. And? ADD and ADHD. Diseases associated with LGS? Autoimmune diseases. Celiac disease. Eczema. Fibromyalgia. IBS. Psoriasis. And so on. As you can see, LGS is not just a childhood issue either.

### A Closer Look at the Leak

LGS can happen because of one or more of these:

1. Bacteria, fungal, viral and parasitic infections.
2. Drugs. Particularly antibiotics and birth control pills. NSAIDS such as aspirin and ibuprofen, steroids, over-consumption of alcohol and caffeine and even ADD and ADHD behavioral modification meds...are a big issue.
3. Allergic reactions along the intestinal wall created by poor quality food and beverage choices and or the chemicals in either.
4. Nutritional deficiencies.
5. Incomplete digestion.

6. Exposure to environmental toxins – usually sustained.
7. And stress. Stress has its own story all to itself. So – maybe next month.

### The House of Corrections

Three things will ensure Happy Endings.

1. Rid the digestive system of all known stresses such as the bad bacteria, fungus, know food sensitivities, chemicals including household chemicals, and other irritants such as body-care products.
2. Renovations and restorations. Make all repairs necessary to keep the house running beautifully. Including – proper diet (a happy meal from the local fast food place is not providing anything your child needs except empty calories), and herbs and supplements. Some of the weirdest tools on your belt but the most effective. Also – an attitude of gratitude. Where did this food come from? Is it 'worth' my time celebrating it? Or is it Buck or less brand...and if that is the case – consider the cost.
3. Get rid of the old stuff. Replace and reculture with beneficial colon bacteria. Probiotics and complements such as EFA's, green drinks and a nurturing diet...go a long way in keeping the house in top notch shape. Moves the energy and keeps us strong.

Recognizing that we are all very individual...emotionally, physically, and chemically, is great. But underneath all of that individualism – are similarities that can not be denied. Humans respond to very basic things. Love. security. a nurturing environment. Our bodies respond to the same things...along with good food, clean water, and awareness of self. And attention to what we ingest.

What makes us feel good and what makes us feel bad? Children can't always verbalize these things...but their behaviors and responses are loud and clear. They also need guidance from us. All too often I see clients just let their children run amok in the kitchen, dictating to the parents what they will or will not eat. Often – the wrong things.

You provide what your child should eat and then decide how much. Pretty simple. Help your children understand what the food they are eating is intended to do, and where it came from. How did it get from 'there' to 'here'. Teach them to eat seasonal, and as local as possible. And of course, whole and natural versus processed and refined. 'Treats' should come from nature and junk should be called what it is.

Books to refer to include *Allergies – Disease in Disguise* by Carolee Bateson-Koch and *Super Immunity for Kids* by Leo

Galland. Both tremendous references that I use frequently in my practice.

And the bottom Line? Increase awareness – allergies can be involved in your children’s symptoms. You have the power to take control of your child’s health. And from Bateson-Koch’s book?

### Sequence of Healing

Natural and whole food = normal digestion  
= normal bio chemistry  
= normal energy  
= normal health  
= normal body



Happy, delightful, calm, exuberant, natural children. Can anything be more beautiful? They are in our hands. Let’s hold them close.

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*“The body will always strive for homeostasis. You have inside you what you need for balance...for a powerful and perfected life. It is in the strength of intention, love for self, love for others...an awareness of something more when you draw each breath.”*  
~ Margo

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## Online Product Specials

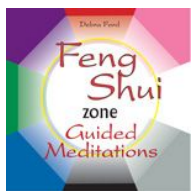
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