

Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

Volume 11, Issue #3, Finally Spring 2011, *Clean Up*

After an April Fool's snowstorm, we are slowly inching towards spring in our neck of the woods. Although I did some yard and garden clean up in the still wintry weather—removing leaves, sticks, and twigs so that emerging daffodil leaves could come up straight, it's only now time to start getting into the garden. I've been itching to do so since the first "official" day of spring, but have channeled this pent-up energy into cleaning up my home and office instead.

While visiting my parents in early March, I helped my mom organize her pantry and closets which reawakened the cleaning urge which mostly remained dormant for the winter. Once home, I tackled my office, beginning with my desk and its overflowing piles of paper. From there I moved on to my office closet which had disintegrated over the years since I'd worked with an organizer from a logical system of storage to a haphazard catch-all. Next came the purging of my older son's bedroom to make room for the Brazilian exchange student who moved in last week. We threw out and recycled items that clearly weren't needed. The rest we boxed up for our son to sort through when he returns from college for the summer. It's amazing how much lighter, spacious, and energetic I feel after this clean up.

- What areas in your living and working space could use some attention?
- What's dirty, cluttered, no longer used, or in disrepair?

With some of the basic clean up behind me, I'm now taking it to the next level, finding ways to eliminate or protect us from the multitude of toxins that we eat, breathe, and absorb through our skin. Every year around Earth Day I take on new actions to be green and live more sustainably. This year, the fascinating bestseller, [The Healthy Home](#), by Myron and Dave Wentz is my source of inspiration. Their book, website, and Healthy Home Book Tour, which is making its way across the country, have made me aware of the dangers that lurk in every room of my house. Instead of feeling frightened and overwhelmed, however, I now realize how simple steps can add up to make a big difference. I'm committing to making a number of changes including:

- Opening windows more often
- Sleeping on organic cotton sheets
- Switching to a natural dry cleaner
- Avoiding fluoride (in toothpaste and water)
- Choosing paraben-free skin care products and cosmetics
- Using a tongue scraper instead of mouthwash
- Buying organic or free range poultry and meat free of antibiotics
- Using glass instead of plastic food storage containers
- Replacing compact florescent tubes with incandescent light bulbs
- Cleaning with natural cleaners, soap and water, white vinegar, and/or baking soda

I encourage you to watch this video clip of Dave Wentz's appearance yesterday on CNN <http://dlvr.it/N8tB5> and visit www.myhealthyhome.com to get even more ideas. I hope you'll join me in taking one or more new steps to clean up this spring!

Recommended Resources

[The Healthy Home](#): Simple Truths to Protect Your Family from Hidden Household Dangers

The Healthy Home is not a comprehensive tome on modern health hazards; nor is it a treatise on eco-conscious living. Instead, the book focuses on the most important environment--the home--and the problems that can most easily be lessened or eliminated. readers learn about the degenerative effects of toxins in the home and receive simple solutions to help minimize exposure without foregoing convenience.

Reader Feedback

I invite you to share what steps you are taking to clean up your home, office, or the environment. Your actions can inspire others, so please let me know if you'd be willing to have me share your feedback in the next issue.

Upcoming Programs and Events

Reiki Trainings

Reiki I:

Friday, April 29

North Parish Children's Chapel

Fee- \$160 Includes training manual, certificate, and healthy snacks

Reiki II:

Saturday, April 30

North Parish Children's Chapel

Fee- \$250 Includes training manual, certificate, and healthy snacks

Space is limited. Call (978)689-7446 or email grace@balancewithgrace.com to reserve your spot.

Early Bird Discount: Save 10% when you register by April 14th.

To learn more visit www.coachingwithreiki.com

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