

By Elayne
Pearson
Advocate,
Author, &
Parent

Heidi's Holistic House of Recovery

Make Home a Haven - in Today's Toxic World

BLUE PRINT

1. Clean it Out!

(Prepare the Ground Level of your House)

Clear your home of chemically laden foods, cleaners and personal care items. Install quality water filters.

2. Make it Real!

(Lay a Rock-Solid Foundation)

Real Life - Less media, more books, pets & people.

Real Food - Cook from scratch and no microwaving.

Real Juice - Get a juicer for "detoxing" and health!

3. Fill it In!

(Repair the Cracks and Broken Spots)

Supplement your diet with vitamins, oils, & minerals.

Find resources. Check candida and parasites, etc.

4. Build it Up!

(Build Up your 4 Walls, Brick by Brick)

Mental, Physical, Social, Spiritual

Mind - Read books, take a class, or watch the news.

Body - Exercise, eat right, get enough sleep (naps).

Heart - Friends, hobbies, and service help emotions.

Soul - Pray, read scripture, attend worship services.

5. Bring it On!

(Top off your House with the Roof)

Fun and festivities! (Do some without disabled child)

6. See it Through

(Maintain your Home) - Be consistent

~ DO YOUR PART, DO YOUR BEST, AND LET GOD DO THE REST! ~