

THE BM LIFESTYLE

healthy home | Comfort | happiness

Sunlight clean?

The ultraviolet radiation in sunlight is actually effective at killing germs. Much of the sun's ultraviolet radiation however, is filtered out of the sunshine that comes through ordinary window glass. So here's an old world method that seems to have been forgotten. This spring take those decorative pillows and old slippers outside for a full day of sunbathing.

Towel? white please!

Thick plain white bath and hand towels can withstand the most vigorous hot water and hot dryer temp laundering. Thus they are not hard to keep looking good and clean of any staining. Look for the terry cloth type with the "little loops", which mildly abrade the skin to remove soil, oil, and dead skin cells. This type is also the most absorbent. Thick plain white towels also evoke the most luxurious look and feel.



Bedroom culture

Everything that should be happening in your bedroom happens best if the bedroom simply feels very comfortable and "homey". A comfy, homey sort of atmosphere inspires a deeper kind of letting go. It's supposed to be safe and familiar, so you can allow yourself to fall into a restful sleep, make love or whatever. The kinds of letting go that we seek in our bedrooms comes easiest in a room that feels "homey" and comfortable, regardless of how it looks or feels to anyone else. If you've done it right, your bedroom should feel encouraging to remove not only your clothes but your social and emotional masks as well.

Sentimental surroundings

Never clutter your bedroom, but do keep a precious photograph or a personal treasure or a token of loyalty and affection on display. Keep your tokens of love, trophies, old letters, pictures, diaries or memorabilia on display or tucked away in a drawer.

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Safe food

Every year, millions suffer from food borne illness. Food caused illness is more uncomfortable than it is life-threatening, but let's reduce your risk anyway.

- E. Coli has an incubation period of about 3-8 days.
- Listeriosis can develop anywhere from 1-90 days after consumption.

All food contains microorganisms and while some are harmless, others called pathogens can cause serious illness. Most food borne illnesses directly coincide with conditions that are not at all mysterious. Kitchens in which surfaces, dishes, pots and pans and chopping boards are soiled with crumbs, grease, spills and smears are more likely to cause illness than sparkling clean ones. Simple and obvious, right?

- Wash hands thoroughly before and after handling food.
- Avoid cross contamination.
- Sanitize prep areas after use.
- Refrigerate promptly.
- Cook at proper temperatures.

These things serve an adult in the same way as an old teddy bear serves a child. They are wanted in the privacy of the bedroom because they symbolize the real, historical, and social part of life one is temporarily giving up. They assure us that the outside world is there and that we will resume our place in it tomorrow.

Furnishings and comforts

A bit of a plush carpet or area rug to rest your feet on when getting in and out of bed is desirable. Bedding is also an obvious topic here, having tons of decorative pillows and throws are nice for a slick magazine spread, but are not needed for real comfort. Keep things simple, instead of quantity go for quality. Higher thread count linens, a plush down filled duvet and good quality supportive pillows can get expensive, however they are worthwhile investments... in yourself. Thicker drapes or curtains not only warm the atmosphere in the bedroom, but they are also excellent noise cancellers and filter out early morning sun as well.

So the next time you come home stress-ridden from your day, remember the closest womb like retreat you can have in this world is your beloved bedroom.

