

● Feng Shui for Better Health!

Heal *your* home —with feng shui!

Jennifer McCabe did, and not only did she put an end to her little boy's allergies and sleep issues, but it made him—and her whole family—happier in every way possible!

Every mom wants her kids to be happy and healthy. But no matter what Jennifer McCabe did, her four-year-old son, Tommy, was miserable. Tortured by terrible allergies and sleepless nights, his doctors couldn't even help him.

"The Raccoon," Jennifer and her husband, Ryon, called Tommy because he'd wander around at night.

"I can't sleep, Mommy," he'd groan. And his days weren't any better. Tests revealed Tommy was allergic to 28 foods—including eggs and milk—that gave him itchy rashes. He'd also have asthma attacks when he played outside. Worse, the medications doctors prescribed zapped what energy Tommy had.

So as his seven-year-old brother, John, and two-year-old sister, Catherine, ran around the yard, Tommy lay on the couch, exhausted.

What kind of life is this for a little boy? Jennifer sighed.

Tommy's transformation

Then, the moms' club Jennifer belongs to had a guest speaker: feng shui specialist Pat Heydlauff.

"Feng shui is the ancient Chinese art of balancing energy through your environment," Pat explained. "By following its principles, you can improve your health."

Maybe feng shui can help Tommy! Jennifer thought.

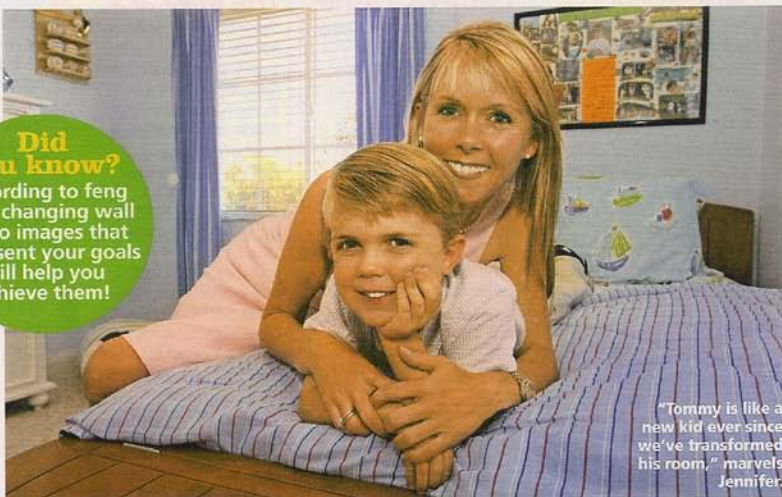
"That's crazy," Ryon scoffed. Still, it couldn't hurt. So they arranged a consultation.

The first thing Pat noticed was that Tommy slept on a mattress on the floor. Jennifer thought it was safer since he got up so much, but...

"A bed with a headboard helps us feel rooted, safe," Pat explained.

The position of the bed was important, too: The foot should never face the door—that makes us edgy. Pat also suggested painting the lifeless beige walls a happy shade and taking down Tommy's *Star Wars* posters.

"Those characters are from *action* movies, not conducive to sweet dreams," Pat said.



Did you know? According to feng shui, changing wall art to images that represent your goals will help you achieve them!

"Tommy is like a new kid ever since we've transformed his room," marvels Jennifer.

So Ryon painted the walls blue and Jennifer helped Tommy craft an "All About Me" poster, with pictures of the people he loved... but would the changes help?

Jennifer didn't wonder long—because that night, Tommy slept *all* night!

As weeks passed, Tommy continued sleeping well. And remarkably, his asthma improved, and his rashes disappeared!

"This is amazing!" Jennifer marveled. Tommy's doctor agreed. After another screening, "This defies explanation, but... Tommy's allergies are disappearing!"

Today, Tommy, almost six, loves pizza and swimming—and is medication-free! "I'm not a raccoon anymore!" he says. And Ryon, once skeptical, has since rearranged *everyone's* rooms so the whole family sleeps better!

"Our bedrooms are our sanctuaries now," Jennifer says. "I never imagined something as simple as feng shui could make such a huge difference!"

—Kristin Higson-Hughes

Beat allergies this season!

● **Load up on vitamin C.** Studies suggest that 1,000 mg. a day can reduce symptom-causing histamine in the body.

● **Choose bouquets with big flowers.**

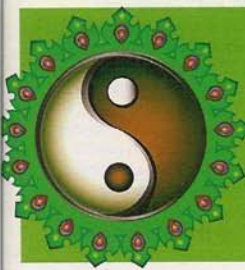
Tiny blooms are wind-pollinated rather than bumblebee-pollinated—so their pollen is easily airborne.

● **Steer clear of smokers.**

Smoke can aggravate even the slightest allergy.

● **Freeze stuffed animals.**

Popping them in the freezer overnight can stop dust mites from breeding in them.



Feng shui secrets to make you healthier

● **To boost your energy . . .**

Try the feng shui power colors! "Reds, yellows and oranges are 'warm' colors said to boost the wearer's energy," says feng shui expert Pat Heydlauff (www.energy-by-design.com). According to ancient Chinese belief, wearing red can also bring luck!

● **To reach your ideal weight . . .**

Go through your closet! Clothing that doesn't look good on us is like "body clutter" that subconsciously stops us from picturing our best selves and getting fit. So keep only what makes you look and feel great!

● **To calm your nerves . . .**

Clear off your counter! In feng shui, clutter blocks energy that keeps our lives humming, says Heydlauff. "And it's a constant, jumbled reminder of tasks and demands. Organize the clutter, and you'll dramatically reduce your stress."

Photos: Andrew Iffor/Silver Images