THE KITCHEN

GETTING STARTED: *Implementation Techniques To Fix Your Brain*

COFFEE

▶ *Coffee Beans* — Transition to organic, fair trade coffee dried in raised beds to ensure there is no mold contamination.

▶ *Your Coffee Maker* — Switch out your coffee maker if it has plastic parts (which most do) with a stainless steel coffee maker (NOT aluminum), Bialetti stove stop coffee maker or glass french press.

COOKING

▶ *Food Preparation* — Don't let your food burn. If you happen to let your food char take a moment to remove as much of the chared portion as possible before eating.

▶ *Cookware & Bakeware* — Start replacing any non-stick pans you have with stainless steel, glass or cast iron cookware. If replacing them all at once is cost prohibitive that's okay, start by replacing the most damaged and scratched up non-stick pans. One by one start to replace your entire collection of cookware AND bakeware.

▶ *Microwave* — Stop using your microwave. Start getting into the habit of replacing your microwave cooking with your stovetop or oven.

STORAGE

▶ *Plastic Wrap* — Move away from using cling plastic wrap to store food. There are lots of great non-toxic alternatives to choose from including Etee and Bees Wrap

▶ *Storage Containers* — Switch out your plastic storage containers to glass storage containers.

PANTRY

▶ *Don't Get Overwhelmed* — Plan to transition over 6 months and just take one step at a time.

▶ *Replace As You Run Out* — Transition is the name of the game. As you finish off that last box of Mac N Cheese when you purchase more switch to an organic, gluten-free Mac N Cheese... and if you don't tell the kids they probably won't notice!

▶ *Look at Your labels* — When you are at the grocery store the goal is to put as many all natural foods in your cart. An easy rule to remember is If there are words you cannot pronounce in the list of ingredients then stay away from it.

▶ *Do I have all the colors of the rainbow?*

Make sure your grocery basket is full of colors.

▶ *Try Something New* — Every visit to the grocery store get a little adventurous and try one new healthy item. Whether it is a kiwi, brazil nuts or saffron, variety is the spice of life (and great for your brain health)!

WATER

▶ *Best* — Get a whole house filtration system that includes charcoal granulation, a two-micron filter and reverse osmosis.

▶ *Better* — The next best thing is all of the drinking water is filtered. The best that you can afford. Once again, the same triple criteria: two-micron filter, charcoal granulation, reverse osmosis

▶ *Good* — Purchase a countertop unit and get the best countertop unit you can afford. From there the next best thing, determined by resources, would be a Brita-style pitcher you pour water into and it slowly filters the water into the pitcher.