



FENG SHUI  
CONSULTING SERVICE

## Ban the Blues



Channel surfers beware: TV viewing (especially before bedtime) can be hazardous to your health.


It is no surprise that much of the programming on television today-whether it is from the nightly news or some of the darker dramas that are popular today-can actually raise our stress levels instead of lowering them. But studies have also shown that the blue light that emanates from TVs can raise your blood pressure, affect your blood sugar levels and wreak havoc on your circadian rhythms. That in turn can lead to increased risks for obesity, depression and even certain kinds of cancers.

From a Feng Shui perspective, TVs would never have a place in the bedroom. But I realize that's probably not realistic for some people. If you must have a TV in the boudoir, do yourself a favor and make a point to limit your watching right before bed. Turn it off at least an hour before you want to fall asleep. Give yourself time to read. Sip some chamomile tea. Meditate.

Use that time to decompress, to let go of the day's worries and to focus on things that bring you joy. The ancient practice of Feng Shui can help you do that. I would love to tell you more, so **contact me** today to learn how Feng Shui can bring health, happiness and prosperity to your life.

It's not too late for summer at **Indian Point** - Writer's Retreat or Somatic Stretch in July or the newly added retreat in August, Spirit Talk with Laura Heselton (everyone loves this retreat!). **Contact me** today to join us because you deserve a treat!

*Kristi*

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