

The "Neatest" Newsletter!

June 2009



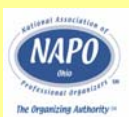
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Karen, LLC

In this issue:

1. What is fat weight and clutter weight?
2. Affects of these two disorders
3. Emotional triggers
4. Triggers that lead to overeating.
5. Find healthy substitutes
6. Envision your idea life
7. Upcoming events
8. Resources
9. Suggested reading
10. "Neat Niche" testimonials

Read on for more.....

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Topic for this month: Does This Clutter Make My Butt Look Fat?

What is *fat weight* and *clutter weight*?

One morning you wake up and peer into the mirror. You have a *mirror moment*. Hmm, a little plump in the rump, a spare tire around the middle, a double chin. The additional 25 pounds seems to have appeared *overnight*. How did this happen? We call this body clutter or *fat weight*.



Gaze around your home at the collection of books, papers, antiques and treasures which have accumulated over the years. Passed down to you were Aunt Sally's chest of chattels and Uncle George's box of gizmos. It's horribly overwhelming. This is called *clutter weight*.

My goal is to raise an awareness of the fact that physical clutter and body clutter go hand in hand - they are inseparable. These soul mates are in a dating relationship and they nourish and draw life from one another. Close your eyes and envision an umbilical cord tethering your *fat weight* to the *clutter weight*. Until the cord is severed, these two sources will drain life from your very being. In some instances, these two set of symptoms may be life threatening, so intervention is crucial.

NOTE: Statistics say that by the year 2015, three quarters of the population in this country will be overweight. This is more than 225 million overweight people. Startling as these statistics may be and what is more startling is, we will pass these curses down to generations after us unless we break this vicious cycle.

Affects of these two disorders

Note the commonality of these two disorders and the devastating affect they have over our lives.

Fat weight: You have no energy, stamina or motivation. Moving and walking are difficult without losing your breath. Your sex life has suffered for many years. It is difficult to participate in sports or other activities. When visiting the mall it is embarrassing when trying on clothes.

Clutter weight: Clutter zaps your energy and robs your motivation. Maneuvering in the home is difficult due to piles of clutter, possibly causing injury or accident. Romance in the bedroom no longer exists due to unrelated items in the room. Clutter keeps friends and family from visiting your home. There are clothes hanging in the closet, *wishing* they could be worn again.

This is just a tip of the iceberg of what these two *silent killers* can do in your life. Did you hear my words, "**silent killers**?" Clutter weight and fat weight manifests in all areas of our lives; emotional, physical, spiritual, mental and financial. Is the picture becoming clear?



When you have feelings of stress and frustration stirring internally, most likely the first escape mechanism you will seek is food. Invariably, your choices will not be healthy ones.



Emotional Triggers

As you are eating there are emotional triggers involved such as *where you eat*. You may eat secretly at home due to depression and loneliness, or the clutter in your home may be causing stressful living conditions. These emotions propel us towards food, so consequently the refrigerator becomes our closest friend as we seek instant gratification.

Conveniently, on your way home from work, there is a Dairy Queen which is located on the corner. You had a really bad day and you can taste that delectable chocolate sundae with hot fudge syrup, nuts and a cherry on top. Do you stop to reward yourself or because it is convenient? Does the sight of the Dairy Queen trigger an emotion? What is the emotion causing this weakness?

If you are an emotional eater investigate why. What is my reason for eating this food? What emotion am I experiencing? What is my body feeling at the moment? What is my relationship with this food? What is my current state of mind? What is the sensation in my mouth?

During your next episode of emotional weakness and you are ready to console yourself with a pizza, ask yourself these questions. Be cognizant of the emotions you are trying to satisfy.

Below are activities to help identify triggers that lead to overeating and also healthy substitutions.

Triggers that lead to overeating

Internal Triggers	External Triggers
Anger	My mother in-law is visiting
Depression	Anniversary of my father's death
Low self esteem	I don't feel worthy
Fear	Failing an exam

Find healthy substitutes

Instead of.....	I will.....
Eating when I am angry	Walk for thirty minutes in the sun
Being depressed	Call a friend for a healthy lunch
Feeling sorry for myself	Treat myself to a massage
Getting in fear over my exam	Listen to a meditation tape

Envision your *ideal* life

If you could speak your ideal life into existence right at this moment, what would it look like? What do you see? How does it feel? Are you happy, healthy and whole? Do you have peace of mind and a restful spirit?

You envision a slender physique, a healthy family, orderliness in the home, healthy foods in the refrigerator and a peaceful, calm life. What **transformations** will need to take place for your reality to materialize? Action steps to your ideal life are not about habit changes, but I am stressing genuine, committed, heartfelt **lifestyle changes!**



(Watch for actions steps and tips on this topic in future emails.)

Someone you should know.



Lorene and Dan Hochstetler are passionate about being healthy in all aspects of Life! Their passion and commitment is due to the loss of numerous family members and Lorene's personal struggle with weight gain and loss.

Are you ready to say YES to a NEW YOU? Tired of "yo-yo" dieting and gaining back weight you've lost? Then you can Get the Healthy Edge and learn how to:

- * Break free from carb addiction
- * Live a healthy life through better food choices
- * Shop and cook to release and maintain a healthy weight

Lorene says, "We are role models in front of our children and we have one chance at this!" Our 5 teenagers are a constant reminder of Blessing and Thanksgiving of being here on this planet earth, for such a time as this.

Dan and Lorene offer FREE Intro seminars to a doable 7 week Online Healthy Permanent Lifestyle Program, which can be done from the comforts of your home. As well, Live seminars are held throughout the Midwest.

Enter Lorene's code #101037, and receive personal coaching and direction from Lorene. The Hochstetler's are certified Healthy 4 Life Coaches and for a limited time they are offering a one-time, free personal 20 minute call, to help you discover your strengths, setbacks, and health and weight struggles.

For their free newsletter, questions or concerns contact:
Lorene@vitalityinternational.net or at
www.getthehealthyedge.com



(Upcoming events)

"Toot Your Horn" Spotlight dinner
Spotlight guest: Teresa Cleveland of Empowered Awareness
June 25, 6:00-8:00 pm
Call 614-785-9047 or email neatnichekaren@aol.com
You must RSVP - Cost is \$20.00 and must be paid in advance.
1433 Chelmsford Square South, Columbus, Ohio 43229
(161 & 71 in Devonshire community)

July 30, 10:00 am
Westminster-Thurber Community
Presentation topic: "Finding time in our busy lives" (Time Management)
717 Neil Avenue, Columbus, Ohio 43215
614-228-8888 - RSVP

Please visit www.neatnichebykaren.com for details to all events.

(Resources)

People who are passionate about helping you be happy, healthy, handsome and whole

Diana Hoffman – **Active Air Solutions and Water Solutions**
Dianahoffman@yahoo.com - 614-873-6622. Helping you to live in a healthy, clean environment, from allergies to pet dander and other harmful air particles. Purifiers remove mold, mildew, smoke, fungi and dust.
Xango – for a healthier lifestyle and known to have medicinal purposes (fibromyalgia, sore muscles and more).

April Sark – **Tom James Clothier**
A.sark@tomjames.com or www.tomjames.com - 614-499-6016. A wardrobe consultant who saves you time, hassle and money in the way you purchase your clothing. Her goal is to make you feel and look professional every time you walk out the door to tackle life's challenges.

Teresa Cleveland – **Empowered Awareness**
Teresa@EmpoweredAwareness.com – 614-419-1742. She will assist in helping you discover your passion, purpose and power. If you are unaware of your passion in life, she can assist in discovering a whole new you.

Suggested Reading

- 1) "Does This Clutter Make My Butt Look Fat", by Peter Walsh, Professional Organizer
- 2) "It's All Too Much", by Peter Walsh, Professional Organizer

Credits given to Peter Walsh

"Neat Niche" Testimonials

"My office looked like a cyclone hit it. I took vacation for 3 days and allowed Karen Augustine to do whatever she felt best in my office. Upon my return, only one file drawer of projects remained. My biggest fear was being unable to locate items, but to my surprise, I found things very easily. My greatest surprise was, for someone unfamiliar with what my position entailed, she determined what I should keep and not keep." Vicky Humphrey, Former Rehab Director at Ohiohealth

"Karen Augustine was a huge blessing to me! She took chaos which was paper piles and created order. It was nice giving her the garage code, so she could get at the mess during the day. I returned home to a neat, clean home office. This type of trust relationship is a huge value to me. I would recommend Karen to anyone!" Nick Vega