

# How to **UNCLUTTER** Your Life

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When most people hear the word “unclutter,” they immediately think that it means their space—a room or their whole house. As much as that may need attention, there are other areas that are critical to unclutter prior to uncluttering physical space. Then perhaps when that is done, your space will get free.

There are **three areas** that, I believe, need to be focused on before you have the energy, desire, and clear mind to move forward with decluttering your space.

## FIRST FOCUS

So, what would be the first area I would say needs attention? Your pantry ... yes, your pantry. New scientific studies are showing us that our gut is our “first brain.” What does that mean? The health of your gut will determine the health of your mind, your emotions and your body. Having a healthy gut will positively affect your whole body.

**What are the areas of food I recommend you declutter out of your pantry?**

### **ALL Processed and Junk Foods**

What are processed foods? They can be found in a box or a can or premade freezer meals. Any food that is all premade for you and all you have to do it heat it or add a few ingredients is processed.

Why do you want to stay away from these? Because in order to sit on the shelf or in the freezer for a period of time it needs much of the following:

- Preservatives
- Artificial Colors
- Artificial Flavors
- Salicylates
- Sugars
- Salt that has been chemically processed (not pure Sea Salt)

## All Food with Non-Organic Wheat

All non-organic wheat is full of GMOs, which means they are full of the herbicide Round-Up. There currently is much controversy about Round-Up. But for me, placing a chemical (especially a dangerous one) into my body is **never** healthy. Understand wheat is found in many different foods as well as skincare products. It is hard to avoid, and that is why you **must** become a label reader.

## Sugar and Corn Syrup

Sugar is in so much of our foods it's almost hard to avoid. Then the difficult part is there are "**hidden**" sugars that we don't even know are sugar. What are those "**hidden**" sugars? Here's a list:

- Barley Malt
- High Fructose Corn Syrup
- Barley Malt Syrup
- Malt Syrup
- Buttered Syrup
- Maltol
- Cane Juice
- Maltose
- Can Juice Crystals
- Mannose
- Caramel
- Muscavado
- Carob Syrup
- Panocha
- Corn Sweetener
- Refiner's Syrup
- Corn Syrup/Solids
- Rice Syrup
- Dehydrated Cane Juice
- Saccharose
- Dextrin
- Sucrose
- Dextrose
- Sweet
- Sorghum
- Evaporated Cane Juice
- Syrup
- Fructose
- Treacle
- Fruit Juice Concentrate
- Glucose/Solids
- Golden Syrup

Now with that being said about “sugar,” I am by **no means** recommending you turn to artificial sweeteners. Actually, I believe they are more dangerous than sugar.

Aspartame can bring on anxiety, depression, weight gain (crazy I know), fatigue, short-term memory loss, and MS just to name a few. Stick with honey or pure maple syrup as much as possible.

### **Oils high in Omega 6s (corn oil, canola oil, soybean oil, vegetable oil)**

Fat has gotten a bad rap for many years with the “low fat” diets. **We need fat.** Our brains need fat as well as our nervous system. Sixty percent of our brain and nervous systems are made up of fat and cholesterol.

With that being said, you need to be sure you are eating “healthy” fats, which include:

- Coconut Oil
- Palm Oil
- Avocado Oil
- TRUE PURE Olive oil (be sure it has the purity emblem)

These foods are High in Fat and healthy to EAT:

- Bone Broth
- Wild-caught Salmon
- Chia, Flax and Hemp Seeds
- Raw Dairy
- Coconut Cream and Coconut Milk

### **Non-Organic Dairy**

Drinking and eating only organic dairy is critical to much of your health. Research done by the Journal of Agriculture and Food Chemistry found about 20 different chemicals and medications in your non-organic dairy products. Some of those include:

- Growth hormones
- Antibiotic drugs
- Painkillers
- Anti-inflammatory medications
- Steroids
- Antifungal drugs
- Sex hormone medications
- Heart medications

Also, drinking milk that has been Ultra-pasteurized should be avoided. This dairy has been processed at 280 degrees and has destroyed all beneficial bacteria and other important nutrients. You want to look for low-temperature processing. Drinking raw milk is the healthiest... as long as you trust the farmer.

## >> Canned Fruits and Vegetables

Eat fresh raw vegetables as much as possible. Canned fruits and vegetables can be high in salt (non-sea salt), sugars, corn syrup and preservatives such as BPA. Raw fruits and vegetables are high in phytonutrients and vitamins. Steaming your vegetables would be the second-best way to eat them. But canned is to be avoided as much as possible.

## >> Boxed Cereals

Most boxed cereals are high in sugar, unhealthy grains, preservatives, and food colorings. Eating organic cereals can be better, but is not the best breakfast food.

## >> Meats and Poultry from CAFOs Farms (*Concentrated Animal Feeding Operations*)

Eat meats and poultry that are organic grass-fed or from a local farmer that you can investigate their practice of raising poultry and cattle. CAFO animals are confined to a small space. They don't get to graze so are being given chemicals to fatten up and grow quicker.

## >> Food with these Neurotoxins

- **Mercury** - Fish such as swordfish, shark, tilefish, marlin, King Mackerel, orange roughy and tuna are high in mercury. These fish should be eaten minimally.
- **Arsenic** - Foods such as dark meat fish, chicken, and rice can be high in arsenic. Grape and apple juice, wine and beer can also have high levels of arsenic.
- **Fluoride** - STOP using toothpaste with added fluoride
- **Pesticides** - Can be found in produce (fruits and vegetables). Eat organic as much as possible or at least follow EWG's Dirty Dozen/Clean Fifteen recommendations:

*Clean Fifteen - these can be eaten conventionally:*

- |                        |                  |              |
|------------------------|------------------|--------------|
| • Sweet Corn (non-GMO) | • Cantaloupe     | • Mangoes    |
| • Sweet Peas           | • Pineapples     | • Grapefruit |
| • Kiwi                 | • Asparagus      | • Cabbage    |
| • Avocados             | • Cauliflower    | • Eggplant   |
| • Papayas              | • Honeydew Melon | • Onions     |

*These fruits with thick skin that can be removed are okay eating conventionally:*

- Watermelon
- Bananas
- Oranges
- Pumpkins

*Dirty Dozen – Highly recommended these are eaten organic:*

- Strawberries
- Spinach
- Pears
- Tomatoes
- Peaches
- Nectarines
- Cherries
- Sweet Bell Peppers
- Celery
- Apples
- Grapes
- Potatoes

- **Bisphenol A (BPA)** – This chemical can be in food in our plastic containers or our canned foods. Look for canned goods that are BPA-free if you are going to purchase canned foods.



## Foods with GMOs

Know that all foods with corn, soy and canola are full of GMOs. These are products that are made from corn and soy that commonly are GMO ... unless it has the NON GMO label:

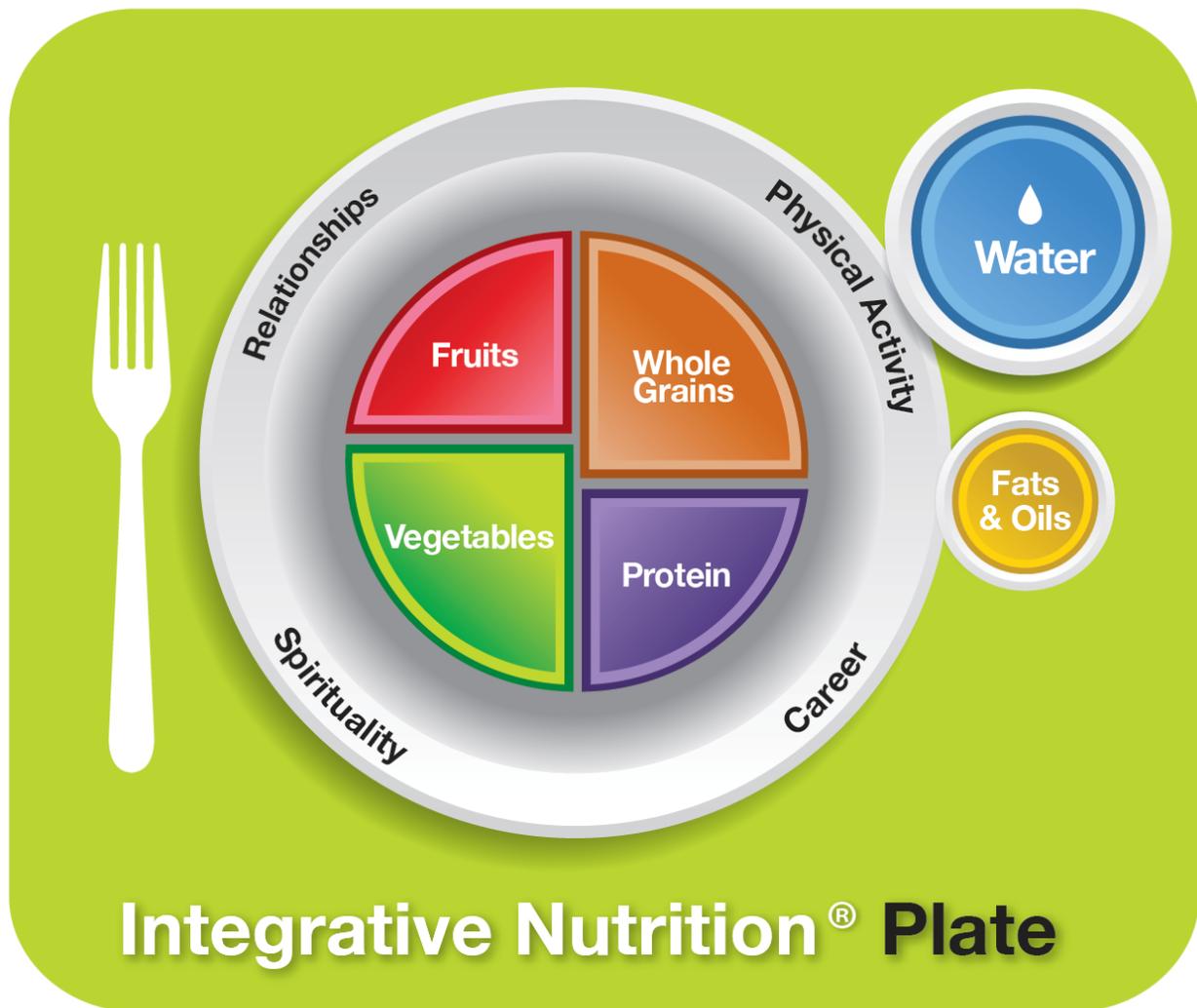
- Baking Powder
- Canola Oil
- Caramel Color
- Corn
- Corn Flour
- Cornmeal
- Corn Starch
- Corn Syrup
- Cottonseed Oil
- Dextrin
- Dextrose
- Food Starch
- Artificial Flavorings
- Fructose
- Glucose
- Glutamate
- Glycerides
- Glycerine
- Glycerol
- High Fructose Corn Syrup
- Hydrogenated Starch
- Hydrolyzed Vegetable protein
- Isoflavones
- Lecithin
- Malt
- Malt Syrup
- Malt Extract
- Maltodextrins
- Maltose
- Margarine
- Milk Powder
- Modified Food Starch
- Monosodium Glutamate (MSG)
- Shoyu
- Sorbitol
- Soy
- Soy Flour
- Soy Isoflavones
- Soy Isolates
- Soy Lecithin
- Soy Milk
- Soy Oil
- Soy Protein
- Soy Sauce
- Starch
- Sucrose
- Tamari
- Tempeh
- Textured Vegetable Protein (TVP)
- Tofu
- Vegetable Fat
- Vegetable Oil
- Whey
- Yeast Products

When buying foods, be sure it says GMO free and has the label proving their word is accurate. Understand that food with GMOs are full of glyphosate, better known as Round Up.



## >> **Balanced Diet**

The Government has released over the years the Nutrition Plan they believe should be followed. Michelle Obama gave an attempt at it, and was much better than the prior one. But I have to say, I think the following Nutrition Plate (by the Institute of Integrative Nutrition) is a much more “balanced” way to eat.



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## SECOND FOCUS

The next area is your bathroom and more specifically the cosmetics you are using. Do you know that your skin is your largest organ and what you put on your skin goes immediately into your blood stream? There are so many products in the cosmetic industry that are unregulated and downright dangerous. These chemical ingredients act as a phytoestrogen (mimic estrogen) and can create havoc to your health.

**Check your body care, shampoo/conditioner and cosmetics to be sure the following ingredients are not in those items. If they are ... TOSS!**



### Ingredients in skin/haircare products and cosmetics to stay away from:

- Aluminum
- Cetrimonium or Cetalkonium Chloride
- Chloromethylisothiazollinone
- Cocoyl Sarcosine
- Cyclomethicone
- DEA Compounds
- Diazolidinyl Urea
- Dimethicone
- Dimethicone Copolyol
- DMDM Hydantoin, ethoxylated surfactants, Discodium oleamide (or laureth) Sulfosuccinate
- FD&C Color Pigments
- Formaldehyde
- Fragrance
- Imadizaolidinyl Urea
- Isopropyl Pamitate
- Isothiazolinone
- Lanolin
- MEA Compounds
- Methylisothiazolinone
- Mineral Oil
- Paraffin Wax/Oil
- Phthalates
- Preservatives Methyl, Propyl, Butyl & Ethyl Parabens
- Propylene Glycol
- PVP/VA Copolmer
- Quaternium -7, -15, -31
- Sodium Hydroxide
- Sodium Lauryl Sulfate
- Sodium Methyl Cocoyl Taurate
- Stearalkonium/ Benzalkonium/ Cetrimonium Chloride
- TEA (Triethanolamine) Laureth Sulfate

## THIRD FOCUS

The third focus for you to look at is your mind. Yes, your mind. Clutter can so infiltrate our mind and cause our thinking to be so fragmented that we cannot get anything accomplished.

We live in a world with constant stimulation, and we've gotten to the point it's hard for us to stay in silence for given periods of time to help do a brain dump. We need to have the TV going, or the music playing, or be listening to a podcast, etc. Sitting in silence is a lost art, even though it is much needed.

**How are you spending your time, energy and money? Is it creating a life of peace and joy or distress and unrest? What are some of those things that can be creating a "cluttered mind?"**

- Daily worrying and fear
- Stress
- Negative thinking
- "I should" thinking
- Situations out of your control
- Procrastination
- Inability to make decisions
- Living in guilt
- Taking your work home with you
- Associating with toxic people
- What you allow into your mind (i.e. movies, music, conversations)
- Putting too much on your plate
- Lack of sleep
- B Vitamin deficiencies
- Not having a balanced life with work and fun
- Neurotoxins & Metal Toxins

Doing a daily "brain dump" is important to your health. Spending time unwinding, resting and being in silence will help you to clear your mind, get focused and listen to the creator of the universe for guidance and direction.

# FOURTH FOCUS

The last area to focus on would be your living space ... your home and/or your office. What is that space like? Do you have a level of peace when you enter your home at the end of a workday? Do you look forward to coming home because you know you will get recharged from your hard day of work?

If the answer is no, then you need to focus on this area ... especially your bedroom. I tell my clients that your bedroom is probably the most important room to have decluttered and organized because what your room is like when you go to bed will determine how your sleep will be, and what you wake up to each day will set the tone for that day.

How do you begin? Know that getting started is the hardest part. But once you make a decision to start, the rest will fall into place. Here are some steps to help you get started:

- 1 **Choose a room to start.** Make it an easy room.
- 2 Remember to have your “**why**” for this project posted visibly in the room you are starting in.
- 3 Have **four boxes**:
  - **Give Away**
  - **Donate**
  - **Belong in Another Room**
  - **Shred** (if working with papers)
- 4 Have **garbage bags** for the trash.
- 5 Pick a starting point and spend **15–20 minutes** decluttering that area if that’s all you can emotionally handle. Of course, if you are able to dedicate more time, by all means do it.
- 6 **Empty** the specific area you are working on completely.
- 7 As you remove the clutter, “**refresh your space**” by dusting, vacuuming or wiping down the surfaces to remove dust and debris.
- 8 Put in any necessary **shelves or hooks**.
- 9 Begin to put items you’ve decided to keep **back**.
- 10 Work the room clockwise spending **15–20 minutes a day** at the next designated spot. Remember, if you have the energy to spend more time, then by all means go for it.

- 11 Once you are done for that scheduled time, take your **Belongs in Another Room Box** and “fully” put those items away. Don’t just leave them somewhere in the room they belong. Put them in their proper place.
- 12 Take the **Donations Box** and put those items in perhaps a bigger box and then at least weekly drop off the bigger box at your favorite Donation facility. Don’t forget to take a picture (for tax purposes) and get a receipt.
- 13 For the **Give Away Box**, if something can be mailed, package it up and mail. Otherwise, contact the person(s) you want to give the item(s) to and see if they want it. Arrange a time to get it to them or have them pick it up. If they do not want it, consider donating.
- 14 When you are done with a designated time of organizing, be sure to **tidy up** that area. If you moved items out of the room while organizing it, be sure at the end of the session to move those items back in the room. Don’t leave another space messy while decluttering and organizing.
- 15 At your **next designated organizing time**, either go back to the area you didn’t complete or choose the next area to move to in that specific room and start the process again (Steps 6-11).
- 16 When the room is complete, tend to your **Donations Box** and your **Give Away Box**.

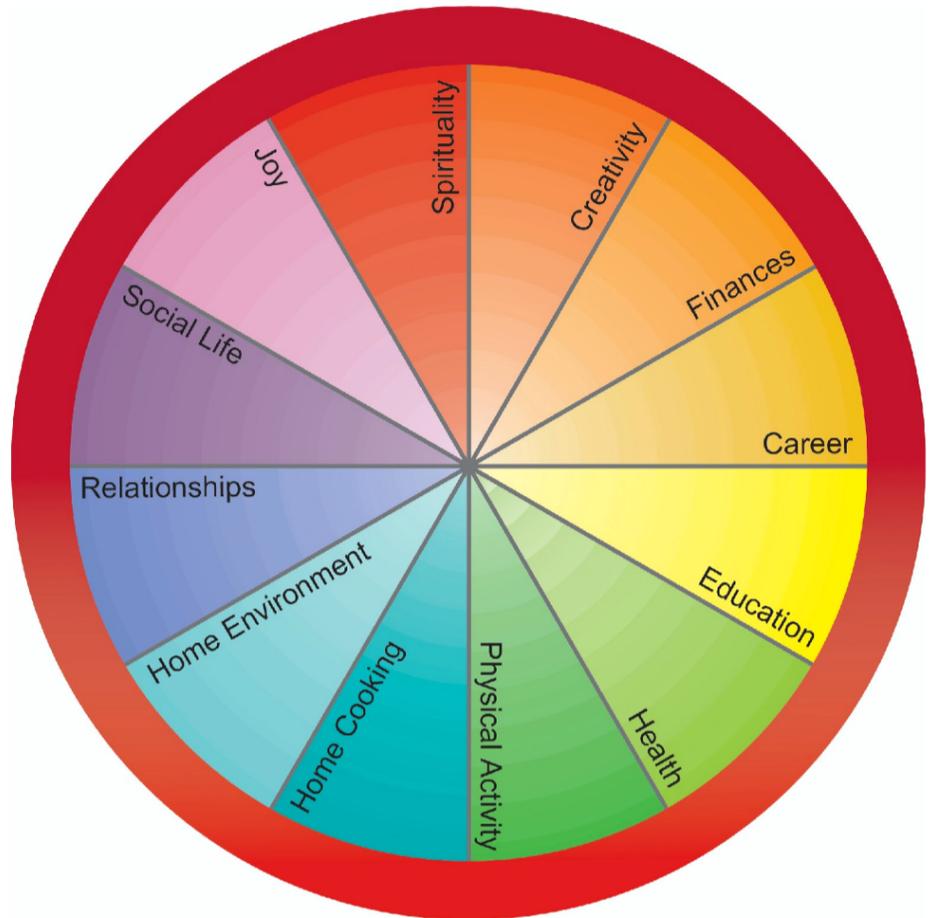
**Is this still hard for you to navigate and manage? You have a few options:**

- Hire a Professional Organizer to do “hands on” organizing with you
- Hire a Professional Organizer to work with you virtually
- Purchase my Do It Yourself Tool Kit: [reginasanchez.com/homeorganizingtoolkit](https://reginasanchez.com/homeorganizingtoolkit)

## SUMMARY

It's important to understand that our life is all encompassing and involves so much more than just one focus. Living in clutter is definitely a focus but there can be other factors that contribute to the situation such as foods we eat, emotions we live with, etc.

That is why as a Health, Wellness & Organizational Coach, I look at the whole of a person. There are many parts to our lives and when one part is out of sync it can and will affect the others.



Take a look at this **Circle of Life** and see what other areas of your life can be out of sync. Then take some time and focus on getting your “wheel” in balance.

**Happy Decluttering!**

*Your Health, Wellness & Organizational Coach ... believing in you!*

*Regina Sanchez*  
HEALTH, WELLNESS, ORGANIZATIONAL COACH

**Taking You From Chaos to Order**

*In Your Health*

*In Your Home*

*With Your Memories*

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