

Well it is here my Mae's Healing Recipes book.

I was so excited to get started I read the entire book as if it were a Novel. And oh how wonderful all the recipes sounded. I loved how the information was presented on the nutritional values of the foods and how or which foods were good for inflammation, your heart health, your immune system as well as many other areas. I have never seen a recipe book like this before explaining the vitamins, minerals, Omega 3 oils, Calcium, Iron, Magnesium and just on and on ..OH my I was finally going to start to eat healthy and would feel good in my body. Don't get me wrong I thought I was eating healthy until I got this book.

But wait a minute, I thought I don't cook, I don't mix foods I am a very plain eater, and always have been, meat with salt , vegetable with butter and salt , potato with butter and salt that it, that's who I am. How am I going to do this, I am too old to change or so I thought? And spices what are they I don't even like the names of them much less the taste.

I wrote down the ingredients for my grocery list but got in the store and did not buy one thing on the list. I came home without a thing on that first venture. Then I did another list and another list and then even another list but could not get organized. I could not make myself purchase the items. What was going on why couldn't I do this.

Preparation, Organization and Discipline were the words coming to me. I was in a rut and this is the first time I realized it. What was I going to do now? I had this wonderful book full of recipes and it was just sitting on my kitchen counter, I then realized the book is not going to do the work for me I had to make some changes. I had now had the book for four weeks and nothing had been prepared.

Can I do this?

I also at this time realize I am very organized, disciplined and prepared it every other area of my life, but this one! One of the most important areas is my health, and what I was putting in my body on a daily basis. I thought I was ok I ate organic but had no variety no combinations not a lot of anything but just plain food and, I mean plain. I need to make the change.

So I took a deep breath got my book out again and chose 2 recipes I was going to make. I wrote down all the ingredients I had to purchase. I made the trip to the store with the goal to purchase everything I needed to make these 2 items, and that was all that was on my list. I even took the recipe book with me and found I opened to the pages of the recipe and bought my ingredients that way. I was now having fun, not knowing what some of the items were as I had never purchased them before. I felt excitement inside me I did not know I had, for something like grocery shopping what was I losing my mind! but I went forward got to the register paid for the items got home looked at everything and set my goal I will start this process tomorrow night. And I did.

I had every utensil and pan in the house dirty, and all over the counters. I had to keep the dishwasher hot and going as I had to clean as I went along. Still I was feeling good and having fun. I could not get over this feeling of having fun while so surrounded with everything in the kitchen dirty and all around me but