



GRAND LADY BASKET BOUTIQUE™

Grand Living



Grand Living: Greetings and Welcome

God has smiled on me. He has put a song in my heart and a passion to share it in my spirit. Have you ever wanted to have access to a tool that catered to the complete woman? Do you wish you had an instrument that ministered to your whole life. I have looked long and hard for that type of avenue that would be a life manual for today's women of all backgrounds. There are world issues and ideas that I want to see discussed that affects my everyday life and my future. Women have complexities that transcend some of the basic issues seen in media today. Highlighting it is only half the battle. Tell me how and where to solve my dilemmas. Today we are concerned with our health,

wealth, local and global community, as well as fashion and travel.

No longer is it affordable only to the rich and affluent to have a life that is full of adventure and excitement. Today, every woman can have that type of life at whatever level she desires. We now can get advice on health issues and financial matters. You can now get the latest news in fashion, style and art. Here you will find tips on travel and adventure.

Since there wasn't anything out available that encompasses everything that I needed, I decided to create it for you and for me. Welcome to Grand Living for the complete woman. You too can have a full life led and filled by the Holy

Spirit. In this newsletter we will address four major areas of concern based on a survey of women from various backgrounds. Most participants are concerned with women's health issues, the world their children will grow up in, retirement, and their spiritual and personal relationships.

Grand Living eNewsletter will address the following cornerstones:

- I. Spiritual
- II. Style & Sensuality
- III. Success
- IV. Sustenance

If there are issues that you would like to have addressed and we have not covered them, please write to us at info@grandladybaskets.com.

Blessings & Love,

Lisa J. Tatum, CEO

2007 Grand Lady Contest

Why are you a Grand Lady?

Grand Lady Basket Boutique is hosting a contest to celebrate Grand Ladies of our generation and generations to come. The grand prize winner will be the spokeswoman for the 2007 **Grand Lady Basket Boutique** sales promotions and have her image used in a national campaign to

encourage, empower, and enhance the lives women. If chosen as the 2007 **Grand Lady** spokeswoman, the winner may be asked to make special appearances.

Guidelines: All entries must include two non-returnable photos and a bio of no more than 200 words telling us what makes you a **Grand Lady**. Your entry

should include community or religious associations, professional achievements, and contributions made to encourage, empower, and enhance the lives of women of future generations. All entries must be postmarked by November 30, 2006. See website for detail.

www.grandladybaskets.com

Lisa, Shanice Wilson & Eric Benet 10/12/06

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Spirituality: God is talking....are we listening?

Have you ever wonder what your responsibilities are as a Christian? God gives us a road map to follow so that His will is done. Are you the reflection of a Christian?

1. A personal, intimate relationship (through the Holy Spirit) with God as He is revealed in Jesus Christ in which I believe and trust in Him and His love for me and for my life and the life to come.
2. Daily personal prayer and weekly worship of God in His Church by which I receive the renewal of my emotional and spiritual energy which I need to live my life.
3. Adjusting my will to the will of God for me as revealed in Scripture, prayer, worship, and my relationship with him.
4. Regular study of the Bible to understand how God has related to His people and what His will has been.
5. Service which is ministry, which is loving, which is doing good to God, others and self:

- a. at home to family and friends
- b. at work to co-workers
- c. at church
- d. In the world by leading others to Christ, by helping those in need and by working for justice and peace.

6. Fellowship renewing relationship with Christian people, the body of Christ.
7. Stewardship of my resources:
 - a. of my relationships
 - b. of my time and talents
 - c. of my money, giving to God and His work my tithe



AT DAY'S END

Is anybody happier because you passed his way? Does anyone remember that you spoke to him today?

The day is almost over, and its toiling time is through; is there anyone to utter now a kindly word of you?

Can you say tonight, in parting with the day that's slipping fast, that you helped a single brother of the many that you passed?

Is a single heart rejoicing over what you did or said; Does the man whose hopes were fading, now with courage look ahead?

Did you waste the day, or lose it? Was it well or sorely spent? Did you leave a trail of kindness, or a scar of discontent?

As you close your eyes in slumber, do you think that God will say, "You have earned one more tomorrow by the work you did today"? -John Hall

Style & Sensuality: 10 Ways to have Healthier Skin

Do you look in the mirror each morning and wonder if you are going through puberty again? Just when we think we are pass those acne and blotchy skin tones, BAM. There is a zit perched on the end of you nose. No amount of make-up is going to cover this one. Well, if you want healthier looking skin you need a plan. Here is a 10 step plan to help you have a healthy and more beautiful you.

1. **Eat nutritiously.** Detox your body by eating plenty of dark green leafy veggies. Start your day with fresh fruit and a balanced breakfast. They help cleanse the blood and the body of unsafe toxins. Make sure you eat six small meals each day and increase your fiber intake.
2. **Drink plenty water.** Replenish the water loss by sweat and perspiration. Water will cut the appetite, flush your system, regulate body temperature, and nourish the body with nutrients. You should be drinking a minimum of eight 8 oz glasses each day. Twist a lemon into your water if you have difficulty getting it down. A great idea would be to cut back on the soft drinks and replace them with a refreshing glass of water.
3. **Exercise.** When you are active the sweat will flush the impurities from

your pours and regulating your body temperature. When we cleanse the pores of dirt and makeup the face will be healthier. Tone your body and skin.

4. **Lower Stress.** Avoid the strain that worry lines and crows feet cause on the face. Stress can also make you physically ill. Listening to music can also be therapeutic an soothing.
5. **Get plenty of sleep.** The average person needs 7 to 9 hours of sleep to rejuvenate the body and mind. Resting the body will prevent dark circles and bags under your eyes.
6. **Cleanse your skin thoroughly** Wash your face with warm water careful not to make to hot. Hot water will dry out the face. Use an all natural soap or face wash like *Grand Lady's Oatmeal Milk & Honey Complexion Bar*. It is mild and lathers well. It is made with shea butter and other natural ingredients. Rinse with cold water to open your pores. Exfoliate once or twice each week to help rid dead skin cells.
7. **Protect yourself from the Sun.** Use a sunscreen whenever you plan to spend time in the sun. Use makeup that has a built in sunscreen. All skin types need protection from the sun. Do not risk wrinkles, leathery skin, or skin cancer

going bare.

8. **Moisturize Often!** Use a natural moisturizer that will absorb into and nourish the skin from within the pores to give you a healthy glow. *Grand Lady* makes a wonderful *Oatmeal face butter* that is not greasy.
9. **Get a massage.** Pamper yourself with a massage to release toxins from your body. You will also relax while reduce stress. It feels good too!
10. **Avoid alcohol.** Alcohol has a tendency to dehydrate the body as well as kill brain cells. That's why you are so thirsty the morning after. Alcohol will dry the skin when applied; think of what it is doing inside of your body.



Start a regimen today to give yourself that healthy glowing skin you desire. Remember it is just as important to take care of your body from the inside as well as the outside. Your skin is the largest living organ on your body and it requires nourishment and tender loving care. You take care it; it will take care of you!

WHAT IS ECZEMA? *Tips on How to Control It*

Eczema is also known as Atopic Dermatitis and is a chronic skin condition. It is characterized by superficial skin inflammation, with diffuse redness, swelling, oozing, crusting, scaling, and itchiness. Susceptibility to developing eczema is genetic. It is frequently associated with a family history of allergic disorders, such as hay fever and asthma; however, environmental factors may trigger this disease. Although foods and inhalants produce reactions when they are tested, eliminating these substances don't always cause remission.

Visit Your Doctor. If you think you have eczema, your best bet is to **first** visit your doctor, who may refer you to a dermatologist who specializes in treating skin. Diagnosing atopic eczema can be difficult because it may be confused with other skin conditions. For example, eczema can easily be confused with a skin condition called contact dermatitis, which happens when the skin comes in contact with an irritating substance like the perfume in a certain detergent. Your doctor will check your medical history, identify allergies, irritants from your environment, emotional stress, and prescribe medication. Be safe and check with a physician before diagnosing and

medicating yourself.

Can I Prevent Eczema?

1. Avoid substances that stress your skin such as: household cleaners, drying soaps, detergent, synthetic fragranced lotions. Use all natural products like Grand Lady Basket Boutique's line of bath and body.
2. H2O is a no-no. Too much exposure to water can dry out your skin. Take short warm (not Hot) showers and baths and wear gloves when doing the dishes.
3. Say 'YES' to cotton, Clothes made with scratchy fabrics like wool can irritate your skin. Cotton clothes are better and help the skin to breathe.
4. **Moisturize! Moisturize!** A moisturizer such as shea butter, cocoa but-



ter, Jojoba oil will prevent your skin from becoming dry, cracked, and irritated. Grand Lady has a Oatmeal Milk & Honey Shea Butter that will help to moisturize.

5. Don't scratch that Itch! Even though it's difficult to resist, scratching your itch can worsen eczema and make it difficult to heal. If you break the skin and bacteria gets in, it will cause an infection.
6. Keep your Cool. Avoid sudden changes in temperature, humidity, sweating, and becoming overheated. This may cause your eczema to kick in and become irritated.
7. Avoid environment triggers such as allergies to pollen, dust mites, and animal dander.
8. Unwind! Stress can aggravate eczema, so try and relax.
9. Be aware of any foods that may cause an outbreak and those foods.
10. Take your Meds and follow doctors orders!

Five Steps to Get A *JUMP* On New Year's Resolutions for 2007

We are more than mid way through 2006 and approaching another New Years. How did you fare with your 2006 resolutions and have you thought about what you plan to do differently for 2007?

What if you started early to make your changes for 2007? Starting now would give you a chance to get all the excuses out of the way and not overwhelm yourself in January after the holidays have done you in. I you start preparing your body for the holidays and getting in the habit of eating right and exercise you may feel better if you slip. Once January arrives you will be able to ramp up while others are trying to get started you will be well ahead of the game. Also, you will be less likely to give up quickly. Set your goals for 2007 now to: 1)eat more nutritiously, 2) get moving with exercise, 3) keep regularly scheduled doctors appointments, and 4) take your medicine. This coming year let's try to reduce our stress levels and our waistlines for a happier healthier life.

I. Identify your problems. Look in the mirror; have a long talk with yourself, and decide once and for all it's time. Do you want or need to lose weight, would you like to be more organized, need to get a handle on time management, do you just want a life. Well, only you know

what you need to change or work on if you are honest with yourself. Have you ever noticed that it is never a problem to give advice or tell someone else how to straighten out their lives? Yet, it they only knew how torn up you really are that person would take off running in the opposite direction. It's time to live the life you preach and teach to others. Make a list of those things you need to work on to be stress free and more successful in every aspect of your life for 2007.

II. Set Realistic & Attainable Goals

Set a timetable to achieve your goals so they don't become **Wish Lists**

that never leave the paper. Need help, well let's start with money and time management, save at 10% of each paycheck and spend less, increase your 401k each birthday, lose 10 lbs or more per month, exercise 30 minutes per day, see your doctor annually, eat more fruits and vegetables, read a book a month, learn a new skill each summer, or really drink those 8 glasses of water each day.

III. Work those Spiritual Muscles.



Set aside time in the morning, evening, or the weekends for meditation and study. Prayer and biblical study is our way of communicating and learn more about our Savior. Prayer and meditation has also been linked to the reduction of stress and relief from various physical conditions. So take time to have a little talk; it really could make everything alright.

IV. Move Your butt Take action and get moving on regimen that will allow you to meet those goals. Create a strategy that will keep you active and excited. Find activities that are fun like dancing, group sports, swimming and cycling to keep you interested. I like to dance, so I plan shake my booty into 2007. Do not over do it and always remember to consult a physician before starting a workout plan.

V. Maintain, Monitor, & Measure

Create a system to Maintain your consistency so you won't give up on your goal before it is achieved. Monitor your progress so you will know if you are on the right track or need to adjust objectives. Finally, you should Measure your success so you will know when you have reached your goal.. Don't forget to reward yourself for your discipline and hard work. *Be careful and enjoy!*

Southern **Scents** & Sensibility: Lisa's Words of Wisdom

Southern Scents & Sensibility will be a collection of wisdom and traditions handed down from my grandmother. "Gram" was not only a wonderful grandmother; she was also a Grand Lady. Each month we will bring little life's lessons to help us along this journey.

DETOX YOUR SYSTEM

Why detox?

Toxin build-up has become more of a concern in the twenty first century than ever before. Industrial and technological progress has resulted in many new and stronger chemicals, air and water pollution, radiation and nuclear contamination. Due to medical advancement we are using more drugs that promise to rid us of our various day-to-day ailments. We eat a higher percentage of refined foods, and stress is leading us to abuse our bodies with stimulants or sedatives.

Two of the main toxicity diseases are **cancer and cardiovascular disease** and they are happening to an alarmingly higher percentage of the population today. Others include arthritis, allergies, obesity, and many skin problems. Many common symptoms, such as headaches, fatigue, muscular pain, cough, gastrointestinal problems and immune system weakness, can all be attributed to toxic overload. Accumulated toxins in the body range from undigested organic matter, to metallic deposits such as lead, mercury, copper and aluminum we ingest through food and air. Environmental toxins, as well as those emitted by household furnishings accumulate in our body. Free radicals are also considered biochemical toxins and stress causes great toxicity in the body. One thing is certain we are all in

contact with toxins on a daily basis. Fortunately, nature seems to have an answer to this problem, it comes in the form of food. To illustrate how important the quality of the food you ingest on a daily basis is, just imagine

your body as a perfect engine (Which it is!) food is the fuel you feed it to enable it to achieve peak



performance. The cleaner and purer the fuel, the better and smoother the engine's performance. Makes sense, doesn't it? My grandmother called it purging the system. In the same way that some foods slow our body engine down, creating deposits which interfere with the smooth running of the various parts. Other foods we eat can actually act as **"engine cleaners and boosters"** these are the ones we call **Detox foods**. Fortunately, they are abundantly available in nature, and anyone can have access to them.

New discoveries are being made every day on previously unknown properties and benefits some of our common foods possess. However, the ones we're listing in this article have undeniably proven their positive role in cleansing our engine and boosting its power.

Fresh Fruits

All fresh fruit is good for detox provided it is eaten on its own, not before, with, or after food. A fresh fruit or fruits juice fasting is often recommended for a short (3-day) fast to cleanse and detoxify. It is also good for regular digestive activity if fruit is eaten as your first meal of the day. Fruit can be fresh, frozen or dried. It in-

cludes:	Apples	Pears	Nectarines
	Peaches	Oranges	Grapefruit
	Sultanas	Raspberries	Raisins
	Mango	Strawberries	Kiwi
			Bananas

Great DETOX vegetables include

Broccoli	Cauliflower	Broccoli sprouts
Onions	Artichokes	Beetroot

Dark Green leafy vegetables are great for the digestive track and aid in cleansing and building blood cells.

More Detox Foods...

Garlic has been used for its beneficial effects for thousands of years. It is a blood cleanser, a natural antibiotic it also reduces blood fats thinning the blood and *lowering blood pressure*.

Coriander (Cilantro) Some studies have shown that the leaves of the coriander plant can accelerate the excretion of mercury, lead and aluminum from the body. This delicious herb, when added to food, can greatly contribute in the detox process. It is available all year round. You can use it instead of basil to make a delicious coriander pesto. It's very tasty with pasta or as an accompaniment to vegetables or fish.

Echinacea: A lymphatic cleanser

Dandelion root: A tonic, a liver and blood cleanser, diuretic and filters toxins

Cayenne pepper: Purifies the blood, increases fluid elimination and encourages sweating

Ginger root: Stimulates blood circulation and sweating

Liquorice root: Is a potent detoxifier it also balances biochemical functions and acts as a mild laxative.

Parsley leaf: A diuretic it flushes the kidneys.

Red clover blossoms: A blood cleanser that's very useful during convalescence and recovery.

From Grand Living's *Chef de Cuisine*



Developing good eating habits is hard for women on the go. So we have asked our *Chef de Cuisine*, Maurice, to create some dishes that will help us on our quest of healthy dining.

Greetings from Café Grand. It should be every woman's desire to be healthy. I am not saying that your size determines if you are healthy. There are small people that are just as unhealthy as a person that is obese.

Good nutrition and healthy living is an attitude and a lifestyle. We choose that attitude and lifestyle sometimes by allowing our work and busy schedules to dictate what we have time. My job with this column is to create healthy, succulent dishes that may be created in a reasonable time. Most people have trouble with having breakfast (period), work through lunch, and pick up fast food on the way home. That's not Grand Living; that's living like a maniac. If you will place yourself in my hands I promise to create a dining experience you will never forget.

Breakfast	Hungarian Omelet	- 10 minutes to cook	1
	tsp Olive Oil	1/4 small onion sliced	
	Qtr sliced red pepper	1/2 med tomato diced	
	1 tsp paprika	dash of salt or substitute	
	2 eggs, whole or whites	1/4 c chopped parsley & chives	

Heat 1 tsp olive oil in sauce pan and sauté the onion and pepper until soft. Add the tomatoes and paprika and cook gently until mixture is soft and pulpy. Add a little salt to season. Heat the remaining oil in an omelets pan. Beat two tablespoons of water into the eggs to lighten the mixture and then use to make an omelets. Fill the omelets with the tomato mixture and serve sprinkled with parsley and chives. Drink orange juice, milk or coffee. *Off in record time!*

Lunch Almond Orange Blossom Salad with Tuna

Take one peeled orange, chopped pineapples arranged on top bed of spinach topped with almonds and Orange liquor dressing. Serve with tuna, wheat crackers and warm Green Tea.

Dinner Caribbean Fish Fillet—serves 6 (*great lunch the next day!*)

3lb fillet, white fillet	3/4-in	2tbsp fresh chop rosemary
4 shallots, peeled & chopped		1/4 c chopped parsley
4 cloves garlic, peeled & minced		1/4 tsp salt
1 cup orange juice		1/4 tsp white pepper
1 cup white wine		1/4 cup soy sauce
1/4 cup dark rum		2 limes squeezed

Remove the skin from the fillet, if necessary, and go over the fillet carefully with your fingers to remove any small bones. Wash and pat dry with paper towels. Grill the fish for 3 to 4 minutes on each side, depending on the thickness, turning gently. The fish should still be slightly translucent in the center since it will continue to cook after being taken off the grill. While the fish is grilling, boil down the marinade until it is reduced by half. Spoon a few tbsp over each portion of fish. Serve immediately with pineapple rice or sautéed potatoes and tossed spinach salad.

Bon Apetit!

Maurice