

**JOIN US**  
as we launch  
our new  
wellness  
series!

# Well

**STAY AT HOME**

with  
**the well project**

Every other  
Wednesday,  
starting April 8  
at noon ET

**REGISTER HERE:** [bit.ly/TWPstaywell](https://bit.ly/TWPstaywell)

### Chat Log (Abridged)

00:16:30      **Krista Martel:** Good morning!

00:16:35      **Olivia Ford:** Hi everyone! <3

00:16:38      **Jenna Conley:** Hi all! welcome!!

00:16:43      **JoDha:** Heyaaaaaaaaa

00:16:58      **Olivia Ford:** Jo! Bose! :-D

00:17:05      **JoDha:** Am at friend's place using her internet.....will be on cam

00:17:21      **Maria Mejia:** hello everyone ♡

00:17:34      **JoDha:** Dee....looking awesome as ever....And Kris, your dazzling smile is a stress buster!

00:17:47      **Bose Olotu:** Greetings from Nigeria

00:18:18      **Krista Martel:** Good morning! Can't wait for this session! Maria, Bose, Jo!

00:18:29      **Maria Mejia:** kristaaaaa

00:18:39      **Maria Mejia:** Jooooooooo and Boseee

00:18:41      **Maria Mejia:** ♡ ♡ ♡

00:18:55      **JoDha:** <3

00:19:31      **Bose Olotu:** How are you all my beautiful sisters doing?

00:19:44      **Maria Mejia:** hanging in there Bose

00:21:15      **Olivia Ford:** Look at that cutie friend behind Jo! <3

00:21:41      **Maria Mejia:** aweeee

00:24:22 **Olga Irwin:** hi all youngstown ohio here look for a new self care after come home from hospital and getting a stint put in and last month a hysterectomy

00:24:33 **JoDha:** Olivia.....please please update me with what is going on...

00:25:22 **Sandra Harrigan-Thompson:** Good Day Ladies!!!

00:25:26 **Krista Martel:** Jo, she will definitely do that!

00:25:56 **Olivia Ford:** Yes! Jo, I got you!

00:26:15 **JoDha:** <3

00:26:17 **Olivia Ford:** *Porchia: I don't do this whole skin care routine every day - will tell us frequency as she goes!*

00:26:20 **Krista Martel:** Hi Olga-I'm so sorry to hear that you went through all of that, but I'm glad you are home and I hope you recover quickly!

00:26:49 **Olivia Ford:** *Porchia: Was important to do this routine to stay sane during COVID and lockdown - California where I live is in a second wave. Things opened up and are now shutting back down! :-/*

00:26:59 **Maria Mejia:** covid 19 is ravaging where I live in Florida

00:27:08 **Maria Mejia:** thousands a day 😞

00:27:29 **Krista Martel:** I know, Maria--it is so scary!

00:27:44 **Krista Martel:** Welcome Sandra!

00:27:51 **Krista Martel:** Welcome Alexandrina!

00:27:54 **Maria Mejia:** I don't know what I am going to do ! these people are Trumpets and don't wear masks

00:27:59 **Jenna Conley:** Maria, I think of you every time I hear news about Florida. Sending love.

00:28:05 **Olivia Ford:** *Porchia: Easy to forget about personal hygiene nowadays when we're not going out - "I don't have to get dressed / shower / wash face / even brush teeth!" - but it's important to do those things - I take bubble baths! <3*

00:28:11 **Krista Martel:** Welcome Alecia!

00:28:13 **Maria Mejia:** Thank you so much Jenna !

00:28:20 **Krista Martel:** I owe you an email response! <3

00:28:44 **Maria Mejia:** for the first time in 5 months I went to the ocean or even outside yesterday we say

00:28:45 **Olivia Ford:** *Porchia is going to do a do-it-yourself sugar scrub for the face - switching to more natural beauty products can be better for your skin (less chemicals) AND save \$\$*

00:29:06 **Krista Martel:** Yes, Maria--the same for you and so many of our community in Florida. It's terrifying. I know you will be careful, but there are so many crazy people down there.

00:29:10 **Olivia Ford:** *Sugar or salt scrubs are incredible moisturizing exfoliants*

00:29:40 **Maria Mejia:** I have not been taking care of myself and haven't gotten blood work in 1 year

00:30:00 **Olivia Ford:** *Porchia starts with some basic face wipes to "clear the canvas" <3 - if you have some of these things you can follow along*

00:30:01 **Maria Mejia:** It's very hard to take care of yourself 😞

00:30:40 **Olivia Ford:** *Porchia: Sugar is a lighter exfoliant than salt*

00:30:57 **Olivia Ford:** *Exfoliants remove the top layer of skin cells along with any impurities, dirt, etc*

00:31:50 **Olivia Ford:** *Porchia: can use brown or white sugar, doesn't matter - but I like brown better! Smells better!*

00:32:00 **Olivia Ford:** *1/2 cup coconut (or olive) oil*

00:32:02 **JoDha:** Sugar can be anything? white, brown or powdered?

00:32:34 **Krista Martel:** I think granule sugar, Jo--so brown or white, but I don't think powdered? We can ask Porchia

00:32:39 **Ci Ci:** it seems like a salt scrub would hurt lol

00:32:40 **Olivia Ford:** @Jo - definitely white or brown sugar ... And I will ask re powdered but I am pretty sure no on that, it's processed ...

00:33:17 **Olga Irwin:** it ok we all do that forget something

00:33:19 **Krista Martel:** Agree, Tami! And hi!! <3

00:33:54 **Olivia Ford:** *Porchia says only white or brown sugar - because you need the granules for exfoliating. Powdered sugar is to powdery, no granules! <3*

00:34:21 **JoDha:** White sugar it is :)

00:34:35 **Olivia Ford:** *Mmmmm, eucalyptus oil - Porchia is putting in a few drops. So nice for aromatherapy (and keeps away mosquitoes lol! That's from me, Olivia ;-)*

00:35:05 **Krista Martel:** I love eucalyptus oil!

00:35:06 **JoDha:** I have various type of oils - eucalyptus, clove, lavender, coconut, olive

00:35:22 **Ci Ci:** and then you can eat it afterwards. 😊 sike nah.

00:35:32 **Krista Martel:** I think many health food stores have them too

00:35:41 **Ci Ci:** amazon, family dollar

00:36:13 **Olivia Ford:** Lol @ CiCi! I will be trying to lick the mask off my face :-D

00:37:13 **Olivia Ford:** *Porchia gets her essential oils at Sprouts which I think is a West Coast regional natural grocery chain - can get at Whole Foods, Wild Oats - and also Target, Walmart, other kinds of stores that have everything*

00:37:30 **Olivia Ford:** *Porchia: eucalyptus is also a decongestant, helps breathing*

00:37:44 **Olga Irwin:** I be doing the same Olivia

00:37:51 **JoDha:** What island, Alexandrina?

00:37:57 **Olivia Ford:** YES on the insect repellent. I use it here in New Orleans with all these mosquitoes! I put some on last night when one was in my house!

00:38:29 **Olivia Ford:** *Eucalyptus is also anti-inflammatory, speeds healing*

00:39:21 **Maria Mejia:** for the seasoned ladies we must do it upwards when we scrub or put any creams in face ♡

00:39:52 **Krista Martel:** I love "seasoned" Maria :)

00:40:07 **Maria Mejia:** lol 😊

00:40:22 **Jenna Conley:** me too - -much better than the alternatives!

00:40:25 **Krista Martel:** I'm going to refer to myself that way from now on! lol

00:40:30 **BrendaChambers:** I've got my first appointment here in Oregon with my HIV doc and have to leave now but had to check in with all of you. I will watch later and thank you Porchia.

00:40:52 **JoDha:** See ya Brenda...

00:40:57 **Olivia Ford:** *Re Bose's diabetes question - Porchia is not sure about the sugar, but the anti-inflammatory aspects of eucalyptus should be good for diabetes and other inflammatory conditions like HIV and others!*

00:41:01 **Maria Mejia:** 😊

00:41:12 **Maria Mejia:** hahah

00:41:23 **Maria Mejia:** yes upwards and in face and neck

00:41:31 **Maria Mejia:** your welcome sis

00:41:56 **Krista Martel:** Bye Brenda! Thanks for stopping in!

00:42:25 **Maria Mejia:** yes Alexandrina 🙏

00:42:46 **Olivia Ford:** *Now Porchia is rinsing her face - first with warm water to get everything off - then with cool water to close pores (she will use the cool water after she does her mask which is coming up!)*

00:43:21 **Olivia Ford:** Porchia, your bathroom is so cute!

00:43:24 **Maria Mejia:** sometimes we want to leave pores open for the creams to absorb

00:43:39 **Maria Mejia:** then the cold water or ice is wonderful ! for us seasoned ladies lol

00:43:46 **Olivia Ford:** *Porchia's skin is feeling silky smooth :-D*

00:43:54 **Jenna Conley:** you're glowing!

00:43:54 **Krista Martel:** You are glowing!!

00:44:02 **Krista Martel:** ha, Jenna.

00:44:10 **Jenna Conley:** :>

00:44:36 **JoDha:** Yes, can see the glow....by the way, for how many minutes do I have to keep the mask on face?

00:44:44 **Maria Mejia:** shaving my whole face is very good ! old trick I use 😊

00:45:30 **Olivia Ford:** *Here comes the mask! Porchia is using Aztec Indian Healing Clay Mask - \$9 at Target, can also get online - will mix with apple cider vinegar*

00:46:19 **Olivia Ford:** *Benefits of the Aztec clay mask - draws out contaminants*

00:46:34 **Olivia Ford:** *If you mix it with water and not apple cider vinegar, you can use it on your hair*

00:46:42 **Krista Martel:** My daughter uses this clay and apple cider vinegar mask. I need to steal some from her!

00:47:22 **Olivia Ford:** *Porchia: Apple cider vinegar works like peppermint and eucalyptus - heals acne-prone skin, reduces scars*

00:47:39 **Maria Mejia:** drink lots of water !! our biggest organ in the body ! keeps your skin plump

00:47:49 **Olivia Ford:** *3 tbsp. of clay ...*

00:48:58 **Olivia Ford:** *(Porchia uses this clay mask only once per week at most)*

00:49:10 **Olivia Ford:** *3 tbsp. apple cider vinegar*

00:49:13 **Olivia Ford:** *It foams up!*

00:50:29 **Olivia Ford:** *Apple cider vinegar is @ \$5-10 for a nice big bottle*

00:50:47 **Olivia Ford:** 3 tbsp. each, Tami!

00:51:27 **Maria Mejia:** yes

00:51:30 **Olivia Ford:** Is anyone doing masks or scrubs along with Porchia right now?

00:51:37 **Maria Mejia:** ♥

00:51:38 **Olivia Ford:** Woot, Maria!!! :-D

00:52:10 **JoDha:** Not me...LOL....am at my friend's place :D will try once home

00:52:15 **Maria Mejia:** lol Olivia

00:52:15 **Krista Martel:** I should be, but my set up is not great for it right now! I'm going to do it afterwards!

00:52:32 **Krista Martel:** BOMB.COM

00:52:36 **Olivia Ford:** *Porchia is using a cotton ball to apply - we leave the mask on until it gets really dry and hard, @ 15mins*

00:52:39 **Maria Mejia:** we must be careful around the eye area because it's more delicate than the other areas in our face ♥

00:52:59 **Olivia Ford:** +1 to being careful @ the eyes! I am always burning my eyes with skin stuff <3

00:53:46 **Olivia Ford:** *More of Porchia's self-care things: She uses a foot bath with apple cider vinegar in the water, then does her own pedicures*

00:54:06 **Olivia Ford:** *Porchia has also been doing things to build up her immune system to avoid acquiring the 'rona*

00:54:48 **JoDha:** what she takes to build up her immune system?

00:55:24 **Olivia Ford:** *Porchia has been doing a raw alkaline vegan diet! She's been doing it going on 14 days, her body's feeling better - no meat, dairy, carbs, sugar (though she got a little sugar scrub in her mouth lol)*

00:56:13 **Olivia Ford:** *Porchia and her friends have been following Yada Awakening - really good eating tips*

00:56:30 **Maria Mejia:** we are what we eat

00:56:30 **Olivia Ford:** *Diet can be healing - food is medicine! Anti-inflammatory foods*

00:56:58 **Olivia Ford:** *Porchia's also been juicing. Has lost 10lbs!*

00:57:19 **JoDha:** So, all the secrets lie in the KITCHEN

00:57:41 **Olivia Ford:** *Being in the house so much has given Porchia the opportunity to fix up her home <3*

00:58:39 **Olivia Ford:** *Masonia also likes the sugar scrub - as a full body scrub! And another community member, Robin Barkins, sells scrubs!*

01:00:20 **Olivia Ford:** *Masonia's been home for the past year doing cardiac recovery - others have been complaining about being around their kids but it has been a break not shuttling around from thing to thing! That's self-care, also talking with friends <3*

01:00:49 **Olivia Ford:** *Porchia agrees! Connecting with family and friends in specific small groups has been great*

01:00:54 **Krista Martel:** Is it tingling, Mel? :)

01:01:38 **Olivia Ford:** Folks, feel free to share what you've been doing for self-care!

01:01:43 **Maria Mejia:** some people are going backwards and sabotaging unfortunately! relapsing on drugs etc no motivation

01:02:23 **Maria Mejia:** Thank God for these series 

01:03:37 **Olivia Ford:** *Alexandrina: Self-care is critical, and this session has been instructive - especially for those of us newly unemployed, this is low cost, fun, can do with family members!*

01:04:20 **Olivia Ford:** *Alexandrina: in the Caribbean we grow mint - could we just grind the leaves and use that in the scrub? YES says Porchia!*

01:05:48 **Olivia Ford:** *Krista grew a ton of lavender in her backyard and used that for lots of oils and things! <3*

01:06:38 **Krista Martel:** Jo, do you have any self-care tips?

01:06:55 **Olivia Ford:** *Mel found some of the scrub in her house and is using - and her daughter is using another one (she's allergic to the clay)!*

01:08:07 **JoDha:** Coffee scrubs...my friend is watching along with me and she was saying about coffee

01:08:23 **Olivia Ford:** *Porchia has been cooking mushrooms like they were meat - and made cauliflower rice recently*

01:08:30 **Krista Martel:** oh that's cool! Hi to Jo's friend! Welcome!

01:08:36 **Olivia Ford:** Oh wow yes! Coffee scrubs are great as well!

01:09:13 **Maria Mejia:** I recommend to detox colon therapy with coffee

01:09:33 **Olivia Ford:** *Porchia hasn't tried a coffee scrub!*

01:09:36 **Maria Mejia:** then IV vitamins through the veins for your immune system

01:09:51 **Olivia Ford:** *First rinse the mask off with warm water, then use cold water to close up your pores*

01:09:58 **Maria Mejia:** radiant sister 

01:10:16 **Krista Martel:** hahah!

01:10:23 **Maria Mejia:** hahaha

01:10:47 **Olivia Ford:** Ooooo Shea Moisture products are really nice - Porchia is using a moisturizer from them <3

01:12:13 **Maria Mejia:** also the water that the rice produces when we soak it can stop diarrhea

01:12:22 **Olivia Ford:** OMG this cauliflower rice veggie dish sounds deliiiiicious :-D

01:12:32 **Olivia Ford:** I'm so hungry!

01:12:33 **Maria Mejia:** I might do alternative treatments for our body hmmm

01:13:21 **Olivia Ford:** *Alexandrina asks how Porchia gets protein with a vegan diet?*

01:14:06 **Olivia Ford:** *Porchia: you can get protein from vegetables - vegan diet can be sufficient!*

01:14:23 **Maria Mejia:** we also have vegetable protein in powder

01:14:34 **Maria Mejia:** we have to use alot of protein

01:14:42 **Olivia Ford:** *Also chick peas, garbanzo beans ...*

01:14:48 **Olivia Ford:** Lentils are really easy and yummmm

01:14:50 **Maria Mejia:** I was a vegan and vegetarian for more than 20 years

01:15:03 **JoDha:** Maria's mother has her own store that sells natural products

01:15:38 **Maria Mejia:** yes jo ! I got very sick because I was not taking enough protein

01:15:59 **Maria Mejia:** and this is a well balanced health food store and restaurant

01:16:22 **JoDha:** Yes.....I tried vegan but it didn't suit my body....hence had to switch back to normal eating

01:16:38 **Olivia Ford:** Olivia puts cashews in a lot of things - protein rich and sort of creamy like cheese! :-D

01:16:45 **Maria Mejia:** I hate meat or even eggs etc

01:16:51 **Olivia Ford:** So true - every diet isn't for everyone!

01:16:53 **Maria Mejia:** but I just eat chicken breast

01:17:00 **JoDha:** Maria.....since when you turned vegan?

01:17:03 **Maria Mejia:** and so much protein

01:17:24 **Olivia Ford:** *Jo - how did you know the diet wasn't working for you? Porchia asks!*

01:17:29 **JoDha:** chicken breast....yummmm

01:17:29 **Maria Mejia:** I was a vegan and vegetarian for more than 20 years baby girl

01:17:47 **JoDha:** whoaaaaa.....20 years is a long time




01:18:03 **Maria Mejia:** well my mom has had her store for years lol

01:18:09 **Maria Mejia:** I did but I almost died

01:18:21 **Maria Mejia:** I just consume lots of protein

01:18:31 **Maria Mejia:** not animal based and chicken breast

01:18:32 **Olivia Ford:** Oooo Mel! Look at you and Porchia's shining faces!

01:19:18 **Maria Mejia:** Gena !!!!! 

01:19:20 **Krista Martel:** Hi Gena and Alecia! Stay safe down there!

01:19:59 **Olivia Ford:** The way I think about meat is using it as a flavoring - not as the main thing on the plate. Veggies dominate the plate! <3

01:21:07 **Krista Martel:** Yes, Vegans need to be careful about anemia

01:21:18 **Olivia Ford:** *Maria asks what is your daily nutrition regimen? Breakfast/lunch/dinner on your 31-day challenge?*

01:21:26 **Krista Martel:** Can you explain alkaline water?

01:21:49 **Krista Martel:** I drink warm water with lemon and fresh ginger every morning

01:22:25 **Olivia Ford:** *Porchia: alkaline water for breakfast, so not much to eat in the a.m. - alkaline water pH level is balanced which is better for you*

01:22:43 **Maria Mejia:** oh lawd

01:22:52 **Olivia Ford:** *You start eating after 12pm with this eating approach - and lunch is the biggest meal of the day*

01:23:04 **JoDha:** Got to log out.....it is 10:45 pm here and the kids badly want to eat custard (sweet)

01:23:13 **JoDha:** hence that are waiting for me

01:23:14 **Olivia Ford:** *You can eat as much veg as you want for this meal!*

01:23:26 **Olivia Ford:** @Jo awwww enjoy the custard! Love you grrl!

01:23:26 **Krista Martel:** OK, by Jo! Thank you for being with us! Love you!

01:23:27 **JoDha:** also I have to go home too LOL

01:23:38 **Jenna Conley:** bye jo!!!

01:23:44 **JoDha:** <3 love you....bye maria Kris, Olivia

01:23:55 **Olivia Ford:** *Dinner is nothing but fruit - smoothies, juice*

01:24:26 **Olivia Ford:** *Some days Porchia's fasting - water all day, juice at night - can be good for your health for short periods*

01:25:03 **Olivia Ford:** Maria, YEEEEEEEEES I just discovered chick pea pasta a few months ago. Lots of protein! Made some last night with veggie sauce! <3

01:25:24 **Olivia Ford:** And it tastes as yum as regular pasta - not sticky or funky

01:26:24 **Maria Mejia:** yesssss 😊

01:26:40 **Maria Mejia:** I might do alternative treatments lol

01:27:27 **Maria Mejia:** when I start taking care of myself again I will ! right now I am being not too good to myself

01:27:30 **Maria Mejia:** ❤️

01:28:10 **Jenna Conley:** thanks everyone!!!!

01:28:11 **Maria Mejia:** love you all