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: Joooooooo 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: aweeeeee
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

JoDha: Olivia.....please please update me with what is going on...

Sandra Harrigan-Thompson: Gooood Day Ladies!!!

Krista Martel: Jo, she will definitely do that!

Olivia Ford: Yes! Jo, I got you!

JoDha: <3

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

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!

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! :-(

Maria Mejia: covid 19 is ravaging where I live in Florida

Maria Mejia: thousands a day 😰 😰

Krista Martel: I know, Maria--it is so scary!

Maria Mejia: Welcome Sandra!

Maria Mejia: Welcome Alexandrina!

Maria Mejia: I don’t know what I am going to do ! these people are Trumpets and don’t wear masks

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

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

Krista Martel: Welcome Alecia!

Maria Mejia: Thank you so much Jenna !

Krista Martel: I owe you an email response! <3

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

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 $$
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.

Olivia Ford: Sugar or salt scrubs are incredible moisturizing exfoliants

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

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

Maria Mejia: It's very hard to take care of yourself 😰😰

Olivia Ford: Porchia: Sugar is a lighter exfoliant than salt

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

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

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

JoDha: Sugar can be anything? white, brown or powdered?

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

Ci Ci: it seems like a salt scrub would hurt lol

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 ...\n
Olga Irwin: it ok we all do that forget something

Krista Martel: Agree, Tami! And hi!! <3

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

JoDha: White sugar it is :)

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 ;-) )

Krista Martel: I love eucalyptus oil!

JoDha: I have various type of oils - eucalyptus, clove, lavender, coconut, olive

Ci Ci: and then you can eat it afterwards. 😂 sike nah.

Krista Martel: I think many health food stores have them too
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.

Olivia Ford: Porchia: eucalyptus is also a decongestant, helps breathing.

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

Olivia Ford: Eucalyptus is also anti-inflammatory, speeds healing.

Maria Mejia: for the seasoned ladies we must do it upwards when we scrub or put any creams in face 💖

Krista Martel: I love "seasoned" Maria :) 

Maria Mejia: lol 😃

Jenna Conley: me too - -much better than the alternatives!

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

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.

JoDha: See ya Brenda...

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!

Maria Mejia: 😊

Maria Mejia: hahah

Maria Mejia: yes upwards and in face and neck

Maria Mejia: your welcome sis

Krista Martel: Bye Brenda! Thanks for stopping in!

Maria Mejia: yes Alexandrina 😊
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!)

Olivia Ford: Porchia, your bathroom is so cute!

Maria Mejia: sometimes we want to leave pores open for the creams to absorb

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

Olivia Ford: Porchia’s skin is feeling silky smooth :-D

Jenna Conley: you're glowing!

Krista Martel: You are glowing!!

Krista Martel: ha, Jenna.

Jenna Conley: :>

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

Maria Mejia: shaving my whole face is very good ! old trick I use 😃

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

Olivia Ford: Benefits of the Aztec clay mask - draws out contaminants

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

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

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

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

Olivia Ford: 3 tbsp. of clay ...

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

Olivia Ford: 3 tbsp. apple cider vinegar

Olivia Ford: It foams up!

Olivia Ford: Apple cider vinegar is @ $5-10 for a nice big bottle

Olivia Ford: 3 tbsp. each, Tami!

Maria Mejia: yes
Olivia Ford: Is anyone doing masks or scrubs along with Porchia right now?

Maria Mejia: ❤️

Olivia Ford: Woot, Maria!!! :-D

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

Maria Mejia: lol Olivia

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

Krista Martel: BOMB.COM

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

Maria Mejia: we must be careful around the eye area because it’s more delicate than the other areas in our face ❤️

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

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

Olivia Ford: Porchia has also been doing things to build up her immune system to avoid acquiring the ‘rona

JoDha: what she takes to build up her immune system?

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)

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

Maria Mejia: we are what we eat

Olivia Ford: Diet can be healing - food is medicine! Anti-inflammatory foods

Olivia Ford: Porchia’s also been juicing. Has lost 10lbs!

JoDha: So, all the secrets lie in the KITCHEN

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

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

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

Krista Martel: Is it tingling, Mel? :)

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

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

Maria Mejia: Thank God for these series ❤

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!

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

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

Krista Martel: Jo, do you have any self-care tips?

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)!

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

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

Krista Martel: oh that's cool! Hi to Jo's friend! Welcome!

Olivia Ford: Oh wow yes! Coffee scrubs are great as well!

Maria Mejia: I recommend to detox colon therapy with coffee

Olivia Ford: Porchia hasn't tried a coffee scrub!

Maria Mejia: then IV vitamins through the veins for your immune system

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

Maria Mejia: radiant sister 🦋🦋

Krista Martel: hahah!
Olivia Ford: Ooooo Shea Moisture products are really nice - Porchia is using a moisturizer from them 😊

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

Olivia Ford: OMG this cauliflower rice veggie dish sounds deliiiiiicious 😊

Olivia Ford: I'm so hungry!

Maria Mejia: I might do alternative treatments for our body hmmm

Olivia Ford: Alexandrina asks how Porchia gets protein with a vegan diet?

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

Maria Mejia: we also have vegetable protein in powder

Olivia Ford: we have to use allot of protein

Olivia Ford: Also chick peas, garbanzo beans ...

Olivia Ford: Lentils are really easy and yummmm

Maria Mejia: I was a vegan and vegetarian for more than 20 years

JoDha: Maria's mother has her own store that sells natural products

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

Maria Mejia: and this is a well balanced health food store and restaurant

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

Olivia Ford: Olivia puts cashews in a lot of things - protein rich and sort of creamy like cheese! 😊

Maria Mejia: I hate meat or even eggs etc

Olivia Ford: So true - every diet isn't for everyone!

Maria Mejia: but I just eat chicken breast

JoDha: Maria.....since when you turned vegan?

Maria Mejia: and so much protein

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

JoDha: chicken breast.....yummmm

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

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!
01:19:56 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
Olivia Ford: Maria, YEEEEEEEES I just discovered chick pea pasta a few months ago. Lots of protein! Made some last night with veggie sauce! <3

Olivia Ford: And it tastes as yum as regular pasta - not sticky or funky

Maria Mejia: yessssss 😊

Maria Mejia: I might do alternative treatments lol

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

Maria Mejia: ❤

Jenna Conley: thanks everyone!!!!

Maria Mejia: love you all