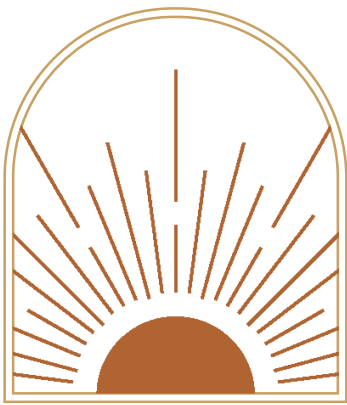


CHARM CITY CRANIOSACRAL

Foundations for Flourishing

Setting the Stage for a Healthy Year





Hello there!

As we step into changing our lives to meet our goals, we often dive headfirst into resolutions without giving ourselves the proper foundation to succeed. True transformation begins with preparation—not just mentally, but also physically and emotionally.

This guide will help you create supportive spaces in your kitchen, dining room, and bedroom to set yourself up for success. By preparing your environment, you'll pave the way for healthier eating habits, calmer meal times, and better sleep—the cornerstones of a balanced and thriving life.

Julie Pokorny
Founder, Charm City Craniosacral

My Coaching Journey

My approach is rooted in the belief that the body already knows the way.

Each person holds innate wisdom—biochemical, emotional, and spiritual—that's waiting to be supported, not fixed.

Through a blend of somatic therapy, functional nutrition, and intuitive guidance, I help people reconnect with their core truth and restore balance in their nervous system, hormones, and inner world.

This work isn't about quick fixes—it's about coming home to yourself. When we listen to the body and follow its cues, **healing becomes inevitable**, and transformation unfolds from the inside out.



"The universe speaks in codes, and within you lies the key to unlock them.

Trust the whispers, and your potential will unfold."

Why We're Starting Small

Kitchen, Dining Room, Bedroom



Change can feel overwhelming when you try to tackle everything at once. That's why starting small, with the spaces you use most, is so effective. The kitchen, dining room, and bedroom are where the most foundational activities of your day take place: eating, connecting, and resting. By focusing on these areas first, you can create a strong base that supports your larger goals.

The kitchen is the heart of healthy eating. It's where you prepare meals, make decisions about your diet, and set the tone for your physical nourishment. A cluttered or disorganized kitchen can make healthy choices harder to sustain, but a well-prepared space simplifies and inspires healthier habits. Making changes here creates a ripple effect that influences how you feel throughout the day.

The dining room is more than a place to eat—it's a space for connection and mindfulness. It's where you can slow down, engage with loved ones, and support your body's parasympathetic response for proper digestion. Small adjustments here, like minimizing distractions and cultivating calm, can transform meals from hurried moments to grounding experiences.

The bedroom, on the other hand, is the cornerstone of rest and recovery. Quality sleep impacts every other aspect of your life, from energy levels to decision-making. Optimizing your bedroom environment ensures that you're recharging effectively, giving you the resilience needed to achieve your goals.

Starting with these three spaces allows you to make meaningful progress without feeling spread too thin. Once these foundational areas are aligned with your intentions, you'll find it easier to expand your efforts to other parts of your life and home.

Sunlight

Just 15–30 minutes of full-spectrum sunlight per day—especially in the morning—can profoundly reset your body. Not just because of vitamin D, but because of how light interacts with your brain, skin, and mitochondria to signal hormonal cascades, regulate immunity, and restore your circadian rhythm. Here's how:

✨ **UVB Light → Vitamin D Production**

When UVB rays strike your skin (specifically between 10 a.m. and 2 p.m. when the UV Index is strong enough), they convert 7-dehydrocholesterol into vitamin D3. This hormone-like vitamin regulates calcium, immune signaling, reproductive health, and hundreds of genes involved in inflammation and detoxification. No supplement replicates the precision and balance of natural synthesis through skin.

✨ **Infrared Light → Mitochondrial Healing & ATP Energy**

Near-infrared wavelengths (which come with early morning and late afternoon sun) penetrate deep into the skin and tissues, stimulating cytochrome c oxidase in the mitochondria. This boosts ATP production, the cellular energy your body needs for metabolism, healing, immune response, and hormonal output. It's like charging your cells with natural electricity.

✨ **Full-Spectrum Light → Circadian Rhythm Reset**

When sunlight enters your eyes (without sunglasses or blue light-blocking lenses), it hits the suprachiasmatic nucleus in the brain—the body's master clock. This triggers a cascade that regulates cortisol, serotonin, and melatonin timing. Morning sunlight signals the start of the day, improving alertness, digestion, and energy. It also sets the stage for restful sleep 14–16 hours later.



Sunlight

✦ **Blue Light (from sunlight, not screens) → Serotonin & Dopamine Regulation**

Natural blue light in morning sun (not to be confused with artificial blue light from screens) stimulates retinal ganglion cells that enhance dopamine and serotonin release—essential for motivation, mood, appetite regulation, and feeling safe in your environment.

✦ **Sunlight on Skin → Nitric Oxide Release → Lower Blood Pressure**

When UVA and visible light hit the skin, they trigger the release of nitric oxide from endothelial cells. This vasodilates blood vessels, improving circulation and reducing blood pressure—especially important in stress states and for cardiovascular health.

✦ **Melatonin Timing → Cellular Repair, Deep Sleep, Hormone Health**

Morning sunlight suppresses melatonin production during the day (which is good!) and queues the pineal gland to start producing melatonin as darkness falls. Melatonin is more than a sleep hormone—it's also a powerful antioxidant that repairs mitochondria and balances reproductive hormones overnight.

✦ **Sunlight Reduces Blood Glucose & Insulin Resistance**

Research shows that daily sunlight exposure—especially when combined with early day movement—can improve insulin sensitivity and reduce fasting glucose. This is likely due to the modulation of cortisol rhythms, mitochondrial efficiency, and nitric oxide's effect on glucose uptake.

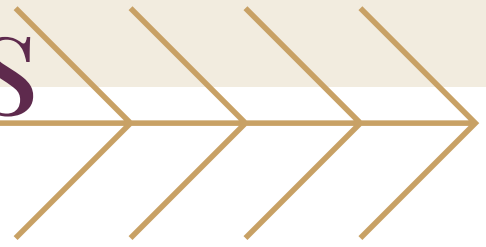
✦ **Full-Spectrum Light Balances Cortisol, Reduces Inflammation**

When your body is aligned with natural light/dark cycles, cortisol follows its intended curve: high in the morning to energize you, low at night to allow for recovery. Misaligned rhythms from indoor living, screen exposure, and lack of sun disrupt this cycle, leading to systemic inflammation, anxiety, and weight retention.

✦ **Red Light Spectrum → Collagen Synthesis & Skin Barrier Health**

Longer wavelengths in sunlight (especially red and near-infrared) promote fibroblast activity and collagen production. This strengthens the skin barrier, improves elasticity, and supports repair of UV-related oxidative stress—especially when exposure is gradual and not excessive.

How It Works



01

SCAN & ASSESS

Evaluate your kitchen, dining room, and bedroom. Identify what needs to change to align with your goals and make a list.

02

TAKE ACTION ON YOUR PLAN

Implement the changes, replacing or removing items and optimizing each space to better serve your needs.

03

TRACK YOUR PROGRESS

Keep a record of changes and note how they improve your habits and well-being. Celebrate milestones to boost motivation.

04

MAINTAIN AND ADJUST

Regularly review your spaces to ensure they continue to support your goals and make updates as your needs evolve.



Kitchen

Organizing and Auditing the Kitchen

Start by reviewing the tools and materials in your kitchen to ensure they support your health goals. Replace items that may pose risks or hinder efficiency with healthier, more durable options.

to have....

- ☐ Glass storage containers instead of plastic
- ☐ Stainless steel or cast iron cookware
- ☐ Ceramic or glass mugs (check for heavy metal-free labels)
- ☐ Wooden or bamboo cutting boards over plastic
- ☐ All Natural soaps & products

to avoid...

- ☐ Teflon-coated non-stick pans
- ☐ Plastic utensils and containers
- ☐ Aluminum cookware or foil for food preparation
- ☐ Fragrance & Harmful ingredient products



Kitchen

The Power of an Organized Kitchen

An organized kitchen isn't just about aesthetics—it's about creating a space that supports calm and clarity. Using similar containers, like glass jars or uniform storage bins, reduces visual clutter and brings order to chaos. This simplicity can have a soothing effect on the nervous system, making meal prep feel less overwhelming and more intentional. As seen in *The Home Edit*, small changes in organization can transform how you interact with your space, turning it into a haven for healthy living.

But remember, it doesn't have to be perfect! A kitchen should feel lived in and full of love—a place where meals are prepared with joy and care. Add personal touches like a favorite mug, a vase of fresh flowers, or trinkets that reflect your personality. Let your kitchen feel like an extension of you, a space where functionality meets warmth and creativity.



Healthy Eating

Healthy Eating: The Foundation of Wellness

Healthy eating is more than just a habit—it's the cornerstone of a vibrant, energized life. By nourishing your body with whole, nutrient-dense foods, you provide the fuel it needs to thrive, supporting everything from your immune system to your mental clarity. Small, intentional changes in your diet can create a ripple effect, laying the groundwork for lasting health and well-being.

Foods to Limit/Avoid



Excess Sugar, Artificial Sweeteners, High Fructose Corn Syrup, Agave Syrup



Trans-fats, Hydrogenated oils, Highly processed oils, Seed oils, Avocado Oil



Refined Carbohydrates, Bleached flour, Gluten, Folic Acid



Highly processed foods, Added Dyes, Food additives, Preservatives



Dairy from conventional large farms - A1 Protein



Fruit and veggies from conventional farms (non-organic)



Healthy Eating

Foods for Optimal Health

The foods you choose can either fuel your vitality or hinder it. Prioritizing whole, nutrient-dense options like fiber-rich vegetables, healthy fats, and fermented foods helps your body function at its best. These choices also nourish your gut microbiome, the community of beneficial bacteria that plays a crucial role in digestion, immunity, and even mental health through the gut-brain axis. Supporting your microbiome with the right foods creates a ripple effect, enhancing both your physical and emotional well-being.

Foods to Enjoy



Pure sweets, Dates,
Honey, Baked sweet
potato, Dark
chocolate



Olive oil, Coconut oil,
butter, ghee, tallow,
Full fat foods



Protein!! Aiming for
120g+ a day (wild fish,
grass fed beef, eggs,
lamb, organic
chicken)



Make your own foods
or support your local
farmer's market with
fresh made food.



Milk from local farms
- A2 protein,
Raw Milk



Organic or pesticide
free fruits and
vegetables.



Eat the Rainbow



Red



Orange



Yellow



Green



Purple



Brown



White



Dining Room

The dining room is more than just a place to eat—it's a space where nourishment and connection come together. It's where you can slow down, savor meals, and create meaningful moments with loved ones. A dining space designed with intention helps transform eating from a rushed activity into a grounding experience that supports your body and mind.

Slowing down during meals activates the parasympathetic nervous system, which is essential for proper digestion. By creating a calm and welcoming dining environment, you encourage mindfulness and give your body the space it needs to process food effectively. This shift not only improves digestion but also allows you to fully experience the flavors and textures of your meals, fostering a deeper connection to the act of eating.

A dining room should also feel like an extension of you—comfortable, functional, and inviting. Whether it's through the use of soft lighting, personal decor, or a dedicated space for family rituals, your dining room can become a sanctuary for nourishment and connection. It's not just about the food on the table but the atmosphere you create, making every meal an opportunity for joy, reflection, and togetherness.



A thought on Prayer and Presence

Not everyone prays to God before a meal, and that's perfectly okay!

However, in losing this tradition, many of us have also lost a powerful cue to the body: a signal that it's time to settle in, slow down, and approach our meal with mindfulness and gratitude. Taking a moment of intentionality before eating can help shift your nervous system into a state of calm, improving digestion and deepening your connection to the present moment.

Try offering a simple pause before your meal—not as a prayer to God, but as a gift to your nervous system. Here's an example:



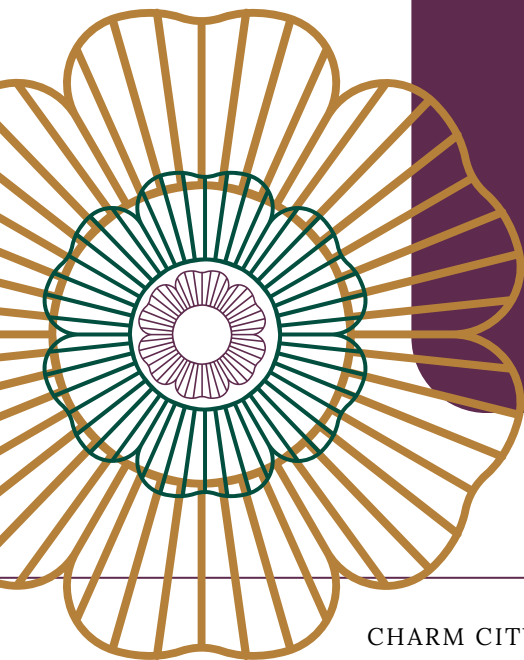
In this moment...

I am Calm.

I am Happy.

I am Fulfilled.

Namaste



Bedroom

The Bedroom: Your Sacred Space for Rest and Renewal

The bedroom is more than just a place to sleep—it's your sanctuary for rest, relaxation, and self-expression. A well-designed bedroom invites you to unwind and recharge, creating an environment that supports deep, restorative sleep while reflecting your personal style. Soft lighting, calming colors, and cozy textures help set the tone for relaxation, signaling to your body that it's time to let go of the day and prepare for rest.

Beyond its functionality, your bedroom should feel like an extension of you—a sacred space that brings comfort and joy. Thoughtfully chosen elements, from your favorite bedding to meaningful decor, create an atmosphere of warmth and belonging. When this space feels both peaceful and personal, it becomes a haven for grounding yourself. A bedroom conducive to sleep prioritizes simplicity and serenity. By reducing clutter, controlling light and temperature, and minimizing distractions, you align the space with your body's natural rhythms, fostering a deep sense of calm and renewal. Your bedroom is a reflection of your self-care, a place to retreat and restore, ready to face whatever comes next.



Bedroom

Checklist for a Restful Bedroom

- ☐ **Natural Bedding:** Choose sheets and blankets made from cotton, bamboo, or silk to promote breathability and comfort.
- ☐ **Fragrance-Free Environment:** Avoid artificial scents; opt for essential oils or an air purifier for a clean, calming atmosphere.
- ☐ **Lighting:** Use warm, dimmable lighting or full-spectrum bulbs (not normal LED) for evenings to mimic natural light patterns.
- ☐ **Hygge Touches:** Incorporate cozy elements like throw blankets, soft rugs, and pillows to create a warm, inviting space.
- ☐ **Clutter-Free Zone:** Keep surfaces clear and organized to maintain a sense of peace and simplicity.
- ☐ **Temperature Control:** Maintain a cool room temperature (60-67°F) with breathable bedding and layers for comfort.
- ☐ **Electronic-Free Zone:** Remove or minimize electronic devices to reduce blue light and distractions.
- ☐ **Phone - Free Zone:** Leave your phone to charge elsewhere. If you must have it next to you for alarm then keep in on airplane mode to reduce EMFS.
- ☐ **Blackout Curtains with a Timer:** Use blackout curtains if needed for blocking light pollution at night, but pair them with a curtain opener timer to let natural sunlight wake you in the morning. This gentle light exposure supports your circadian rhythm for better energy and focus throughout the day.



Habits

Habits and Tracking: Building Your Foundation

Habits are the small, consistent actions that create lasting change. Daily practices like drinking enough water, exercising, meditating, prioritizing self-care, and getting quality sleep form the foundation for physical, mental, and emotional well-being.

These routines don't have to be overwhelming—simplicity and consistency are key.

Tracking your habits is a powerful way to stay accountable and recognize progress.

Use a journal, app, or simple checklist to monitor your habits and reflect on your growth. As you make changes, start by picking six habits to track. This focused approach helps you avoid burnout and ensures your energy is directed toward what matters most. Over time, these small, intentional steps will compound into meaningful transformation, helping you align your actions with your goals and values.



HABIT TRACKER



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The Ultimate Beginning

Transform Your Spaces, Elevate Your Life.



SUMMARY:

- ✓ **Prepare Your Spaces:** Start small by organizing your kitchen, dining room, and bedroom—key areas that support healthy eating, calm meals, and restorative sleep.
- ✓ **Cultivate Intention:** Align your environment with your goals by introducing calming elements, reducing clutter, and incorporating personal touches that bring joy and functionality.
- ✓ **Focus on Foundations:** Prioritize habits like mindful eating, optimizing your bedroom for sleep, and nourishing your body with whole, nutrient-dense foods to create a ripple effect of positive change in your life.

You Be

Ready....

Let's get

started.