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Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

## 12 Ways to Organize Your Laundry

By Barbara Myers

### 12 Ways to Organize Your Laundry by Barbara Myers

1. Develop a system and follow it consistently. Allow your family one month to adjust to it before you alter it.
2. Enlist your family's help. Make each person responsible for transporting their clothing to and from the laundry room. Even a five-year-old can handle that task.
3. Let children help you with the laundry. It's the best way for them to learn.
4. Do all your laundry in one day OR do a couple of loads each evening — whichever works better for you.
5. Take the lids off your hampers. Make it easy to put dirty clothes where they belong.
6. Have a hamper in each room. However, if you have enough space, place all hampers in the laundry room. Label them according to wash loads (whites, towels, jeans, dark colors,...). Have each person sort their clothes into the hampers each night. Wash a load whenever a hamper is full enough.
7. Teach everyone in the family to make a decision about each piece of clothing as they take it off. There are three options: clean (return to closet), hang to air (designated place) or dirty (hamper).
8. Keep a backup supply of detergent, softener and stain remover. When you open the last one, add it to the grocery list. Laundry items are so expensive it pays to stock up whenever there is a sale.
9. Pick up a good stain remover chart and POST it in the laundry room.

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10. Have a designated place for items which need mending. Every week or month, mend them or drop them off at the seamstress.

11. Hang a bag in your closet or in the laundry room for dry clean only items. Set up a routine to drop off and pick up on certain days each month. Some dry cleaners will even deliver.

12. Keep a small basket in the laundry room for "found" items such as money and buttons. Use another one for mate-less socks since they will probably show up next time.

Barbara Myers is a professional organizer and author of "Manage Your Wardrobe System." Receive

free tips to help you take control of your time by organizing your life. Visit <http://ineedmoretime.com>

### **Ten Tips to Organize Your Bathroom**

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If several household members are sharing a bathroom, follow these tips to help organize it.

1. Clean out every drawer and shelf in the bathroom. Get rid of anything that isn't being used.
2. Move your medicines to the kitchen. The heat and steam in the bath can ruin them.
3. Give each household member a different colored basket to fill with toiletries. No sharing. Make sure everyone has their own toothpaste, eye drops, cosmetics and grooming supplies. Each person will keep the basket in his or her bedroom.
4. Evaluate your storage. You will need places for: towels, nail care, extra paper, feminine hygiene products, hair care and back-up supplies of soap and shampoo. Nothing else belongs in the bathroom.
5. Use a shower/bath caddy for shampoo and soap. They are inexpensive and are available in many different styles.
6. Set up a drip-dry container for bath toys if you have small children. Cut slits in an empty wipes box for an inexpensive solution.
7. Make space for a small, lidless hamper or laundry basket. Otherwise, have a system for depositing used

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towels in the laundry room.

8. Use hooks instead of towel racks for kids. They'll be more likely to use them. Have as many hooks and/or towel racks as you have persons using the bathroom.

9. Make a checklist of all products in your bathroom as well as those used by each individual. Review weekly before shopping.

10. Explore the variety of storage options you can use in the bath. Small countertop drawers can organize cotton balls and Q-Tips. Cutlery trays in drawers, plastic shelves under the sink, caddies which attach to doors, and rolling carts can all contain the clutter that so often accumulates in this much-used room.

Barbara Myers is a professional organizer and speaker. Free tips booklet and e-zine to help you take improve your life and find your happiness. Only 9.95Seven ways to improve your life and find your happiness.

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