

**EXERCISE
ESSENTIALS**

**HEALTHY
HOUSEPLANTS**

**SNACK
MAKEOVERS**

FamilyCircle

the wellness issue

**6 TRICKS
FOR LOSING
WEIGHT**

**EAT YOUR
WAY TO
GREAT SKIN**

&

*Win a visit
to the
MasterChef
Junior
set!*

**1-MINUTE
MEDITATION**

MARCH 2018

beyond bacon & eggs — 5 smart breakfast ideas!

**WHAT YOU
NEED TO KNOW
ABOUT DNA
TESTING**

Shelf Help Guide

Purging and organizing your medicine cabinet is a small project with a big payoff. When what you need is right there for the taking, that's legit satisfying.

BY JONNA GALLO WEPPLER AND HATTIE HAYES

pro advice

To start the process, take *everything out*—this encourages you to actively evaluate every item and decide whether to keep, toss or relocate, says professional organizer Leslie Josel, founder of Order Out of Chaos (orderoochaos.com).

↓ Before you reload, take a minute to give the cabinet a thorough wipe-down.

→ "Clear containers are king," says Josel. "What you don't see doesn't exist." Acrylic is preferable to glass because it won't shatter if dropped. Bed Bath & Beyond, HomeGoods and T.J.Maxx offer a wide variety of options.



An open top allows for taller items, like a nail file and cuticle scissors.

A pill cutter is way more precise than a knife, but always get a doctor's or pharmacist's OK before halving any pills.

Hydrogen peroxide is a hero product that's earned its place in any medicine cabinet. Yes, it prevents infection of minor cuts and scrapes. But that's not all it can do. Other ideas:

- Soak toothbrushes (also retainers and mouth guards) for a few minutes to disinfect.
- Mix with an equal amount of water and swish in mouth to freshen breath and whiten teeth.
- Soak a funky-smelling sponge in a 50/50 mix with water, then rinse thoroughly. If odor persists, time to pitch.

Freestanding little shelves—The Container Store (containerstore.com) is a great source—help maximize every square inch, says Josel.

Anything containing cotton needs a cover as extra protection against humid air from hot showers.

① FOR EVEN MORE organizational mojo, follow Josel's advice: "Label! Label! Label!" It can help spur the neatness-challenged to put things back where they belong.

Compartments within a larger bin prevent small items from becoming a hodgepodge that you have to pick through. They also keep everything upright and prevent rolling.