



## Ben and the Boy's Functional Pebble Mat

...I'm going to shoot straight from the beginning here and give credit where credit is due. Ben and the boys thought this idea up and, because it is so cool, I had to steal it and share it with you.

For sometime now Ben and the boys have been working on what they call a functional pebble mat. Now, as most of you know, Ben is hyper enthused about all things functional and loves to invent functional household gear. I also appreciate functionality, but what I prize most is quality and cool design. This mat, believe it or not, seamlessly blends all the elements of great design with Ben's favorite, functionality.

What makes this mat so darn cool is the combination of imperfect river rock set against the clean lines of the finished product. I think it gives off an Asian-rustic-modern feel, which, if you ask me, is very pleasing to the eye.

The mat is also substantial and durable. If you make it per our instructions, it will stand up to the heavy traffic and abuse front door mats must endure. So in a nut, this little mat blends all of the elements of great design with the functionality and the durability of a store bought mat. Yes folks, Ben and the boys are geniuses and have invented a kick-ass doormat – but there is more...

The functionality of the mat creates a therapeutic effect. The randomly sized rock used in the mat can massage and stimulate tired bare feet. This gently stretches and mobilizes feet. Increased foot mobility promotes strong knees, strong hips, and a more resilient pelvic floor. Pebble mats have also been shown to help reduce blood pressure and improve balance.

Because we are habituated to wearing shoes, we often forget the damage shoes cause and how they can limit the mobility in our feet. Habitual shoe use can lead to muscle atrophy and tightened ligaments. Unfortunately, years of shoe related foot abuse can't easily be restored – but you can start slowly by making this pebble mat and walking on it everyday.

Supplies:

[Outdoor rubber mat](#)

[River stones](#) (go for the porous stone, so you don't slip)

[Waterproof clear silicone sealer](#)

Large plastic bag or canvas drop cloth

How To:

First, collect river stones or buy them. We collected ours from a near by river and made a fun day trip out of it. River rock is sold at most garden centers and sometimes at the dollar store.

Next, prep your space by laying down the canvas drop cloth or large plastic bag. The glue can get messy especially if you have little ones participating, which I encourage you to do!

Now, lay the rubber mat down on the drop cloth and begin gluing the stones to the mat. I crated a template with my rock and then glued my way from the center out. Ben just started gluing.

After you have glued the stone to the mat, allow the glue to set for 24 hours before moving or stepping on it.

Finally, find the perfect place for your beautiful mat. You may want to use it as a bath mat, at your stand-up workstation or at the front door. No matter where you place it, the tranquil aesthetic and restorative qualities will certainly add to your health and your home.

Most importantly, make this super simple project a family affair. Include the kiddos, have fun, and get creative! Your feet are going to love you for this one!

an area with high humidity. Next, find a shady place in your home and allow the Yarrow to dry. It will only take a couple of days for the flowers to dry and during this process the color and size will naturally change a bit.

Just like the Yarrow blooms, the leaves are easy to harvest and dry. Simply pinch off the leaves at the base of the plant where the leaves connect to the stem. Once you have removed all the leaves, repeat the cookie sheet process mentioned above. Once the flowers and leaves are completely dry, store them in airtight containers. Mason jars work perfectly. Be sure to store the jars in an area that is cool, dry and out of direct light. It is best to label your jars with names and dates so that there is no confusion. Like all dried herbs, Yarrow is best used within a year.

### **How To Use Your Dried Yarrow**

One excellent use for your dried Yarrow is for making delicious medicinal tea. Making Yarrow tea is super easy. All you do is take one heaping teaspoon of dried Yarrow and place it in 1 cup of boiling water and steep for

30 minutes. Yarrow is only effective when warm, so make sure to drink your tea directly after steeping and while warm. It is suggested to drink 3 to 4 cups a day when needed for certain aches and pains and preferably before meals.

Another way to brew Yarrow is in the bathtub. When our boys are sick with a fever I will triple the Yarrow needed for the tea recipe and pour it into their bathwater. This is a really good way to break a fever and to get my little guys feeling better quickly.

I love that feeling I get when I realize the wisdom found in nature and how nature always knows best. It is so cool that what we harvest and preserve in the summer can be used to improve and aid our vitality in the winter! I hope you can get yourself out on a nice hike and harvest plenty of Yarrow. Take the time to dry it out and store it so that you will have an optimized and well-stocked natural medicine cabinet.

And, as always, enjoy today's recipes, keep healthy, stay active and spread the word on why we all just gotta' love Yarrow.