

suburbanlife

**+ Also
Inside:**

Top physicians,
leaders in
dentistry,
and more



Carr Home meets the
growing demand for
elegant kitchen and bath
designs that strengthen
family connections and
facilitate a cleaner,
healthier lifestyle.

page 24



Clean House

CARR HOME MEETS THE GROWING DEMAND FOR ELEGANT KITCHEN AND BATH DESIGNS THAT STRENGTHEN FAMILY CONNECTIONS AND FACILITATE A CLEANER, HEALTHIER LIFESTYLE.

by **Bill Donahue**

Colby Carr considers himself blessed. For starters, he has a healthy, beautiful family and a hugely successful home-renovation enterprise in Bucks County. He's had some tribulations, too, including a mysterious decade-long struggle with a severe case of dermatitis.

"The skin on my hands looked like a shedding snake," says Colby, who co-owns Carr Home in Chalfont with his wife, Jennie. "I had been to 10 or 15 different dermatologists, and no one seemed to be able to figure out what was going on. That was my reality for the last 10 years."

The condition has since resolved, a result of Colby making substantive changes to his lifestyle, including altering his diet to align with other aspects of his life. The whole Carr family seems to have benefited from the lifestyle overhaul, which includes non-diet-specific alterations such as being intentional about getting more sunlight and "grounding," or walking barefoot outdoors.

"My situation all came down to gut health," he says. "We had remodeled our kitchen during COVID, and as part of that we got rid of our plastic cutting boards,

we switched to stainless-steel cookware, and we installed a whole-house water filtration system. We also hid the microwave and turned the wine fridge into a fruit fridge, which we filled with fresh fruit, yogurt, raw cheese, and raw milk."

After trying multiple diets, Colby found a protein-rich diet—heavy on red meat and other healthy fats, cooking with beef tallow over seed oils, cutting out alcohol—worked best for him. He now has more energy and a clearer mind, and he looks and feels healthier, both inside and out. In fact, he recently flew to Colorado on a dare and ran a full marathon with no training.

Colby has noticed an increase in clients of a similar mindset, meaning homeowners who are keen on kitchen and bath designs that can facilitate a healthier, cleaner lifestyle. One client recently came into the showroom inquiring about whole-house water filtration, while others have asked about sustainable flooring and materials that do not "off-gas" potentially harmful compounds into the air they breathe every day.

No matter the client, each project begins with an in-depth understanding of

their lifestyle and goals. Carr Home welcomes prospective clients to visit its showroom so they can imagine the possibilities for an updated kitchen, bathroom, or some other part of the home. Guided by Carr Home's knowledgeable staff, homeowners can select cabinets, flooring, and fixtures from some of the industry's best-known brands. Carr Home also likes to do an in-home visit so designers can get a clear picture of how homeowners live.

"We ask them a series of questions so we learn more about their lifestyle," Jennie says. "Do they entertain? Do they cook a lot, and if so, do they use a lot of spices? We also find out what they don't like about their current kitchen and then look for ways to make their lives easier.

"We're designing clients' homes for function and flow, and the goal is to make the space work for who they are as individuals," she continues. "When we go into their house, we don't want them to clean up; we need to see how they live so we can create a design that will have everything they're looking for."

While the Carrs' embrace of a healthier lifestyle has worked wonders for them, they understand it's not for everyone. They are happy to talk about their personal choices with clients, but they say they would never try to force their way of thinking onto someone who doesn't share their beliefs. Their only goal: to make a lasting difference in someone's daily life.

"Some clients tell us that their new kitchen changes them in every way," Jennie says. "We've heard of marriages getting better and relationships with children improving, all because they're no longer isolated from each other. The kitchen is the heart of the home, and it's where we spend most of our time. It's where you make memories with your family. A new kitchen is an investment in yourself, your health, and your home; it enables you to continue making those memories."

The Carrs are proud of the team they have built and the trust they have earned from the community, and they have imminent plans to take their grand showroom "to the next level." Just as their work enables them to help families spend more time together, the Carrs prioritize strengthening connections with each other and with their four children, ages 14, 12, six, and two, plus the family dog.

"Family is the most important thing in life," Colby says. "I believe leading a healthy lifestyle is giving me the chance to make more memories with my family, and that's what we want to do for our clients. You can't put a price on that." ■



Carr Home's 7 Design Tips for a Healthier, More Balanced Life

Designing a kitchen around healthy eating is about creating a space that encourages wholesome meal preparation, mindfulness, and overall well-being. From maximizing counter space to organizing the pantry, every design decision can help homeowners make healthier choices. The following kitchen-design tips can facilitate a healthier and more balanced life, according to Colby Carr.

Maximize Counter Space for Meal Preparation and Family Time. The more space homeowners have to prepare meals, the more likely they are to make meals at home. An expansive, clutter-free countertop or island, with designated spaces for cutting boards, knives, and utensils, allows for easy food prep and conversation. It also increases the likelihood of eating nutritious meals rather than processed foods or takeout.

Focus on Storage for Fresh Produce. A well-organized kitchen should make it easy to store and access fresh fruits, vegetables, and whole grains. Invest in drawers, baskets, or bins to separate and organize produce. For example, dedicate one drawer to leafy greens and another to root vegetables to make it easier to grab a nutritious snack or include more veggies in meals. Also, a fridge with adjustable shelves provides the flexibility to store larger items like watermelons or lettuce heads with ease.

Invest in High-Quality Cooking Equipment. The tools used in the kitchen can directly affect meal quality. High-quality equipment such as sharp knives—Colby recommends Cutco, which offers complimentary knife sharpening for the life of the product—and high-performance blenders or food processors can encour-

age trying new recipes and cooking techniques.

Incorporate an Efficient Layout. When designing a kitchen around healthy eating, the "work triangle" concept, in which the sink, stove, and refrigerator are in a triangular formation can streamline cooking tasks. Keep essential ingredients like spices, olive oil, beef tallow, or healthy grains within easy reach of the stove or prep area to minimize effort.

Organize with Healthier Options in Mind. Place healthy ingredients at eye level in the pantry for high visibility. Similarly, store prepared snacks like cut-up veggies or fruit in clear containers at the front of the fridge for ready access. Doing so will increase the likelihood of choosing healthier snacks over less nutritious alternatives.

Lighting and Ventilation Matters. Bright, warm, and natural lighting will make cooking easier and more enjoyable. It can also contribute to a welcoming, open space that encourages cooking and eating at home and, in the process, more opportunities to engage with others.

Create a Space for Hydration. An easy-to-access water station for water bottles, pitchers, or a water dispenser can encourage family members to drink more water throughout the day and reduce the temptation to consume sugary drinks. Consider adding a whole-house water filtration system. Carr Home provides clients with water reports from local water suppliers that show exactly what is in the water going into the home, which could include harmful pollutants.

Carr Home | 196 E. Butler Ave., Store No. 1 | Chalfont, PA 18914 | (215) 822-0505
www.carrhome.com