

**Chapter 1**  
The Science of Skin

**Joy is the  
Best Makeup.**  
~ Anne Lamott

# The Science of Your Skin.


Your body is pure intelligence - an operating system that rivals no other. Every cell in your body contains a legacy of information woven into your DNA.

Scientists now tell us we have the power to affect the expression of our DNA by mindfully curating our environment.

Your cells strive to keep you healthy. Some divide and renew while others die off, leaving cellular debris that needs to be released.

Your skin cells are no different. Dead skin cells, if not attended to, block rejuvenation and become blackheads or pimples.

Understanding your skin is essential to maintaining a healthy glow. This eBook is intended to give you the information you need to create a lifestyle that supports healthy skin and overall wellness!



“As an aesthetician, I am often asked about available products and treatments, but before I open that door I educate my clients about habits they can make to enhance their skin.” Maggie

# What are your skin concerns?

Your skin is dynamic, ever-changing yet it is also vulnerable. Before you address concerns, whether that's acne, fine lines, or redness, it's important to first determine your skin type.



Here's what I tell my clients:

- You are born with a facial pore structure and size that is mainly determined by your genetics. This structure will mostly remain the same throughout your life time.
- To recognize your skin type take a close look at your face preferably in a lighted mirror. Look at the texture and pore size all over your face, on the sides of the nose, across the cheeks, chin and forehead.

# What's Your Skin Type

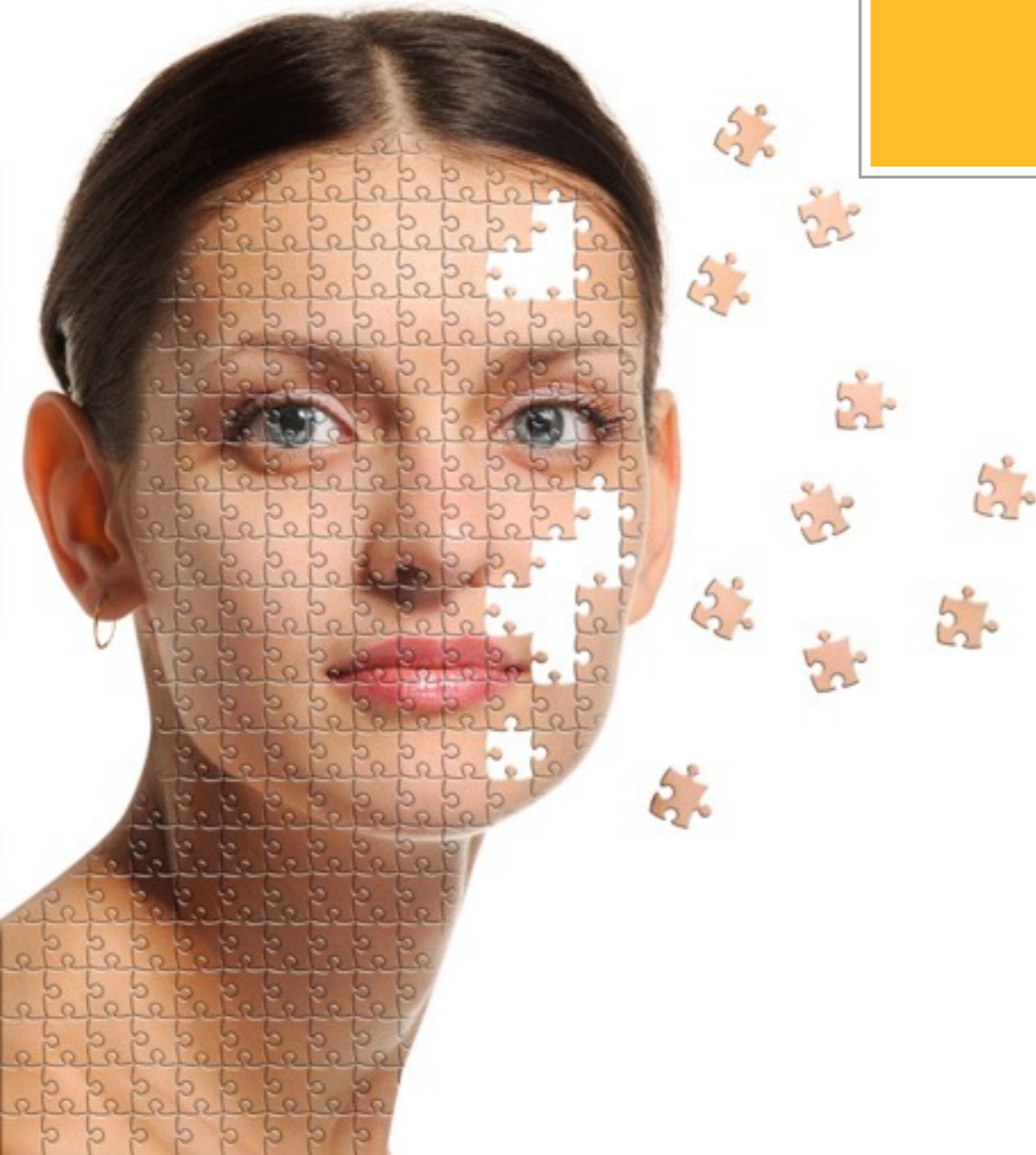
FROM THIS VIEW SEE WHICH CATEGORY YOUR SKIN TYPE COMES CLOSEST TO:

- **Dry skin type**-small pores with mostly even texture. Can have sensitivity/reactivity with seasonal changes, with diet/digestion, and/or skincare products that strip the skin's valuable protective barrier.
- **Combination skin type**-more variation in pore size. Larger pores around the sides of the nose, to the upper cheeks, and possibly at the forehead and chin. Normal-sized pores elsewhere
- **Oily skin type**-large pores that cover the majority of the face. With the larger pore size (and perhaps because the skin is not in a healthy balance of hydration) there can be an abundant production of oil.

Your skin is showing you messages that need your attention. For instance, if you have some acne breakouts on your skin, this does not mean that you now need to be on products designed to rid the skin of acne - most times they would be too drying - further stripping your skin and potentially causing even more breakouts. William Davis MD, in Wheat Belly, reveals that acne shows up as a release of toxins through the skin although the root cause is in the gut with the most likely culprit being inflammation from gluten consumption.

# Chapter 2

## 10 Habits to Glowing Skin



1. Hydrate. Hydrate. Hydrate.
2. Commit to a Daily Regime
3. Sleep Soundly
4. Optimize Your Digestion
5. Exercise Daily
6. Breath and Meditate.
7. Avoid Environmental Toxins.
8. The Power of Your Thoughts.
9. Invest in You.
10. Beauty as a Sacred Act.

“Beautiful skin requires commitment, not a miracle.” Erno Laslo

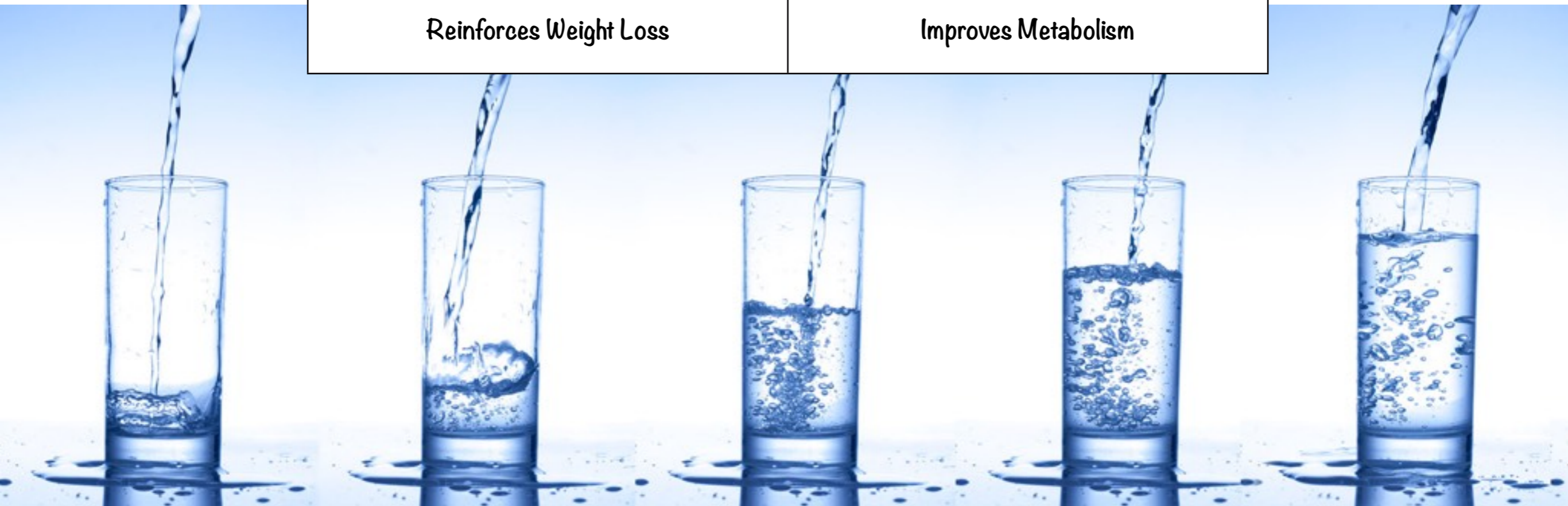
#1

# Hydrate. Hydrate. Hydrate.

Drinking water first thing in the morning upon waking is the single most important habit to acquire. Water flushes the wastes and toxins your body broke-down while you slept. Drinking water on an empty stomach will help encourage a bowel movement to rid your body of waste.

There are a host of other benefits to drinking water upon waking including:

<i>Improves Complexion and Skin Radiance</i>	<i>Promotes Healthy Hair</i>
<i>Alleviates Heartburn and Indigestion</i>	<i>Strengthens Immune System</i>
<i>Reinforces Weight Loss</i>	<i>Improves Metabolism</i>





# Move Your Lymphatic System

Your Lymphatic system plays an important role in the health of your skin and body. It's job is to move toxins and dead cellular debris out of the body. This circulatory system does not have its own pump but rather relies on movement of muscles and joints to move lymph fluid throughout the body.

Moving the Lymphatic system is the basis for many of the habits throughout this book.

- Eat lots of fresh fruits and vegetables - they are mostly water!
- Drink plenty of clean water.
- Be active. The primary means of pumping Lymph fluid is through muscular contraction and deep breathing.
- Dry brush your body before a shower.
- Jump on a Rebounder, it boosts lymphatic drainage and immune function.

# #2

## Commit to a Daily Regime

Our skin loves attention, especially when we care for it with great nutrients that support and assist the natural cellular balance and turnover of skin cells. Let's take a look at the best attention you can offer your skin through skincare routines that everyone can integrate into their daily busy schedules.

### **Every morning and every evening:**

**Step 1:** Cleanse the skin with a compatible cleanser: For dry and sensitive skin offer your skin a gentle, milky cleanser with no foaming action. Soaps and other foaming products can strip away the valuable oils and nutrients needed for this essential immunity barrier of the skin (your naturally occurring oil) causing the skin to decrease its performance and healthy glow.

For **combination/oily skin** offer a creamy cleanser that may have a rich foam that keeps the balance the skin needs. Seasonal changes may call for a switch to a gentler cleanser, i.e. winter months - your skin will tell you.

*Apply the cleansing product on to the skin with your hands in a gentle, upward circular motion. There is no need to use a washcloth or to have an aggressive scrubbing.*

*Treat your skin like a fine piece of silk no matter what your age or skin type. In the evening if you wear make-up, you may need to have two applications of cleanser, or prior to the cleansing, use a gentle make-up remover.*





**Step 2:** Follow with a **hydrating toner** that adds nutrients into the skin for cellular balance and reinforcing the pH levels to healthy performing skin. In the morning, you may apply the toner as one would an aftershave. In the evening, you may apply the toner to a cotton round to make sure all the visible dirt and debris is cleared.

**Step 3:** Apply a **vitalizing serum** to boost your skin's natural renewal process to deliver breathtaking benefits unique to your individual beauty.

**Step 4:** With the skin around the eye being so delicate, apply a **nourishing** and **protective eye cream** with a delicate applicator or use your ring finger. Using a light tapping motion will also gently stimulate the lymphatic system.

**Step 5:** Apply a broad spectrum **SPF protective moisturizer** for your day time coverage. Avoid applying in the eye area as the SPF can cause irritation though do cover the neck and décolletage area that is too often neglected and damaged.

**Step 6:** As a **weekly** offering to your skin, add a **gentle exfoliation** process preferable with a fruit acid enzyme to release the protein buildup on the skin. Afterwards follow with a **nutritious masque** that adds further integration of valuable nutrients. Leave the masque on the skin for approximately 20 minutes. Both the exfoliation and the masque should not be applied to the tender eye area though would be a welcomed treatment for the neck and décolletage.



# Get a Body Scrub



## Rosemary Spearmint Body Scrub

1 bag of raw sugar finely ground

1 cup of organic coconut oil

2 drops of rosemary essential oil

2 drops of spearmint essential oil

1/4 tsp spirulina for coloring (optional)

Directions: In a bowl mix together the sugar with the other ingredients. Blend well. Enjoy!

A Body scrub exfoliates your skin, clearing away dead skin cells, leaving your skin soft and smooth. For a full body scrub experience check out your local massage therapists as many do offer a full body scrub in combination with a massage.

Just like the skin cells on your face, the cells on your body should be exfoliated regularly to reveal the healthier skin underneath. That turnover process slows as we get older; to give it a nudge, reach for a body scrub.

Body scrubs benefit us in many ways. As you massage it over your body, the exfoliating granules help to buff off dead skin cells. The pressure boosts circulation and helps drain your lymph nodes by increasing blood flow to your skin's surface. This helps soften dry patches caused by toxins built up in the dermal layer and after all that deep cleansing work, your post-wash moisturizer will be better able to soothe and hydrate your skin.

Rosemary essential oil has antiseptic and antimicrobial properties that awakens the skin. Spearmint essential oil is gentle and has topical pain relieving properties. Together the scent is uplifting and stimulating for both body and mind.

# #3

# Sleep Soundly



Your Sleep is vital to your overall health and is especially important to the glow your skin. If you have ever pulled an all-nighter, you know what happens to your looks, puffy eyes and inflamed skin. When you sleep your body goes to work secreting hormones that help digest the fats, proteins and carbohydrates that repair and rejuvenate your entire body.

Melatonin begins to flow from the pineal gland behind your eyes several hours after the sun goes down, causing your eyes to close and fall asleep. The moment your eyes detect light, melatonin retracts and begins to wake you. Sleeping without disruption is a healthy way to boost your immune system and allow your body the time it needs to repair from the day before.



**Recent studies indicate that switching out your nightlight with a red bulb will help prevent the retraction of melatonin and allow you to fall back to sleep much easier if awakened!**

#4

# Optimize your Digestion

Your gut is your second brain!

We often think our digestion happens in our stomach, but in actuality your digestive tract begins at your tongue and ends at your anus. When you eat, you immediately begin secreting enzymes and bile to help break down food in the blender in your stomach. Once emulsified, food enters the small intestines where nutrients are squeezed out and distributed throughout the body. Waste then enters the large intestine where it's eliminated. Can you appreciate your body even more now?

Your digestive tract is a brilliant system, yet it can break down and cause what is known as leaky gut, where larger than usual particles pass from the digestive tract directly into the bloodstream causing a host of disorders.

The relationship between your Gut and skin has been widely researched. If your skin is inflamed, your insides are too. Eating foods high in prebiotic and probiotic will help balance gut flora. Antibiotics kill good flora and increase yeast production which cause sugar cravings and fatigue. It's a vicious cycle.

# Eat Gut Healthy Foods

Your micro-biome is a community of organisms in your digestive tract that work to stave off toxins and foreign substances that compromise digestion and are considered the leading cause of many diseases according to many gastrointestinal professionals. Having a diverse micro-biome is essential to maintaining a strong immune system.

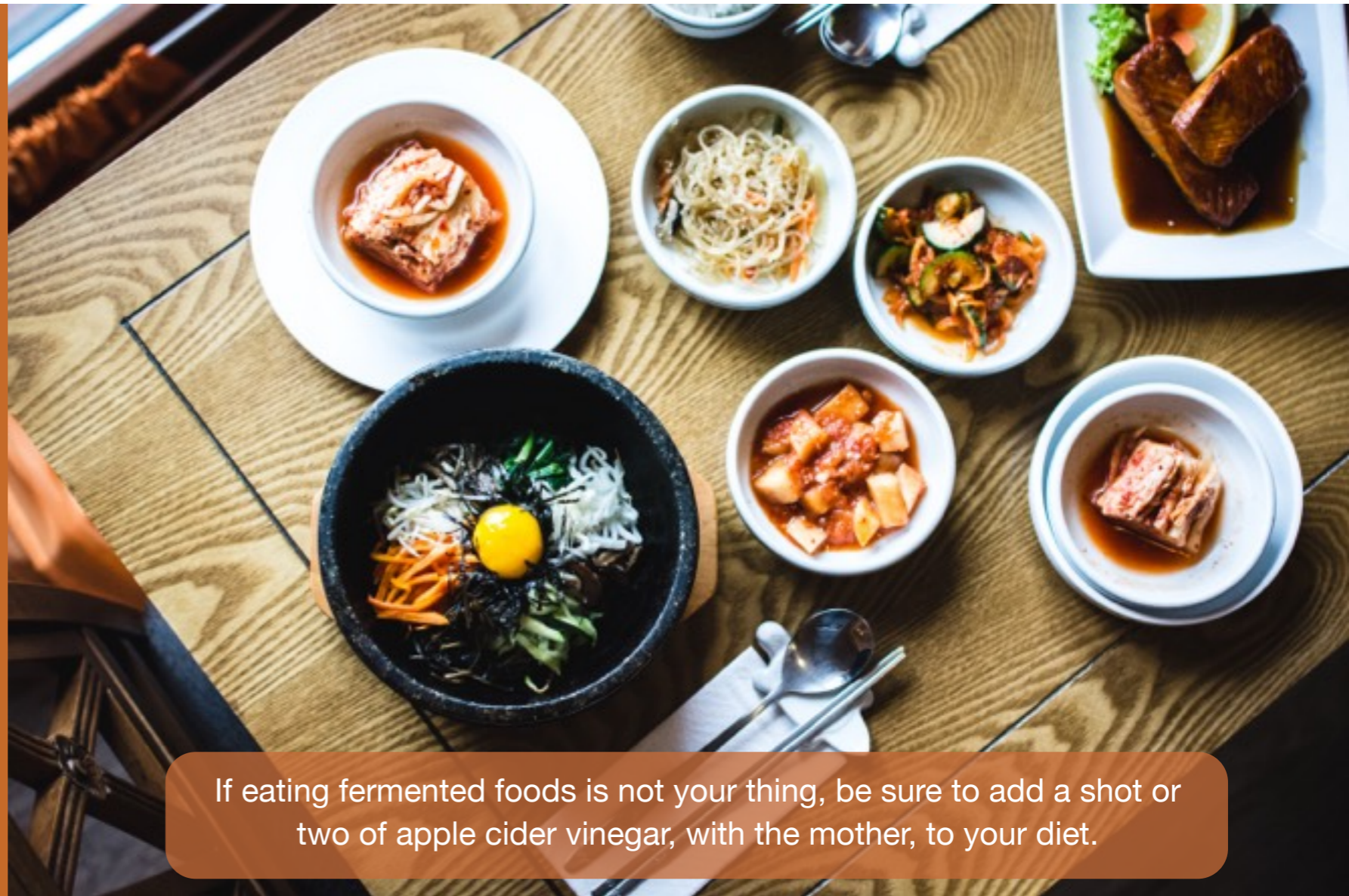
Fermented plant-based foods like sauerkraut, tempeh, pickles, kvass, and miso paste are some of the most gut healthy ingredients you can add to your diet.

Fermented beverages like **Kombucha, Kefir and Yogurt**, contain probiotics that naturally balance your gut bacteria.

Vegetables like **kale, cabbage, and cauliflower** contain metabolites called glucosinolates that feed good gut bacteria.

**Beans, Blueberries and Bananas**

And drum roll please...**Chocolate!!**



If eating fermented foods is not your thing, be sure to add a shot or two of apple cider vinegar, with the mother, to your diet.

# Supplement Daily



## Beauty is an inside job!

It is a well known fact that our food today contains less nutrition than it did 50 years ago. The vitamin C level that one orange contained in 1945, you would now need to eat 10 oranges to get the same value.

Over farming and use of fertilizers has compromised the nutritional value of our soil. Therefore, the American Medical Association advises that everyone take a daily multivitamin.

In the article, "Discovering the Link Between Nutrition and Skin Aging" by Journal of Dermatoendocrinol found the following supplements to support youthful looking skin.

- **Multi-antioxidant and multi-mineral** that contain high quality Vitamins A, C, D, E and B complexes and trace minerals.
- **Essential Fatty Acids** like Fish Oil
- **Resveratrol and Grape Seed extract**
- **Curcumin** for cellular antioxidant defense

"Vitamins, carotenoids, tocopherols, flavonoids and a variety of plant extracts have been reported to possess potent anti-oxidant properties and have been widely used in the skin care industry either as topically applied agents or oral supplements in an attempt to prolong youthful skin appearance". *Dermatoendocrinol.* 2012 Jul 1; 4(3): 298–307.

#5

# Exercise Daily



Cardiovascular exercise increases blood flow that carries oxygen and essential nutrients to your cells and flushes cellular waste out of the body. Think of it as an **internal cleanse**.

Yoga poses like **backbends and twists** stimulate and massage your internal organs which fuels them to do their job.

When you sweat, heat opens pores allowing a release of grime and grit. According to Dermatologist, Dr. Dele-Michael, **"Sweat purges the body of toxins that can clog pores and plague the skin with pimples and blemishes."** So be sure to shower after a vigorous workout.

**"Anything that promotes healthy circulation also helps keep your skin healthy and vibrant".**  
Ellen Marmur, MD, Dermatologist

# #6

# Breath and Meditate

Deep breathing relaxes your body and quiets the mind.

Conscious breathing brings oxygen to all of your vital organs, especially the brain and skin. That is why the first line of treatment for a burn victim is oxygen.

**Benefits of meditating and taking regular breathing breaks are:**

- Improves circulation and increases blood oxygen to give your skin radiance and help reduce wrinkles.
- Co2 waste is eliminated more directly through the breath.
- Helps pump lymph fluid to eliminate cellular waste.



**The more oxygen you provide your circulatory system, the more relaxed you become. A calm peaceful face and body are beautiful to behold.**



# Take a Breath Break

Making a conscious effort to take a regular breath break daily is self care on steroids, rewarded by a relaxed body, a charged mind and activated circulatory system.

Andrew Weil MD gives us an easy to remember breathing exercise called the 4-7-8

1. Exhale completely through your mouth, making a whoosh sound.
2. Close your mouth and inhale quietly through your nose to a mental count of four.
3. Hold your breath for a count of seven.
4. Exhale completely through your mouth, making a whoosh sound to a count of eight. This is one breath.
5. Now inhale again and repeat the cycle three more times for a total of four breaths.

It's simple, takes very little time, can be done anywhere as it requires no equipment. [www.drweil.com](http://www.drweil.com)

# #7

## Avoid Environmental Toxins

As the largest organ in your body, the skin functions to protect you, as well as, communicate with the world.

What you put on your skin goes into your blood stream. Your skin is like a sponge absorbing substances, processing the individual elements for use in the body. If hazardous, those compounds can disrupt the normal healthy function of your cells and get lodged in the organs potentially causing disease.

Air, water and soil pollution are a constant challenge battle for us all and is why healthful daily habits can help you to move toxins out of your body efficiently before damage is done.



# The Sun is Your Friend and Your Foe.

The sun is essential to life. It grows our food, it produces vitamin D in the body and it warms the planet.

Too much sun though, can damage your skin and cause skin discoloration and cancer.

Whereas too little can cause a host of disorders including muscle weakness and depression.

Be sure to use lotions that contain a broad-spectrum SPF of at least SPF 15, preferably SPF 30 or higher, when outdoors. Even on a cloudy day, damaging UV rays are present.

Best practice is to offer yourself a sun bath for 5-15 minutes sans any sun screen to allow for your bodies' natural production of Vitamin D and then apply sunscreen!



# The Power of Your Thoughts



**Worrisome, negative thoughts can  
scar your face, distort your posture and  
weaken your walk!**

# Want an Instant Facelift, Smile!

The average person thinks between 50,000 -70,000 thoughts every day. Intrinsic thoughts, those that originate from feelings or reactions, are based on the glass 1/2 full or 1/2 empty choice. What's important to know is that however you see that glass, it is expressed in your face, your posture and your gait. Over time, lines will form leaving a legacy. Positive thoughts defy gravity and build muscle, while negative thoughts sag with weight.

We all develop lines as we get older, it's natural. It's your choice as to how you want those lines to look!

## Worried about Crows Feet?

**Let it go - it's inevitable. Smile lines are authentic.**

You can tell when someone's smile is faux. A genuine smile is named a "Duchenne smile," after the French physician Guillaume Duchenne, a physiologist who studied facial expressions in the nineteenth century.

For a smile to be a Duchenne smile, it must involve both voluntary and involuntary contractions from two muscles: the zygomatic major (raising the corners of the mouth) and the orbicularis oculi (raising the cheeks and producing crow's feet around the eyes). It tells all!

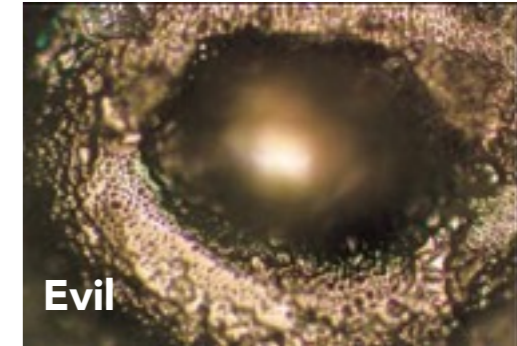
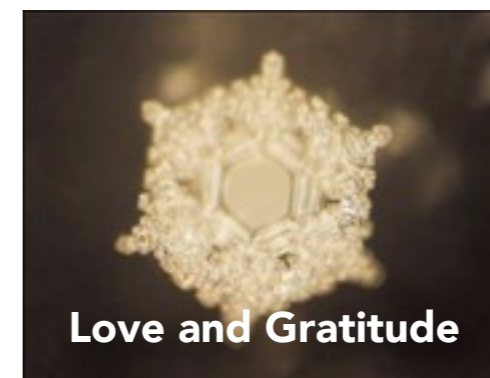
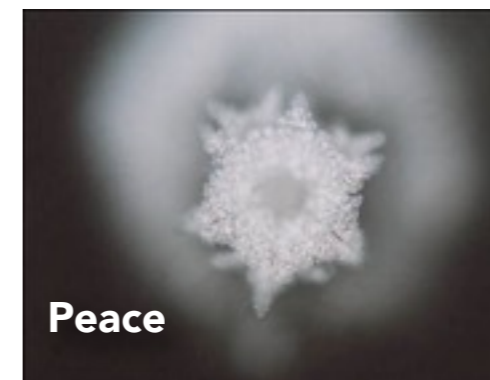
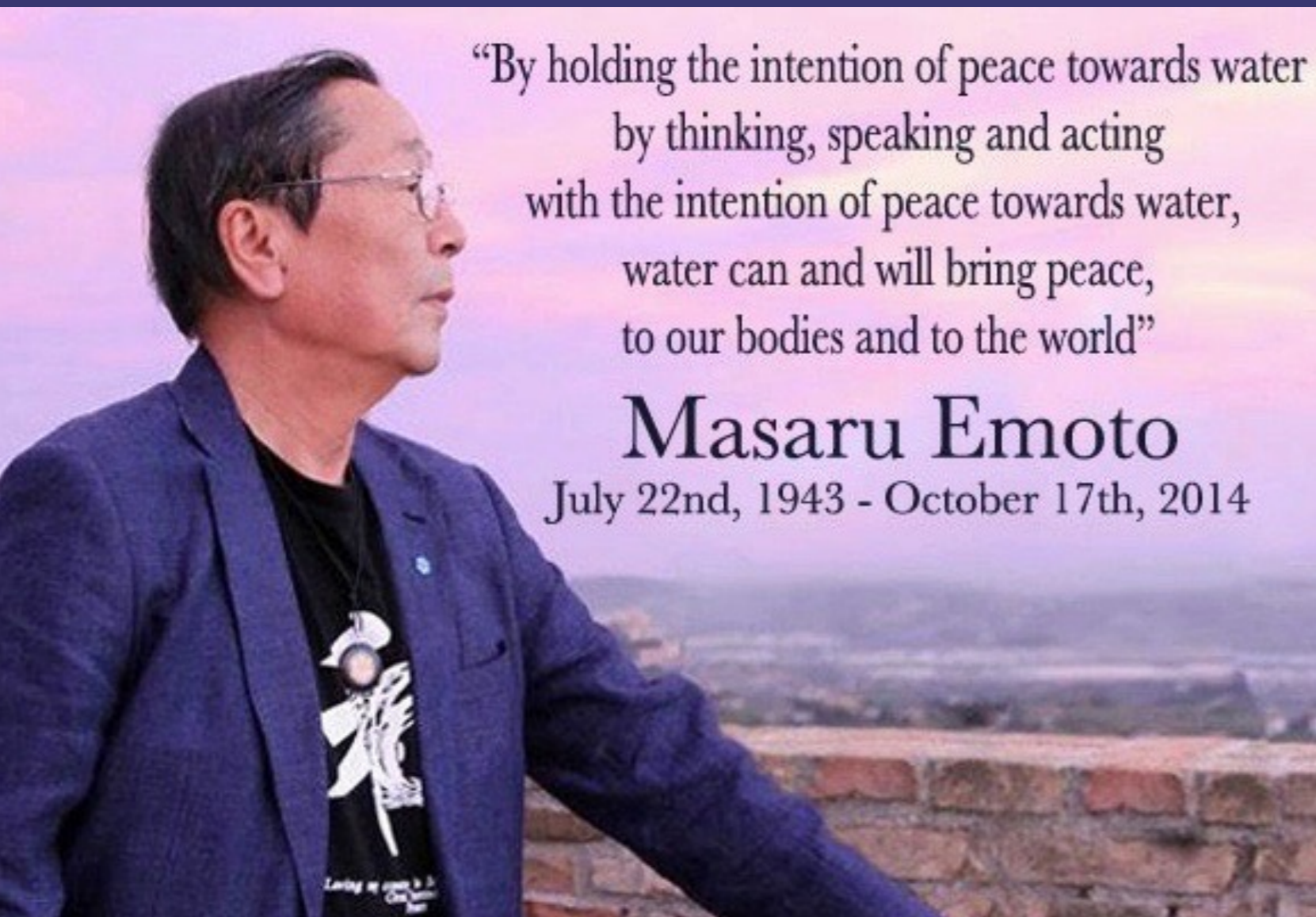
Smiles also help bring on a positive mindset! Go ahead, smile!!



# Your Body Is 70% Water!

Dr. Masaru Emoto's life work is evidence that thoughts and words effect the molecular structure of water. As you can see below, his experiments photographing the crystallization of frozen water droplets that had been isolated with the particular words/sentiments, show order vs. disorder. The high vibration words of love and peace show beautiful methodical symmetry while the hurtful darker words are random and chaotic. What is the impact on our body and skin? We'll let you make that determination.

Learn more about Dr. Emoto work at [www.masaru.emoto.net](http://www.masaru.emoto.net).



# #9

## Invest in You

Our bodies are miracles, and we demand a lot for their performance. Too often we try to “get by” with low priced products, that often contain toxin-laden ingredients that have been known to cause more harm than good, resulting in low quality performance.

When you embrace that you deserve the best for your body, you will know that investing in yourself is a beautiful act of self-love, respect, and self-care.

### **Create a list of ways that make you feel special.**

- Get a professional facial or massage regularly.
- Take a 3-mile hike with a friend.
- Make meals with food that is alive.
- Use high quality, cell signaling supplements and skin care line – your body and face will thank you!



# Beauty as a Sacred Act



## Want to look and feel beautiful?

Surround yourself in beauty. Whatever that means to you. We are reflections of our environment.

Deep within most people is a stirring for connecting to something bigger than themselves. Some call it the Divine, God, or the Universe. Seeking that quiet whisper that confirms our purpose and draws us toward the beauty that surrounds us. It takes slowing down to truly appreciate the splendor.

### Ways to tap into the beauty around you:

Buy fresh-cut flowers regularly.	Sip herbal tea as you daydream.
Take time for acts of self-care.	Cry to release blocked emotions.
Light candles during a soaking bath.	Wear special outfits for routine occasions.



## Chapter 3 Love Your Body

**“We become  
what we  
repeatedly do.”**

**Sean Covey**

# Cultivating Habits

What I do everyday, everyday, everyday...

Some habits are good and some are well...not great. A habit is generally something that one day began as a choice and then morphed into an automatic pattern. A pattern which became a default action/activity when "cued".

The challenge is how do I bring volition and life-affirming energy to my habits in an on-purpose kind of way?

To do this we have to step out of our default mindset and bring more to the forefront, the habits/actions we wish to encourage and flourish in our lives.

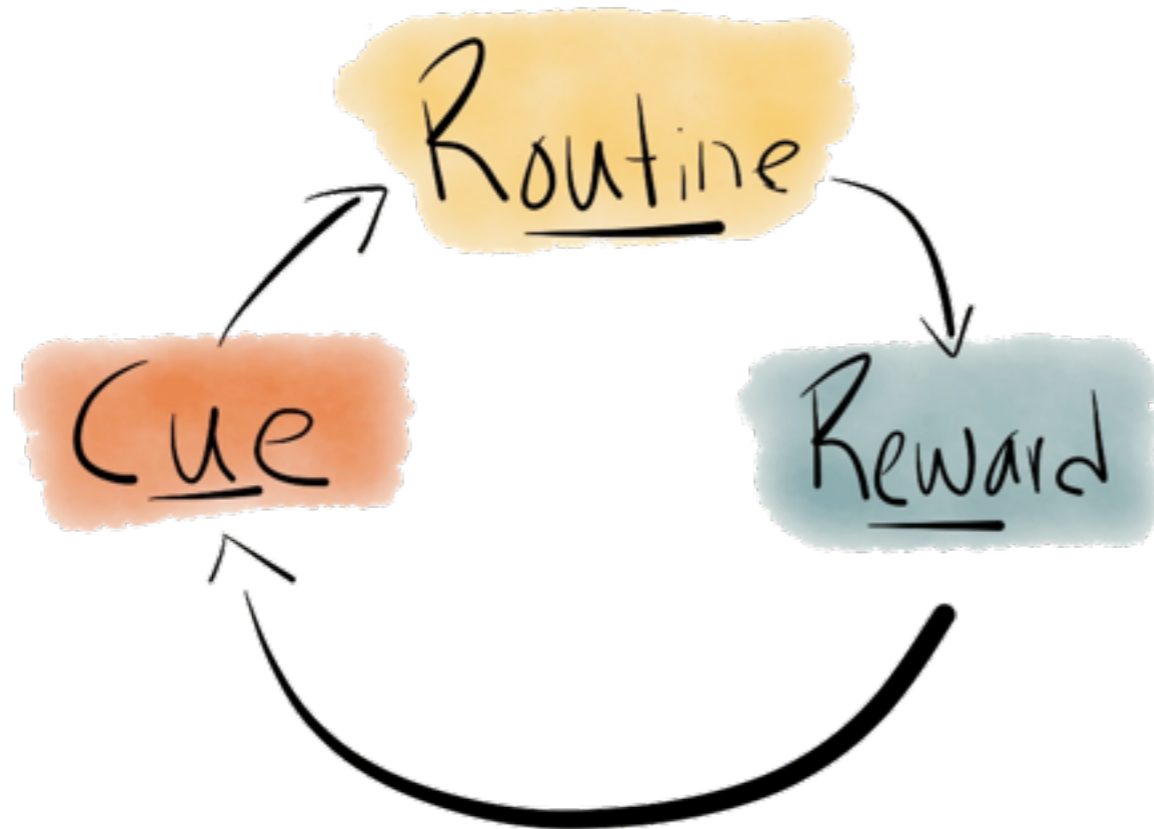


*A habit cannot be tossed out the window; it must be coaxed down the stairs a step at a time.*

Mark Twain

# The Habit Loop

Charles Duhigg, award winning New York Times business reporter and author of The Power of Habit tells us that a habit is best understood as a loop.



“It takes a habit to replace a habit.”  
Napoleon Hill

Habits all work the same. The “Cue” is the initiating force, which triggers the behavior (Routine) automatically. A cue can be a location, time of day, people, or an emotional state... The “Routine” is the action you take - the actual HABIT and the “Reward” is the benefit gained from performing the habit.

# Changing Habits



According to B.J. Fogg PhD, creator of the Tiny Habits method, only three things will **change behavior in a lasting way**:

- Have an epiphany.
- Change your environment.
- Take baby steps.

Fogg invented a 3-step method for **creating or changing a habit**.

**#1** Identify your goal and translate it to specific behavior.

**#2** Keep it simple.

**#3** Connect it to a trigger - something that will prompt you to perform the behavior again and again.

So here's how it works: Let's say you wish to take your daily vitamins/supplements consistently (#1). So after I start the morning coffee (#3) I will set out my vitamins (#2) - because this habit is so tiny it is also incredibly accomplishable. When instant success is experienced - a sense of competence and achievement follows, which in turn feeds the motivation to tackle harder and more difficult tasks/behaviors (Actually taking my vitamins!) on a daily and consistent basis - a HABIT is Born!

# Conclusion: Shine Your Light

Living a happy healthy vibrant life relies upon an incredibly simple formula. What we do every day, every day, every day for ourselves which nourishes us inside-out and outside-in is our choice to make - daily.

Bring It On!

