

• PHYSICAL AND •  
*emotional*  
WELLNESS KIT

*Feel Ageless Be Ageless*





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# SUMMER SUPERCHARGERS

Your summer skin detox includes information about chlorophyll, collagen, flax oil, coconut water, aloe, probiotic-rich drinks like kefir and kombucha and charcoal. Many of your detox recipes incorporate chlorophyll, coconut water, aloe, probiotic drinks and charcoal, but this booklet shares a few more ways to use them and explains how you can incorporate the other items on your kit list.

## CHLOROPHYLL

This green pigment found in plants helps combat the effects of aging and supports healthy tissues. Rich in antioxidants, magnesium, vitamins A, C and E, chlorophyll stimulates anti-aging enzymes, helps reverse skin damage and encourages healthy, youthful skin.

Add chlorophyll drops to your water bottle, smoothies and yogurt.

Make a mask by mixing 1 teaspoon of liquid chlorophyll with almond or oat meal. Add a little coconut oil if needed for a spreadable consistency. Apply to your clean skin and then wash off after 10-15 minutes. Alternatively, substitute spirulina powder for liquid chlorophyll and just mix 1 teaspoon each spirulina powder and raw honey or coconut yogurt.

## COLLAGEN

Collagen is a protein that occurs naturally in the human body. Supplements are animal-based, but plants power collagen production in the body, so you have choices. When we lack adequate collagen our skin starts to sag and lose elasticity. Boosting collagen with supplements and foods can help. Topical application of collagen and collagen boosters can benefit the look of skin too.

Add an unflavored collagen powder to your smoothies or yogurts daily.

Make your own collagen mask by blending:

- 1/2 ripe banana, kiwi, papaya or aloe vera gel
- 1 teaspoon of plain yogurt
- 1 teaspoon collagen powder



Apply the mixture to your face and neck. Leave it for 15 minutes before rinsing off with warm water.

## COCONUT WATER

A natural source of essential minerals, vitamins and electrolytes; Vitamin A, Vitamin C, Protein, Iron and Calcium, Sodium and Potassium. Lauric acid is another component of coconut water that's also found in coconut oil. Lauric acid is anti-microbial, anti-viral and anti-fungal which makes coconut water a good choice for topical and internal use!

Use coconut water in your smoothies and infused water recipes. No need for fake electrolyte drinks from now on!

Topically, you can use coconut water as a liquid for masks. Mix 1 tablespoon of coconut water with 1 teaspoon of charcoal powder, mineral clay powder, honey, yogurt, mashed banana. So easy!

## ALOE

Renowned for cooling sunburns, aloe is also exceptional for calming inflammation inside the body. If you can, purchase fresh aloe leaf from the health food store (in the produce section). Cut open a section of the leaf and scoop out the clear gel. Apply the gooey gel to your skin. If you can't find fresh aloe, get pure aloe gel or juice instead.

## PROBIOTIC DRINKS

Probiotics support a healthy microbiome, which creates a healthy body! Just like the other superfoods in this list, probiotic drinks can be used topically as well as internally. Dabbing a little plain kombucha or kefir on a patch of troubled skin can soothe and heal.

## CHARCOAL

Activated coconut charcoal is something used to help bind toxins and wastes so they can be excreted in bowel movements. Topically, charcoal powder can be made into a paste with a little water or aloe and used as a mask to draw and bind impurities on the surface of the skin.



# SUMMER SUPERFOODS

## MANGO, PAPAYA AND PINEAPPLE

This tropical trio is naturally rich in skin softening enzymes and vitamins. Papaya is the richest in Vitamins A and C, but all three fruits contain impressive amounts. B vitamins and trace minerals round out these juicy fruits and make them perfect choices for summer eating AND for summer skin care!

### Eat them!

- I love adding frozen tropical fruit chunks to my smoothies instead of banana.
- For a luscious frozen dessert, blend frozen mango and papaya chunks until smooth. Enjoy the incredible flavor and color while literally loving your skin up from the inside out!
- Layer fresh mango, papaya or pineapple with coconut yogurt for a fun parfait.
- Puree your choice of fruit with unsweetened coconut milk and stir in chia seeds for a fun chia pudding.

### Apply them!

- Puree any of these fruits and paint the mixture on your skin before a shower to enjoy a natural skin brightening, skin softening treat.
- Mash  $\frac{1}{4}$  cup ripe papaya with  $\frac{1}{4}$  cup coarse sugar and the juice of  $\frac{1}{2}$  a lime. Use this as a body scrub in the shower for exceptional exfoliation and super soft skin!



# SUPPLEMENTS

Your Sexy Summer Skin detox is full on focused on utilizing whole foods to get you the gorgeous glow you're looking for, but that doesn't mean you can't accept some support from superfoods and supplements!

I've compiled a list of my favorite herbs, supplements and pantry ingredients that give a beauty boost. Flag the things you want to try. If you want to purchase any of these items, check out the source list for brands I trust.

## HERBS

### SAGE FOR SOOTHING

Sage can be used as a fresh herb, added to salads, soups and sprinkled on entrees. It also makes a bright tea. Sage is antiseptic and helps purify the blood by supporting liver function. Topically, cooled sage tea may soothe infected skin, reduce puffiness and help resolve pimples.

### BURDOCK ROOT FOR BREAKOUTS

Burdock root contains polyacetylene (impedes growth of fungi and bacteria). As an anti-inflammatory agent, burdock root helps reduce the redness caused by acne. It is recommended for conditions like rosacea and eczema that are associated with extreme inflammation of skin.

Herbalists recommend consuming **burdock root tea** to cleanse the body and support the skin from the inside out. This tea acts like a diuretic, helping in the removal of toxins via urination. Increased urination is assisted by the natural antiseptic properties of burdock root mentioned above.

Burdock root can also be used in the kitchen. Peel a small section, grate it and add it into any of the detox soups. Boiled and steeped in hot water also makes a tea that is nice iced and served with mint.

### LAVENDER AND CHAMOMILE FOR TONE

The fresh and dried versions of both these herbs can be steeped in hot water, cooled and used as a refreshing tea and/or as a facial tonic. Lavender and chamomile essential oils may be added to witch hazel or aloe juice and dabbed on the face. For safety, use 2-3 drops per ounce of liquid and rinse thoroughly after a few minutes.



# SUPPLEMENTS

## ANTIOXIDANTS

- Beta-carotene protects against sun damage and free radicals
- Vitamin E protects against sun damage
- Bioflavonoids improve vascularization/blood flow to the skin

## ESSENTIAL FATTY ACIDS

EFA's are responsible for keeping skin plump and keeping inflammation down. Evening Primrose Oil, Fish Oil, and Flaxseed Oil are healthy EFA supplements. You can also get EFA's from food – fatty fish, walnuts, avocado, sesame seeds, kale, spinach, mustard greens, and collards).

## ENZYMES

Digestive enzymes can ensure that your stomach is really breaking down the food you eat so the nutrients can be absorbed once it reaches your intestines. This helps minimize systemic inflammation and maximizes the amount of nutrients you're getting from the fabulous foods you're eating during the detox.

## LIQUID MINERALS

Liquid Mineral supplements are like insurance for gorgeous skin and a healthy body. Selenium, copper, and zinc are important for healthy skin. Selenium may play a role in the prevention of skin cancer. Copper and zinc work with Vitamin C to form elastin (which helps keep skin firm and healthy).

Add a few drops of liquid minerals to your water bottle or infused water. Follow the directions on the label if you have any questions about how much to use.

## SILICA

Silica is a mineral that's known for supporting collagen production. It helps reduce fine lines and wrinkles and boosts hair and nail strength. Horsetail extract is a rich herbal source of silica. Look for a tincture and take a few drops daily according to the instructions on the label.





## MSM

Methyl Sulfonyl Methane, or MSM for short, helps keep tissue soft and pliable while supporting repair and regeneration. Really useful supplement for scars.

# KITCHEN SKIN CARE

I want your detox beauty routine to become your daily beauty routine for life and I'll show you how easy it can be to shift into using natural ingredients.

Many of these ingredients are probably in your kitchen cabinets... because (get this) they're all edible! Read through the list and then start exploring different ways to use these multi-taskers! Even just a few swaps will reduce the toxins going into and onto your body and that's a win for your skin!

## FINE-GRAIN SALT

This pantry item that is very versatile. It can be used on the face or body, cleans deeply, removes dead skin cells, eliminates fluid retention, balances moisture, pulls toxins from pores, and relaxes muscles. Simple and effective for acne or spot treatments during skin flare-ups.

Using salt couldn't be easier: wet your skin, put some salt on your wet hand so it sticks, then pat it gently onto your skin. You can leave it for a few minutes or rinse immediately. You can also mix a little salt into a dollop of coconut oil for a gentle scrub. Make sure to use light, circular motions and don't scrub hard!

## RAW APPLE CIDER VINEGAR

Another pantry staple that is perfect for skin care. Its astringent in nature and helps balance your skin's pH which decreases oiliness and dryness! ACV kills bacteria, yeasts, and viruses on the surface of the skin so it is a good choice for cuts and abrasions (though it will sting!) A little apple cider vinegar goes a long way, so make sure to dilute it. Try a mixture of one-part vinegar to four parts water. Apply this to your face with a cotton pad or mist it with a small spray bottle. There's no need to wash it off unless you find it makes your skin sensitive.



## ALOE VERA GEL/JUICE

You had me at, “Aloe!” (lol) Aloe speeds up your skin’s ability to heal, moisturizes, cools, and fights inflammation and redness. Apply aloe topically to any area that needs some TLC. Add food-grade aloe juice to smoothies or infused waters to support digestion and care for the skin/mucosal lining of your digestive tract.

## COCONUT OIL

A little miracle! This natural moisturizer absorbs easily, and hydrates skin all day! Because it’s antibacterial and antifungal it can help heal scrapes, scars, infections, rashes and acne. Full of healthy fats and antioxidants, coconut oil provides a moisture barrier and helps nourish the skin layers.

Apply coconut oil when you get out of the shower. Some people find that coconut oil is too heavy for their facial skin but beautiful for the body. Try it for yourself and see how your skin responds.

BONUS – a jar of coconut oil in your bathroom is a good thing. Use it in place of shaving cream. Apply it to warm, wet hair as a deep conditioner – be sure to shampoo well with warm water to get most of the oil out. Try it as a leave in conditioner for damp or dry hair – stay away from your scalp and know that a little goes a long way.

## GROUND OATS/ALMONDS

Gentle natural exfoliants that can leave skin super-soft. Both ingredients are incredibly soothing and healing to the skin, provided you use them properly. Make sure to grind the oats or almonds into a superfine powder before applying to your skin. Any rough pieces may scratch and damage delicate skin, so pulse a few extra times when you’re processing them.

The simplest way to use oats for silky skin is to pour a heaping cupful of oat flour into a warm bath and soak for 20 minutes. You can also mix a little oat flour with warm water or coconut oil and apply it as a facial mask or over any areas of rough skin.

Ground almonds make a nice scrub. I like to take a spoonful of ground almonds or almond flour and mix it with a squirt of castile soap. That mixture is a beautiful body scrub! Even better – add a drop or two of lavender or peppermint essential oil for a stress busting, uplifting scrub!



## BAKING SODA

Natural zit treatment, scalp detoxifier and a fabulous foot odor fighter! For blemishes, make a paste of baking soda and water and dab it on the spot. For your scalp, mix about ¼ cup of baking soda with a few drops of warm water and massage into your scalp. Rinse well.

To banish foot odor, make a paste of baking soda, coconut oil and a drop of tea tree essential oil. In the bathroom, spread the mixture onto the bottom of your feet and gently in between your toes. Wrap your feet in a towel or just set them on a towel for a few minutes to let the mixture work. Step carefully, because your feet may be slippery --- and rinse off your feet in the tub or shower.

## RAW HONEY

Thank the bees for this serum that kills bacteria while soothing and moisturizing skin. It's also anti-inflammatory and hydrating to your pores.

Add raw local honey to any exfoliant or mask—it even makes a great stand-alone mask. Rub it onto your face and leave on for 10 minutes, then rinse with warm water. You may need a washcloth to get it all off.

### MY SECRET LIP SCRUB RECIPE

Mix 1 teaspoon raw honey with 1 teaspoon coconut sugar and 1 teaspoon coconut oil. Apply to your lips with clean fingers and gently scrub. You can wash it off with a little splash of warm water or just lick your lips (I won't tell!) Follow with a light massage of coconut oil or your favorite lip balm.

## ORGANIC COCONUT SUGAR

You may not be eating sugar any more, but it can get you some sweet summer skin! I love using sugar to make a quick body scrub. It melts quickly in water, leaving the skin clean and smooth. Have you heard of those crazy, expensive glycolic acid chemical peels? That's a synthetic version of sugar! Skip that junk and make your own gorgeous sugar scrub.



## COCONUT SUGAR BODY SCRUB

I like to combine ½ cup sugar with ½ cup coconut oil and use it as a scrub in the shower. If you want to try this on your face, choose superfine sugar – anything larger is too coarse for delicate skin!

# SUPPORT FOR THE BODY

## OIL PULLING

Oil pulling removes unwanted bacteria and yeast from the mouth, which is critical considering germs from your mouth can get into your bloodstream and/or travel through your digestive system and cause health issues.

To start, put 1-2 tablespoons of coconut, sesame or light olive oil in your mouth and swish the oil for 5-20 minutes. Then, spit the oil into the trash to avoid it hardening and clogging up your sink. Rinse your mouth with water and sea salt then brush your teeth.

Note: You should do oil pulling on an empty stomach. If you are doing both oil pulling and tongue scraping, I suggest you start with the oil pulling.

## TONGUE SCRAPING

I suggest scraping your tongue daily in the morning and before bed. This removes mucus, yeasts and buildup from the surface of your tongue.


Use a tongue scraper or a spoon to reach to the back of your tongue and pull forward, scraping off the white film and repeating. My favorite tool is Dr. Tung's Tongue Cleaner. You can buy this on Amazon or at your local natural food store.

## SKIN BRUSHING

Skin brushing is easy to do, feels good and supports your lymphatic system, kidneys, and liver. Skin brush in the morning before your shower and at night.

How to skin brush:

1. Use a dry brush (made for this purpose). My favorite by Yerba Prima, available on Amazon or local natural food store.
2. Always brush toward your heart with the flow of the lymphatic fluid.

- 
3. Start with the soles of your feet, move up your legs using a circular motion.
  4. Brush from fingertips to shoulders, then chest toward your heart in long strokes. Use small, gentle circular strokes in your armpits.
  5. Move in a circular motion counterclockwise on your stomach to respect the direction of digestion and encourage detoxification.

## CASTOR OIL PACK

This detox support tool is my all-time favorite! Please do not be afraid by the instructions because once you master the castor oil pack, you will never look back.

There are two ways to do a pack:

1. Rub castor oil on your stomach, the right side of your liver, and upper abdomen. Some people prefer to soak a cloth, towel, or old shirt in the castor oil, wrap the pack in plastic wrap (BPA-free preferred) and then apply over the desired organ. You can lay a hot water bottle or a heating pad on the top of the pack and relax as you release toxins for about 45 minutes

OR


2. Lay down on a towel and rub castor oil on your stomach, the right side of your liver, and upper abdomen. Then re-apply every 15 minutes until you've reached the 45-minute mark.

## CONTRAST SHOWERING

Contrast showering is easy to do and requires no extra purchases!

In the shower, alternate between hot and cold water to support lymphatic drainage. The hot water brings blood flow to the skin's surface while the cold water brings blood flow inward to the organs. This is beneficial for detox and circulation.

I recommend three minutes of hot water, one minute of cold, three minutes of hot, etc. You can repeat this for 15 minutes, always finishing with cold water. If it's too much to alternate, try easing the water temperature down as you are finishing your shower and then do one go of about 30 seconds under cold water



before getting out and toweling off! I can almost guarantee that you won't need as much coffee if you embrace this practice! It's invigorating!

# SUPPORT FOR THE MIND

## WRITE AND BURN (5-30 MINUTES)

There is an old technique I was taught years ago to relinquish negative thoughts and emotions. I still use it in my life and recommend it to my clients.

1. **Prepare.** Take a piece of paper and a pen or pencil and find a quiet spot where you can sit comfortably.
2. **Breathe.** Begin with ten deep breaths. With each breath, open the gateway to your heart a little wider. With each breath, sink a little deeper into a place of peace and safety.
3. **Write.** Once you feel centered, begin to write. Allow your heart to guide your writing. Write about areas of your life where you have felt stagnant, stuck or irritated. Write for 5 to 30 minutes.
4. **Release.** When you have finished writing, visualize your body releasing those stuck thoughts, forgiving yourself and others for times when more gentleness and understanding was required. Then, close your eyes and imagine yourself sitting on a mountain or by the ocean embracing the sun. Feel how complete you are at this moment. Take ten deep breaths and rise.
5. **Burn.** Go to a safe place outside where you can burn the pieces of paper and say this, "I forgive myself and let go of all feelings attached to these memories and situations." Make sure the fire is completely extinguished before you continue your day.



# ONE-MINUTE MANIFESTATION (1 MINUTE)

Every few hours take one minute to relax and breathe.

Imagine a white and green light filling your body as you breathe deeply into your organs.

As you exhale, feel the colors release any anger that has a hold on your body.

Breathe out what doesn't serve you; breathe in peace.

# RELEASE RITUALS (5 MINUTES)

Take at least five minutes per day to live in the moment, release negativity and jumpstart your positive mood.

Dance, laugh, draw in your kid's drawing book, create a vision board that inspires you, or light a candle. My favorite release rituals involve watching the birds in my feeders from my office, doing yoga or walking outside.



# A LOVING DISCLAIMER

Drawing on my background, training, skills and life experiences, I support my clients—spiritually, mentally, emotionally and physically. I am not a medical doctor, dietitian, or nutritionist. I do not hold a degree in medicine, dietetics or nutrition. I make no claims to any specialized medical training nor do I dispense medical advice or prescriptions.

This content is not intended to diagnose or treat any diseases. It is intended to be provided for informational, educational, and self-empowerment purposes ONLY.

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**PLEASE NOTE: ALL CONTENT WITHIN THIS GUIDE IS BASED ON MY PERSONAL KNOWLEDGE, OPINIONS AND EXPERIENCE AS A HOLISTIC HEALTH COACH. PLEASE CONSULT YOUR DOCTOR REGARDING MEDICATIONS OR MEDICAL ADVICE.**