



www.ishbelwell.com

Skincare 101 Workbook

How to eat, move & care for your skin



Hi! I'm Ishbel

*Nutritional Therapist, Yoga & Pilates
Therapist, Restorative Wellness Practitioner,
Aesthetician and Beautycounter Consultant*

Your body isn't a rental. It's yours for life.

Ditch the overwhelm and feel empowered to eat, move and de-stress so that you can live your best life!

Self-care = The best version of you. Let's get started.

STRESS CHECK

Alisa Vitti is considered an expert in female hormones. In her book, "In the Flo", she talks about the importance of asking the right questions so that you can get in touch with your body's stress response. Even though Alisa is an expert in female hormones, I find that these questions are equally important for my male clients:

1. Take stock at the end of the day: How's your energy? Do you feel exhausted and drained, or invigorated, like you've had a great workout?
2. Keep track of how often you say yes when you really mean no. Boundaries become a problem when you don't fit yourself on your own schedule.
3. Take one thing a day off your to-do list and resist the urge to fill that space with something else to do.
4. Dare to do nothing for half an hour or engage in a small pleasure - take a hike or catch up with a friend.
5. List the three things you can do besides work.

Ishbel's Verified Clean Products

(and sustainable whenever possible)



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Purity

Branch Basics

Blueland

Aspen Cleaning

Conscientious Consumer Resources

— *Environmental Working Group*

<https://www.ewg.org/skindeep/>

— *Black-Owned Clean Skincare Companies*

<https://ecocult.com/black-owned-non-toxic-eco-sustainable-beauty-skincare-makeup/>

— *Beautycounter Social Mission Report*

<https://www.beautycounter.com/ishbelcavaleri?goto=/our-mission/social-mission-report>

— *12 Minute Video on Mica & Child Labor*

<https://www.youtube.com/watch?v=UPAYXUluXzU>



Ishbel's Top 10 Tips for Nourishment

1. If you can't pronounce it, don't eat it.
2. If it grows in the ground, eat it...that is, as long as it's food!
3. If an animal ate real food that is inherent to them, eat it. For example, cows would never eat corn if they had the choice to eat grass. Choose "pasture raised" or "grassfed".
4. Excess hormones aren't good for you, and they aren't good for other animals either. Choose meats that have been "raised without hormones or antibiotics".
5. Genetically modified (GMO) food is not real food.
6. Choose foods that are organic or non-GMO.
7. The majority of your plate should be fresh and lightly cooked produce + 1-2 tablespoons of healthy fats + 3-4 ounces of responsibly raised meat or fish + a 1/2 handful fiber-rich carbs.
8. Avoid hydrogenated oils, soy, corn, sugar, white flour products.
9. Chew your food until it's a smoothie-like consistency.
10. Sit down, relax and enjoy your meals.

Ishbel's Top 3 Tips for Supporting the Liver

1. Reduce your daily chemical intake, and remember that personal care products are a big contributing factor.
2. Take an essential fatty acid supplement. The vast majority of us are not consuming the wide-array of fats needed to fuel hormone production and support the liver's detoxification pathways.
3. Cruciferous vegetables are incredibly helpful in supporting the liver's detoxification pathways. One of the primary supplements I'll recommend to a client whose liver is metabolizing down the less optimal pathway is a cruciferous-based supplement that helps to support the metabolism of estrogen down the preferred 2-hydroxy pathway.
(Reference Day 1)

Ishbel's Top 5 Tips for Supporting the Gut

1. Eat probiotic-rich food in the form of sauerkraut and kvass. These foods are a great way to feed your good bacteria and thus create a more fertile landscape for your digestive system to function. I also recommend taking a probiotic and cycling through to a new probiotic every quarter to help keep your gut microbiome diverse.
2. Eat a fiber-rich diet. I can not overstate this enough - fiber is the vehicle by which toxins (and old hormones) are transported out of the gut and out of the body.
3. Eat real food (Reference Top 10 Nourishment Tips)
4. Relax. The gut only functions in a parasympathetic state AKA the “rest and digest” state of the nervous system.
5. Take 1 tablespoon of apple cider vinegar before you consume a meal with protein in it. Apple cider vinegar cues the stomach to produce stomach acid. Stomach acid is how your stomach breaks down protein. A lack of stomach acid causes delays in digestion which cause toxins to build up.

Ishbel's Berry Cauliflower Smoothie Recipe

1/2 cup riced / finely diced cauliflower
1/2 cup frozen berries
1/2 cup frozen mangos
2 cup water
1/8 cup hemp seeds
3 pitted dates
2 heaping tablespoons pea protein
2 heaping tablespoons of collagen
1/4 cup coconut yogurt

Lightly steam the cauliflower.

This recipe tastes best when it's make with a powerful blender like a Vitamix.

Blend all of the ingredients together and enjoy!



Ishbel's Detox Cheat Sheet

Rebound

Rebounding is a non-impact form of cardiovascular exercise done with a mini trampoline.

Rebounding stimulates the lymphatic system.

Dry skin brush daily before shower.

Use a natural bristle body brush. With light pressure, brush in the direction of the heart.

Start at the feet and work upwards. Avoid delicate areas such as the face (unless using face dry brush), genitals and any irritated skin.

Hot <> Cold Shower

Finish your shower with this routine: Start with a 3 minute soak in hot water. Turn the dial to as cold as you can tolerate for 30 seconds. Repeat 3-4 times and end with cold. Stick to the allotted times for optimal lymphatic drainage.

Enemas

Enemas are an effective way to detox the liver and the gut. Be sure to use a clean coffee like Purity Coffee and a stainless steel bucket.

Sweat daily.

Cardiovascular exercise or a sauna are great options.

Castor oil packs.

Use hexane-free castor oil. Soak several pieces of wool or flannel in castor oil. Place castor oil pack on belly or over liver. Cover with dry rag and hot water bottle. Rest for 45 min.



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Citric Acid: Helps refine and renew skin.

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Turmeric Root Extract: The serum's vibrant hue? That's thanks to turmeric, an antioxidant superstar that helps even skin tone and improve the appearance of fine lines and wrinkles.

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Turmeric



Camu Camu

mindbodygreen

“
I've been using Beautycounter's Overnight Resurfacing Peel for a couple of months now, and it has done serious wonders for the overall texture of my skin. Gives a nice glow too.
”

marie claire

FEBRUARY 2021

BEAUTYCOUNTER

IN THE PRESS

Beautycounter's New Refillable Deodorant Has Replaced My Antiperspirant

FASHIONISTA

“
I've only been using this natural vitamin C serum for a few weeks, but I've been really impressed by how simultaneously gentle and effective it is. My dark spots and overall skin tone are a bit brighter...and I haven't experienced any irritation...
”

BYRDIE

JANUARY 2021

8 OVERNIGHT ACNE TREATMENTS THAT DIMINISH BREAKOUTS BY MORNING

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It packs 15 botanically-derived acids to soften fine lines, pores and uneven texture while you slumber.
”

Women's Health

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