



Beauty

FROM THE

inside OUT

AND FROM THE

outside IN

hi sweetie!

This 30 day guide is designed to support you in learning our favorite tips and tricks for beauty on the inside, AND beauty on the outside. Summer is around the corner and we want you looking and feeling your best. This month is all about any and all beauty questions, issues or concerns and teaching you DIY ways you can improve how you are feeling and looking.

This is our life's passion, to be able to support amazing women like you to get healthy one upgrade at a time. Together we have 10 years combined experience in wellness, nutrition and fitness, and we can't wait to share with you what we have learned.

Since we are all about DIY (Do It Yourself), we spent months coming up with these 30 tips for beauty on the inside as well as 30 tips for beauty on the outside. Most of our tips are things that you can do in the comfort of your home! WE also have included some of our all star favorite products that we are certain you will love just as much as we do.

No matter what your wellness (or beauty) goals are, we promise you will find lots of little nuggets in this guide that will be helpful to you this month, and the rest of your life!

Think radiance, vibrance, beauty and amazingness because that is what we wanted to share with our amazing community.

ARE YOU READY? LET'S DO THIS!



Tenley & emily

Just a friendly reminder that participating in DIY beauty guide may result in accident or injury. By participating in this complimentary product, I acknowledge that there is risk involved of personal injury. I am fully aware of this risk and hereby release Wellness ETC, DIYcleanse, Emily Potter, Tenley Molzahn from any and all liability, negligence or other claims arising from or in any way connected with my participation in this program.



my story

I WAS BORN "SICK".

My tummy was a mess from the day I entered this world. It was never anything the doctors could figure out and being "sick" was something that was normal to me growing up. I would spend days bent over in crazy pain and I would be running to the restroom in the most awkward moments. This tummy sickness of mine became especially awkward and painful in my adolescent and college years, causing me to miss a lot of fun experiences, or creating

incredibly embarrassing moments. There would be days that my stomach would feel like a "spastic colon" and days where I was in incredible pain with constipation.

I had every kind of test and there were still no answers. Around my 25th birthday I was going through some big life transitions and my stomach was even worse at this point with all the stress I was facing. My mom had found a book about going gluten free and I thought maybe it was time to explore things on my own without the doctors. So that is exactly what I did. I read the book, and never in my life had I ever heard someone explain my "normal" as their normal. I related to every symptom. I decided to try going gluten free, and I took this challenge on willingly! In about two weeks my stomach was already different.

THIS LEAD ME TO CHANGING MY LIFESTYLE FOREVER.

As I started to teach myself about my new gluten free lifestyle, my interest in healthy foods and even cooking came into place. I began to discover an extreme interest in holistic nutrition and as my new normal became something I never thought I would know, it opened the doors to a whole new career and way of living. Knowing that I could heal myself I decided I wanted to help others. I knew if I could find a way to live a happy and healthy lifestyle free of pain in sickness, I could help and support others too. This lifestyle change went beyond just going gluten free, and it repaired more than just my stomach. My immune system is strong and healthy now, and I have energy instead of the fatigue I used to experience daily. I live a life in freedom from the physical exhaustion and pain I once knew.

When I met Emily, we immediately knew we shared the common interest of helping and supporting others. The dream of supporting others in finding a healthier lifestyle, with simple upgrades they could make in their very own kitchen became a reality when we launched the DIY Cleanse. Now we are on a mission to reach as many people as possible. So cheers to as many happy and healthy lives we can help bring to all of you!

xo, Tenley



my story

THEY SAY WHAT DOESN'T KILL YOU MAKES YOU STRONGER.

My story has a tragic start, but a happy ending.

The summer after graduating college with a B.S in psychology I moved to New York City to chase my dream of becoming a professional dancer. I was in NYC two short months when I experienced the worst day of my life. The same day of my first professional audition was the same day I received a tragic phone call from my mom. My father and two brothers who were flying a private airplane to a family reunion in Idaho had crashed. The plane crashed... and... no survivors. For the next hours, days and weeks it took all that I had to just breathe.

FOR DAYS, WEEKS AND MONTHS IT WAS A TRIUMPH TO GET OUT OF BED.

I remember my mom and I looking at each other in the morning and knowing that if we had the courage to get up and put our mascara on, we knew we could get through one more day together. I lived one day at a time. Day by day. Week by week. In my confusion, devastation, and horror I was looking for a distraction.

That was when I stumbled into my first yoga class. For the first time in months, I felt my body and my breath again and with this awareness I was able to soften and relax into a moment of comfort. It was this yoga class that dramatically changed the direction of my life. I immersed myself in yoga, and that healing and connection I felt from yoga lead me down the path to holistic wellness and nutrition.

I soon enrolled in school for nutrition where health and wellness became my passion. Educating and supporting others on their individual journeys to wellness fueled me. There is so much confusing and misleading information around food and nutrition out there, and I love transitioning people into feeling like their old self again, and feeling 'good' again.

Grief is a lonely place to be, and it took me years to see a blue sky instead of a gray sky. I like to think that though it was a horrific experience that changed me profoundly, it has given me the gift of a new and unique perspective. I believe when life gets hard, it can be very revealing, and I think it dramatically changed how I show up in the world.

My life experiences has brought me to this place where I can connect with others. Pain is pain, no matter how severe. I use this unique tool to help women feel supported, and to create balance and peace in their lives through a new perspective, holistic nutrition, yoga and mindfulness.

With love,
Emily

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day 1

FINE LINES AND WRINKLES

UGGG, NO ONE LIKES TO SEE THOSE FINE LINES AND WRINKLES CREEPING IN!

ON THE INSIDE: 2 T collagen daily. Try adding it to a smoothie, to your coffee or tea, or in your hot cereal. Collagen is known for making the skin look fuller and increasing elasticity keeping your skin looking amazing and young even through those summer days. And, as a bonus it's great for your joints too! Another helpful tip is to think low-glycemic foods. The glycemic index is an indication of how different foods affect blood sugar. Green apples and berries are great 'low glycemic' fruits. Complex carb grains are good too along with any and all protein.

ON THE OUTSIDE: Andalou Naturals Argan and Omega Natural Glow 3 in 1 Treatment is hands down our favorite serum for first thing in the morning, and last thing before bed. Think Regeneration, renewing and repairing. It's AMAZING. We have been using it for years!



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day 2

NAILS THAT ARE THIN OR BREAKING

NAILS ARE ACTUALLY A LITTLE WINDOW INTO YOUR OVERALL HEALTH, AND STRONG NAILS ARE A GREAT SIGN. IF YOUR NAILS ARE WEAK OR BREAKING WE SUGGEST:

ON THE INSIDE: Take it to the inside with a high quality **multi mineral** supplement. The need to know: Zinc, Vitamin C, B-group Vitamins, and Iron all play a vital role in nail health. Zinc helps prevent brittle nails, Vitamin C helps support your nail growth and is essential to the production of collagen, and B-group Vitamins work with biotin to help maintain the health of your nails. And last but not least, Iron helps the body produce red blood cells that help with the development of nails and prevent brittle and concave shaped nails. So we want to help you get a little bit of everything using our favorite mineral supplement [HERE](#) and by using our favorite B vitamin supplements, [HERE](#).

ON THE OUTSIDE: Massage cuticle with **vitamin E oil** and **Tea Tree Oil (melaleuca)** and let sit for about 30 minutes every night before bed. Also, be sure to upgrade your nail polish to one without harsh chemicals. We love **zoya polish** it is long wearing natural nail polish and is free of scary chemicals with big scary names!

day 3

DRY SKIN

IT'S THE WORST WHEN THAT DRY SUMMER AIR STARTS TO MAKE YOUR SKIN FEEL SCALY.

ON THE INSIDE: Think Omega 3's! One of our favorite sources is (healthy) fatty fish such as salmon, tuna, and trout. The Omega 3's found in these fish help retain moisture and strengthen your skin. If fish is just not your thing, that's okay, but we highly recommend making sure you supplement with a high quality **fish oil** like this Fermented Cod Liver Oil [HERE](#)! (These Omega 3's are an absolute beauty bonus across the board, beyond skin. Think skin, hair, nails, gut, and brain! Worth the investment!)

ON THE OUTSIDE: Use **coconut oil** as your new lotion. For major extra credit, try adding a few drops of **frankincense essential oil** and/or a drop or two of **vitamin E oil**. Frankincense is known for protecting the skin, and can even help with acne, blemishes, and scars. Coconut Oil, Frankincense, and Vitamin E Oil are a dynamite combo. You're welcome!

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TEETH THAT ARE YELLOW AND DULL

DID YOU KNOW YOU ACTUALLY HAVE A LOT OF CONTROL OVER HOW WHITE YOUR TEETH ARE? AND WE DON'T MEAN BY GETTING THEM BLEACHED!!

ON THE INSIDE: Oil Pulling is a great and natural way to whiten your teeth and it helps draw toxins out of your body. (Yes please!) It also helps cleanse your mouth, reducing plaque naturally. Simply put 1 T **coconut oil** in your mouth first thing in the morning. Swish like mouth wash for 5-20 minutes. Spit out (in the garbage) and repeat each morning. We promise you will start to notice a difference! (And it's great for your breath too!)

ON THE OUTSIDE: Homemade toothpaste. This recipe can actually re-mineralize your teeth making them whiter and stronger. YES!!

REMINERALIZING CINNAMON TOOTHPASTE

½ cup **Calcium Carbonate**

¼ cup warm **coconut oil**

1/8 cup **MCT oil**

6 T **xylitol** (ground in coffee grinder)

15 drops **cinnamon** and **peppermint** essential oil

5 drops **clove** essential oil

Mix all ingredients together, stir until smooth. Put into toothpaste tube (or we've used a baby food squeeze pack) or a glass jar with a lid. Enjoy brushing your teeth knowing you're being chemical free and brightening your pearly whites!

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PERSPIRATION AND DEODORANT

YOU ALL KNOW BY NOW... ANTIPERSPIRANTS ARE PACKED WITH INGREDIENTS THAT ARE KNOWN TOXINS AND CHEMICALS THAT WREAK HAVOC ON THE BODY. WE LOVE UPGRADING (AND SMELLING GOOD) THE NATURAL WAY!

ON THE INSIDE: Do our [DIY Cleanse](#)! Seriously, by adding more green juice and superfoods (which the DIY Cleanse is full of) into your daily lifestyle you'll be hydrating and alkalizing your body which is necessary to avoid extra stink! And the fibers from whole foods and juices, plus enzymes, chlorophyll, and antioxidants will help detox you from the inside out leaving you (and your breath- we love bonus reasons) smelling fresh!

ON THE OUTSIDE: Upgrade your deodorant to something more natural. Our favorite natural brands are: [Primal Pit](#) paste or [Piper Wai](#). Or, even better, you can play with our fun DIY homemade deodorant recipe!

NATURAL DEODORANT

1/4 cup coconut oil
1/4 cup corn starch
1/4 cup baking soda
10 drops essential oil

Measure all three ingredients into a small saucepan. Heat over low heat, stirring constantly, until the coconut oil melts and the ingredients are combined. Pour the liquid into the container of your choice. (We use an old deodorant container.) Allow the mixture to cool and solidify, either at room temperature or in the refrigerator.

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DRY HAIR THAT IS BRITTLE AND SPLITTING

WE ALL WANT IT, THAT THICK LUSTROUS HAIR! THE MEDIA IS OVERLY SATURATED WITH HOW-TOS AND THE MUST HAVES OF BEAUTY. BUT WHAT ABOUT A NATURAL WAY TO ACCOMPLISH THIS? IT'S NOT ALWAYS THE WAY THEY MARKET IT. HERE'S SOME GREAT, NATURAL WAYS TO SUPPORT YOUR BODY TO HAVE BEAUTIFUL, STRONG, SHINY HAIR.

Note: If you find that your hair is thinning, testing your thyroid is definitely recommended. (We can support you in these clinical tests so always feel free to reach out if you have questions!)

ON THE INSIDE: Another shout out to the Omega 3's when it comes to pretty hair. A fun upgrade to go with those fish oils we told you about, is chia seeds! These little seeds are loaded with protein, fiber and of course those fabulous omega's. A big round of applause for **CHIA SEEDS!**

Chia seeds are also high in antioxidants which help the body fight free radicals which damage cells and contribute to aging and diseases. And as we already mentioned, they are high in fiber which helps to support blood sugar balance and feeds the friendly bacteria in your gut which is so crucial for overall gut health, and happy gut, equals a happy functioning body, including gorgeous hair! You can think, "When the belly is happy, our body follows suit!"

ON THE OUTSIDE: If you like our avocado banana DIY Cleanse smoothie (it's a popular one), then you will definitely like this hair mask! Simply take 1 banana, 1 avocado and 2 T olive oil. Mash together (or blend) and apply to washed hair. Put hair up or in a showercap for about 15 minutes, then rinse. Ooo la la, you'll LOVE this!!! And if you are a 'Shark Tank' fan, you've seen these amazing **Sleep Styler** nighttime rollers that give you that sexy beach wave overnight with zero fuss. So so cool!

CHIA PUDDING RECIPE

Makes: 1 serving in a mason jar

- 1/4 cup **chia seeds**
- 1 cup unsweetened almond milk or coconut milk
- 1/2 teaspoon organic pure vanilla extract
- 1/2 teaspoon ceylon cinnamon
- 1 T 100% pure maple syrup or organic honey

Mix ingredients together and pour into a mason jar. Let set in the fridge for 2-3 hours. (We like to make this the night before, and enjoy it pre-made in the morning!) Add organic berries, nut & seeds, and some cacao powder to top!

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LENGTHEN YOUR LASHES

FLIRTY, HEALTHY, BEAUTIFUL. WHO DOESN'T LOVE LONG, THICK LASHES? WE SURE DO. HERE ARE A FEW HEALTHY, NATURAL TIPS TO HELP SUPPORT LASH GROWTH!

ON THE INSIDE: It just so happens that vitamin B-3 can stimulate your eyelash growth. WHAT?! Foods that are high in B-3 include beef liver (eww, we know but there is an awesome supplement that we highly recommend [HERE](#).) You can also get your B-3 from other foods fish, (happy) chicken, nuts, seeds, mushrooms, and asparagus.

ON THE OUTSIDE: We LOVE this tip for the outside... Every Night before bed, apply a small amount of [castor oil](#) to your lashes (we use a q-tip). Castor oil is high in Vitamin E, minerals, proteins, and omega 6 & 9 fatty acids. These are all building blocks to enhance natural, healthy hair growth. Grow lashes, Grow! Extra credit if you stir in a few drops of Vitamin E oil as well!



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INFLAMMATION

INFLAMMATION CAN SHOW UP ON SKIN IN THE FORM OF SKIN IRRITATIONS. YOU MAY EVEN EXPERIENCE BELLY BLOAT, JOINT ACHES, ARTHRITIS AND MORE. PAY ATTENTION TO WHAT MESSAGE YOUR BODY IS SENDING YOU, AS DIFFERENT FORMS OF INFLAMMATION COULD BE SHOUTING VERY LOUD THAT SOMETHING ISN'T RIGHT.

ON THE INSIDE: Turmeric is the #1 anti-inflammatory food on the planet! If this isn't already part of your daily routine, now is the time to integrate it! We LOVE turmeric in this age old healer, Golden Milk.

ON THE OUTSIDE: ALOE! Aloe is packed with nutrients including antioxidants, minerals, and enzymes that can heal inflammation of the skin, and anything happening internally. You know how aloe is great for healing burns, well, think of it as soothing to any other inflamed area, including that belly! Keep a good [aloe vera](#) gel in your medicine cabinet, or simply use the plant! Stock up on some healing [Aloe Vera Juice](#) for that tummy, joint aches and pains!

GOLDEN MILK RECIPE

1/2 tsp turmeric powder or 1/2" piece of turmeric root
1/2 tsp ginger powder or 1/2" piece of ginger root
1 cup full cream coconut milk
1/2 tsp cinnamon
1 pinch cayenne pepper
1 pinch black pepper
1 pinch cardamom
1 tsp organic maple syrup or raw honey

Stir or blend ingredients until smooth. Pour mixture in sauce pan on medium heat until simmers. Enjoy hot or cold.

day 9

BRIGHTEN THE WHITES OF YOUR EYES

DID YOU KNOW THAT THE WHITES OF YOUR EYES CAN ACTUALLY REVEAL A LOT ABOUT YOUR OVERALL HEALTH?

ON THE INSIDE: Antioxidants are the trick here. You want to load up on vitamins that are ALL Star antioxidants. So think, ACE + Zinc. (Vitamins, A, C, & E) Of course eating fruits and veggies loaded with these vitamins and antioxidants like carrots, apricots, mangoes, papayas, oranges, lemons, and pumpkins will leave you with those bright and healthy eyes. But, if you need a little hand with getting that boost to brighten those eyes, try supplementing with [THIS antioxidant!](#)

ON THE OUTSIDE: Get your rest. Obviously, we all know that getting sleep is going to make you look and feel more awake and alert. But really, set an alarm on your phone for 'bedtime' so you don't stay awake watching tv or putting off bed time! We are big on promoting 'beauty sleep' so be mindful of your nighttime routine just as you are mindful about your morning routine. If you need a little help winding down, we sip on some [Sleepy Time tea](#) from time to time.

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day 10

CELLULITE

EVERY WOMAN'S NIGHTMARE! IT DOESN'T MATTER YOUR SIZE, WE ALL FIGHT THIS. BUT THERE ARE ALSO WAYS TO HELP COMBAT IT!

ON THE INSIDE: When we think cellulite, we think **DETOX**. It's crazy, but the body stores fat (and lots of toxins) in the form of cellulite. So another reason to do a cleanse (like your **DIY Cleanse**) each season is to give the body a chance to reset and rid these toxins that want to store up like cellulite. We have two foods that we want to highlight that can also help in combat. Blueberries and Omega-3s! (Surprise, surprise, there's those omega's again!) Blueberries help your body produce collagen which help create new skin tissue. They are also high in antioxidants which help break down fat attached to tissue...aka...cellulite. **Omega-3s** are important for repairing and strengthening skin tissue, which means strong tissue, less cellulite! Love on your body by eating foods and using supplements that can better fight off that cellulite. Foods like fatty fish (or fish oil), nuts, and seeds like hemp seeds, chia seeds, and walnuts! You could also use **Collagen** to help combat cellulite too!

ON THE OUTSIDE: Another way to combat cellulite is by taking action on the outside. A few helpful tips are using a foam roller and **dry brushing**. Both of these activities help with circulation and the lymphatic system. Foam rolling has a strengthening effect on the fascia (the connective tissue that covers the entire body). When fascia is weakened, cellulite occurs because of the fat protruding through, so get foam rolling and keep that fascia strong! Dry brushing is another fantastic way to help support the drainage of your lymphatic system, keeping that cellulite from settling in.

day 11

BEAUTY SLEEP

ON THE INSIDE: Our top 3 favorite sleepy time tricks: **sleepy time tea**, **turmeric ginger tea** and serotonin boosting hot chocolate. **Cacao powder** is high in magnesium which is great to support and calm the central nervous system. Just add a little hot water to your cacao, and add a few drops of **chocolate stevia**, maybe even a splash of your favorite nut milk!

ON THE OUTSIDE: Essential oils are a great and natural way to make that transition to reminding your body it's time to wind down and enhance your quality of sleep. **Lavender** is the popular one but we also love oils like Bergamot, Chamomile, and Ylang Ylang. **Magnesium Oil** is another go to for us when needing help winding down. Simply pour 2 oz magnesium oil into your bath before bed and soak about 20 minutes. Or spray magnesium oil on your feet before bed if a bath isn't happening!

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BOOST THAT LIBIDO!

US WOMEN HAVE OUR EBB AND FLOW WHEN IT COMES TO LIBIDO, BUT WE THINK IT'S SAFE TO SAY WE COULD ALL USE A BOOST FROM TIME TO TIME!

ON THE INSIDE: Meet your new superfood bestie, Maca. Maca supports the hypothalamus and the pituitary glands. These two glands are master glands, and tend to regulate pretty much every other gland in the body (think thyroid, adrenals, and yep, ovarian glands too.) Maca is safe and effective, as it is an adaptogenic herb, meaning it responds to different people's needs individually, and can help balance the system overall. You'll find that Maca will add energy and help balance your hormones, giving you that jolly feel good pep in your step... and perhaps that revved up libido. It has a nutty/malty flavor that most really enjoy, so suggest adding 1 tsp to your morning smoothie, you may even enjoy it in your hot cereal, chia seed pudding, coffee, or tea! P.S. He can enjoy Maca too for the same results!

ON THE OUTSIDE: Take a break from responsibilities, connect, and play with your special person! Connecting, playing, and laughing together can definitely boost that libido. Especially when you're enjoying some sunshine and fresh air.

day 13

DETOXING THE SKIN

JUST LIKE ANY OTHER ORGAN IN THE BODY, THE SKIN IS EXPOSED TO TOXINS, AND HELPS RID TOXINS IN THE BODY.

ON THE INSIDE: Our skin needs a lot of TLC and opportunity to detox. Another place for antioxidants to do their work! We love our leafy greens, but a quick way to load up and quickly help detox the skin is by including Microgreens in your daily routine. Microgreens are pretty mighty for being micro and are full of the antioxidants that are ideal for detoxing our body and our skin. We LOVE **vitamineral greens** to add into smoothies or juice to kick up that detoxification process!

ON THE OUTSIDE: Charcoal is a potent and natural detoxifier. We love this so much we recently added a fun charcoal mask to the DIY Cleanse. A little in home spa night and a homemade mask is just what the doctor ordered. You can also add charcoal to your body wash and get the full body effect throughout your whole skin. For that homemade mask, mix 3 capsules (opened) **charcoal** with 1 tsp **bentonite** clay and 1 tsp apple cider vinegar. Stir until it's a thick paste. Apply to your face for about 10-15 minutes. Then rinse and enjoy a beautiful, fresh, bright, detoxed face!

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BEATING PMS

UGH, LADIES... WE FEEL YOUR PAIN! THIS IS ONE WE HAVE BOTH PERSONALLY STRUGGLED WITH IN THE PAST AND WE PROMISE TO GIVE YOU THE BEST BEST BEST TIPS WE KNOW!

ON THE INSIDE: When PMS-ing, it's a great time to treat yourself, and make our delicious Avocado Mousse. The healthy fats and chocolate in this recipe will support cravings. The Cacao will boost serotonin, balancing those wild PMS emotions. Plus you'll get some much needed Magnesium and Iron. This is also a good time to add in the hormone balancing **Maca powder** - just add 1 tsp into recipe below!

AVOCADO CHOCOLATE MOUSSE (Makes plenty to share!)

- 2 very ripe (8-ounce) avocados, peeled and pitted
- 1/3 cup maple syrup or raw organic honey
- 1/2 tablespoon raw cacao powder
- 1/2 cup almond milk or full fat coconut milk
- 1 tablespoon pure vanilla extract
- 1/4 teaspoon fine sea salt

Blend all ingredients until smooth and creamy. Refrigerate for at least 3 hours (this can be prepared 1 day in advance). Serve in small individual dishes, and garnish with fresh organic raspberries or pomegranates.

day 15

KISSABLE BREATH

AHEM, ANYONE ELSE WAKE UP WITH LESS THAN DESIRABLE BREATH??

ON THE INSIDE: If you're struggling with stinky breath, more often than just bad morning breath, there's probably something a little more serious going on in that gut of yours. Which is another good cue for a detox. Pull out some of your DIY Cleanse recipes! You can also use activated charcoal like we shared earlier. Charcoal is one of the oldest forms of detoxification and can support gut health- just what you need. Take activated charcoal in capsule form, or add the powder to water and drink! (Add a lemon, it helps!)

ON THE OUTSIDE: If you've done the DIY Cleanse, this next tip won't be a surprise! It's time to **Tongue Scrape!** Doing this daily helps remove the build up on the tongue which can lead to bad breath and bacteria. **Tongue scraping** is a simple easy way to help your body eliminate what it does not need. This simple act will help immensely in combating bad breath in a natural and simple way. If you need one more quick fix, we are fans of these **spry mints!**

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DARK CIRCLES UNDER YOUR EYES

THAT TIRED, NEED 3 MORE HOURS OF SLEEP LOOK? YES, WE HAVE YOU COVERED.

ON THE INSIDE: Increase your vitamin K! You can easily increase your vitamin K by loading up on foods like Broccoli, Brussels Sprouts, and Leafy greens. (We have fun recipes for all these veggies!) As much as we will always want to encourage a lifestyle full of those foods, we want to give you some of our greatest tricks you'd never know about... It might sound intimidating, but try this: Add some **Spirulina powder** to coconut water, shake it up, and drink it! Boom! Attack those dark circles internally. Listen to your body, those dark circles could be sending you more than a few messages, you may need some extra iron, or those dark AND puffy eyes, could be indicating a food sensitivity. If this is something you want to explore further, we're happy to guide you. Just send us an email at hi@diycleanse.com

ON THE OUTSIDE: We mentioned Spirulina for a internal trick, but this nutritionally rich superfood has healthy benefits that can be used on the outside as well. We love using our DIY Cleanse Spirulina Under Eye Mask for a natural way to help combat those intense dark circles. Just stir in a few drops of water to **spirulina powder**, creating a green paste, then apply to dark circles for 10-15 minutes. Voila, it's as simple as that! The more you add this practice into your weekly routine, the more you'll see results! Plus, you'll be practicing great Self Care and we are big cheerleaders for that!



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HEALTHY HAPPY GUMS (THAT DON'T BLEED ALL OF THE TIME)

GUM HEALTH IS SOMETHING YOU DON'T REALLY THINK ABOUT UNTIL YOUR DENTIST LECTURES YOU FOR NOT FLOSSING ENOUGH. HERE ARE OUR FAVORITE TIPS FOR GUMS!

ON THE INSIDE: Clove and Cinnamon essential oils will make your gums oh so happy! You can simply massage those gums with these oils, or we have a favorite mouth wash called PerioBrite that has these oils already in it! Clove is a powerhouse when it comes to anti-fungals and anti-virals and includes antimicrobial and antiseptic properties. Cinnamon is another big hitter when it comes to anti-fungals and anti-virals, that also has antimicrobial and has anti-clotting properties. These two oils and/or periobrite, help keep your gums free of infection and germs and only makes them healthier. And it doesn't hurt that they taste good and leave your breath super fresh!

ON THE OUTSIDE: Floss, Floss, Floss. We know you hear it all the time from your dentist, we just wanted to remind you, because those gums really are super important. Flossing is actually important to your overall health, especially that gut. One more tip, try adding some clove or cinnamon oil on your floss to get in there with those powerful anti-bacterials!

day 18

BLEMISHES AND ACNE

THE... WORST. WE HAVE HAD OUR SHARE OF BREAK OUTS RIGHT ALONG WITH YOU. HERE ARE OUR FAVORITE TRICKS.

ON THE INSIDE: Foods that don't well with your body could be a BIG cause for breakouts! Avoiding foods that we were sensitive to was a HUGE game changer with our skin health. For Tenley it was gluten, and for Emily it was dairy. If you struggle with acne, the first thing we recommend is avoiding these two most common food sensitivities. (Time to pull out your DIY Cleanse recipes!!) If food sensitivities are the case, GI healing and repair is often what allows the body to heal from the root cause, so taking a break (or a long term break) from foods that poison your body can help with that reset button. And of course, our favorite probiotic will help significantly.

ON THE OUTSIDE: Give your skin a sweet treat and apply 2 tablespoons of raw honey to your face, rubbing gently in small circles. Stop when the honey becomes sticky enough to pull on the skin. Leave on for 15 minutes, then rinse with lukewarm water. Raw honey is loaded with natural enzymes and anti-bacterial properties that can actually prevent acne. For those trouble spots, we love spot treating with melaluca essential oil. Our DIY Face mask on Day 13 is great too!

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BELLY BLOAT

THIS IS THE WORST. FEELING TOO FULL AND BLOATED. JUST OVERALL, “YUCKY”. WE’VE GOT YOU COVERED.

ON THE INSIDE: Bloating is a common symptom of GI distress that can be caused by a million different things. We see this commonly with food sensitivities, lack of enzymes and HCL to break down food, stress, poor relationship with food, and lack of mindful eating, and the list goes on and on. If you struggle with belly bloat, we strongly recommend our [Food Freedom Group Wellness Program](#) where we go into detail on how to support overall GI wellness. You can click [HERE to get on the list](#) so you’ll be the first to know about our upcoming FALL Group Program! In a pinch, try some [ginger lemon tea](#), you can make your own! This will support the production of HCL and support the overall digestion process. We also LOVE adding in some fermented foods which are naturally packed with probiotics. Our favorites include Sauerkraut, Kombucha, and Kefir. Of course, our favorite [Probiotic](#) would be good additional support too!

ON THE OUTSIDE: A warm heat pack on your stomach can be incredibly soothing. Along with heat, we highly recommend castor oil packs, like this one [HERE](#).



day 20

SHAVING WITH SIMPLE NATURAL PRODUCTS

SHAVING CREAMS ARE TYPICALLY FILLED WITH CHEMICALS AND THIS UPGRADE IS A SMART ONE TO MAKE!

ON THE INSIDE: Well, since shaving is something you can only really do on the outside we thought we would give you two tips! You can get super creative and shave completely using all natural products. We have even used aloe vera! It’s packed with vitamins E, B-5 and C, chamomile, panthenol and glycerin. These are all nourishing components for our skin. When we are shaving, those places have a higher tendency of rashes, irritation, and inflammation. By using [aloe vera gel](#), you are using something totally natural while nourishing the skin. It’s a win win! With spring and summer weather fast approaching, we want those beautiful, smooth, healthy legs!

ON THE OUTSIDE: We simply love using oil to shave with instead of shaving creams that are loaded with toxic chemicals. Especially as you shave, your skin is even more exposed! Our personal favorite (besides Coconut Oil) is [Jojoba oil](#). Jojoba oil seals in the moisture of the skin so it stays hydrated, and creates an effective barrier to protect the skin. You’ll see an incredible difference in your perfectly moisturized skin!

Beauty

FROM THE *inside* OUT
AND FROM THE *outside* IN



day 21

WHOLE BODY DETOX THROUGH THE SKIN

THIS IS THE WORST, BUT SUPER IMPORTANT FOR OVERALL HEALTH FROM THE INSIDE OUT.

ON THE INSIDE: Garlic. Yep, that simple. Garlic is a powerhouse superfood when it comes to detoxing the body. There is a reason you can smell it on your skin the day after Italian! Garlic contains high amounts of vitamin C which not only boosts the immune system but supports the liver (key to detoxing!) Because it's a powerful antioxidant, it helps the body remove harmful free radicals from the bloodstream. Try roasting garlic and eating a few whole cloves on some gluten free crackers as a "special" appetizer, woo! Your friends might keep their distance for a bit.

ON THE OUTSIDE: Enjoy some time in an Infrared Sauna. We LOVE these! Not only is it an excellent reason to take a few minutes to relax, the Infrared sauna's deep penetrating heat stimulates metabolic activity, which in turn triggers the release of stored toxins through sweat, as well as through the liver and kidneys. And yes, if you are thinking 'stimulates metabolic activity' can mean weight loss, you are right! You're looking at a straight up detox experience!

day 22

INDULGE IN COFFEE. WAIT, WHAT!?!?



WE ARE TOTALLY SERIOUS! COFFEE IS A SUPERFOOD AND CAN BE USED FOR ALL KINDS OF THINGS!

ON THE INSIDE: Hopefully you already know that coffee IS an antioxidant. It's the number one antioxidant Americans get as a matter of fact. And, if you spice up your coffee ritual/recipe you can support the body in all kinds of ways. We love adding 1 T Ghee (healthy fat), 1 T Coconut Oil (amazing for GI), 1 T Collagen (supportive to skin), a dash of Cinnamon (great for breath), and a dash of Cardamom (reduces acid in coffee) for a coffee combo that will leave you feeling amazing. Try to limit to one cup a day, and drink your coffee with breakfast! (We cover more of this in our Food Freedom Group Wellness Program since we LOVE coffee & want to teach how to do it right!

ON THE OUTSIDE: There are SO many things you can do with your used coffee grounds, for the next few weeks save those puppies for some DIY Beauty tricks. One of our favorite little tricks is for puffy eyes. Simply take coffee grounds, and place them in a cheese cloth, or you can place them directly under your eyes. Let sit for about 20 minutes and rinse off. You can also use coffee grounds for exfoliating by gently massaging grounds onto your skin (especially in those cellulite areas) and it will support your body's natural ability to produce collagen. SWEET!

Beauty

FROM THE *inside* OUT
AND FROM THE *outside* IN



day 23

SUNBURN

WE HAVE ALL BEEN THERE. JUST A TAD BIT TOO LONG IN THE SUN AND NOW YOU ARE PAYING FOR IT...

ON THE INSIDE: Studies suggest drinking green tea can actually provide a bit of added sun protection. If you're suffering from a sunburn, drink organic hot or cold green tea. You can also place the cooled tea bags directly on your skin or face as the tannic acid will help to help relieve the pain.

ON THE OUTSIDE: Oatmeal + Avocado. The oats are calming and soothing to the skin. It balances and calms reactive, red, and sensitive skin. The avocado will provide some much needed hydration. Simply blend 1 ripe Avocado with 2 tablespoons of raw organic Honey and ¼-cup uncooked oatmeal. Apply to the sunburned area and let sit for 10-15 minutes. You can also grind up a cup of oatmeal in a food processor, add it to cool bathwater, and soak. One last tip for that sun: we LOVE **Carrot Seed Extract** as a primer before sunscreen on your face for natural anti-aging and sun protection.

day 24

HAIR THAT IS THINNING, DRY OR DAMAGED

THOSE LONG DAYS IN THE SUN CAN LEAVE YOUR HAIR FEELING DAMAGED AND DRY.

ON THE INSIDE: **Fish oil** is an amazing and natural supplement to help enhance the health of your hair. The omega-3 fatty acids are important for making it shiny and strong. The healthy fats help reduce dryness and dandruff. Natural oils help lubricate your scalp which helps lessen the aging process of your skin and hair. And be on the lookout, a huge indication of Thyroid imbalance is thinning hair (and eyebrows). If you notice this is happening to you, please reach out to us as we can support you in getting the appropriate lab work and protocols to get this critically important gland back into balance!

ON THE OUTSIDE: Meet an Ayurvedic classic: **Bhringraj Oil**. We learned about this little gem years ago in nutrition school and it's definitely worth celebrating. Not only does it support hair growth, but it supports natural hair color and luster. It can also be very calming to the scalp, the skin, and the mind! Simply massage a few teaspoons into your scalp and let sit a few minutes. Rinse and enjoy your beautiful and thick hair.

Beauty

FROM THE *inside* OUT
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day 25

STUFFY SINUSES AND CONGESTION IN THE MORNINGS

CONSTANT MORNING SNIFFLES? YOU SOUND SUPER NASAL? OR YOU'RE COUGHING UP THAT GUNKY STUFF?

ON THE INSIDE: If you notice chronic congestion in the mornings, this is a sign of a food sensitivity or allergy of some kind. For us, we actually notice it after drinking wine (no!!) and dairy (which makes sense). One of our favorite natural products to use to support our sinuses are Nettles. These are natural anti-allergy herbs that have been used for ages. They have complex natural antihistamines that help block our body's response to allergens and ultimately help relieve symptoms. Nettles also help with immune boosting and help fight off triggers of the body. You can eat nettles (look at your local farmers market) and you can also supplement with Nettles. We love the product [D-Hist](#).

ON THE OUTSIDE: We hope you've tried this one at some point, or that you will try it, or pull it out for use again, but that good ol' NETI POT can do wonders for your Sinuses! Using a Neti Pot is great tool to use for clearing your sinuses and finding some relief from pressure. Ugh, that sinus pressure. The Neti pot was designed to use warm water to help flush out the nasal cavities. While it feels super strange to use (like you are under water in a swimming pool) you will get used to it, and you will likely love the relief it provides. Essential oils are also a wonderful natural way to assist in what may be ailing you, and of course, essential oils leave you smelling great too! We love love love [Breathe](#). You can use this in a oil diffuser or a humidifier.

Beauty

FROM THE *inside* OUT
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day 26

FINE LINES UNDER THE EYES

HAVE YOU DONE THAT DOUBLE TAKE IN THE MIRROR RECENTLY TO SEE IF THOSE FINE LINES ARE GETTING WORSE??

ON THE INSIDE: The answer to this problem is quite simple, Water. Easy, right? Dehydration can be one of the greatest causes for wrinkles on our skin. Staying hydrated is key. Water is a big healthy lifestyle “must Do” for so many reasons! But we’ll let water take one for the team for wrinkles. Drinking water will help reduce the under eye wrinkles we all hate. Here’s the rule of thumb we share with our clients so that they know how much water they should personally be drinking... Take your body weight and divide by Two. That is how many ounces you should aim to drink each day! If you have a hard time remembering, try setting an alarm on your phone, get a new fancy water bottle, or flavor it up with some frozen fruit and a splash of sparkling water.

ON THE OUTSIDE: **Rosemary Oil** can help slow down aging of the skin and has the ability to tighten saggy loose skin and make it more elastic and firm. Rosemary Oil, is a powerful antioxidant and can help stimulate the growth of cells! Automatically reducing fine lines and wrinkles. Make sure you hydrate your skin on the outside just like the inside.

day 27

BEAUTIFUL COMPLEXION

HAVING BEAUTIFUL SKIN IS PRICELESS. WE LOVE HEALTHY, GLOWING SKIN AND HAVE A FEW TIPS AND TRICKS TO ACHIEVING THIS!

ON THE INSIDE: A healthy diet and lifestyle is the game changer for skin complexion. The healthier your GI tract, the happier your skin. Eating whole foods and adding healthy upgrades to your diet will help support that GI. As you’ve learned, adding **fish oil** and **probiotics** into your daily routine will help your complexion as they have the ability to reduce inflammation in the body. And what happens IN your body plays OUT through your skin. For example, rashes, blemishes, or acne, are cues that negative inflammatory reactions are happening deep within your body. The skin is the biggest organ we have, we need to be kind to it and take care of it!

ON THE OUTSIDE: We love Dr. Haushka **clairifying face kit** for the outside. And a spritz of organic apple cider vinegar can do wonders for your complexion too! ACV contains alpha hydroxy acids which can help remove dead skin cells creating a bright and refreshed look!

Beauty

FROM THE *inside* OUT
AND FROM THE *outside* IN



day 28

DULL AND DARK SKIN THAT COULD USE SOME BRIGHTENING

AHHH, WHEN YOUR SKIN FEELS BRIGHT YOU FEEL BRIGHT!

ON THE INSIDE: You know we love **turmeric** for inflammation, but we love it for bright skin too! Using turmeric is an inexpensive and natural way for treating several skin issues to leave you with bright, flawless, wrinkle free, and a naturally glowing complexion. The reason Turmeric has so much influence over your bright skin, is because it can control Sebum, which is the oily substance in our skin. You want Sebum to be activated for youthful skin!

ON THE OUTSIDE: Let's start with that beautiful face of yours. We LOVE our **Clairsonic's**. We both own them, and look forward to the hot bath nights where we get to indulge in a mini facial. (Everyone's use from daily-weekly may vary.) Not only does it help to clean the face of makeup, dirt and sweat, but it removes dead skin cells leaving your face feeling baby bum soft. Nothing better! For the rest of your body, you can simply do a Hot Towel Scrub. Take a hot face cloth or hand towel and massage in a circular motion. This massage helps detox the skin while exfoliating and stimulates new growth of healthy skin. You can use your superfood turmeric topically too! Try combining a pinch of Turmeric powder, a tsp of Honey, and 1 tablespoon of Orange Juice. Apply combo to your skin, and let sit for 15 minutes, then rinse. Enjoy your bright, radiant, and youthful skin!



Beauty

FROM THE *inside* OUT
AND FROM THE *outside* IN



day 29

WEIGHT LOSS

THOSE LAST FEW EXTRA POUNDS CAN BE SUCH A PAIN! TRY THESE TIPS BELOW TO HELP TRIM AND SLIM. BE SURE TO CHECK OUT OUR 'Summer Slimdown' TO GO FURTHER IN THIS DEPARTMENT.

ON THE INSIDE: We're NOT big fans of a "quick fix" when it comes to weight loss. We believe that a healthy diet and lifestyle are everything. However, there are some things we love adding into a weight loss protocol. First off, Coconut Oil comes into play again! Adding in extra fat might seem scary when trying to lose weight, but coconut oil is actually really helpful for weightloss for several reasons. One reason being that Coconut Oil can help you stay satiated (which means less snacking). We also love using the supplement **Chromium** as it is amazing for balancing blood sugar which helps reduce storage in that mid-section. Remember to ask your doctor, and use as directed.

ON THE OUTSIDE: MOVE!! Instead of thinking about 'exercise' think about movement that your body loves to do. Are you into hiking, swimming, yoga? Whatever brings you joy and fills you up is where you should start when it comes to movement and exercise. Getting your heart rate up is going to help zap the belly fat quicker. We like interval training to do this. You can easily do H.I.I.T workouts at home by looking for simple follow along videos on YouTube.

day 30

ANTI-AGING

WE KNOW THIS IS ONE OF THE MOST POPULAR TOPICS TO TALK ABOUT, SO WE SAVED THE BEST FOR LAST!

ON THE INSIDE: Antioxidants are your star players here! Antioxidants are powerful for anti-aging but they're also known for prevention of cancer, heart disease, and can help protect the body from degenerative diseases. The list continues, as antioxidants protect your joints, soothe pain, and can help reduce muscle soreness. So this tip is not just for beauty, it is for your whole body for your WHOLE life. According to the ORAC scale (units that measure the antioxidant capacity of foods) spices such as Clove, Turmeric, Cinnamon, Oregano, and Cumin are off the charts as antioxidants. Other superfoods we suggest are Acai, Cacao, Green Tea, and Maqui Berry.

ON THE OUTSIDE: **Rosehip Seed Oil** + Carrot Seed Extract. We mentioned that Carrot Seed Extract has natural SPF properties, but its packed with antioxidants too. Retinol (an ingredient you might recognize from fancy face creams) is a form of Vitamin A, found in Carrot Seed Extract, which is known for renewing skin and reducing wrinkles. It can even help detoxify and stimulate the rejuvenation of cells. Rosehip Seed Oil is also high in Retinol, omega fatty acids, lycopene, and beta-carotene. Mix a few drops of **rosehip seed oil** and **carrot seed extract** and massage into your face before bed!



Beauty

FROM THE

inside OUT

AND FROM THE

outside IN

yay!

We are so thrilled that you joined our Beauty from the Inside Out and from the Outside In challenge!

We hope you enjoyed all these wonderful goodies and we want to see and hear about YOUR personal amazing success stories! Tag [@DIYCleanse](#) on [Instagram](#) and use #DIYCleanseBeauty so we can follow along!

GET ON THE LIST:

If you haven't already joined our VIP list for our life changing, incredible, intimate group program - head on over to the website to [register now](#). We'll be sending early bird specials **ONLY** to the people on our list.

Remember to head on over to the blog to find fun and exciting new blog posts for everything wellness related!

With love and green juice,

tenley & emily



Beauty

FROM THE

inside OUT

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Disclaimer of Health Care Related Services:

We are Certified Integrative Nutrition Health Coaches, certified by the American Association of Drugless Practitioners. We received our training from the Institute of Integrative Nutrition in New York, NY, USA, where we studied over 100 dietary theories, practical lifestyle management techniques, and innovative coaching methods with some of the world's top health and wellness experts, including Dr. Andrew Weil, Dr. Deepak Chopra, Dr. David Katz, Dr. Walter Willett, Dr. Mark Hyman, Dr. Alejandro Junger, Dr. John Douillard, Dr. Liz Lipski, Dr. Josh Axe, Donna Gates, and many other leading researchers and nutrition authorities.

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Thank you and we appreciate the opportunity to work with you.

tenley & emily