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WORKBOOK

IT'S NOT A DIET, IT'S A LIFESTYLE

WEEK 9: BEAUTY AND ANTI-AGING

ELIMINATING TOXINS
OPTING FOR HEALTHIER OPTIONS
HEALING YOUR BODY, INSIDE AND OUT

www.ninabergman.com

NINA'S FAVORITE BRANDS

RECOMMEND BRANDS TO HELP YOU ON YOUR JOURNEY



CARTER & JANE (FACE OILS)

I keep a bottle by my bedside. Before bed, I place a dose under my tongue. It helps stop my head from spinning and reduces stress and anxiety by lowering cortisol levels.



ELATE (MAKEUP)

I believe makeup should never harm people, animals, or the planet. That's why I appreciate Elate's. Its range of cosmetics is vegan and cruelty-free and over 95% of its packaging is reusable, recyclable or plantable. All of it is beautifully adorned with sustainable wood. It's no surprise that Elate is part of the growing B Corp community of companies using business as a force for good.



NATURE'S WAY (MCT OIL)

I gargle daily with MCT Oil, which fuels both the brain and body. This 100% MCT Oil helps you feel full, and it's quickly digested and converted into energy, providing a convenient boost for your day. Simply mix this flavorless, odorless oil into your daily coffee, smoothie, or favorite foods and dressings to kick start your wellness routine.

YOU ARE FIERCE N VEGAN

LEARNING THAT SELF-CARE IS THE BEST
INVESTMENT YOU CAN MAKE!

DON'T BE AFRAID TO SWEAT IT ALL OUT!
CLEANSE YOUR SKIN!

IT'S ALL ABOUT LEARNING TO SAY "NO"
TO MAKE SPACE FOR THE GOOD
STUFF!

LET DISCOMFORT BE YOUR NEW BEST
FRIEND.

CONSISTENCY IS YOUR SUPERPOWER.

DOING THINGS IMPERFECT IS THE NEW
WAY TO GO!



NINA'S TIPS



01

INVEST IN YOUR HEALTH NOW

Invest in your health now, save on medical bills later. Prevention is cheaper than treatment!

02

BUILD A CONSISTENT SKINCARE ROUTINE

Good habits today mean healthy, glowing skin for years to come.

03

STAY HYDRATED

Your body is about 60% water, so fuel it with clean, nourishing fluids. My go-to's are alkaline water with lemon & celery juice in the morning and detox tea at night.

04

PRIORITIZE QUALITY SLEEP

Rest is the foundation of beauty, energy, and overall well-being.

05

CUT DOWN ON CAFFEINE

Reducing caffeine intake can lead to improved sleep, reduced anxiety, and better overall health by preventing the dependency and side effects associated with excessive consumption.

06

GET YOUR SWEAT ON

Sweating helps to detoxify the body by eliminating toxins, heavy metals, and other impurities through the skin, promoting overall health and well-being.



NINA'S TIPS



07

ONLY USE NINA-APPROVED SKINCARE PRODUCTS

Choose items that are natural and cruelty-free. By doing so, you not only prioritize your skin's health but also support ethical practices that protect animals and the environment.

08

GARGLE WITH MCT OIL

For healthier teeth and gums, try oil pulling with MCT oil. Swish a tablespoon each morning to reduce bacteria, improve gum health, and freshen breath.

09

TRY THE INFRARED SAUNA

I see almost immediate results after a long detox session. My skin glows, and any stress I have vanishes.

10

CUT DOWN ON ALCOHOL

Cut down on alcohol, as it speeds up aging by dehydrating and inflaming the skin, releasing stress hormones that cause wrinkles and graying hair.

11

AVOID THE COMMON FOODS

Do your best to steer clear of fried foods, sugar, gluten, dairy, and artificial ingredients. These can quickly and visibly impact your pores and skin in multiple ways.

12

NO SCREENS ON BEFORE GOING TO BED

Avoid screens before bedtime. Instead, engage in writing, meditation, breathing exercises, or read something nourishing to unwind.



CLEAN BEAUTY & ORAL HEALTH:

MY NON-
TOXIC
ROUTINE

Everything I use on my skin, hair, and nails has to be **organic** and **cruelty-free, no exceptions!** I test all my products with the Yuka app, and if you want more details, check out Chapter 6. Even perfume can be harsh on the skin due to alcohol and strong fragrances. I've switched to natural oils, and if I do wear perfume, I never spray it directly on my skin anymore.

The same goes for soaps and shampoos, harsh formulas strip away natural oils, leaving skin dry. Start reading ingredient labels and swap out products for gentler, more natural options. And don't forget toothpaste and mouthwash! Chemicals in oral care products absorb through your gums and into your bloodstream.





CLEAN BEAUTY & ORAL HEALTH:

MY NON-
TOXIC
ROUTINE

MY EASY TRICK FOR HEALTHIER TEETH & GUMS: **OIL PULLING**

Every morning, I gargle with MCT oil (also called oil pulling), and the benefits are amazing:



REDUCES BACTERIA

Helps prevent cavities, gingivitis, and bad breath.



IMPROVES GUM HEALTH

Moisturizes gums and boosts saliva production.



PREVENTS PLAQUE

Helps keep buildup under control



FIGHTS TOOTH

DECAY

Protects against cavities



FRESHENS BREATH

Tackles bacteria that cause bad odors

● HOW IT WORKS

Oil pulling is an ancient practice that removes bacteria while acting like a natural cleanser for your mouth. The antimicrobial properties help fight germs, viruses, and plaque.

● HOW TO DO IT

Put 1 tablespoon of oil in your mouth. Swish it round for 3 to 20 minutes (start slow if needed). Spit it out, never swallow!

I use coconut oil because it's packed with MCTs and lauric acid, which have powerful antibacterial properties. Try it out, you might be surprised at how fresh and clean your mouth feels!

SLEEP: THE ULTIMATE ANTI-AGING HELPER

Sleep isn't just rest, it's when your body, brain, and skin repair and rejuvenate. While you sleep, blood flow increases, collagen and growth hormone (hGH) production rises, and cells regenerate, reducing wrinkles, firming skin, and improving overall health.

PRIORITIZE YOUR SLEEP FOR BEAUTY & WELL-BEING

- **INVEST IN A QUALITY MATTRESS**

You spend nearly half your life in bed, so make it count!

- **AVOID NEGATIVE ENERGY BEFORE BED**

Avoid negative energy before bed. No TV, news, or anything that feeds stress.

- **EAT DINNER EARLY**

This allows your body to focus on repair, not digestion, while you sleep.

- **NIGHTTIME SKINCARE MATTERS**

I wash away dirt and pollution, then apply all-natural, cruelty-free oils and lotions.

- **TAKE A RELAXING BATH**

A warm soak with Epsom salt and lavender oil works wonders.

- **READ OR JOURNAL**

What you think about before bed enters your subconscious. Why not manifest something beautiful or list things you're grateful for?

SLEEP: THE ULTIMATE ANTI-AGING HELPER

HOW TO IMPROVE SLEEP

- **STICK TO A SCHEDULE**

Go to bed and wake up at the same time daily.

- **CREATE A SLEEP-FRIENDLY SPACE**

Keep your bedroom cool, dark, and quiet

- **AVOID SCREENS BEFORE BED**

Blue light suppresses melatonin, making it harder to fall asleep.

- **LIMIT CAFFEINE & ALCOHOL**

Both can interfere with deep, restorative sleep.

- **REDUCE STRESS**

Try deep breathing, meditation, or affirmations (coming in Week 12!).

Don't underestimate the power of sleep. It's your natural beauty treatment, stress reliever, and health booster, all in one!





INFRARED SAUNA:

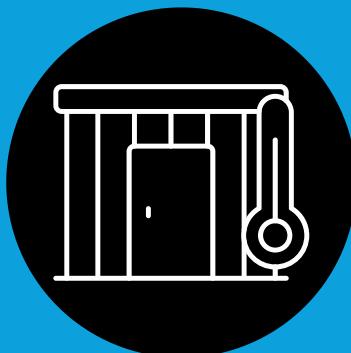
DETOXIFY YOUR SKIN

As I mentioned earlier, I'm a huge believer in the benefits of infrared saunas. If you have access to one, or are considering buying one for home use, I highly recommend it! I used mine 4-5 times a week during my heavy cleansing routines and even ended up purchasing a portable one for at-home use. They're not the cheapest investment, but the benefits have been amazing, and I truly believe there's no price tag on health.

These days, with my hectic schedule, I've found yoga studios that offer infrared sessions, and it's becoming more common for Korean spas and regular spas to incorporate infrared saunas into their services.

WHY TRY AN INFRARED SAUNA?

Infrared saunas are packed with anti-aging benefits. They offer a natural, non-invasive way to promote youthful, glowing skin by boosting collagen production, improving skin texture, and reducing wrinkles.





INFRARED SAUNA:

DETOXIFY YOUR SKIN

HERE'S WHY THEY'RE WORTH CONSIDERING:

- **Relax & Unwind:**

The heat induces sweating, helping to reduce stress, improve mood, and promote better sleep.

- **Detox Support:**

Sweating helps flush out toxins and heavy metals from your body.

- **Glowing Skin:**

Improved circulation and collagen stimulation can reduce inflammation, acne, and wrinkles.

- **Pain Relief:**

Boosts blood flow, offering relief for sore muscles, arthritis, and fibromyalgia.

- **Heart Health:**

Some studies suggest it can support cardiovascular function by improving circulation.

- **Calorie Burn:**

While the weight loss benefits are minimal, it does raise body temperature and promotes sweating.

- **Other Possible Benefits:**

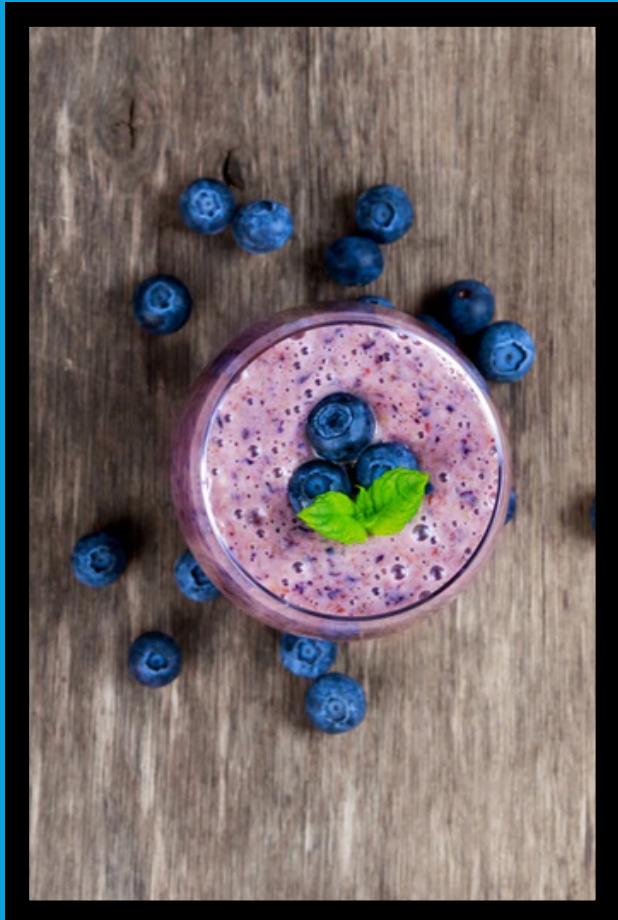
Some claim it boosts immunity and brain function, but more research is needed.

Results can vary depending on frequency and your overall health. If you have any medical conditions, be sure to consult with your doctor before using an infrared sauna.



NINA'S RECIPE OF THE WEEK

VEGAN GLOW SMOOTHIE



Ingredients

- **1/2 ripe avocado**
- **1 1/2 cups fresh spinach**
- **1/3 cup pure aloe vera juice (or coconut water)**
- **1 cup blueberries (fresh or wild frozen)**
- **2 tbsp golden flaxseeds**
- **1-2 Medjool dates (optional, for sweetness)**

Directions

- 1. Add all ingredients to a blender.**
- 2. Blend until smooth and creamy.**
- 3. Pour into a chilled glass, top with extra berries or seeds, and sip slowly.**



NINA'S RECIPE OF THE WEEK

VEGAN GLOW SMOOTHIE

Why It Works

Aloe Vera Juice or Coconut Water - Hydrates deeply and balances electrolytes. Aloe supports gut health and soothes inflammation, while coconut water replenishes minerals.

Spinach - Rich in beta-carotene, chlorophyll, and vitamins A, C, and E to fight acne and flush toxins.

Blueberries - High in anthocyanins and vitamin C to boost collagen, fight free radicals, and keep skin youthful.

Flaxseeds - Packed with omega-3s and lignans that reduce inflammation, balance hormones, and keep skin soft and glowing.

Avocado - Delivers essential fats and vitamin E for elasticity and long-lasting hydration.

Dates (optional) - A natural, fiber-rich sweetener that adds caramel warmth without spiking blood sugar.

Tip: Freeze your aloe juice or coconut water into cubes for an extra-refreshing blend. Your skin will thank you - hydrated cells are radiant cells.

Find it here: https://www.evolvebeauty.com/en-us/blogs/news/vegan-smoothie-recipe-for-glowing-skin?srsltid=AfmB0ooyS_U_MkpJoUkNYnBjludCGIv4jSlqR_w06RHjaJg88PsgQppYG

WORKSHEET

Set Your Goals & Commitments

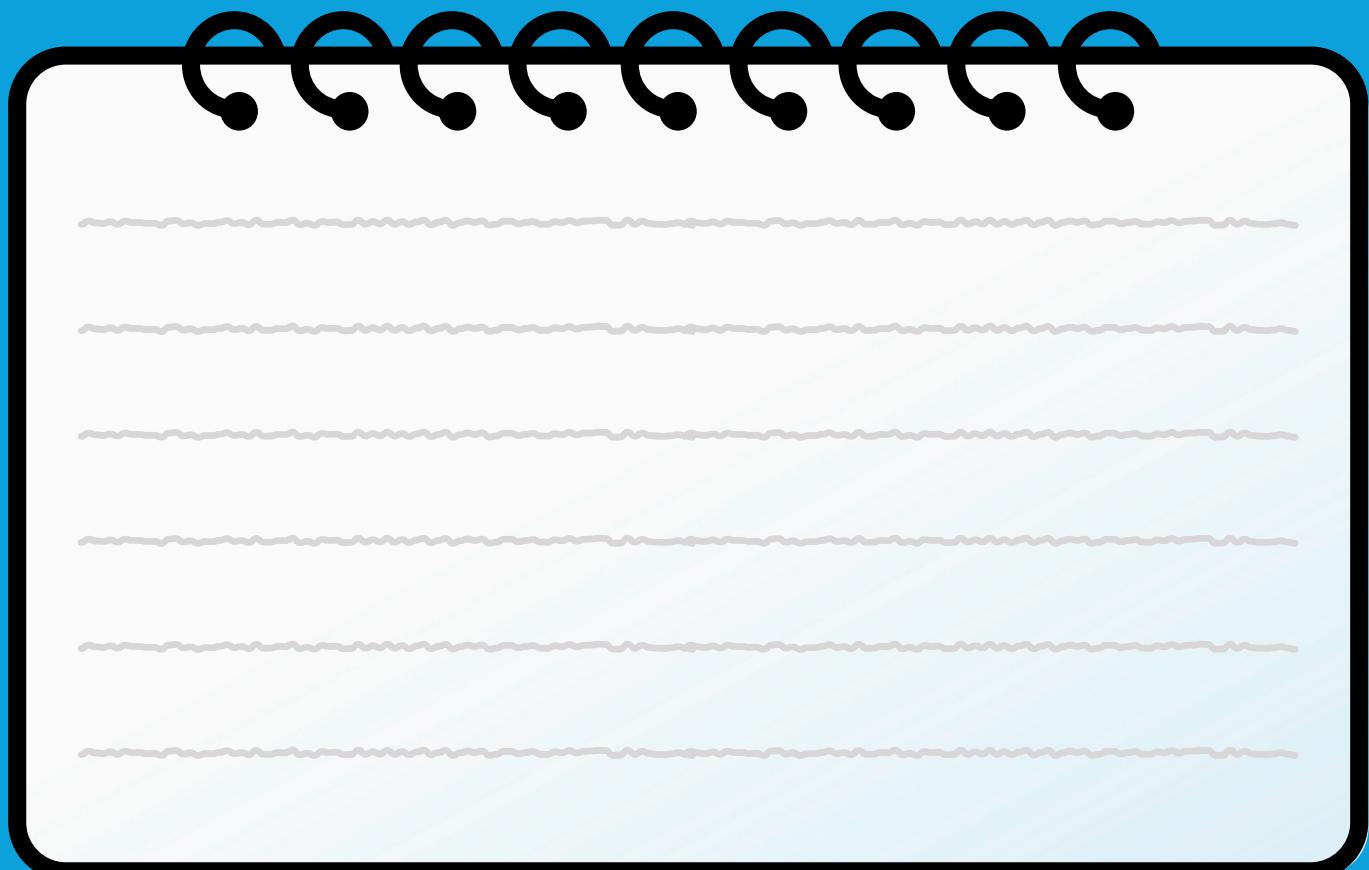


Choose 3 Beauty Tips to Try:

This week pick 3 things out of 12 from “Nina’s Tips”

Write them down and make an action plan on how to incorporate them into your week.

Then pick one “must” and no matter what, implement it into your daily routine for the next 7 weeks and make sure to tell a friend about it! By then it’ll have become one of your great new habits! Congrats!



The worksheet features a black spiral binding graphic at the top. Below it is a white rectangular area with six horizontal grey lines spaced evenly apart, intended for writing notes or goals.

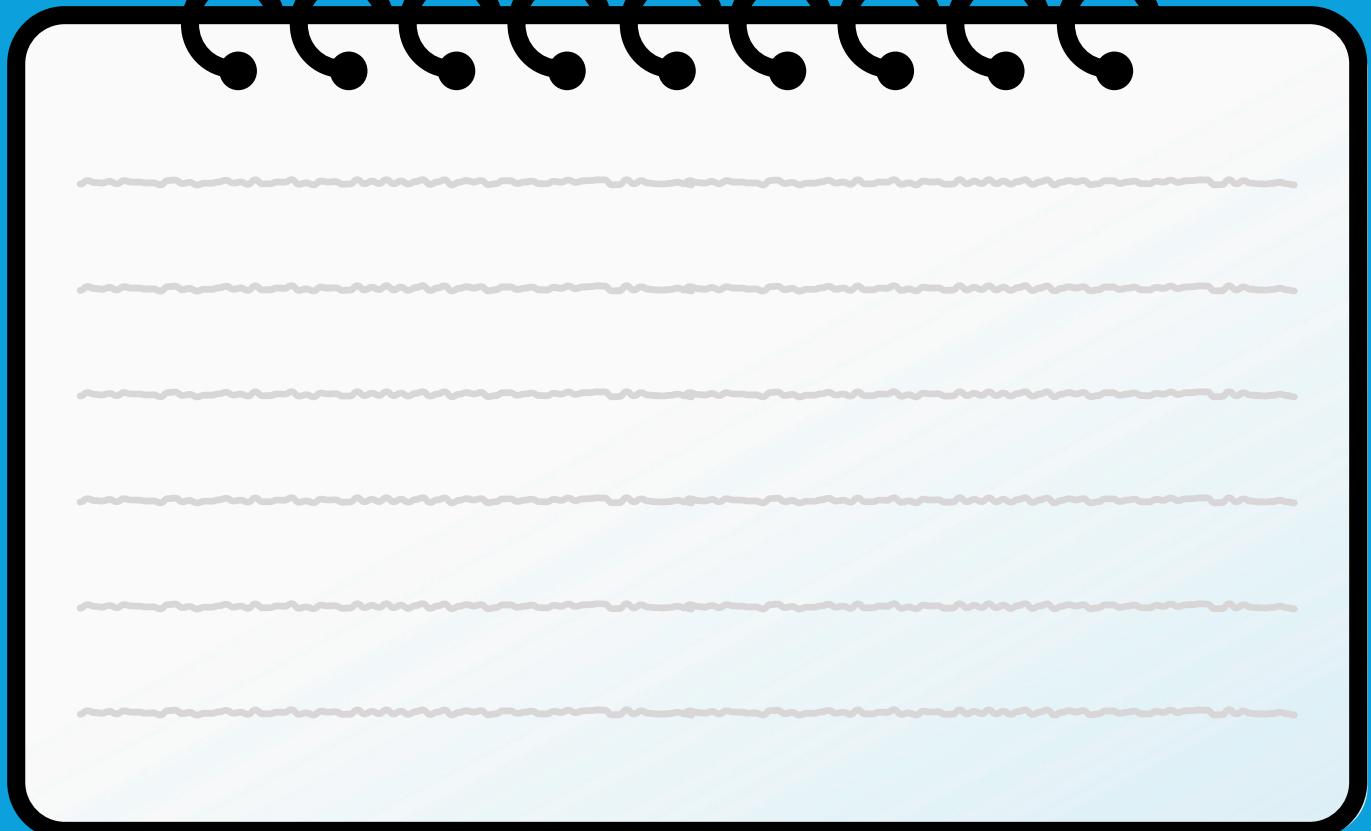
WORKSHEET

Set Your Goals & Commitments



Identify Resistance:

Write down why you may feel resistant to try some of Nina's Tips. What's triggering you? Write down why you think it's silly, or ridiculous and notice what's behind that.



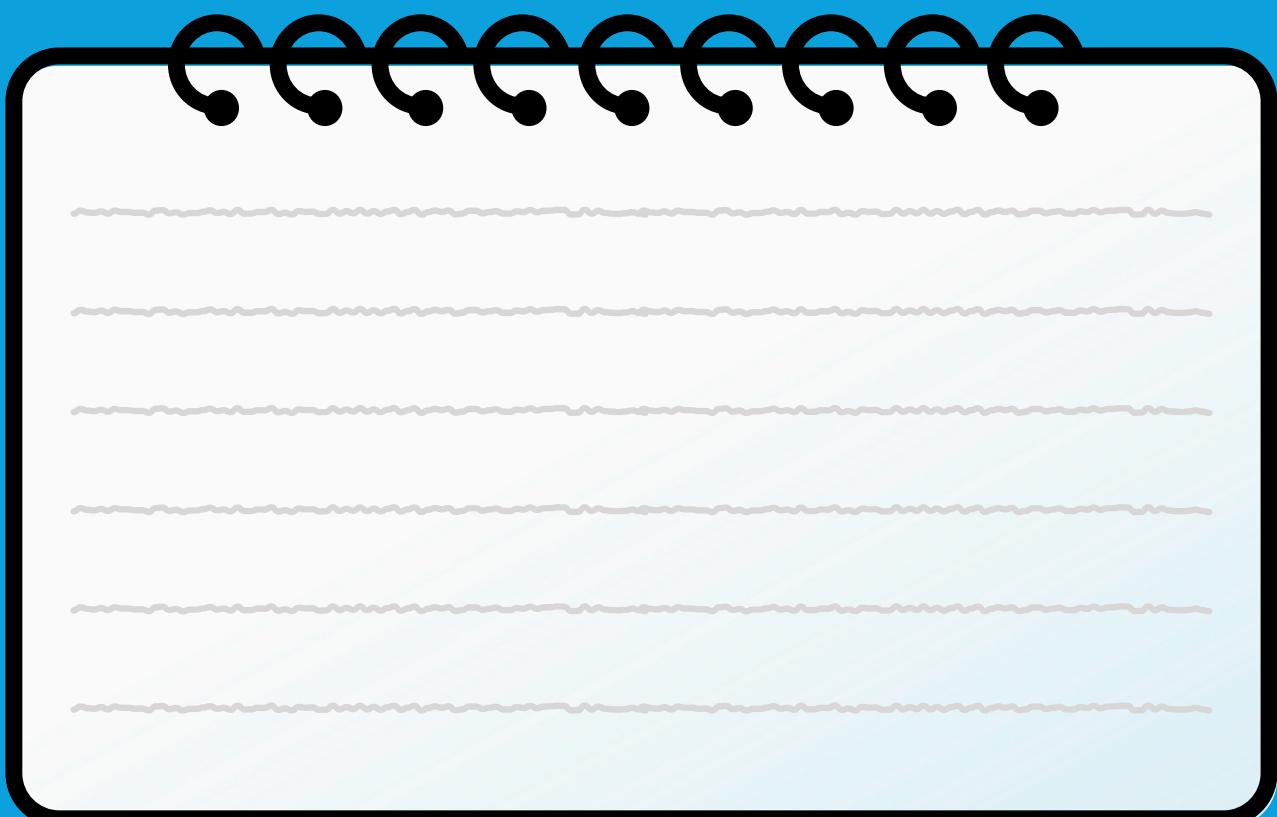
Handwriting practice lines for identifying resistance.

WORKSHEET

Set Your Goals & Commitments

What Prevents your Progress?

Write down what's stopping you from trying something new and maybe getting closer to becoming the best version of yourself. This is all valid information to know about yourself.



A worksheet with a black spiral binding graphic at the top. The main area contains six sets of light gray horizontal lines for writing.

WORKSHEET

Set Your Goals & Commitments

**BEAUTY
COMES FROM THE
INSIDE!**





REMINDER OF THE WEEK

Good things are always worth the wait! In this case, it's all about the combination of actions and habits you need to build before you start seeing and feeling the results.

You've got nothing to lose, so why not give it a try? I've shared this approach with many others, and the results have been amazing, not just for me, but for them too!