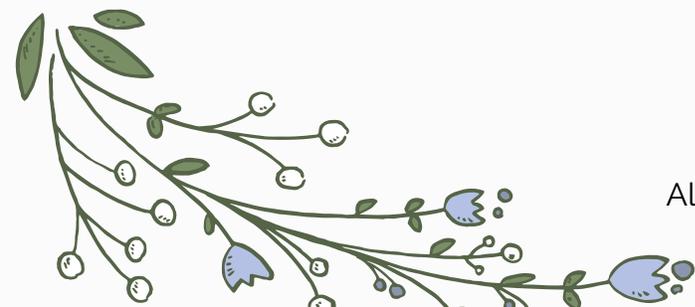




GROUND  
SAGE SKINCARE

# Roadmap to Radiant Skin Workbook





## ROADMAP TO RADIANT SKIN WORKBOOK

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ROADMAP TO RADIANT SKIN WORKBOOK

# TABLE OF CONTENTS

## Workbook Overview

- What We're Working Towards: It's more than skin deep!
- Before & After Photos: Skin 'Spiration
- Key Concepts
- The Most Important Thing You'll Do.
- What Causes Acne? It's not about bacteria
- What Slows Down (and Stops!) The Causes of Acne?
- Skincare Routine: Taking Inventory (Putting Your Routine to the Test)
- "Feeding" Your Skin: The 7 Categories
- Internal Factors
- Pillars of Support That Help The Most
- Internal Factors: Taking Inventory
- Your Starting Point
- Helpful Herbs & More
- You've Got This: Misconceptions & Myths
- Reflections





ROADMAP TO RADIANT SKIN WORKBOOK

# WELCOME TO YOUR ROADMAP

*Together we're going to work towards*

- knowing your body better
- knowing what your skin responds best to and what it doesn't like
- figuring out what triggers acne for you so you can avoid your personal triggers and discover detours around them
- unearthing the possible root causes of your acne so we can take steps to correct, modify, balance, work around, or seek confirmation from a health care professional
- being comfortable with the skin we're in
- repairing damage from previous breakouts
- calming current breakouts
- avoiding major flare ups in the future
- not having to think about (or stress about) our skin all the time
- feeling free to skip applying makeup if we don't feel like wearing it (and not freak out about it)
- feeling FREE from the weight that fussy skin can put on us
- freedom that comes with skin positivity (a close cousin to body positivity)
- being gentle and understanding what our skin is communicating
- being someone that loves, appreciates, and feels pretty dang amazing about their skin!



# SKIN 'SPIRATION

*Let's take a look at a few examples of radiant rebels who have gone before you! To read their stories, head over to [groundedsage.com](http://groundedsage.com) and visit our community section.*



*Jaye*



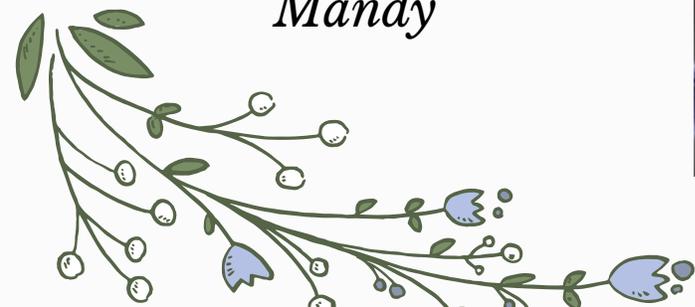
*Mandy*



*Heather*



*Khyber*



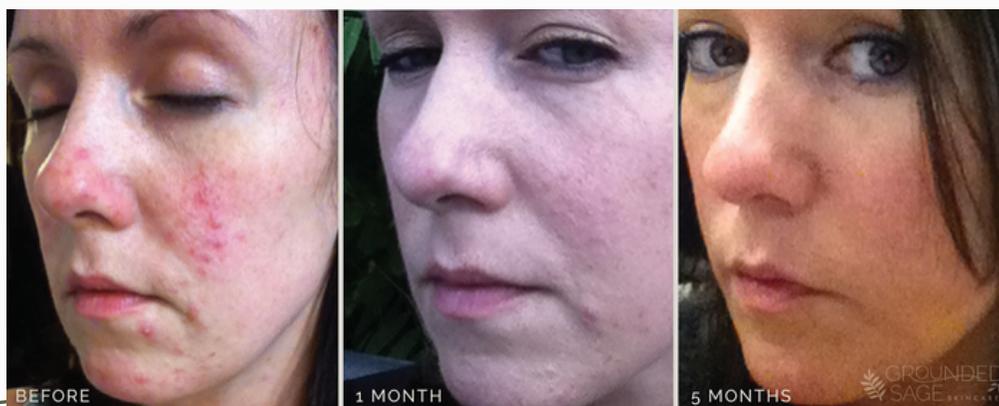
# SKIN 'SPIRATION



*Amy*



*Jocelyn*



*Kat*



# SKIN 'SPIRATION



*Kathleen*

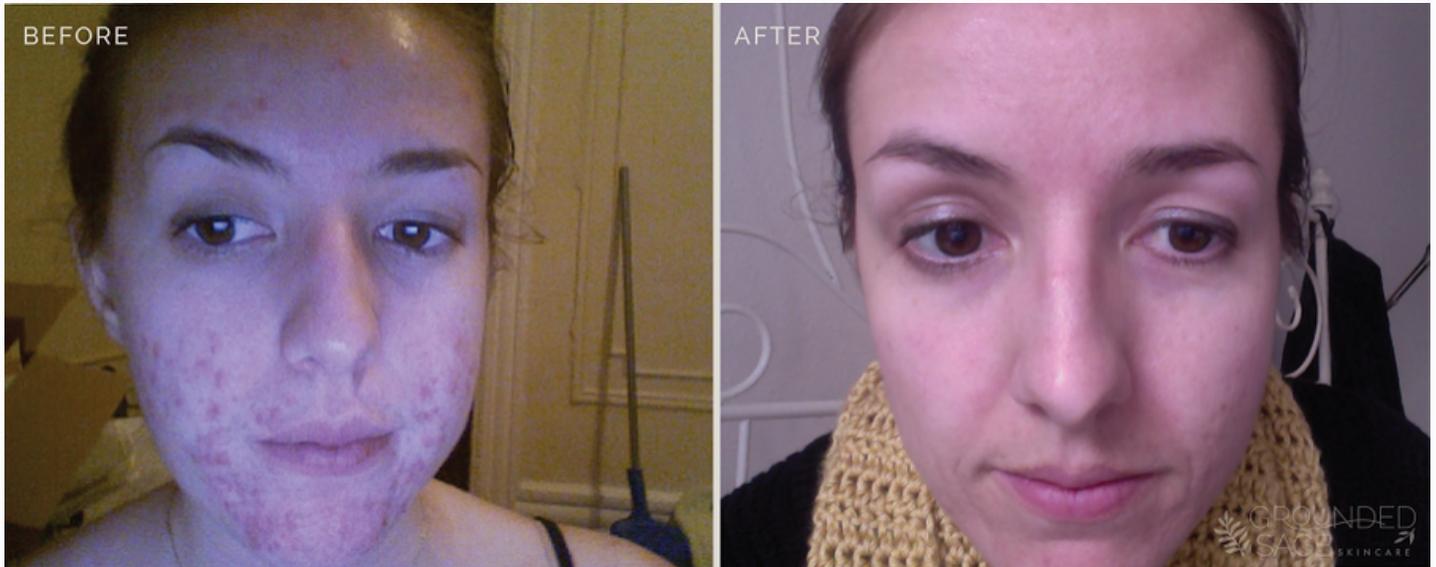


*Katrina*



*Shyenne*

## SKIN 'SPIRATION



*Melissa*



### ACTION STEP: YOUR BEFORE PICTURE

*Time to take a selfie!*

Why it's important:

- Our memory can warp reality when it comes to things like what our skin actually looked like (or didn't look like).
- You can use the picture you take today to look back on your progress in the near (and distant) future. Then give your self a pat on the back for how far you've come!
- This picture is JUST FOR YOU - you don't ever have to share it if you don't want to!

DID YOU TAKE A QUICK SKIN SELFIE?  
IF SO, LET'S KEEP GOING...



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# KEY CONCEPTS

*for navigating the road ahead*

## 1) A Holistic / Whole-Body Approach

To figure out what's bothering your skin, we are going to look at more than just your skin.

Why?

Simply put, if it was just a topical (on the surface) issue we were dealing with, you likely would have already found a few skincare products that work to keep your skin calm.

We will go over skincare in this workbook, but we're going to explore so much more.

You see, your skin is not just affected by things we put on it. It's affected by *internal factors* as well.

The best way to frame things is to remember that your skin is not only the largest organ in your body, but it's also an organ that is exposed to the environment outside your body at the same time functioning within your body.

Pretty cool right?





## ROADMAP TO RADIANT SKIN WORKBOOK

# KEY CONCEPTS

*for navigating the road ahead*

### 2) The Language Of The Skin

Your skin is a communicative organ - it helps give us clues about what might be going on inside our body.

In fact, our skin is always communicating with us and while those messages may seem scrambled at the moment, we're going to decode them throughout this workbook.

### 3) Going To War With Our Skin Doesn't Work

Building on our first key concept - *that our skin is connected and affected by things that are going on inside (and outside) our body* - and our second key concept - *that our skin is communicating with us* - it doesn't make much sense to go to war with it does it?

When we fight our skin because we don't like what it's saying, we get further from the peaceful resolution we're after.

What does fighting with our skin look like?

- using skincare that dries it out, irritates it, sparks redness, or is just too harsh (we'll work through this soon)
- covering up symptoms with band-aid solutions that don't actually get to the root of the problem (we'll cover some examples soon)





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# THE MOST IMPORTANT THING YOU'LL DO

*Start Tracking!*

It doesn't matter how you track, it just matters what you track and that you're consistent with it!

So what do we want to start tracking?

## 1) Your Hormonal Cycle + Symptoms

This is important so we know where you are in your cycle and the symptoms you're experiencing. We'll get into this soon, but first we need to know what we're actually dealing with. This is also useful information to have on hand if you continue your journey by seeing a holistic health practitioner.

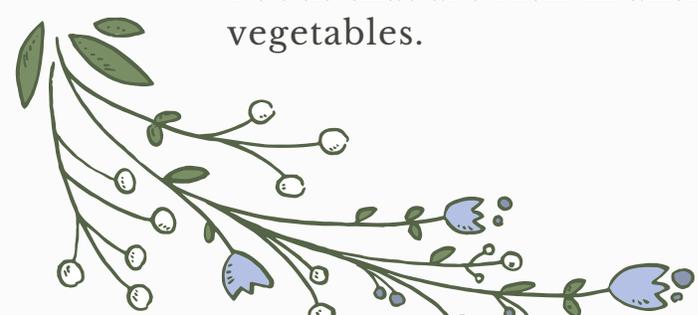
## 2) Inflammatory foods vs antioxidant-rich foods

Don't worry about tracking everything you eat and drink! Instead just make note of how often you're consuming foods that are most likely to cause inflammation in excess like:

Dairy, foods high in processed sugar, and foods high in trans fat or processed flour.

vs

Foods that are rich in antioxidants like berries, green tea, and vegetables.





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# WHAT CAUSES ACNE

*It's not about bacteria!*

Ready for your super quick crash course on what actually causes acne? Hold on to your seat because this might just blow your mind!

Most acne treatments focus on controlling bacteria, and while keeping bacteria under control can help, focusing our efforts here is like trying to stop a rock from rolling down a hill.

It's much easier to move the rock away from the edge of the cliff before it falls, rather than try to stop it in mid tumble!

In fact, studies have shown that the very start of a blemish doesn't contain bacteria at all!

So if bacteria isn't how acne starts, what is the catalyst?

Damage to our sebum (our skin's natural oils).

Say what?

Our oil (sebum) is vulnerable to oxidative damage.

When oxidative damage happens, a fatty acid named squalene (a key component of sebum), forms a pore clogging substance called squalene peroxide.

Still with me?





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# WHAT CAUSES ACNE

*It's not about bacteria!*

The squalene peroxide that has been produced as a result of oxidative damage, blocks your pores.

Blocked pores trap a mix of things inside them, like bacteria, dead skin cells, hardened oil, debris, etc.

So bacteria will get trapped in your pores, but it wasn't the reason your pores got clogged in the first place!

**The oxidative damaged oil created clogs in your pores.**

So how do we stop oxidative damage to our sebum?

Figuring out what causes damage to our sebum in the first place!

For that we need to look at:

**HORMONE IMBALANCES**

**INFLAMMATION INSIDE & OUT**

**SOURCES OF TOPICAL DAMAGE**

That's exactly what we're going to discover in this workbook!

Let's keep going....





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READY TO KEEP GOING?

*Get the full workbook at:*

[groundedsage.com/workbook](https://groundedsage.com/workbook)