



Lesson 15: Homework

- 1) Write down what type of skin problems you are having, if any.
 - a. Make a note of lifestyle choices and eating habits that may be contributing to your condition.
 - b. Using this information, what can you do to clear up your skin?
- 2) Read the ingredient list on a regular shampoo or body wash bottle. Using a dictionary or the internet, find out the meanings and uses of some of the ingredients. Write down what you learned.
- 3) Continue to follow the Club Reduce nutrition and lifestyle guidelines.
- 4) Download and listen to the Self-Mastery Technology (SMT) session for this week.

Learn it Live it Lose it

Worksheet 1: Skin Problems and Lifestyle Choices

Write down what type of skin problems you are having. Check off anything that may be contributing to your skin condition. Now stop and think – what can you do to clear up the source of the problem?

My skin condition: _____

Factors that may be contributing to my skin condition:

- Junk food or fast food
- Refined oils (vegetable oil, peanut oil, soybean oil, etc.)
- Stress
- Refined sugar
- Food allergies or intolerances
- Medications
- Toxic skincare products (makeup, cleansers, etc.)
- Environmental toxins (heavy pollution, contaminated water, etc.)

What can you do to clear up the problem? _____

Worksheet 3: Look For Toxic Ingredients in Your Skincare Products

Read the ingredient list on your face cleanser, makeup, shampoo, or some other product that goes on your skin. Keep a look out for toxic parabens (methylparaben and propylparaben), phthalates, and sulfates. Using a dictionary or the internet, find out the meanings and uses of some of the ingredients. Write down what you learned.

Ingredient #1: _____

Ingredient #2: _____

Ingredient #3: _____

Ingredient #4: _____

Ingredient #5: _____

Ingredient #6: _____

Ingredient #7: _____
