

DISASTROUS DUOS

In a world full of "do's", the following are wellness "don'ts" to compliment your optimal wellbeing.



Skin Care

Vitamin C + AHA/BHAs -

Vitamin C is an acid product and layering with more acids can cause excessive drying and irritation. Vitamin C products have an unstable PH, so layering with stronger acids such as AHA or BHA's will essentially cancel any benefit from the Vitamin C.

Oil based + Water based -

Oil based products will not mix with water based, essentially leaving an oily film on the surface of the skin preventing water-based products from being absorbed.

Direct skin exposure + Essential oils -

Some essential oils can cause more irritation and damage to the skin than they can help. Most oils will need to be diluted before application. Be sure to fully read dilution ratio directions before use.

Alcohol

Alcohol + Massages -

Drinking alcohol can reduce the benefits seen after receiving a massage. As the blood and lymphatic fluid is circulated during the massage, water is shed more quickly. Alcohol will work to further dehydrate the body.

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Alcohol + Intense Workouts -

Consuming alcohol after a tough workout (even with enough protein) negatively impacted the muscle repair process, limited fat burning potential (fat oxidation) and adaptations to training.

Alcohol + Sleep -

Some may feel drowsy and ready for bed after a few drinks, leading them to believe alcohol is the answer to a restful night's sleep. While alcohol can initially induce sleep, it will also negatively impair sleep quality, specifically REM sleep, leading to frequent wakeups or stalling in lighter stages of sleep throughout the night.

Cell Phones

Phone + Mindfulness -

Cellphones are more addictive than ever, offering endless hours of mindless scrolling and a growing inability to focus on being present. While phones are not inherently dangerous, a state of mindlessness can be. Improving our relationship with mindful use of technology starts with discipline and limiting our exposure. Be strict with when you have access to your phone and set timers for when it's time to put it down.

Phone + Sleep -

Phone use before bed can also interfere with sleep quality due to the short-wavelength artificial blue light that is emitted from screens. This can interfere with the body's natural release of melatonin, the sleep hormone. It is best to turn off all devices at least 30 minutes before bed and replace with a book, magazine or meditation.

Phone + Workouts -

It's very common to see gym-goers sit on their phones between sets, or jog with their sights on the screen. Phone use during workouts is associated with a decrease in exercise intensity, less effective workouts and even a decrease in balance and proper posture. Turn on the music and tune out everything else during your workout for maximum effectiveness.

