

# HEALTHY INSIDE & OUT

*with stacy toth*



enough to  
RESPECT YOURSELF



ACCEPT YOURSELF

♥♥♥ as you are ♥♥♥



YOUR BEST SELF



# Healthy Inside & Out with Stacy Toth

[beautycounter.com/stacytoth](http://beautycounter.com/stacytoth) | [realeverything.com](http://realeverything.com)

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I BELIEVE IF WE TRULY  
LOVE OURSELVES, WE  
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ARE, IN ORDER TO MAKE  
CHOICES TO BE OUR BEST  
SELVES.

NOT OUT OF SHAME, GUILT,  
OR A DESIRE TO PLEASE  
ANOTHER - BUT AS AN ACT  
OF TRUE (SELF) LOVE.

A handwritten signature in black ink, appearing to read "Stacy". The script is fluid and cursive, with a large initial 'S' and a trailing flourish.

## ABOUT ME



I've been on the rollercoaster to achieve a fake version of health my whole life. From "fat camp" as a kid and bulimia as a teen to morbid obesity with binge eating as an adult, my relationship with food was always disordered. Even at the peak of being an award-winning healthy lifestyle blogger and cookbook author, I practiced food restriction for drastic weight loss at the expense of my health.

I never felt comfortable in my own skin, no matter what I did or what I looked like. My voice would tell myself things I'd never say to or about others. I wasn't focused on health, I cared about appearances. I can't remember a time

when my relationship with food wasn't fraught with emotion. And it's not just me. Nearly every person I meet is confused about the true definition of health and why assigning values to food is detrimental to our health. In fact, I can't remember a time when a single person explained to me that food is fuel, nourishment. That food doesn't have value - it's not good or bad and neither are we for eating it.

It took a severe back injury for me to finally appreciate my body and learn what I wanted. Doctors told me I needed invasive surgery to ever feel only 80% again; it caused weight gain and deep depression as my love of lifting was taken from me. It was in finding the positivity - in choosing to find the stars among the darkness, that I decided I wanted to be well. I wanted to be healthy for me. I wanted to be there for a long time for my family. And that's how I learned to truly be at my personal ideal version of health, feeling my best.

I had to figure out true acceptance. I wasn't where I wanted to be, but loving and respecting myself was critical to my physical and emotional healing. After years of letting my health suffer with digestive issues and autoimmune flares for the sake of appearances. I'm finally learning what self love really is, what it means to be *healthy*, inside and out - mental and physical.

I truly believe that if we love and respect ourselves, learning to accept ourselves exactly as we are, we will make choices to be our best selves to be healthy inside & out. We don't need starvation-based diets; they are proven to worsen our health and hormones!

## *I am a MTHFR with Hashimoto's, Celiac, and SIgAD after Cholecystectomy*

...and I've never felt better! Years ago I was diagnosed with the compound heterozygous MTHFR and Hashimoto's thyroiditis in addition to my already known Celiac disease and Selective immunoglobulin A (IgA) deficiency (SIgAD), which resulted in my cholecystectomy (gallbladder removal). But I don't let my conditions define me or my health. I've worked for over 7 years to learn what works best for me and my body - what makes me feel good. And I want to share that with you!

In this eBook are ideas on different aspects of life which can affect our health. Health is not a certain number on a scale or looking a certain way. **Health is truly listening to your body and helping it operate in a way that makes you feel your best.** The goal is to help you realize that weight is but one metric of health, and it's multifaceted for a reason. When we focus on other ways to live our best life, we're able to enjoy living more!



*p.s. I healed my back better than a doc said she could do with surgery (90%) with the concepts in this eBook!*

# DEFINITION OF “HEALTH”

The definition of health is often incredibly over-simplified. There is so much nuance to so many facets of health! Runners have heart attacks. Overweight smokers live over 100 years old. That perfect picture of health in your head or in internet memes may have a disease, be addicted to substances, or have an eating disorder. Or perhaps he or she is in perfect health - we don't know, and frankly it's none of our business. No one knows the struggles and successes we each face on our own. Part of being Healthy Inside & Out is learning to focus on yourself, to make improvements you want and are comfortable with and not worry about anyone else.

Afterall, comparison is the thief of joy.

## *True Metrics of Health*

### **Get over your fat phobia.**

Seriously, being overweight is nothing more than a simple fact. **Weight is an indicator of health - not the definition.** SEVEN out of TEN people in this country are overweight... you can't judge and be afraid of 70% of America and still be happy with your own life. After having lost over 100lbs and then gaining half back about 5 years later after an injury, I feel slightly qualified to talk on the topics of Fat Acceptance and Fat Phobia.

I've been shouting this message as loudly as I can for as long as I've had people willing to listen, but there will always be people who think they know exactly what you need to do in order to be more aesthetically pleasing to them (*note: there's plenty of people out there who prefer you as you are*). But before we talk about that I want to share a few things about myself:

***I am strong. I am a mother and wife. I am beautiful (from the inside out). I am HEALTHY. I am STILL FAT.***

And guess what, **that's perfectly OK.** I'm not asking for help to lose more weight. I'm not asking for advice. I'm not seeking medical or holistic intervention. Because I'm finally healthy, I'm perfectly OK with staying where I am for a while. **And I don't need anyone's permission except my own.**



## *Why being healthy is SEPARATE from your weight.*

You know what isn't healthy? Drastically losing weight and ignoring digestive distress, or other signs like brittle nails and hair falling out. It's important to be aware of things like hormone regulation. For me, I also caused an autoimmune condition flare from lack of carbohydrates my body needed. Plus, the [battle with depression](#) all of this brings upon us.

It was really hard for me to choose to quit losing weight and focus on health. It continues to be a focus area for me to remember that I'm nourishing and healing my body, finding my body's optimal health – not on a diet to lose weight. So **whatever you look like, whatever your goals, ask yourself what the true intent is.** Let's find a way to help you be healthy – inside and out, mind & body.

## **SLEEP**

Unlike the popular mentality of “hustle” and “I'll sleep when I'm dead”, sleep is one of the most important factors of health! If you google “health sleep” you'll find countless articles, with medical research citations, touting the



importance of sleep. You may not fully factor in the value of hormonal reset and cellular regeneration, but sleep literally allows your body to heal itself.

Have you ever noticed how much more aged and less lively presidents look as they leave office versus coming in? That's what 4 to 8 years of chronic stress (i.e. making decisions that affect a nation) and lack of sleep will do to you. I'm a terrible culprit myself at this, but I always look and feel my best when I take things in stride, slow down my life, and get good rest.

## STRESS: THE ROLE OF FEAR, GUILT & SHAME ON HEALTH

I'm going to talk about stress being a factor of health, but it's important to understand that stress comes in many forms. When we compare ourselves, when we have fear, guilt, shame, or when we overextend on what we feel comfortable doing - we stress our bodies. Hormonal changes occur when our body goes into "flight or fight" response. **Chronic stress is linked to the top six leading causes of death in America** [[source](#)]. I hope to help you figure out ways to moderate this factor to improve your own health.

Stress is your microbiome's biggest enemy. Micro-what, you say? I'm talking about the balance of beneficial versus harmful microbes in our body - 90% of our body's cells are bacteria, protozoa, yeast, and viruses [[source](#)]. The types and proportions of our microbes are being studied intently and scientists are realizing more and more how critical the health of our micro-flora is to every aspect of our wellness.

The following are the most commonly recognized offenders that negatively impact our microbial balance by either feeding harmful bacteria or destroying beneficial bacteria:

- Foods with refined sugar, chemicals and preservatives, pesticides, and unhealthy fats—unfortunately some of the most common elements in the standard American diet.
- Overly clean living environments—our tendency to be germaphobes has its downsides!
- **Stress**  
*I'm going to talk about all 3 of these throughout this ebook*

Being able to function with chronic stress does not mean it is ok, or healthy. We tend to focus on exercise and diet to improve wellness—while ignoring the fact that our life and work stressors are wrecking our health. **Stress management is as important a factor in bacterial balance and immune health as food.** We can eat a clean and healthy diet that is optimal for intestinal health, but if we live with chronic stress we are most likely negating all the benefits of the food.

Stress' negative effect on our microbes directly impacts our immune system and contributes to systemic inflammation—it ends up affecting *every* aspect of our wellness. The effects of microbial imbalances can be as simple as short-lived symptoms like diarrhea or constipation, or as serious as chronic issues like, Tourette's, ADHD, autism, MS, obesity/overweight, Alzheimer's, migraines, insomnia, mood swings, depression, anxiety, cancer—I could go on.

We often fall into the trap of convincing ourselves that stress is harmless as long as we can *keep it together*. The truth is, that mindset underestimates the power and impact of stress on the body. Which is why **learning to respect yourself and practice self love, having a positive outlook and acceptance is so utterly important to health.**



only wearing [Lip Conditioner](#) + [Mascara](#): glowing from good skincare, confidence & self appreciation

# SELF CARE, LOVE, RESPECT & ACCEPTANCE and a POSITIVE OUTLOOK

Let's be honest, we all sulk and negative self talk sometimes. What I've learned is how important self awareness is to identify when it's happening so that I can redirect my thoughts positively and then accept and love myself. I know, it sounds silly. But this is truly so impactful to living a healthy & happy life!

I've said things to myself and about myself I wouldn't allow my children to say about anyone! I needed to personally invest in accepting myself. As I was. To help yourself achieve this, here are some things I encourage you to repeat:

- ★ *It's OK to love myself AND want to change.*
- ★ *It's OK to not already be exactly where I want to be.*
- ★ *It's OK if I'm not ever going to be the same as I was.*

Life is so incredibly valuable. We cannot predict the future, but we can be sure the progress of time will lead to changes we won't be prepared for. The only way to reduce the stress of what may be is to learn to accept the present. You don't need to like it, but the only way to move forward without hate or shame is to accept it. **Learning to accept yourself and love yourself exactly as you are today will be one of the most difficult tasks in your life** - but infinitely rewarding when you're able to fully enjoy life without the fear and guilt most of us carry with us our whole lives.

## *Mottos to Practice*

- ★ *I love myself; I will not let anyone talk about someone I love negatively.*
- ★ *I am worthy of joy and respect, exactly as I am today.*
- ★ *I can want to improve my health tomorrow and still love myself today.*
- ★ *I am my own person who needs not compare myself to others; comparison is the thief of joy.*
- ★ *My body is my tool to do what I want. My mind is mine to focus on achieving my goals. I do not exist to please others or be judged.*
- ★ *I accept all that has happened, is happening, and will happen.*
- ★ *I manifest my own destiny and seize today without waiting for change tomorrow.*

***These are our new mottos, friends.***



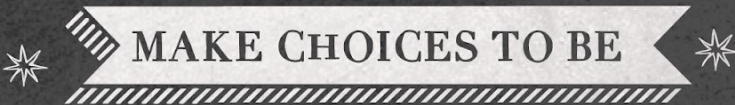
*enough to*

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YOUR BEST SELF



# HEALTHY INSIDE & OUT... FOR A REASON!

Everyone's always looking for a quick fix. I get it. I'm human too. But you didn't get "unhealthy" overnight, and healing won't happen by simply purchasing a supplement. Being healthy inside & out is an ENTIRE LIFESTYLE. Here are some of the other critical components that help me feel my best.

## *"Outside" Health*

Have you looked up the products you're using on [Environmental Working Group's Skin Deep](#) database? Their free app is amazing, you can use your camera to scan barcodes and check the safety of products. I bet you'll be surprised to learn what's in items you use and how they harm your health! From **endocrine hormone disruptors, to heavy metals, and scientific links to cancer** you'll find it all in the products most people use day in and day out.

The US does a TERRIBLE job of monitoring the toxicity in our hygiene products, which has significant impact on health. Our skin is our largest organ and 70% of the chemicals we put on it are absorbed into our bloodstream. The EU has banned 1400 chemicals from hygiene products. The US? 30.

Years ago I switched over most of my hygiene routine in a series I called Skintervention. At the time, the only products I was aware of were the department store brands that I'd come to love – full of toxins – or very natural brands that meant I was rubbing (stinky) fermented cod liver oil on my face. But, considering the lengths I went to live a healthy lifestyle for the sake of my health (including autoimmune diseases which are linked to environmental triggers) I was willing to make the sacrifice of lovely scents and textures to save my health. But, I was still using a few brands of toxic beauty products because I just couldn't find anything to replicate them that was more natural. It wasn't until I sought out anti-aging and learned about the horrible hormone disrupting toxins in most brands that I really researched what would work.

When I learned about [Beautycounter](#) I couldn't believe that something could genuinely feel like something I could buy at Sephora but be made with non-toxic, real ingredients that wouldn't cause my body harm.



Not only can I now give my own testimonial about **reduction in wrinkles I can also attest to an improvement in inflammation of my face** – including *significant reduction in adult acne*.

## *Claims vs. Facts*

My family learned all of this and made the choice to switch to Beautycounter for about 90% of our personal care products. We don't promote them because we're brand ambassadors, we're brand

ambassadors because we sincerely use and love them. Specifically, Beautycounter is the **ONLY** brand that I know of that is **TESTING** both ingredients, finished products, and batch tests of all products (that's 3 times!) for safety. They test both hormone disrupting chemicals as well as heavy metals.

Did you know **any brand can make any claim they like about any personal care product without needing to test or prove it?** Natural, organic, BPA-free, you name it – no standards. For years I used fermented cod liver oil *on my face* that, despite the awful smell (fermented fish liver oil is as bad as it sounds), I was sure was helping. Why would anyone use a “beauty balm” that smelled so awful unless it was good for them and worked? Turned out, **it was actually rancid oil**. That company didn't know. The people promoting it didn't know. **No one knows unless you TEST.**

The thing about personal care and cosmetics is that there are so many possible contaminants. Something as simple as a rose being picked and put into a plastic bag by the farmer instead of canvas will leave measurable levels of BPA in an otherwise plastic and BPA-free product. No one would know the product contained BPA unless testing occurred. The FDA doesn't require testing or have these standards; this is why **labels on products mean nothing**.

Did you know that no regulation has been passed since 1938 on hygiene products? While appalling on a number of levels, what this means is that companies can “greenwash.” **They can put “paraben-free” or “natural” or “non-toxic” on the package and it means nothing – literally, they can lie.** As long as it doesn’t violate the FDA regulations... you know, the ones from 1938.

## *How to tell what’s safe*

Color cosmetics contain asbestos and heavy metals (like lead), and that’s just the stuff they put in on accident – let alone the known toxic chemicals added on purpose. Without testing even natural, organic, or high-end brands cannot claim a product is safe. This is not just about paying more and avoiding cheap stuff. Things I look for are:

- Are all ingredients disclosed and prominently displayed?
- Does the brand work with industry to improve health safety overall (such as the [Counteract Coalition](#) or a [certified B Corp](#))?
- What is the product’s safety rating on [EWG’s Skin Deep](#) database?
- If claims are made, what is backing it up? Don’t tell me, show me!
- And, are the products evaluated by a 3rd party?

I love the [EWG app](#) because you can snap a pic of a barcode and it’ll do the work for you.

## *Top Ingredients to Avoid*

If you read labels and ingredients then at least you have a place to start with knowing what to avoid. While our family has come to trust Beautycounter after nearly two years of use and their commitment to better standards and regulation, it’s certainly not the only brand we use! Things like toothpaste and deodorant can be harmful to health as well. **Here’s a list of ingredients and why we avoid them:**

**Parabens.** These are preservatives that prevent the growth of bacteria, mold and yeast in cosmetic products. Parabens possess estrogen-mimicking properties that are associated with increased risk of breast cancer; they are absorbed and have been identified in biopsy samples from breast tumors.

They can be found in makeup, body washes, deodorants, shampoos and facial cleansers. You can also find them in food and pharmaceutical products.

**Synthetic colors.** FD&C or D&C colors noted on labels represent artificial colors. F – representing food and D&C representing drug and cosmetics. These synthetic colors are derived from petroleum or coal tar sources and are linked to ADHD in children. The European Classification and Labeling considers it a human carcinogen and the European Union has banned it.

**Fragrance.** What does “fragrance” mean anyway? This term was created to protect a company’s “secret formula.” You could be putting tons of chemicals that are hazardous to your health on and have no idea. Fragrance mixes have been associated with allergies, dermatitis, respiratory distress and potential effects on the reproductive system. It can be found in many products such as perfume, cologne, conditioner, shampoo, body wash and moisturizers.

**Phthalates.** A group of chemicals increases flexibility and softness of plastics; main phthalates in cosmetics and personal care products are dibutyl phthalate in nail polish, diethyl phthalate in perfumes and lotions, and dimethyl phthalate in hair spray (they’re also often found in deodorants, perfumes/colognes, hair sprays and moisturizers). They are known to be endocrine disruptors and have been linked to increased risk of breast cancer, early breast development in girls, and reproductive birth defects in males and females. Unfortunately, it often hidden as a “fragrance.”

**Triclosan.** An antimicrobial chemical that’s a known endocrine disruptor – especially thyroid and reproductive hormones, and a skin irritant. Studies raise concerns that triclosan contributes to making bacteria antibiotic-resistant. There also wasn’t significant evidence that antibacterial soaps containing triclosan provides any benefit over regular soap and water. Tricolson are found in toothpastes, antibacterial soaps and deodorants.

**Sodium lauryl sulfate (SLS) / Sodium laureth sulfate (SLES).** This surfactant is in more than 90% of personal care and cleaning products (think foaming products like shampoo, body wash/cleanser, mascara and acne treatment). SLS’s are known to irritate skin, lung, and eye and can cause kidney and respiratory damage. SLS can interact and combine with other chemicals to form nitrosamines, a carcinogen.

**Formaldehyde and Formaldehyde-releasing preservatives (FRP’s)** are in many cosmetic products to help prevent bacteria growth. Deemed a human



carcinogen by The International Agency for Research on Carcinogens (IARC) it has been linked to occupational related cancers: nasal and nasopharyngeal. It causes allergic skin reactions and may also be harmful to the immune system. Found in almost all personal care products.

**Toluene.** A petrochemical derived from petroleum or coal tar sources. Listed as benzene, toluol, phenylmethane, methylbenzene; it is a potent solvent able to dissolve paint. It affects your respiratory system, cause nausea and irritate your skin as well as cause developmental damage in the fetus. Toluene has also been linked to immune system toxicity. It is found in nail polish, nail treatments and hair color/bleaching products.

**Sunscreen chemicals.** These chemicals function as a sunscreen agent, to absorb ultraviolet light. These chemicals are endocrine disruptors and are believed to be easily absorbed into the body. They may also cause cellular damage and cancer in the body. Common names are benzophenone, PABA, avobenzene, homosalate and ethoxycinnmate. They can be found in sunscreen products.

[abridged from [this source, read full article for more](#)]

*The Never List*  **INGREDIENTS TO AVOID**

**RESORCINOL** *Benzalkonium Chloride* **MINERAL OIL**  
 ANIMAL FATS **METHYLISOTHIAZOLINONE** **TOLUENE**  
 OILS & MUSKS **ETHYLENEDIAMINETETRAACETIC ACID (EDTA)**  
**BHA** **BUTOXYETHANOL** *Parabens* **TRICLOSAN**  
 & **BENZOPHENONE** *Bisphenol A (BPA)* **SODIUM**  
**BHT** *Ethanolamines* **FRAGRANCE** **LAURYL**  
**MERCURY & MERCURY COMPOUNDS** *(MEA/DEA/TEA)* **LAURETH** *Retinyl* **METHYL** **SULFATE**  
**POLYETHYLENE** **SULFATE** *Palmitate* **CELLOSOLVE** **(SLS)**  
*Retinol* **GLYCOL (PEG)** **(SLES)** *1,4-DIOXANE* *Synthetic Flavor*  
*(Vitamin A)* **HYDROQUINONE** **FORMALDEHYDE** *Phthalates* **OXYBENZONE** *Coal Tar*

Find out why at [WWW.BEAUTYCOUNTER.COM](http://WWW.BEAUTYCOUNTER.COM) /stacytoth

# Safer Skincare (and cleaner cosmetics) for Teens

Hormone changes are often the first time kids start thinking of skincare beyond sunblock in the summer. These days, it's an even more important topic because incredibly dangerous and toxic stuff is being sold to our babies. Understandably, we don't want to give asbestos and heavy metals or hormone altering chemicals to already hormone-crazed (pre)teens we've nurtured their whole lives.

Problem is, once they hit those double-digit years, they want nothing to do with you, your ideas and recommendations anymore. What can we do?

1. Educate
2. Explain how being healthy inside their bodies affects their appearance
3. Provide them with safer alternatives

Listen, this isn't rocket science. It seems overwhelming at first, but really their needs are just the same as our own. They may want eyebrow pencils instead of anti-aging cream, but we can all understand where the other is coming from if we communicate. Here are my tips for success.



## Education

I found that the best way to get my kids to listen to what I say is to treat them as equals. We talk about taking a shower more often because hormone changes cause body changes, like oil secretion and sweat glands. We talk about how the lifestyle choices we make affect us. I discussed a high-level how-to on the skincare products I recommended, what order to use them in, and how they can help treat acne. Here are some good articles to start with:

- [Tests find toxic chemicals in children's Halloween makeup](#), USA Today
- [What was Asbestos Doing In Children's Makeup](#), Forbes
- [The Hidden Dangers of Makeup and Shampoo](#), Times
- [Teen Girls' Body Burden of Hormone-Altering Cosmetics Chemicals](#), EWG
- and most importantly, EWG's study that shows just [3 days use of safer ingredient products reduces toxic chemicals levels in their bodies](#)

[EWG has a whole section on teens for more info](#). Below is a short list, but other products to think about checking ingredients on as well:

- Deodorant
- Hair products
- Skincare (moisturizers)
- Lotions
- Body wash

## Provide them with safer alternatives

What I've done here is outline 3 overall recommendations for what I'm calling Teen Kits. Ranging from the basic starting point to both skincare and cosmetics. Remember, all of these products likely have unsafe ingredients unless you're checking and buying conscientiously:

- Deodorant
- Hair products
- Skincare (moisturizers and acne)
- Lotions

- Body wash
- Perfume, cologne, and body spray
- Make-up
- [Sunscreen \(we use this one\)](#)

These are the products that my family and friends have found to perform well and are safer, detailed [in this post on the blog](#).

- [Body Wash](#) and [Next Generation Hair Care line](#) OR [Kids Body Set \(Shampoo, Conditioner, and Wash\)](#)
- [Charcoal Cleansing Bar](#)
- [Schmidt's Charcoal + Magnesium](#) or [SmartyPants](#) Deodorant
- [Charcoal Balancing Mask](#)
- [Rejuvenating Toner Pads](#)
- [Countermatch Adaptive Moisture Lotion](#)
- [Flawless in 5](#) (5 minute make-up set) OR [Dew Skin](#), [Eye Pencil](#), [Brow Pencil](#), [Mascara](#), and [Lip Gloss](#)
- [Instant Eye Makeup Remover](#) or [Soothing Oil](#)

## SAFER SWAPS for YOU

There's no way to say this without sounding old: back in the day I used to keep up with all the popular cosmetics. My disposable income was for *me* (not 3 insatiably hungry boys) and I loved belonging to all the groups for make-up tutorials and even belonged to a "swapping" club to make things more affordable.

Admittedly, my love of playing with make-up hasn't completely disappeared. I still love to try out new things and play with my appearance. However, my priorities have changed: I want things to be worth the money I spend, and I don't want them to be filled with toxic chemicals.

Here are some of my favorite swaps, but a full listing can be found in the expanded version of [this post on the blog](#) which I update regularly.

# Love this? Swap It for a non-toxic version!



Urban Decay eye palette ->  
Ultimate Nudes Palette from BC



Lancome High Def Mascara -> BC's  
Lengthening Mascara (Allure Magazine Best of Beauty winner)



Dior Show Maximizer 3D lash primer -> Tarte MultipleYE Lash Primer



IT Cosmetics or Lush BB Cream ->  
BC Dew Skin with SPF 20 (Allure Magazine Best of Beauty winner)



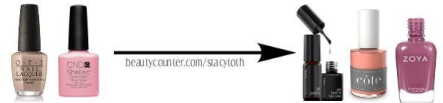
Bare Minerals Mineral Veil -> BC  
Mattify Skin Finishing Powder



Benefit Hoola Bronzer & Nars  
Orgasm Blush -> Ocean & Pacific Palette Blush & Bronzer



Nars The Multiple -> BC Color Pinch Cream Blusher



CND Shellac or OPI Nails ->  
Sensational Color Gel Polish (you need base/top and colors) or Cote and Zoya (ratings on EWG here)



Clinique Take the Day Off Balm ->  
BC Cleansing Balm



Boscia Luminizing Black Mask →  
BC Detoxify Purifying Charcoal Mask

Fresh Soy Face Cleaner → BC  
Nourishing Cream Cleanser



Estee Lauder Advanced Night Repair → BC  
Rejuvenating Night Cream

Dior Addict Lip Glow → Perfect Match Lip Set (Twig Lip Sheer is Allure Magazine Best of Beauty winner)



Guerlain Abeille Royale 1-month Youth Treatment → BC  
Rejuvenating Radiance Serum

Josie Maran Argan Milk Intensive Hydrating Treatment → BC's  
bestselling Balancing Facial Oil



Herbivore Bamboo Charcoal Detoxifying Soap Bar → BC  
Detoxifying Charcoal Cleansing Soap

Bumble & Bumble Surf Infusion → BC's  
Texture Sea Salt Style Spray for hair



philosophy Purity Made Simple 3-in-1 Shower, Bath & Shave Gel  
– BC Citrus Mimosa Body Wash



# 4 Years in a Row!

*for a reason...*



[beautycounter.com/stacytoth](http://beautycounter.com/stacytoth)

B

If you don't believe me that these natural cleaner-ingredient non-toxic products could actually perform like the ones listed in the top product listings on Sephora or beauty magazines, I'm not the only one who thinks so! I personally didn't even want to try these products, after trying out so many that left me feeling like a dirty, patchouli-wearing hippy – but I assure you, **these are the real deal**. Look, even Allure Magazine has awarded Beautycounter “Best of Beauty” three years in a row!

- 2014: [Twig Lip Sheer](#)
- 2015: [Dew Skin Tinted Moisturizer](#) (with natural & safe SPF)
- 2016: Mascara: [Lengthening](#) & [Volumizing](#)
- 2017: [No. 1 Brightening Oil](#)

# Essential Oils & Fragrance

Fragrance is like the "natural flavors" of food. They're often made with petrochemicals that have never been tested for safety, they don't even have to be disclosed! [This article on EWG](#) is why our home is now fragrance-free as much as possible.

*"The average fragrance product tested contained 14 secret chemicals not listed on the label. Among them are chemicals associated with hormone disruption and allergic reactions, and many substances that have not been assessed for safety in personal care products."* [source]

That said, upon my own personal investigation I realized a) EOs have the potential to be dangerous and b) I needed to learn more. So I did and then podcasted in details the RISKS and BENEFITS. [[listen here](#)] Here are some to be aware of:

- Over 3000 essential oils are out there, and each one has 20-60 chemicals that make it up.
- Some have good anti-inflammatory properties: tea tree oil, clove oil, parsley oil, lemongrass oil, metharvensis oil.
- There are some essential oil compounds that are effective to kill influenza, E. coli, Staphylococcus, staph, pneumonia, strep, etc.
- They are cytotoxic, which means the rupture membranes and cause cells to die. Potentially killing good and bad microbes!
- They may also cause a leaky gut.

Ultimately, essential oils are a safer alternative when diffusing for aromatherapy, but ingesting is complicated! We don't know everything!

How do you find what an essential oil does and what warnings there are? [NAHA](#) and FDA have information about what has been deemed safe (and most have). Because of the [NIH study done on it](#), I personally use [OnGuard by doTERRA](#). I used that blend all winter in my office and home (as well as the [hand sanitizing spray](#)) and even with a cross-country flight and conference with known cases during flu season - I stayed well.. I now SWEAR by it!



I also HIGHLY recommend making sure your diffuser is BPA-Free, otherwise you're adding back in hormone disrupting chemicals when you're trying to remove them! I got a couple on Amazon to try them out, [this is the one I like best](#) and it's under \$20.

## Going Plastic Free

Living a modern life often seems to be living a plastic life. It's everywhere, from toys and electronics to, more concerning, our food and water containers. This is a tremendous convenience, but it could also potentially be a hazard.

Of the most concern is bisphenol A (BPA), a chemical found in many polycarbonate plastics. It's been linked to cancer risk, birth defects, and other health issues. And it's found in so many food-related products! BPA lines the inside of canned food cans, in plastic storage container and water bottles. And we know that leaches into food from these uses, particularly when heated. You are ingesting this toxic chemical all the time!

Because of these concerns, we've gotten rid of all of our plastic containers and replaced them with [glass containers](#) instead. They're safe, non-reactive and don't heat up like plastic in the microwave. We've also stopped buying canned goods for the most part, save for a few staples that are sold in BPA free cans.

## Menstruation

I switched to natural menstrual products over a decade ago, after I also went off hormonal birth control. I started researching and learned about the hormone disrupting chemicals in tampons and disposable pads and became determined to find natural ways to manage my menstruation. The results? **I no longer have an unreasonably heavy flow, terrible cramping every month** (the kind that had me going home sick from school in high school) **nor do I have cyclical migraines or crazy mood swings anymore.**

How did I fix all that crazy jazz? I have regulated myself to a perfect menstrual cycle focusing on my health with nutrient density and natural products. You avoid bleach & BPA in all other aspects of your life, why not this one too?

Bleached tampons and BPA-plastic lined pads are about the worst things I can think of to put inside or next to your most sensitive lady parts. I certainly

was unwilling to expose my body to that anymore once I thought about it a bit...not to mention, they're awful for the environment!

These are not just for extremists... every woman can make changes to these!

- **[Luna Pads](#)** - make the **most leak-proof product that stays in place and holds up** (I've had mine for nearly 10 years). For overnight and heavy days, I have to use [Luna Pads](#) Long Maxi or Overnight Pads. The problem with maxi pads is the bulk. They do NOT stain the way you're imagining in your head. I recommend avoiding hemp which are alluringly absorbent. However, if not properly and thoroughly washed (which is hard without harsh chemicals) they will build up an odor over time.
- **[Unbleached tampons](#)** are a great "intro" to those using standard menstrual products today.
- **[Jade & Pearl's Sea Sponge tampons](#)** are much more affordable than a cup - they can be cut and easily fitted by you at home. Problem is, they are (by far) the messiest of all the natural products. There is absolutely no way to get these out without (*sorry for being graphic here ladies*) squeezing the sponge as you take it out of your body.
- **Cup** - when this fits correctly it will be undetectable. I've worn mine successfully for heavy deadlifts and swimming with no leakage! Not all cups are created equal; you may need to try several brands and sizes before finding the one just right for you. My [Lunette Cup](#) lasted nearly 6 years before I needed to replace it!

**What I found with any product that "plugs" the vaginal canal, however, is that they prolong my period by at least a day.** I think it's because the momentum and flow your body would normally have is hindered by something literally stopping it up - which seems to take my body anywhere from 12-36 hours extra than if I don't use anything.

There is a learning curve with a cup, but I ask you to **give yourself 3 months to get used to it.** After yelling, "Leave me alone. I. have. A. Cup. INSIDE . OF ME!" for a few days of trial and error, you'll become better and it will be more comfortable. Your tolerance level for the cup will increase as will your skill level with insertion and removal will improve. It's worth a shot for a 3 day period, right?!

## Some final tips:

1. Save the planet, save your health – go green with your menstruation, ladies!
2. To shorten your period even more, avoid items that stop flow by “plugging” you up.
3. Don’t be scared. If I can do it, so can you!
4. Don’t buy hemp pads – they accumulate gross odor.
5. Don’t drop your cup in the toilet: badness.

## Detox

They’re the buzzwords that everyone seems to use: toxins and detoxes. While we agree that there are a lot of potentially dangerous chemicals that we are exposed to haphazardly and on a daily basis, most unwittingly, there’s also a lot of quackery and exploitative people out there that want to exploit your fears.

If someone tells you that there are toxins in something, ask what specific toxins there are. And if they tell you they have the means to detoxify you, ask them what toxins their program can assist you with removing. If they don’t have a ready, specific answer, they are likely not offering you anything except bunk.

There are toxins in the environment, of course; we’ve named a whole bunch of them in previous sections. There are medical detoxes, too, prescribed by actual doctors. But instead of asking you to consume certain detoxifying substances, a medical detox focuses on supporting your body’s natural detoxifying systems with supplements and other medications. After all, **the best detoxifier in the world is still the liver** (so support it for good health)!

For more about detoxes and what is or is not worthy of your attention, we recommend listening to this episode of The Paleo View Podcast, [Episode 269: What Is a Real Detox and What Is Bunk?](#)

# NUTRIENT DENSITY AND GUT HEALTH

## *Gelatin & Collagen*

I often soap box about the importance of nutrient-dense foods, but the one thing I find the absolute most beneficial to my skin health is drinking broth. Rich in micronutrients and collagen, the easily digestible amino acids made from the bones of healthy animals help my body feel it's best – from the inside out.

Gelatin and collagen sourced from grass fed animals is an extremely nutrient dense food, which have [numerous benefits](#) (grass-fed being our specific recommendation):

- helps joint recovery
- supports skin, hair and nail growth
- improves digestion
- pure protein
- promotes relaxation and a good night's sleep
- can help heal your gut
- helps improve cellulite
- helps tighten loose skin [[source](#)]

As you can see, gelatin (essentially the dehydrated collagen of broth) has a lot of specific benefits to your appearance, as well as health. I've noticed drastic improvement in my skin, hair, and nails since consuming it regularly and cannot encourage you enough to do it, too.

[Vital Proteins](#) are collagen peptides, they are a higher quality than standard store bought. They contain more of the healing protein and amino acid content per serving. We've got an [FAQ page](#) all about it on the blog because there are so many questions on why or how to consume it.

I find that adding one serving of collagen a day - either in natural form (broth) or collagen peptides to liquids - has made a huge improvement in my overall health!

# More Vegetables than a Vegetarian

Did you know that vegetables are more than just nutrient-dense powerhouses? They're also the absolute key to maintaining health in all aspects. Studies show that the more servings of vegetables you eat per day, the lower your risk of heart disease, diabetes, cancer and more!

You see, when most people think about "The Paleo Diet", which is how we often frame what works for us, they think about meat, and meat, with a side of meat then meat for dessert. And that's certainly not the case! We LOVE our vegetables and try to eat way more than the average person. In fact, if you look at nutrient density of vegetables, especially leafy greens, squash, root vegetables and rhizomes, instead of grains and legumes that are often enriched to have much nutrition benefit - we find we get much better nutrition now.

In fact, Stacy was a vegetarian for over 7 years and we eat much more vegetables now than when she was a vegetarian, hence #morevegetablesthanavegetarian was started.

What is it about vegetables that make them so health promoting? Lots of factors:

- Vegetables have a high vitamin and mineral content, far more, in fact than most meats and grains.
- Vegetables are high in fiber, supporting digestive and gut microbiome health.
- Vegetables are high in phytochemicals, which are compounds which are anti-inflammatory, antioxidant, and anti-cancer.

Studies show that **each additional serving of vegetables consumed per day reduces all cause mortality rates by 5%**! In fact, the most benefit was seen at 8 servings of vegetables per day! While that might seem overwhelming now, it's a great goal for everyone to achieve superior health.

Pro Tip: [Vital Protein's Collagen Veggie Blend](#) delivers antioxidants with 3 servings of vegetables and 1 serving of fruit and collagen peptide proteins!

# Organ Meats & Liver Pills

I know, I know - you likely already love or hate it. I want to encourage you to think of organ meats as a supplement essential for health. Here's why:

	BRAIN	SWEETBREADS	HEART	LIVER	KIDNEYS	CHITTERLINGS	BONE BROTH
VITAMIN A				Excellent			
VITAMIN C	Good			Great	Good		
VITAMIN B12	Great	Excellent	Excellent	Excellent	Excellent	Good	
RIBOFLAVIN	Good	Good		Excellent	Excellent		
NIACIN	Good		Great	Excellent	Great		
THIAMIN	Good		Great	Good	Good		
FOLATE				Great			
CALCIUM							Great
PHOSPHORUS	Great	Good	Good	Good	Good		Great
SELENIUM	Great	Excellent	Good	Excellent	Excellent	Good	
IRON		Good	Great	Excellent	Good		
COPPER			Good	Great	Good		

*Just look at how amazing liver is ... Truly the greatest superfood of all!*

Source: [Beyond Bacon](#)

Sure, you might say, but what will that do for you? Well...

- Vitamin A is great for **skin, bones and eyesight**.
- Vitamin B12 is **nature's best anti-fatigue nutrient**.
- Vitamin C is awesome for the **immune system**.
- Riboflavin plays a key role in **energy conversion** for the body.
- Niacin improves **liver function** and **hormone regulation**.
- Folate helps improve **cardiovascular function** and **fetal health**.
- Selenium supports **heart, joints, eye, immune** and **sexual health**.
- Iron is an **essential** component of the blood.

You can get our favorite whole food supplement, liver pills, [here](#).

# Paleo

While most people think of Paleo as a short-term “diet”, after nearly 8 years we used this short-term as an elimination-diet (simply meaning “what you eat”) to help heal our bodies. This allowed us to learn which foods agree with us or don’t, creating a template for what foods make us feel our best for a long-term lifestyle.

We talk extensively about the wrong way to “do Paleo” in our popular post, [Is Your Paleo Challenge Justifying Disordered Eating](#). We focus on nutrient density and what to add - not just what to remove; we focus on vegetable-rich not only protein or fat. We don’t define calories or macronutrients. We eat to feel good. And while the initial idea of paleo came from looking at what hunter-gatherers ate, the idea has expanded from there to encompass a simple search for the best foods that help human beings be their best selves, based on scientific research.

We consider paleo to be an **omnivorous diet that focuses on nutrient sufficiency, eliminates inflammatory foods, and emphasizes healthy lifestyle habits**. What that looks like day to day is a focus on mostly vegetables, fruits, nuts, healthy fats, meat and seafood. We avoid foods that cause inflammation, usually grains, legumes, animal products from animals not living in their natural conditions (grain-feed beef and dairy or chickens confined without sunlight or fresh air, for example) as well as reduction in highly processed foods and sugar. It also means that we endeavor to get enough sleep, to stay active, to get enough sun, and to keep our stress levels manageable.

While we came to this lifestyle nearly 8 years ago under a standard definition at first, we’ve modified it for our own best health over time. We realized we felt best when we further eliminated nightshades, for example, and that we felt fine when we ate rice and high quality dairy. Ultimately, starting with a “clean slate” elimination diet and slowly adding in more and more varieties of foods is an incredibly useful tool you can use to determine what foods help or harm your body so that you can live your best life.

But this book isn’t a diet book, so we won’t dwell on best diet practices. In fact, we’ve already written those books! If you want a guide and recipe book for converting to a paleo diet, we recommend you read our book [Real Life Paleo](#) or our ebook [3 Phase Paleo](#).

# RECIPES

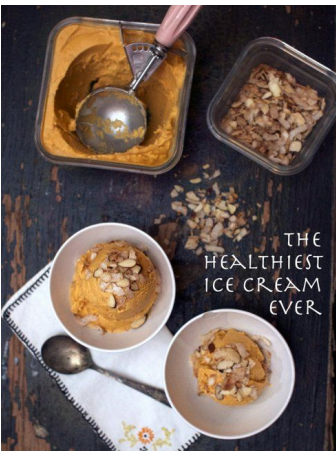


## Gelatin

- [Gelatin Jigglers Fruit Snacks](#)
- [Matcha Latte Collagen Bites](#)
- [Peanut Butter Honey Balls](#)
- [Superfood Pudding](#)
- [60 Delicious Gelatin Recipes](#)

## Veggies

- [Roasted Root Veggies](#)
- [Veggie Loaded Broccoli "Cheese" Soup](#)
- [Pizza Kale Chips](#)
- [Collagen Veggie Blend Smoothie](#)
- [Copycat Sweet Kale Salad & Lemon Poppyseed Dressing](#)



## Broth

- [Cinderella Butter Broth](#)
- [Butternut Squash and Bacon Bisque](#)
- [Baked \(not\) Potato Soup](#)
- [Chicken "Noodle" Soup](#)
- [Egg Drop Soup](#)



## Sweets That Aren't

- [Butter Pecan Apples](#)
- [N' oatmeal Cookies](#)
- [The Healthiest Ice Cream Ever](#)
- [Easy Peasy Pancakes](#)
- [Orange Coconut Date Truffles](#)



# More info

## Blog Posts:

- ★ [Vital Proteins FAQ](#)
- ★ [Safer Swaps Clean Cosmetics Guide](#)
- ★ [Self Care, Self Love, Self Respect & Self Acceptance](#)
- ★ [Teen Skincare](#)
- ★ [Detox Your Pits](#)
- ★ [8 Reasons Petroleum Jelly Has No Place In Your Life](#)

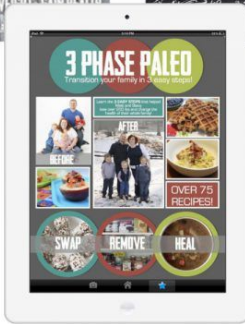
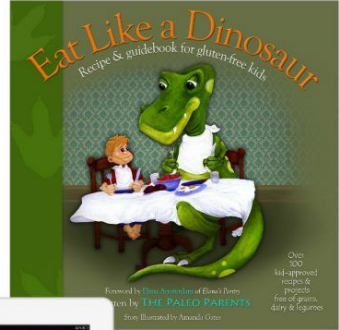
## Podcasts:

- ★ [Veggies](#)
- ★ [Essential Oils](#)
- ★ [Personal Care](#)
- ★ [Self Love Self Acceptance Self Respect](#)
- ★ [Healthy Hair, Skin & Teeth](#)
- ★ [Bad Pseudoscience of MTHFR](#)
- ★ [Is it a Real Detox or Bunk](#)

## YouTube:

- ★ [We Women Need to Stop Comparing Ourselves](#)
- ★ [Kick that MTFHR and Thrive!](#)
- ★ [How Beautycounter develops non-toxic safer skincare and cleaner cosmetics & why it matters!](#)

# Favorites, Shopping Lists & Coupons



## Our Cookbooks

- [Real Life Paleo](#)
- [Beyond Bacon](#)
- [Eat Like a Dinosaur](#)
- [3 Phase Paleo](#) (eBook)
- [Paleo to Go](#) (eBook)

If you buy one of our eBooks, enter the code “HIAOEbook” at check out for 50% off!

# B

BEAUTYCOUNTER

## Safer Skincare with Beautycounter

- [Our Beautycounter Page](#)
- [Our Beautycounter FAQ](#)



If you order for the first time with us and spend \$50 or more, email [stacy@realeverything\[.\]com](mailto:stacy@realeverything[.]com) and we will send you a free gift with purchase - your choice of an entire skinline mini bottle set!



## Things We Recommend

- [Vital Proteins Collagen and Liver Pills](#)
- [Our One Stop Paleo Shop boxes](#)
- [Lunette Cup](#)
- [On Guard Essential Oil by DoTERRA](#)
- [Oil Diffuser](#)
- [Our Favorite Glass Storage Containers](#)
- [Environmental Working Group Skin Deep Database](#)

# Healthy Inside & Out with Stacy Toth

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Thank you for reading the past 35 pages! I hope you gained some knowledge that will help you on your journey of self-love, self-healing and self-respect! As always, find out more on our website RealEverything.com. We'd love your feedback, as we think this might become a larger project for us to turn this into a full length eBook someday...

Thank you as well to Andy Torres of [Mobius Theory Creative](http://MobiusTheoryCreative.com) for helping us put this book together. You made this process seamless and it was certainly invaluable to have you on board!

As always, thanks to our boys for being gracious with time as we put this book together, I respect you wanting to have time together - it's the most important thing in the world to us! .

Lastly, thanks to my husband, Matthew, the most supportive and loving man I could ever imagine, for helping to write this book with me.

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