

AIP DIET

5% MINOX ONCE PER DAY (SUGGESTED TO USE FOAM IN THE MORNING)

2% KETO SHAMPOO/REVITA SHAMPOO

ROSEMARY OIL (SUGGESTED USE AT NIGHT)

1.5 MM DERMAROLLING ONCE WEEKLY

BLOODWORK IS HIGHLY SUGGESTED

ONCE BLOODWORK IS GIVEN, PUT ON A BASIC VITAMIN STACK IN ORDER TO ADDRESS ANY DEFICIENCIES