

Part 2: The Playbook

[WATCH PART 2 HERE](#)

◀ Context & Background

- 2010-2012: Diagnosed with psoriasis, experienced cystic acne and eczema flares.
- This was despite studying dietetics, eating “healthy,” running half marathons.
- 2012: Started a functional medicine fellowship program as a Registered Dietitian and began studying a new approach to skin (healing from the inside out & asking root cause questions). I began implementing what I was learning on myself. I cleared my skin in 3 months.



Since Then

- This approach is now the proven program Clear Skin Lab Program helped thousands of skin warriors transform their skin without restrictive diet eliminations, cutting out their favorite foods or jumping from detox protocol to detox protocol.
- Collectively, our team of dietitians, estheticians and root cause practitioners has over 40+ years of experience & we've helped women all over the U.S. transform their skin by healing from the inside-out.



🧚 Our Clear Skin Formula Explained

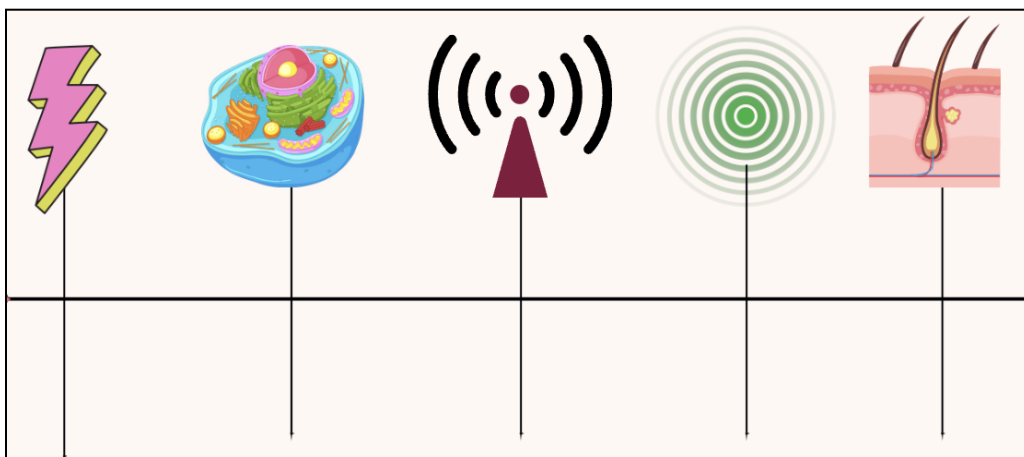


📷 Assessment & Progress Pics

- Assess your temperature
 - [Review our Metabolism Assessment here](#)
 - Ideal waking temp is above 97.5 degrees fahrenheit
 - Afternoon should be 98.6 degrees fahrenheit
- Take Progress pics
 - Natural lighting in front of you
 - Note new active lesions vs hyperpigmentation
 - Note note skin changes [energy, bowels, PMS, sleep quality, body temps, etc]

🔥 Metabolism Boost

Shifting the way you view skin healing (you don't want your cells stuck in stress response)



- **Nutrition**

- Eat Breakfast within 60 minutes of waking (before caffeine or exercise)
- Eat Enough Total Food
 - Three whole meals per day + 1-3 snacks (vs daily grazing)
 - Protein: 20-30% of intake [0.8-1 gram per pound]
 - Carbs: 40-55% of intake
 - Fats: 20-30% of intake [no less than 50 g/day]
- Balance Blood Sugar with Carbs + Protein + Fats
 - Carbs: +Roots & Fruits for minerals
 - Protein: +Animal proteins encouraged for retinol
 - Fats: +Focus on MonoUnsaturated & saturated Fats
- Nutrient dense foods to improve cell strength

- **Movement**

- Earn your training with eating enough and good sleep
- If temps are strong & you have < 5 poor metabolic flags, strength training & low intensity cardio is encouraged (like walking)

- **Stress Resiliency**

- Quality Sleep - 7-8 hours/night
- Skin Healing Mindset



Mineral Replenishment

- 1-3 Mineral Mocktails/day [[grab our free mineral guide here](#)]
- Re-mineralize your water & don't fear salt
- Eat or supplement organ meat
- Include roots & fruits in at least 2 meals/snacks per day



Microbial Defense

- Diversify gut bacteria with fiber, prebiotic & probiotic rich foods
- Supplement with prebiotics & probiotics, as needed
- Improve SCFA production via food and/or supplements



Barrier Repair

- Use an appropriate skincare routine for your skin (& be consistent)
 - Gentle cleanser
 - Prioritize Proper Hydration
 - Exfoliation (as appropriate for your current skin health)
 - Support lipid barrier
- Address any topical infections

Inner Skin System Tuning

You don't need to do this unless you have evidence & you don't need all of it!

- Adrenals: High **androgens**
 - Support brain inflammation, nervous system & insulin
 - Strategic nutrient therapy
- Gonads: High **androgens**
 - Support brain-gonad connection & deep nutrient therapy
- Ovaries: Low **progesterone**
 - Support brain-ovary connection & deep nutrient therapy
- Lymph: Poor **circulation**
 - Movement & targeted lymph nutrients
- Liver: Poor **detoxification**
 - Support exit pathways & phase I & II of liver detox
- Liver: Metal or Estrogen **overload**
 - Mobilize & move out metal and/or estrogen overload
- Gut/Immune: **Infection** or **mold**
 - Clear source & rebuild immune system
- Nervous System: Unresolved **Trauma** or **brain inflammation**
 - Prepare physical body to better heal with trained professionals



Comprehensive Functional Labs

- Using updated research
- Proper interpretation with *optimal* reference ranges
- Addressing irregular labs in the correct order
- Hair Tissue Mineral Analysis [unwashed]
- Metabolic Assessment
- Stool analysis
- Loaded Urine Iodine test
- Comprehensive Blood labs
 - CMP
 - CBC with Diff
 - Detailed Vitamin D Screening (1,25 and 25 OH)
 - Vitamin A (retinol)
 - Copper & Zinc
 - Ceruloplasmin
 - Iron Panel: Serum Iron, TIBC, Transferrin, % Saturation, Ferritin
 - Insulin & hemoglobin A1c
 - Full cholesterol panel
 - Full thyroid panel [TSH, free t4, free t3, tpo and tg antibodies]
 - Acne Hormone Assessment: Total and Free Testosterone, SHBG, DHEA-s, IGF-1
 - Acne - Immune Markers: Complement C3 and C4
- Others, if needed

Nikki: cystic acne x 10+ years

YEARS OF STUBBORN CHIN ACNE

- CLEAR SKIN WITHIN 2 MONTHS

Enterococcus spp.	3.72e3	Low
Escherichia spp.	8.45e3	Low
Lactobacillus spp.	1.94e7	
Clostridia (class)	1.26e6	Low
Enterobacter spp.	2.15e5	Low
Akkermansia muciniphila	<dl	
Faecalibacterium prausnitzii	1.48e4	
Phyla Microbiota	Result	
Bacteroidetes	8.00e10	Low
Firmicutes	1.39e10	Low

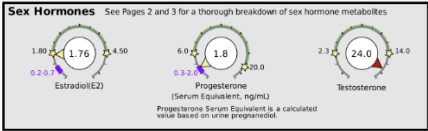




Bri: PCOS + Acne x 10 years

Clostridia (class)	4.47e6	Low
Enterobacter spp.	6.60e7	High
Akkermansia muciniphila	1.46e6	High
Faecalibacterium prausnitzii	2.05e4	
Phyla Microbiota	Result	
Bacteroidetes	4.42e11	Low
Firmicutes	6.91e11	High
Firmicutes:Bacteroidetes Ratio	1.56	High

Sex Hormones See Pages 2 and 3 for a thorough breakdown of sex hormone metabolites





YES. Truly the gift that keeps on giving 🍷🍷🍷



Gracie: Armpit psoriasis

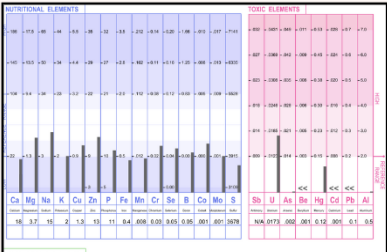
Urine Metabolite	Reference Range
Iodine/Urea	0-50mg/24 hour
24 hour excretion	25.0mg
% excretion/24 hr	54%

Iodine body sufficiency is achieved when the 24 hour urine collection contains 90% or more of the amount of iodine/iodide ingested.

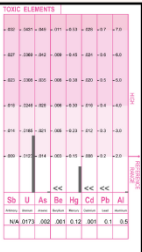
*However, if you excrete 90% or more, and are not taking iodine supplementation, this may be caused by:

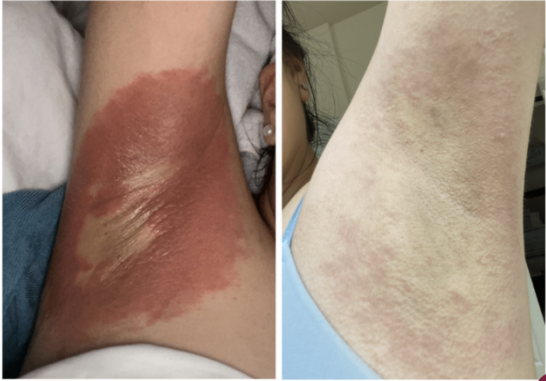
- A transporter defect in which iodine is absorbed but not taken into the cells properly.
- Iodine organification problem where iodine gets into the cell but does not attach to the lipid complex for activation.
- Bromide, fluoride, and/or heavy metals may be interfering with the body's utilization of iodine.

NUTRITIONAL ELEMENTS



TOXIC ELEMENTS





🧠 Skin Healing Mindset & Patience

You've been on a rollercoaster of skin healing and have probably lost hope a time or two. You've seen things not work over and over (because they weren't targeting your individual root causes). So we must be sure your beliefs are aligned with your future skin-loving self.

Patience & proper expectations- skin is often one of the later body parts to show dysregulation - which means the dysregulation has typically been happening for at least a few years. Luckily- it doesn't take years to unwind. But it also won't transform in days. **Most women start to notice non-skin wins first, seeing reduced active lesions 2-3 months in and deeper skin healing 4-6 months in.**

Your Skin Healing Beliefs

- My body has the tools and power to heal itself.
- I keep promises to myself & nourish my skin from within through healthy choices.
- My skin reflects the love and care I give to my whole self.
- I am patient and gentle with my skin & body as it heals.

If you enjoyed this....

[Click here to apply to work with our team in our Premier 1-on-1 Clear Skin Program](#)

We help women clear their skin with an inside-out approach by personalizing this formula with lab data & customization. *Must be 18+ to apply.*

