



SKIN  
NATUROPATHICS

# SKIN & SUPPLEMENTS

Holistic & Root Cause Therapies For Skin Conditions.



# PRESENTED BY:

Board Certified Traditional Naturopath  
& Licensed Esthetician, **Diana M Drake.**

- ✓ Owner of DMD Natural Medicine Clinic
- ✓ Owner and creator of Skin Naturopathics Wellness Supplements



# WHAT ARE SUPPLEMENTS?

An ingredient or formula taken internally, not received from food.

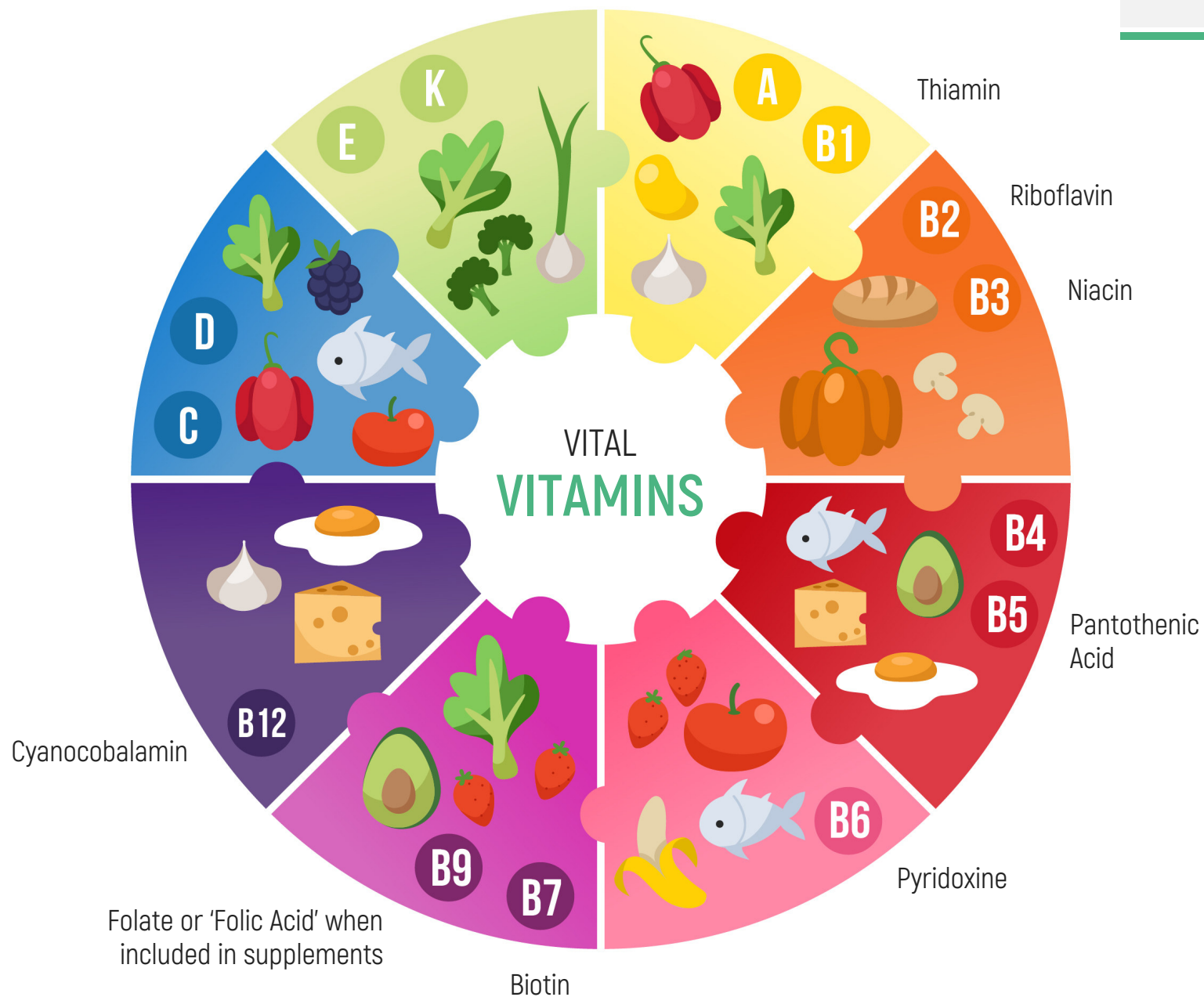
A capsule, tablet, powder, tincture - taken orally and absorbed via Digestion / Hepatic System.

- Vitamins
- Minerals
- Amino Acids
- Herbs
- Nutraceutical / Nutritional
- Anti-oxidants
- Enzymes



# 01. VITAMINS

They help cells perform thousands of functions and are required to live.





02.

# MINERALS

(There are over 100)

Minerals are necessary for  
**3 main functions:**

- Building strong bones and teeth.
- Controlling body fluids inside and outside cells.
- Turning the food you eat into energy.
- Iodine/Zinc/Chromium/Copper

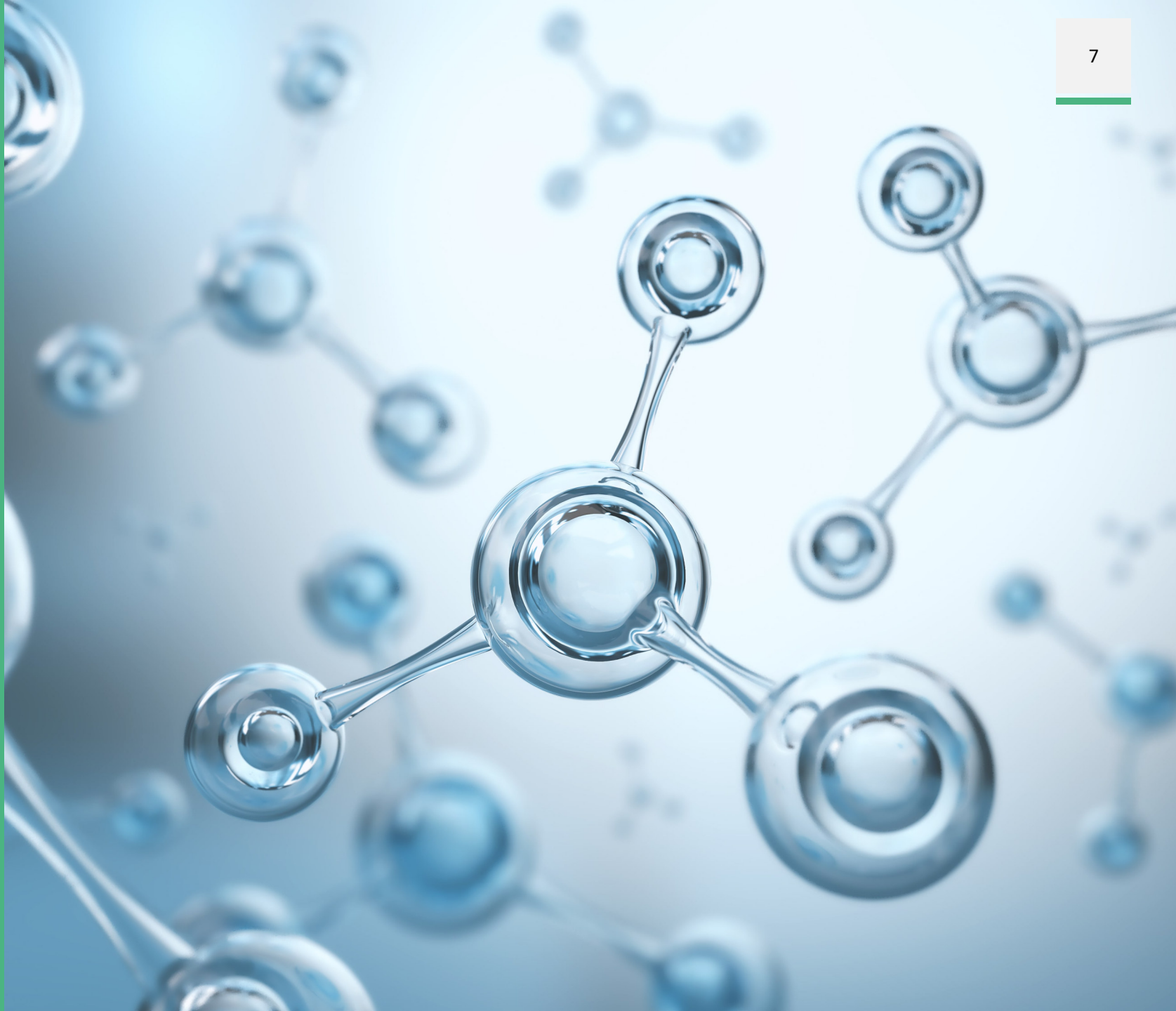
## 03. ELECTROLYTES

- Regulate the fluid levels in your blood plasma and your body.
- Keep the pH (acid/alkaline) of your blood in the normal range (7.35-7.45, slightly alkaline).
- Enable muscle contractions, including the beating of your heart.
- Sodium/Potassium/Calcium/Magnesium

# 04. ENZYMES

An enzyme is a **biological catalyst** and is almost always a protein.

- It speeds up the rate of a specific chemical reaction in the cell.
- From a supplement perspective you are most likely to see “Digestive Enzymes” and they help to break down and assimilate food.
- Some we make in saliva, but as we age this production depletes due to poor diet and prescription drugs
- Amylase/ Maltase/Lactase/Lipase/Proteases





## 05. ANTI- OXIDANTS

They prevent free radical damage in the body, aka "oxidizing"

- CoQ10
- Resveratrol
- Vitamin A & C
- Grape Seed extract
- Astaxanthin
- N-Acetyl Cysteine





# 05. HERBAL/PLANT MEDICINE

Herbs are plants that have certain actions on bodily tissues and functions.

- They are not “needed” for daily bodily functions
- Best used to help bring the body into balance when something is off
- A form of natural medicine
- There are hundreds of plants from the western to the eastern world.
- Their seeds, roots, stems and leaves all provide different actions



# 06. NUTRITIONAL SUPPLEMENTS

Things we're supposed to get from food.

- Probiotics "bacillus" and "Spore"
- Omegas: Fish, Algae, Coconut, Flax Seed, Avocado and Olive Oil
- Amino Acids: L-lysine , Taurine, Histadine - End in "ine"
- Protein: Building blocks of cells
- Collagen: The most abundant protein in the body
- Protein powder / working out



# Who can recommend supplements?



From a legal perspective, **any person is allowed** to make supplement recommendations to another person. This means it is within the scope of your esthetics license to make recommendations.

# HOW DO YOU KNOW QUALITY?

Pick a company that...

- ✓ Tests for **purity and potency**
- ✓ **Heavy metals** - especially with herbs
- ✓ **Microbial** panels
- ✓ **Consistency** of ingredients
- ✓ **FDA Registered** Facility
- ✓ Know their **manufacturing processes & sourcing** - if possible



The **cheaper** the cost, the **less**  
**quality** it is. Period.

# ROOT CAUSES OF SKIN CONDITIONS

And how to heal them using supplements.



# ACNE IN FEMALES

without PCOS



## ROOT CAUSES

- ⚠ Gut Dysbiosis
- ⚠ Improper Elimination (Constipation or loose stools)
- ⚠ Hormonal Imbalance (Includes Stress)
- ⚠ Toxic Overburden
- ⚠ Congested Lymph
- ⚠ Improper Diet / Nutrition
- ⚠ Water / Hydration



## PROTOCOL

- ✓ Balance/heal the gut
- ✓ Address constipation / bowels
- ✓ Balance sex hormones
- ✓ Balance stress hormones (cortisol)
- ✓ Detox the body
- ✓ Detox the lymphatics
- ✓ Clean up the diet / remove sensitivities
- ✓ Clean up & increase water

# NON-PCOS ACNE PROTOCOL



## 01. DETOX THE ENTIRE BODY

- ✓ **Liver:** Milk Thistle, Dandelion Root
- ✓ **Kidney:** Artichoke Leaf, Barberry, Juniper Berry, Uva Ursi, Parsley
- ✓ **Colon:** Cascara Sagrada, Psyllium, Marshmallow, Apple Pectin, Bentonite Clay, Activated Charcoal
- ✓ **Lymph & Skin:** Burdock Root, Red Clover, Kelp, Yellow Dock

## 02. BALANCE / TONIFY MALE OR FEMALE HORMONES

- ✓ **Male:** Chaste Berry, Red Raspberry, Eleuthero, Licorice, Hops
- ✓ **Female:** Chaste Berry, Red Raspberry, False Unicorn, Wild Yam, Dong Quai

## 03. REPAIR THE GUT SEE NEXT

# GUT DYSBIOSIS / DIGESTIVE REPAIR PROTOCOL



## 01. DETOX THE GUT

- ✓ **Colon Cleanse:** Cascara Sagrada, Psyllium Hulls, Slippery Elm, Marshmallow, Pectin Root, Bentonite Clay, Activated Charcoal, Oregon Grape

## 02. REPOPULATE WITH GOOD BACTERIA

- ✓ **Spore-Biotic**

## 03. SUPPORT DIGESTIVE PROCESSES AND BREAKING DOWN FOOD

- ✓ **Digestive Enzymes**



# GUT DYSBIOSIS / DIGESTIVE REPAIR PROTOCOL

continued



## 04. REPAIR & SOOTHE THE DIGESTIVE LINING

- ✓ Plantain Leaf, Marshmallow Root, L-glutamine, Aloe Vera, Shitake Mushroom, Licorice, Zinc

## 05. REDUCE INFLAMMATION / NATURAL ANTI-INFLAMMATORIES

- ✓ Omegas
- ✓ CoQ10, Turmeric, Resveratrol

# STRESS & HORMONE SUPPORT



## 01. DIM

- ✓ Helps the liver to process hormones.
- ✓ Great for any male or female with Hormone Imbalances / Hormonal Acne

## 02. ASHWAGANDHA, ELEUTHERO AND SCHIZANDRA

- ✓ Adaptogenic herbs that addresses cortisol (stress hormone)
- ✓ Beneficial for any skin condition that "breaks out" or "gets worse" when the client is stressed

# OUR BRAND, SKIN NATUROPATHICS

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- ✓ Skin Wellness Brand providing **month to month, step by step** supplement kits for skin conditions
- ✓ All manufacturing takes place in the U.S.
- ✓ Test for heavy metals, chemical contamination, ingredient consistency, microbial panels
- ✓ No minimum order requirements
- ✓ Drop-shipping / no stock
- ✓ Video training on all ingredients, uses and protocols



# SUPPLEMENT KITS FOR NON-PCOS ACNE



Step One Cleanse Kit

Male & Female Endo Balance

Digestive Kit

Omega Skin 3-6-9

Stress Breakouts

Hormone Support



# ACNE IN FEMALES

## with PCOS

All female clients with acne need to test for PCOS!!!  
Looking for elevated androstenedione, not just ovarian cysts.



### ROOT CAUSES

- ⚠️ Elevated androgens (male testosterone hormones)
- ⚠️ Blood sugar imbalances
- ⚠️ Endocrine Disruptors
- ⚠️ Inflammation
- ⚠️ Some may have digestive/gut issues



### PROTOCOL

- ✓ Reduce androgen levels
- ✓ Balance blood sugar
- ✓ Detox endocrine disruptors
- ✓ Address inflammation
- ✓ Heal the gut if necessary
- ✓ Clean up food and water

# PCOS ACNE PROTOCOL



## 01. MYO-INOSITOL

- ✓ Balances blood sugars
- ✓ Supports healthy egg and ovarian tissue in females

## 02. BERBERINE

- ✓ Balances blood sugars
- ✓ Supports metabolism
- ✓ Anti-microbial

## 03. N-ACETYL CYSTEINE

- ✓ Breaks down cysts in the body
- ✓ Is the precursor to glutathione production (the body's master antioxidant)
- ✓ Supports healthy lung tissue

# PCOS ACNE PROTOCOL

continued



## 04. ANDROGEN LOWERING HERBS

- ✓ White peony
- ✓ Licorice
- ✓ Nettles
- ✓ Zinc
- ✓ Spearmint
- ✓ Reishi mushroom

## 05. ANTI-INFLAMMATORIES

- ✓ Omegas
- ✓ CoQ10, Resveratrol, Turmeric, Quercetin, Curcumin

## 06. DETOX THE BODY

- ✓ Liver, Lymph, Kidney, Colon

# SUPPLEMENT KITS FOR PCOS ACNE



Step One Cleanse Kit



PCO-Assist Kit





# ROSACEA



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## ROOT CAUSES

- ⚠️ H. Pylori bacterial infection in the stomach
- ⚠️ Bacterial infection in small intestine
- ⚠️ Overall Gut dysbiosis
- ⚠️ Low stomach acid
- ⚠️ Triggers / Worsened by: caffeine, spicy foods, sugar, ALCOHOL



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## PROTOCOL

- ✓ Heal stomach infection
- ✓ Heal small intestine infection
- ✓ Heal the gut
- ✓ Increase stomach acid
- ✓ Remove triggers 100% until healed

# ROSACEA HEALING PROTOCOL



## 01. NATURAL ANTIBIOTIC INGREDIENTS

- ✓ Berberine
- ✓ Olive Leaf
- ✓ Grapefruit seed extract
- ✓ Colloidal silver
- ✓ Oregon Grape
- ✓ Goldenseal

## 02. REPLENISH STOMACH ACID

- ✓ HCL
- ✓ STOP drinking coffee, no sugar, no spicy foods, NO ALCOHOL

## 03. HEAL THE GUT

- ✓ Probiotics
- ✓ Enzymes
- ✓ Digestive lining repair

# ROSACEA HEALING PROTOCOL

continued



## 04. ANTI-INFLAMMATORY INGREDIENTS

- ✓ Omegas
- ✓ Curcumin
- ✓ Quercetin
- ✓ Turmeric
- ✓ Anti-oxidants
- ✓ Alpha-lipoic acid
- ✓ CoQ10
- ✓ Vitamin C
- ✓ Grape seed extract
- ✓ Resveratrol

# SUPPLEMENT PROTOCOL FOR ROSACEA



Digestive Kit

Metabolic Assist

Inflam-Assist

Rose-Guard

Omega Skin 3-6-9



# PERIORAL DERMATITIS



## ROOT CAUSES

- ⚠️ Fungal infection in the small intestine
- ⚠️ Inflammation in the Lung, small & large intestines
- ⚠️ Gut dysbiosis



## PROTOCOL

- ✓ Heal/remove fungal infection in small intestine
- ✓ Support lung and large intestine
- ✓ Reduce heat in the system
- ✓ Heal the gut
- ✓ Address rash and itching on the skin
- ✓ Anti-fungal diet



ABSOLUTELY  
NO

- ✗ Sugar (sweeteners, candy, cookies, honey, soda, corn syrup)
- ✗ Dairy (milk, cheese, sour cream)
- ✗ Alcohol
- ✗ Processed grains (pasta, bread, baked goods, yeast)
- ✗ Sugary fruits (anything that is not a berry)
- ✗ Fermented foods (Kombucha, Sour Kraut)
- ✗ Vinegar (salad dressings, ketchup, pickles)
- ✗ Mushrooms

## ANTI-FUNGAL DIET

✓ Starves out a fungal infection



## FOODS TO INCREASE

- ✓ Healthy fats: olive oil, nuts, avocados, coconut oil
- ✓ Lean protein: shakes, lean organic chicken, beef or buffalo
- ✓ Beans & legumes
- ✓ Organic whole grains (quinoa, brown rice)
- ✓ Berries are the only fruit allowed (blueberries, raspberries, strawberries)
- ✓ Organic Greens (spinach, kale, arugula)
- ✓ Organic Veggies - raw or roasted

## ANTI-FUNGAL DIET

- ✓ Starves out a fungal infection

# PERIORAL DERMATITIS PROTOCOL



## 01. ANTI-FUNGAL BLENDS ARE THE BEST

- ✓ Pau D Arco
- ✓ Olive leaf
- ✓ Colloidal silver
- ✓ Echinacea

## 02. HEAL THE GUT SUPPORT LUNG AND INTESTINAL TISSUE

- ✓ Probiotics
- ✓ Enzymes
- ✓ Digestive support blend - what's good for the gut is good for the lung



# PERIORAL DERMATITIS PROTOCOL

continued



## 03. REDUCE HEAT IN THE SYSTEM CHINESE & WESTERN HERBS ARE THE BEST

- ✓ Gouta kola
- ✓ Buplerum
- ✓ Skullcap root
- ✓ Forsythia
- ✓ Barberry
- ✓ Turmeric

## 04. NATURAL ANTI-HISTAMINE FOR ITCHING

- ✓ Quercitin
- ✓ Nettle leaf
- ✓ Eyebright goldenrod
- ✓ Lobelia
- ✓ Yerba Santa

# SUPPLEMENT KITS FOR PERIORAL DERMATITIS



Digestive Kit



XMA Kit

Rose-Guard



# ECZEMA



## ROOT CAUSES

- ⚠️ Overburdened immune system (non-self) typically begins with vaccines and inherited toxins
- ⚠️ Toxic overburden
- ⚠️ Congested lymphatics
- ⚠️ Potential fungal infection
- ⚠️ Leaky gut
- ⚠️ Too much heat in the system
- ⚠️ Triggered / worsened by stress, allergies, food sensitivities



## PROTOCOL

- ✓ Detox the body of "non-self"
- ✓ Detox the lymphatics
- ✓ Heal fungal infection
- ✓ Heal the gut
- ✓ Reduce heat in the system
- ✓ Address itching
- ✓ Remove food sensitivities and allergies
- ✓ Clean up food and water supply

# ECZEMA PROTOCOL



## 01. FULL BODY DETOX STEP ONE CLEANSE KIT

- ✓ Help the immune system
- ✓ Detoxes the lymphatic system
- ✓ Addresses toxic overburden - opens proper elimination channels

## 02. ANTI-FUNGAL FORMULA

- ✓ Rose-Guard

## 03. HEAL THE GUT

- ✓ Digestive Support Kit (Probiotic, Enzyme, Digestive Support)

# ECZEMA PROTOCOL

continued



## 04. REDUCE HEAT IN THE SYSTEM

✓ XMA Heat Clearing Formula

## 05. REDUCE ITCHING

✓ XMA Hista-Clear Formula

## 06. SUPPORT THE IMMUNE SYSTEM

✓ BioC (Zinc & vitamin C)

## 07. SUPPORT THE SKIN

✓ Collagen Renew



# MELASMA/ HYPERPIGMENTATION

In all cases, the melanocytes are over expressing due to damage



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## ROOT CAUSES

- ⚠ Free radical damage
- ⚠ Hormone imbalance
- ⚠ Post-inflammatory from an esthetics procedure



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## PROTOCOL

- ✓ Fight free radical damage
- ✓ Support the liver's hormone processing ability

# MELASMA / HYPERPIGMENTATION PROTOCOL



- 01. HIGH DOSE VITAMIN C:**  
(BIO-C) 10,000 MG/DAY
  - ✓ Natural tyrosinase inhibitor
  - ✓ Fights free radical damage
- 02. HIGH DOSE N-ACEYL-CYSTEINE:**  
(NAC-PRO) 4,500 MG/DAY
  - ✓ Increases glutathione production
  - ✓ Supports liver detoxification  
(hormone processing plant)
- 03. HIGH DOSE ANTI-OXIDANT:**  
(VITAL ANTI-OXIDANTS) 2 CAPS 2X/DAY
  - ✓ Increases glutathione production
  - ✓ Supports liver detoxification  
(hormone processing plant)



# AGING SKIN / WRINKLES / DULLNESS



## ROOT CAUSES

- ⚠ Free radical damage
- ⚠ Depleted collagen matrix



## PROTOCOL

- ✓ Fight free radical damage
- ✓ Support the skin's collagen matrix



# Bio-Age Reverse

## Anti-aging Kit



### COLLAGEN, ELASTIN & HYALURONIC ACID

Support skin's collagen matrix



### VITAMIN C

(High dose) 10,000mg/day



### ANTI-OXIDANTS

To fight free radical damage

### This kit supports the skin's collagen matrix.

Collagen alone is NOT enough for anti-aging, you have to fight free radical damage with a high dose of anti-oxidants to see a visible difference on the skin.



# Q & A

These are one of the most common questions regarding the use of dietary supplements.

## REACTIONS WITH PRESCRIPTION DRUGS?

- GENERALLY speaking **most herbs will not react** with Rx drugs
- Not your job!
- "Talk to your doctor"



01

02

## HOW LONG DOES IT TAKE TO HEAL?

- Depends on client compliance
- **Average results are a 30-50% reduction in symptoms every 30 days** on the protocol IF client is compliant and you have them on the right protocol.

03

## WHAT ABOUT PREGNANCY AND BREASTFEEDING?


- Safe: Gut protocol, omegas, anti-aging - nothing else!
- **Pregnant and breastfeeding woman CANNOT detox**





# THANK YOU EVERYONE!

DIANA M. DRAKE



 303-888-3816

 [www.SkinNaturopathics.com](http://www.SkinNaturopathics.com)

 [sales@skinnaturopathics.com](mailto:sales@skinnaturopathics.com)