

# ACNEIC SKIN <sub>Rx</sub>

**Step 1:** Analyze Skin and Client History

**Step 2:** Determine which type of acne client has:

- Candida Acne—Most clients fit into this category, breakouts can occur often, infrequently or monthly.
- Hormonal Acne—Client has oily skin with breakouts in 'beard line' area or in very thin teenage boys.
- Diet Acne—Client will describe as 'occasional breakouts' that are related to diet and/or stress.

**Step 3:** Recommend protocol below that is appropriate for type of acne:

\*If skin is inflamed, omit Clarify until inflammation subsides.

## Candida Acne Protocol

*Month 1-Start On:*

Deep Clean

Natural Defense HW

Clarify-Spot treat as needed

Restore Topical

Clear

*Month 2-Adjust:*

Clarify—start slowly and increase use as directed if skin is ready for stimulation

*Month 3-Adjust:*

Restore Topical—may use for spot treatment only



## Hormonal Acne Protocol

*Month 1 (for 2 months)-Start On:*

Deep Clean

Natural Defense HW & Anti-T HW

(if severe add Restore Internal)

Clarify-Spot treat as needed

Restore Topical

Clear

*Month 3-Adjust:*

Clarify—start slowly and increase use as directed

If oily skin and breakouts normalized stop Anti-T HW, if oily skin returns restart Anti-T HW—test every month until oil no longer returns



## Diet/Stress Acne Protocol

*Month 1-Start On:*

Deep Clean

Natural Defense HW

Restore Internal

Restore Topical

Clear

Clarify—start slowly and increase use as directed if skin is ready for stimulation

