

CURRENT AREAS TO FOCUS ON: DEHYDRATION BACTERIA CONGESTION / DEAD SKIN CELLS INFLAMMATION _____

PRODUCT	AM	PM	WEEKLY	NOTES
CLEANSE:				
EXFOLIATE:				
HYDRATE:				
TARGET:				
MOISTURIZER:				
OIL CONTROL:				

ROUTINE CHECKLIST: BACTERIA CONTROL HEALING SOOTHING EXFOLIATING _____

ADDRESSING ROOT CAUSES

HORMONAL IMBALANCES	DIGESTIVE SYSTEM / GUT HEALTH / CONGESTION	CHRONIC INFLAMMATION / ALLERGIES / POOR DETOXIFICATION	ALL
<input type="checkbox"/> EFAs - Helps remove excess sex hormones + supports the production of good hormones (Examples: Evening Primrose Oil, or Sea Buckthorn Oil) ----- <input type="checkbox"/> DIM (i.e. EstroBalance) + Milk Thistle - Provides natural support for estrogen balance + liver support ----- <input type="checkbox"/> Avoid dairy + sugar	<input type="checkbox"/> Probiotic - Balance gut flora. Jamie uses: Genestra HMF Replenish (one pack). Then switch to HMF Forte and/or NFH ProBio SAP-90. Find the probiotic that works best for you. ----- <input type="checkbox"/> Turmeric + Milk Thistle - Reduce inflammation + improve detoxification of liver. ----- <input type="checkbox"/> Increase fibre (psyllium husk or flax meal) + EFAs	<input type="checkbox"/> EFAs - Supports the production of good hormones, which reduce the production of inflammation. (Examples: Evening Primrose Oil, or Sea Buckthorn Oil) ----- <input type="checkbox"/> Turmeric - Reduce inflammation + improve detoxification of liver. ----- <input type="checkbox"/> Avoid stimulants + increase exercise / stretching	<input type="checkbox"/> Zinc - Speeds up healing + helps lower free testosterone levels. ----- <input type="checkbox"/> Reduce saturated fats (animal fats + dairy) processed sugars, refined + processed foods. This gives your system a break. ----- <input type="checkbox"/> Keep hydrated (water, herbal tea)

THE KEYS TO ACNE-FREE SKIN

