



Julia T. Hunter M.D.
Wholistic Dermatology™
Treating the body as a whole

Your Guide to Feeling Better, Looking Better, Being Better!

Learn **WHY** we get certain Skin Conditions –
HOW to Treat the **CAUSE** Healthfully and Non-toxically...
Instead of just the Symptoms

WHY “WHOLISTIC” DERMATOLOGY VS. TRADITIONAL METHODOLOGY

“Wholistic” means addressing and treating the body as a ‘whole’ – inside and out by combining Skin AND Internal Medicine – attempting to cure rather than just treat symptoms in perpetuity.

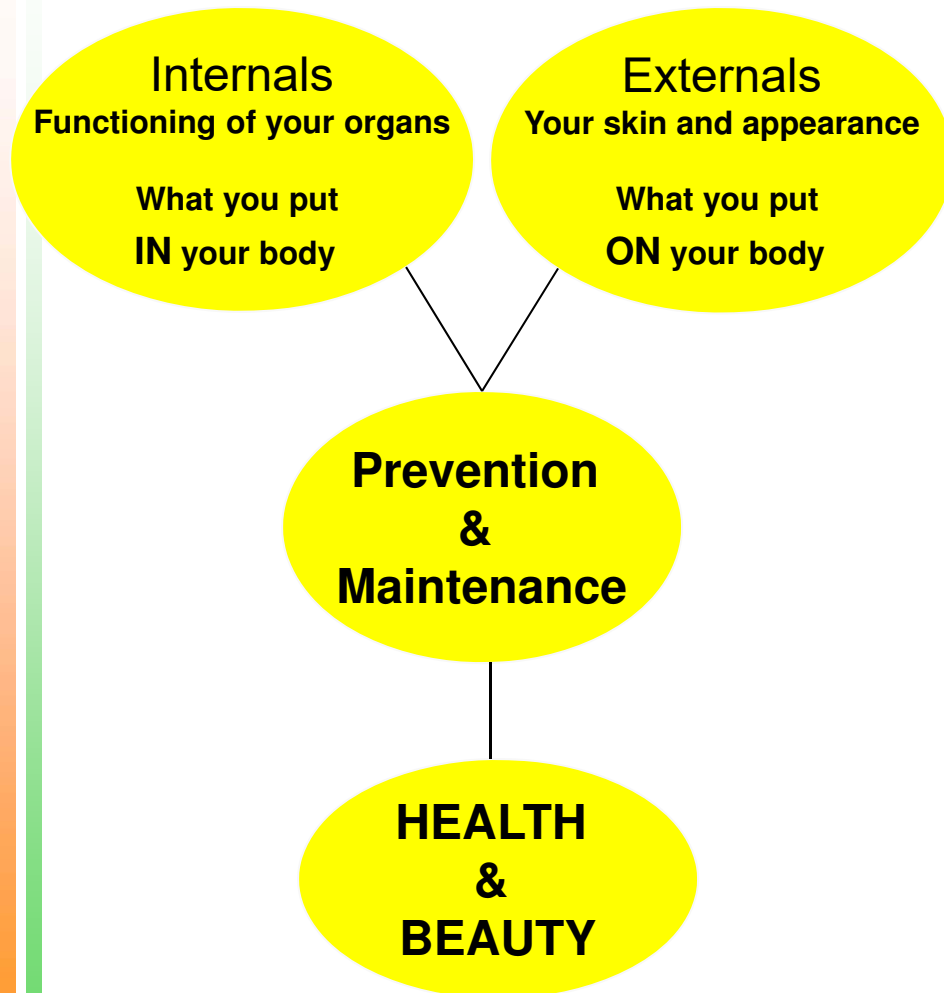


ADDRESSING ALL THE PIECES OF THE BODY'S PUZZLE...

Why we need:

- Individualized dietary and exercise instruction
- Diagnostic Skills – EAV Technology, Blood work, knowledgeable of the cause of symptoms, complete medical history
- Supplements & Remedies, Anti-oxidants, Anti-inflammatory & Anti-fungals
- Bio-identical Hormones for Women & Men, Ingredient Optimizer Base Skin Cream
- Non-toxic, maximally therapeutic, best tool for the job skin products and treatments
- *And most importantly - **PREVENTION***

HOW TO PREVENT, TREAT, RESTORE...



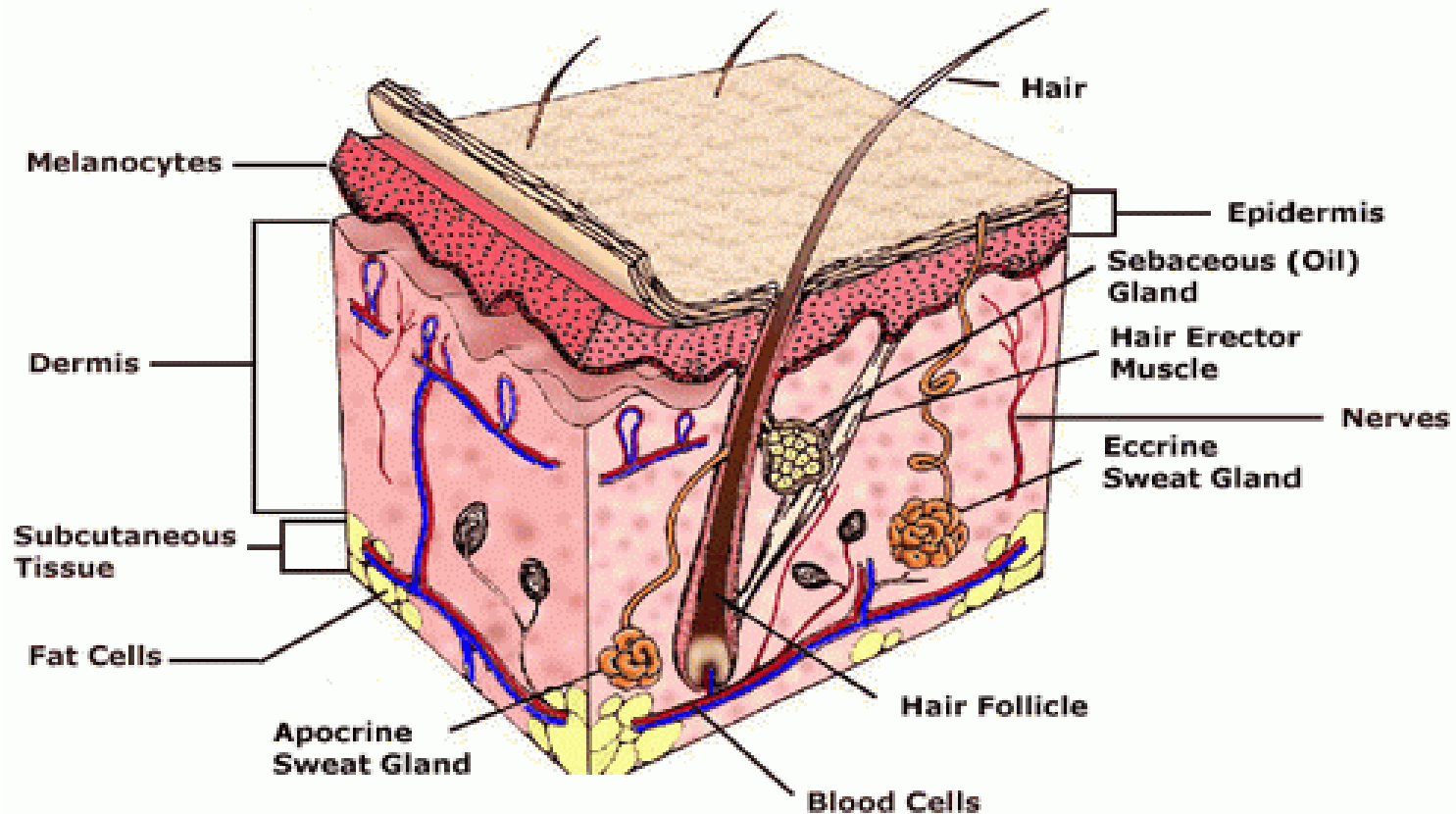
1. Start with the correct, healthy food, synergistic supplementation, hormones, non-toxic, therapeutic Physician-strength skin products the skin and body needs.
2. **Simultaneously** correct skin and body problems and damage and with internals and external solutions. The skin is a window to what is going on inside.
3. Prevent disease and damage with ongoing maintenance, including bio-identical hormones, lasers, technology, procedures (colonics, PRP, skin care, dermaplaning, peels).

The result - **Health & Beauty** - the optimal solution for anti-aging

Skin is the window to what is going on internally...

Skin problems are created by internal inflammation and exacerbated by hormonal imbalance, matrix and lymphatic issues.

All have to be treated **INTERNALLY AND EXTERNALLY** to alleviate the problem and prevent reoccurrence.



INFLAMMATION IS THE ROOT OF ALL DISEASE AND AGING

Virtually all products, peels and their packaging on the market contain harmful, inflammatory, aging additives and chemicals that are toxic to the body, thin via inflaming the skin and cause or exacerbate:

- Acne
- Rosacea
- Melasma
- Hyperpigmentation
- Wrinkling & Laxity
- Enlarged Pores
- Age & Brown Spots
- Photo Damage
- Skin Cancers
- Eczema
- Psoriasis
- Rashes
- Skin tags, Growths & Moles
- Hair Loss

These problems are created by internal inflammation causes and have to be treated correctly - internally- and externally with healthy, science-based external products and peels - to provide best possible solutions/results/help prevent re-occurrence.

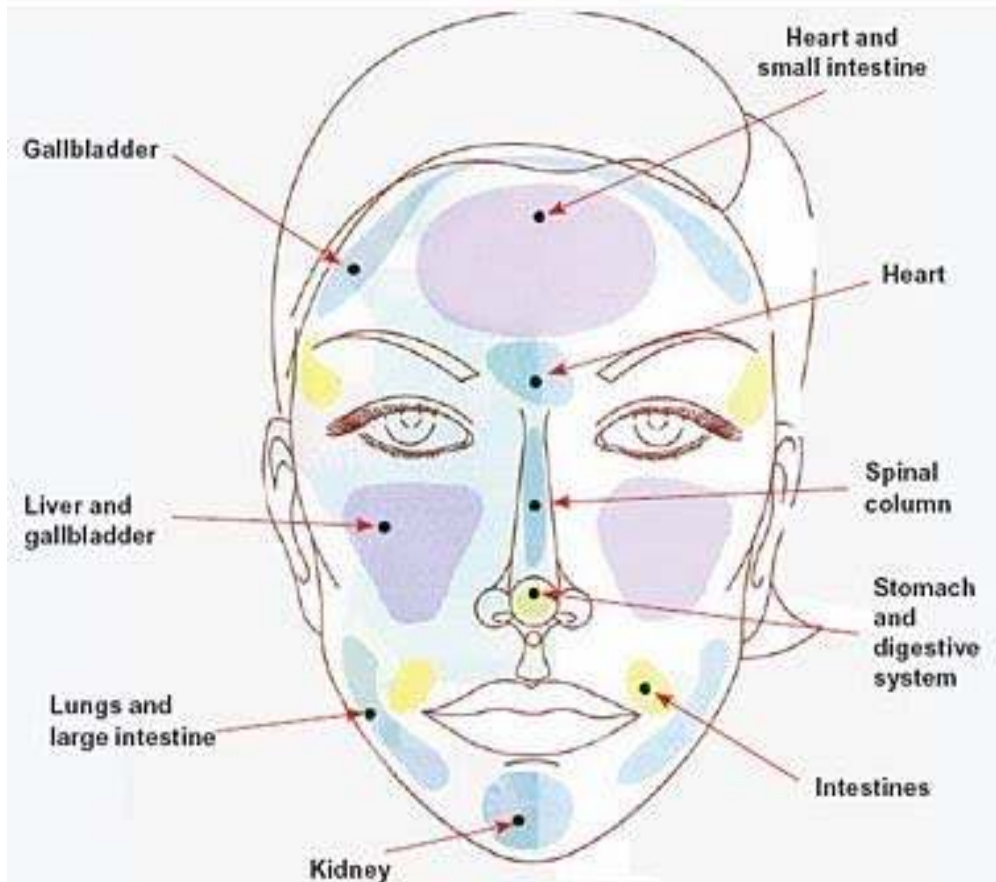
The Most Frustrating Skin Conditions:
WHY you get them, WHAT are the causes -
HOW to treat and PREVENT with
healthful, non-toxic SOLUTIONS!

- Acne
 - Eczema & Psoriasis
 - Brown Pigmentation
 - Rosacea
 - Skin Cancer Risk
- and (of course) Wrinkles/Laxity/Thinning

Acne: What causes the inflammation in YOUR body that activates this condition?

- You have the acne gene just like others have the eczema gene, BUT what ACTIVATES it and makes you have pimples is internal inflammation.
- In my experience and success in my offices – the PRIMARY cause is virtually always gut inflammation. When your gut is inflamed, it sends into the bloodstream and tissues inflammatory chemicals, which activate the acne gene in your case.
- Gut inflammation can and is VERY often also caused by LOW hydrochloric acid and/or fungal overgrowth, which is why you often have gas, bloating, constipation, food feeling like it sits and too slowly digests, resulting in IBS and other gut diseases.
- Another PRIMARY CAUSE (or if you have both) is low thyroid.
- Other causes of internal and external inflammation are diet, certain medications, pollution, sun, stress, chemical and electromagnetic exposure everyday, which activate acne symptoms.

Acne Solutions: Acne must be treated both internally and externally for optimal treatment to prevent progression and for resolution of symptoms.



Skin Products

Initial:

- Cleanser
- Serum
- Vitamin C Plus
- Exfoliating Repair
- Night Regeneration
- Add - Vitamin A Plus, Peel

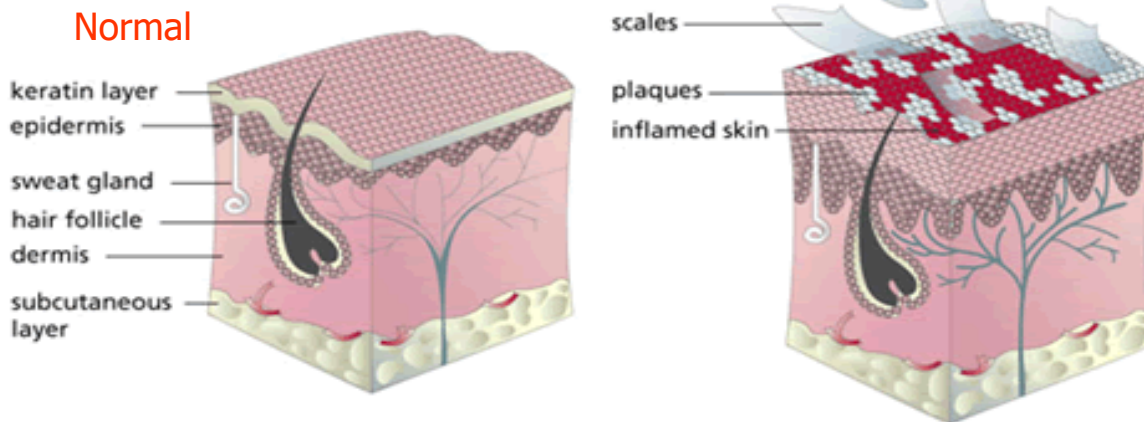
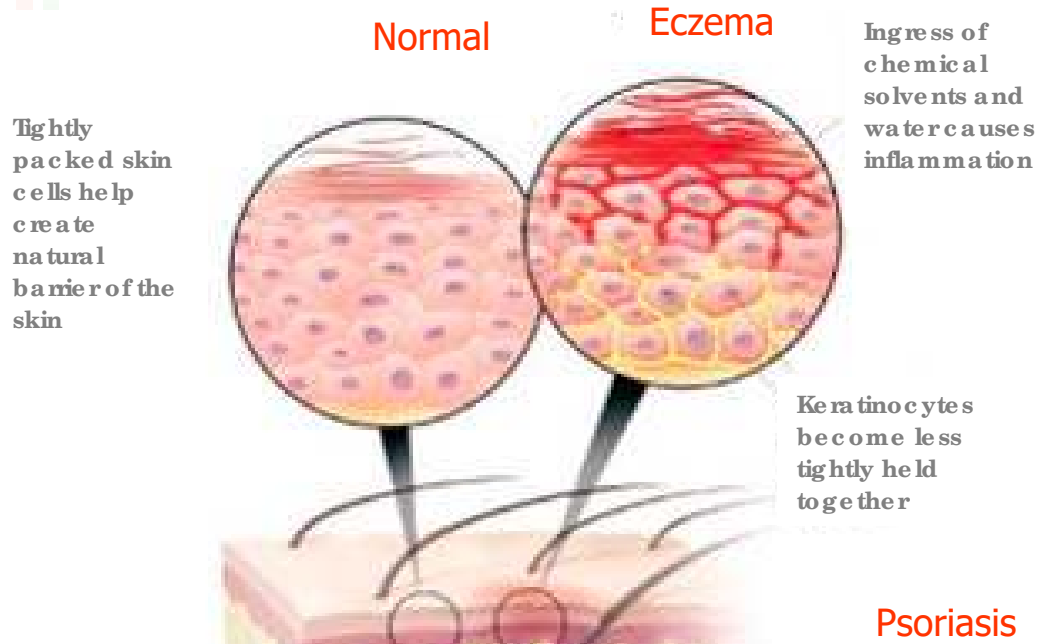
Synergistic Supplements

- Hypo Zymase/Flora Syntropy
- Vitamin D3/Solray-D
- Omega Gold/Thyroid Support
- Organic Sulfur/Adrenal Life Force
- Alkalize-C/Bio-A Curcumin

Eczema and Psoriasis - What causes YOUR body to manifest these conditions?

- Inflammatory skin diseases, caused or made worse (if you have the gene for these skin challenges) by foods/toxins you ingest, as well as stress, especially emotional trauma, which increase internal thus external inflammation.
- Climate and environment have something to do with its appearance. People who live in tropical climates have a lower incidence of psoriasis due to humidity. Both skin conditions are worse in the winter with dry heat as a result of dehydration. IMPORTANT! Stay WELL hydrated with water and green tea - very anti-inflammatory.
- Stress, illness, hypothyroid, alcohol/drug abuse, bacteria, viruses, internal fungal overgrowth - anything which increases inflammation, internally and/or externally, can exacerbate these conditions.
- Inflammatory ingredients in skin and hair products, perfumes, cosmetics, medicated creams/pharmaceuticals, heavy metals such as mercury (especially after it is removed from the teeth improperly, or ingested from certain fish/sushi), tin and cheap metals may precipitate eczema outbreaks.

Eczema and Psoriasis Solutions: Eczema & Psoriasis must be treated both internally and externally for optimal treatment to prevent progression and for resolution of symptoms.



Skin Products - Initial:

- Emu Oil (not on wet psoriasis)
- Cleanser
- Serum
- Sun Protection & Repair
- Night Regeneration
- Add – Exfoliating Repair

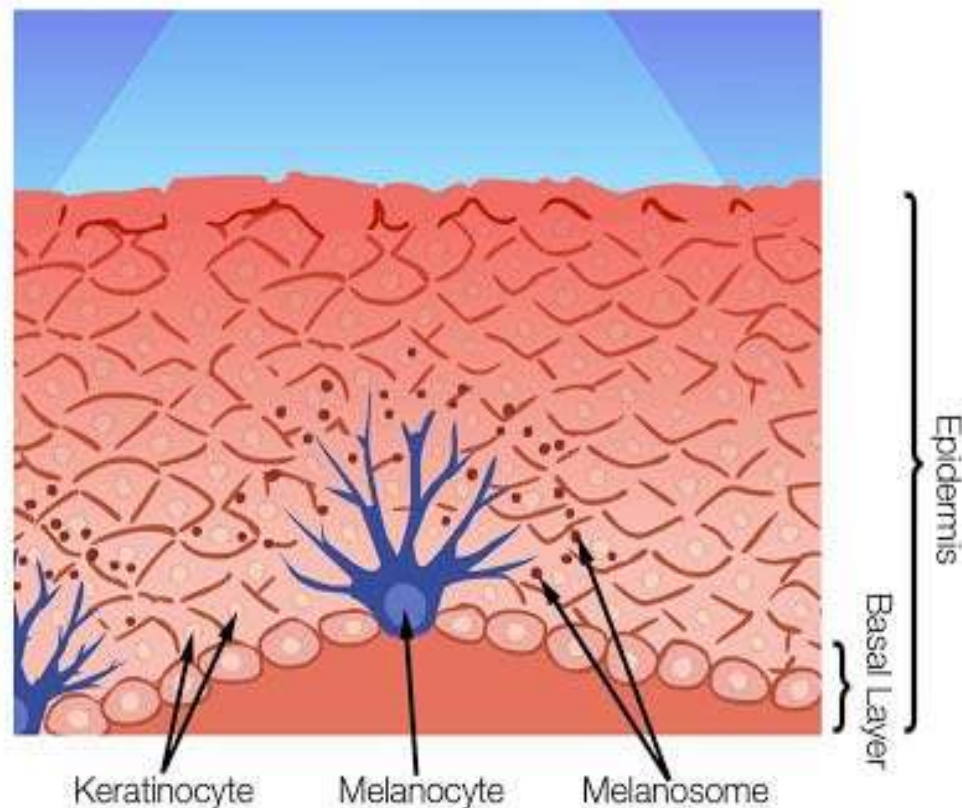
Synergistic Supplements

- Hypo Zymase/Flora Syntropy
- Vitamin D3/Solray-D
- Omega Gold/Adrenal Life Force
- Organic Sulfur/Glutathione
- Alkalize-C/Bio-A Curcumin

Brown Pigmentation - What causes the appearance of brown pigment, age spots, Melasma/Vitiligo?

- Brown pigmentation is due to the internal and skin inflammation caused by, and accumulating over time, sun exposure, internal fungal overgrowth, stress, low HCL, certain foods, environmental toxins in water, air and products with toxic ingredients we put on and in the body.
- Not exercising/moving and sweating so lymphatic flow is poorly removing toxins, and less blood flow to increase organ oxygen supply.
- Low thyroid function, unbalanced hormones, if the body is inflamed during pregnancy, or taking synthetic hormone birth control pills/coils in the incorrect dosages for your body can contribute to pigmentation. Chronic damage, inflammation and stagnation of skin and body functions can cause darker patches called melasma or spots on the skin.
- *What happens?* The darkening occurs when the chronically inflamed pigment producing cells, melanocytes, produce an excess buildup of melanin, the brown pigment that produces normal skin color and helps protect from sunlight. These melanocytes produce and contain the excess pigment due to chronic inflammation.

Brown Pigmentation Solutions: Brown Pigmentation must be treated both internally and externally for optimal treatment to prevent progression and for resolution of symptoms.



Skin Products - Initial:

- Cleanser
- Vitamin C Plus/Serum
- Cell Optimizer
- Sun Protection & Repair
- Emu Oil
- Night Regeneration/Vitamin A Plus
- Add – Peel

Synergistic Supplements

- Vitamin D3/Solray-D
- R Lipoic Acid/Glutathione
- Flora Syntropy/Hypo Zymase
- Thyroid Support/Adrenal Life Force

Rosacea – What causes outbreaks?

- Rosacea is abnormal blood vessel growth in all layers of the skin, caused by inflammation in the body and skin, as a result of low thyroid, fungal overgrowth internally, gut inflammation, chronic sun overexposure.
- Symptoms - redness, a tangle of tiny/larger veins appear on the cheeks, nose, chin, forehead, neck and chest, dilated when drinking alcohol, nervous, embarrassed, sweating, hot flushes, eating spicy foods.
- These flare-ups typically become bothersome any time after/or around age 30 and increase once begun. They may start in childhood from significant food allergies/sensitivities (especially to gluten). Rosacea is caused by INTERNAL problems including low thyroid.
- Gut inflammation (an IMPORTANT cause) - due to eating INCORRECTLY for your blood type and/or lacking hydrochloric acid in your stomach.
- Outbreaks/symptoms increase from using toxic and inflammatory ingredient products and procedures.
- *What can happen?* Failure to address the causes and treat correctly may result in worsening - bumps and pimples from a collection of blood vessels, the nose may grow swollen and bumpy from excess tissue (called Rhinophyma).

Rosacea Solutions: Rosacea must be treated both internally and externally for optimal treatment to prevent progression and for resolution of symptoms.



Skin Products - Initial:

- Cleanser
- Serum
- Sun Protection & Repair
- Emu Oil/Wrinkle Filler
- Night Regeneration
- **Add:** Vitamin C Plus/Vitamin A Plus

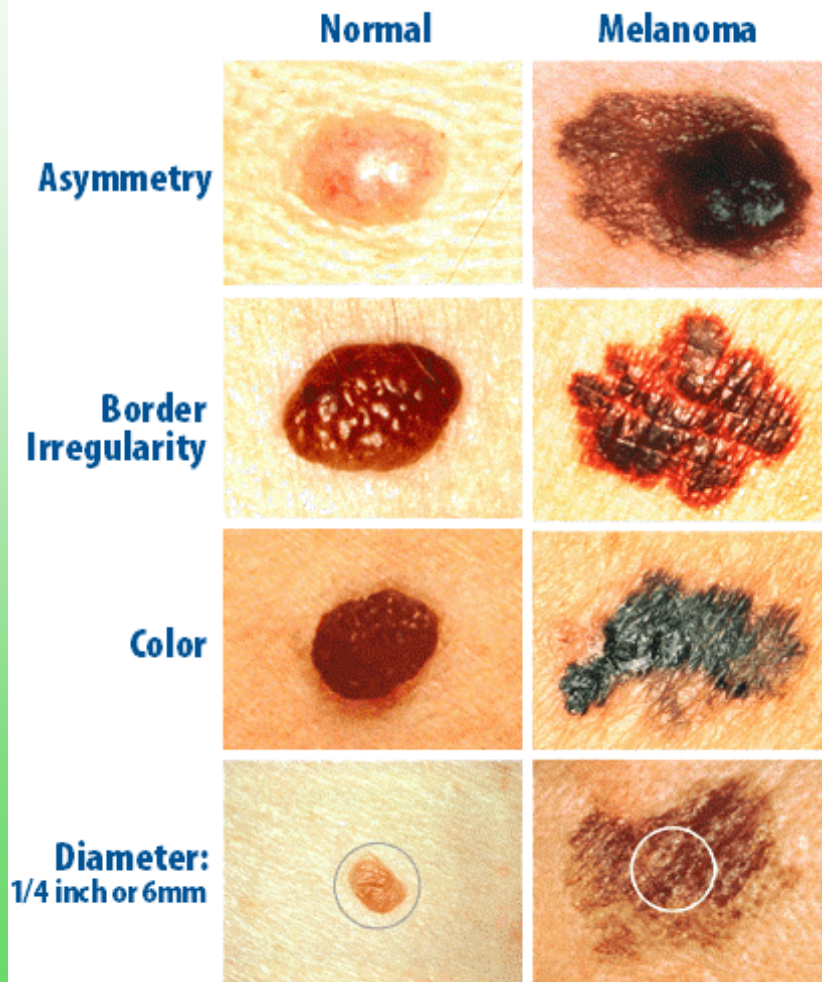
Synergistic Supplements

- Vitamin D3/Solray-D
- Omega Gold/Glutathione
- Organic Sulfur/Alkalize-C
- Flora Syntropy
- Galt Fortifier

Skin Cancer Risk – What makes you at risk? PREVENTION is best, healthier and doable!

- Skin cancers can be prevented by limiting internal inflammation and exposure to ultraviolet (UV) radiation. UVB and UVA act differently upon the skin and lead to skin cancer and premature aging, due to inflammation and DNA damage. UVR (Reflective) rays reach us by being reflected from water/snow, buildings, and further damage our skin and eyes.
- ALSO IMPERATIVE for preventing and reversing is keeping your skin healthy and CORRECTLY EXFOLIATED - NOT inflamed as many methods can cause. Skin becomes stagnant in its functioning with age and inflammation. When healthily stimulated to work at a more youthful level by providing it with the building blocks it needs to make healthy new skin using maximal strength, non-toxic skin products and CORRECT exfoliation, skin cancer risk may be decreased.
- Mole checks are another ESSENTIAL preventive method, first by you at every age - paying attention to suspicious and any changes in your skin, including moles and skin growths of every color and type. Alert your skin Health Professional to questionable skin growths - yearly or more often if needed.

Skin Cancer Risk Prevention & Solutions: Skin Cancer risk must be treated both internally & externally for optimal prevention.



* Must wear Sun Protective Clothing, Hats

Skin Products - Initial:

- Cleanser
- Serum/Cell Optimizer
- Sun Protection & Repair
- Vitamin C Plus/Wrinkle Filler
- Night Regeneration
- Add: Vitamin A Plus, Peel

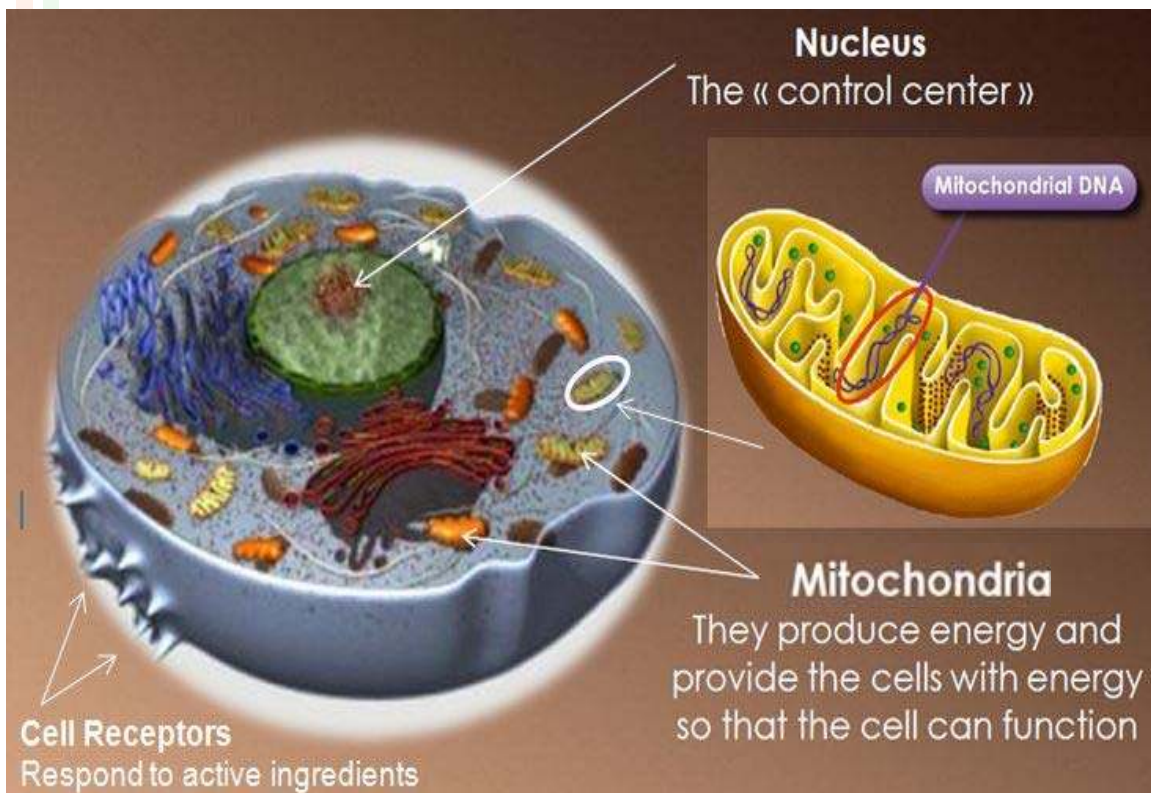
Synergistic Supplements

- Vitamin D3/Solray-D
- Omega Gold/Alkalize-C
- Organic Sulfur/ Glutathione
- Flora Syntropy/Bio-A Curcumin

Wrinkles – What causes wrinkles, aging faster and skin laxity? WHY it is imperative to keep skin and body cells functioning youthfully and healthily...

- Skin aging, wrinkles, laxity is a result of age-related structural changes, internal/external damage and a decrease in skin elasticity. Beginning at birth, different internal and environmental factors with repeated exposure, have a profound affect on the skin's function, strength and elasticity.
- The skin is comprised of collagen, elastic fibers, fibroblasts and macromolecules. As skin is damaged and inflamed, both *internally* from foods, stress, hormone depletion, disease and medication, and *externally* through solar radiation damage, pollution, aging and genetics accelerate.
- IMPORTANTLY - inflammatory skin, hair, nail products and toxic packaging – increase the manifestation of skin aging. The skin cells' mitochondria (energy source) and fibroblasts react positively to bio-active, non-toxic ingredients, which in turn expedites cell replenishment, more youthful skin, slowing aging.
- *What can happen?* The development of collagen, elastin and moisture-holding molecules is reduced by internal/external inflammation and signs of aging/thinning/laxity are more accelerated and pronounced. Glycation of tissues/cells membranes occur, which causes tough connective tissue - most visible on the skin as wrinkles.

Wrinkles, Laxity, Anti-aging Solutions: Anti-aging (overall) must be treated both internally & externally for optimal treatment and prevention.



Skin Products - Initial:

- Wrinkle Filler
- Cleanser
- Serum
- Sun Protection & Repair
- Cell Optimizer
- Night Regeneration
- **Add:** Vitamin C Plus, Vitamin A Plus, Peel/Exfoliating Repair

Synergistic Supplements

- Vitamin D3/Solray-D
- Omega Gold/R-Lipoic Acid
- Flora Syntropy/Bio-A Curcumin
- Alkalize-C/Glutathione
- Adrenal Life Force
- Thyroid Support/Hormones

What goes **ON** the Body...
goes **IN** the Body



Using Healthy, NON-toxic & Visible Results Therapeutic Skin Products & Peels



- To enhance, not damage skin's health and beauty, makeup, skin, oral, hair and nail products must be free of harmful chemicals, artificial colors, dyes, fragrances and fillers that cause inflammation.
- Ingredients such as artificial colors and fragrances, artificial preservatives, glycolic, TCA - propylene glycol, triethanolamine, the parabens, ureas, lauryl sulfates, benzoyl peroxide, glycolic acid, petrolatum, mineral oil, acrylates, PEGS, bis-phenol, etc. contribute to accelerating aging and deteriorating skin and body health.
- Skin care products, like all medications, need to be "chiral" - chemically correct – to penetrate and properly fit onto the skin's receptors, which create positive changes - otherwise the products do nothing or cause harmful side effects.

What are major factors contributing to Internal Inflammation and Aging?

Toxins, Fillers and Synthetic Chemicals used in Skin Products, Peels, Dermatological Pharmaceuticals, Makeup, Foods, Packaging



Always check the label!

Toxic Ingredients Found in Most Skin Products:



- **Triethanolamine/Diethanolamine** - mimics estrogen in the body and binds to estrogen receptors. Men can get enlarged prostates, nipple and breast enlargement, erection problems. Women have weight struggles, increased risk of breast cancer, menstrual problems, PMS.
- **Sodium Lauryl/Laureth Sulfate and Sarcosinate** – a cell membrane irritant and destroys protein, therefore causes skin and collagen damage, aging. Contributes to hair loss - carcinogen.
- **Propylene Glycol** - petroleum derivative. Very inflammatory and irritating to skin and organs. Toxic.
- **PEGS** - carcinogenic, toxic, inflammatory and aging.
- **Parabens** – all cheap antimicrobials – toxic, inflammatory and aging.
- **Ureas** - release formaldehyde - toxic and inflammatory.
- **Acrylates, methylacrylate** - all forms are toxic, inflammatory.
- **Mineral Oil** - like Crisco for the pores - from petroleum - toxic, aging, inflammatory.
- **Triclosan (pesticide) and most alcohols and synthetic fragrances** - toxic, inflammatory, carcinogenic, and aging. Mimic hormones in men and women.
- **DMDM Hydantoin** - same as formaldehyde - carcinogenic and causes rashes.
- **Petrolatum - petroleum by-products-** irritating, aging, blocks pores.
- **Retinyl Palmitate** - inflammatory and increases cancer risk.
- **Oxybenzone** - disrupts hormone levels.
- **Ammonium Hydroxide, Alumina, Methylchlorisothiazolinone** - inflammatory, toxic load, environmental impact
- **Sodium bisulfites** -allergen, inflammatory, toxin-GI, CV, skin, respiratory

What's in the Skin Products and make-up you're using?

Metals found in Skin Products create systemic toxicities that can affect all internal organs:



Metals contained in Skin Products can cause skin local problems but also systemic effects after their absorption via the skin. This concentration of metals in different types of cosmetics and skin products are manufactured and sold worldwide. Their dermal penetration results in systemic toxicology:

- Antimony (Sb)
- Arsenic (As)
- Cadmium (Cd)
- Chromium (Cr)
- Cobalt (Co)
- Mercury (Hg)
- Nickel (Ni)
- Lead (Pb)

They are banned as intentional ingredients in skin product and cosmetics, and have draft limits as potential impurities and are known as toxic.*

* National Institute of Health PubMed. Regul Toxicol Pharmacol. 2014 Apr;68(3):447-67. doi: 10.1016/j.yrtph.2014.02.003. Epub 2014 Feb 12. Toxic metals contained in cosmetics: a status report.

Before you have that Peel...



Toxic Ingredients Found in most PEELS:

- **Glycolic Acid** - strong irritant, no receptor in the body, activates free radical cascade, immune response, dissolves protective epidermal barrier, corrosive, metabolized to oxalic acid, telangectasia, synthetic from Formaldehyde.
- **Hydroquinone** - banned in increasingly worldwide - a phenol, mutagen, immune weakening, metabolite nephro/liver toxin/clastogen issues, sun/pigment risks, no receptor in the body.
- **Trichloroacetic Acid** - unstable, classified as hazardous, poison control, strong inflammatory/irritant, destroys, coagulates all tissue and cells, corrosive, pigment/UV/volume sequelae, no receptor.
- **Salicylic Acid** - allergies, absorption/metabolic acidosis, drying.

Organic is good – but MUST provide **OPTIMAL THERAPEUTIC and VISIBLE** results - Medical/Physician-Strength Products with ingredients that PENETRATE and WORK ARE ESSENTIAL!

The REAL difference is the **INGREDIENTS** –

- ❖ the **QUANTITY** - not just a trace – rather the most effective, therapeutic amounts
- ❖ the **QUALITY** - active, strong, pure, pharmaceutical grade and chirally-correct
- ❖ the **FORMULATION** – not just one ingredient, but the scientifically-correct RATIO of ingredients combined to target what the skin is lacking, needs, can recognize thus utilize, to achieve change and the desired goals most expeditiously.

INGREDIENTS MUST BE SCIENCE-BASED AND SUBSTANTIATED



Julia T. Hunter M.D.
Wholistic Dermatology™
Treating the body as a whole

Reference Guide

Skin Therapy Products and Synergistic Specialty Supplements Usage and Directions

Without health, everything you do to promote and preserve beauty works 30-50% at best. EARLY PREVENTION, slowing down (as much as scientifically possible) internal aging and inevitable disease are the KEY solutions for health, beauty and quality longevity.

SKIN
therapy

by Julia T. Hunter M.D.™

maximal strength

Chirally Correct

show me...don't tell me skin care

juliathuntermd.com

- PHYSICIAN-STRENGTH
- NON-TOXIC, NON-INFLAMMATORY
- SCIENTIFICALLY & CHIRALLY-CORRECT
- THERAPEUTIC FOR ALL SKIN TYPES, COLORS AND GENDERS



Skin Therapy Products

All our products are synergistic and most can be mixed together in your palm, applied at one time after cleansing, to accelerate Best Visible Results, Repair, Rejuvenate And Restore, Prevent and help Reverse Conditions

Essential Skin Products for Skin Conditions – Step 1 AM/PM Daily Therapy

- **Cleanser** – Step 1 - AM/PM. Cleans pores deeply of impurities & makeup, UNIQUELY for ALL skin types & conditions. **Instructions:** 1-2 pumps in palm. Apply thin film on face, neck, chest (entire body if desired). Use In the AM and/or PM. Add several drops of water to lather. Ideally leave on 1-5 minutes to deeply clean pores. Removes makeup.
- **Serum** – Step 1 - AM/PM. Pharmaceutical grade therapy for ALL skin conditions & maximal visible results. **Instructions:** 2-3 pumps for entire face, eyelids, neck, chest. AM and/or PM. Can mix in palm with ALL products except CLEANSER & PEEL. Can use on body.
- **Wrinkle Filler** – Step 1 - AM/PM. Unequaled strength hyaluronic & synergists for wrinkle, volumizing, toxin, irritation, hydration therapy. **Instructions:** A tip of fingertip size amount in is enough for the face, eyelids, neck and chest. Can mix with VITAMIN C PLUS, SERUM, CELL OPTIMIZER, EMU OIL, NIGHT REGENERATION, VITAMIN A PLUS. Perfect after shave and under makeup. Use to hydrate, plump, decrease appearance of lines, irritation and dryness on every skin type, including acne and oily, and every part of the body.
- **Emu Oil** - Step 1 & 2 - AM/PM. Incomparable Emu moisturizing, rashes, wrinkles, pigment, stretch mark, scar therapy. **Instructions:** Shake well especially when cold. Use 1-7 drops or more as needed and absorbed for face, eyelids, neck and chest. Can use on entire body. Can mix with NIGHT REGENERATION, SERUM, VITAMIN C PLUS, WRINKLE FILLER, CELL OPTIMIZER, VITAMIN A PLUS.
- **Sun Protection and Repair** – Step 1 & 2 AM. Maximal strength, multi-layered defense & repair for broad spectrum SPF 30 & medical skin conditions therapy, for skin of EVERY color and type. **Instructions:** Apply to skin 15 minutes before sun exposure to allow product to absorb completely; 5 minutes before applying make-up. Use a water resistant sunscreen if swimming or sweating. For best UV protection, re-apply every 2 hours.
- **Night Regeneration** – Step 1 PM. MAXIMAL amounts of the array of raw materials that your skin & stem cells require during sleep, when it best builds and repairs. **Instructions:** PM only after cleansing, place a thin film over face, eyes, neck, chest, hands and arms. Can use on entire body. May mix with EMU OIL, VITAMIN C PLUS, VITAMIN A PLUS, CELL OPTIMIZER, WRINKLE FILLER. After 1 minute can place NIGHT REGENERATION OVER PEEL. Use nightly. Excellent for every skin condition, color, type including acne/oily skin.
- **Exfoliating Repair** –Step 1 PM. Correcting, clarifying, anti-aging, exfoliating mask Blemish, Wrinkle, Rosacea, Pigmentation, Pore & Skin Conditions, Repair & Control. *All skin types* - Apply a thin film to just cleaned skin, while still warm/wet on entire face, neck and chest for exfoliation/improvement. Massage lightly for 1-2 minutes, let dry, leave on for 10-30 minutes. Remove with lukewarm water. Place usual products regimen OVER. NO PEEL for 2 days. *Normal, dry/mature skin* - once every 1-2 weeks if no irritation. Oily, thick or acneic skin - begin once a week for one week - if no irritation, increase to 2-4 times a week. If irritation, then decrease usage, place SERUM and/or EMU oil to soothe and do NOT use VITAMIN C PLUS, PEEL, VITAMIN A PLUS, Retin A for 3 days.

Essential Skin Products for Skin Conditions – Step 2 AM/PM

After 1-2 weeks these products are integrated into your Daily Morning and Evening Skin Therapy.

- **Cell Optimizer** – Step 2 AM/PM. Unprecedented results, State of the Science ingredients, energizing, synergizing, accelerating youthful cell stimulation, telomere, DNA, mitochondria revitalization. **Instructions:** A small fingertip size amount daily or twice daily for entire face, neck, chest, hands, entire body skin. AM –can mix with SERUM, VITAMIN C PLUS, WRINKLE FILLER, EMU OIL. PM- can mix with NIGHT REGENERATION, VITAMIN A PLUS, EMU OIL. Place Retin A OVER in PM.
- **Vitamin C Plus** – Step 2 AM. MAXIMAL, Physician-strength anti-oxidants for collagen, skin cell renewal, minimizing blemishes, rosacea, lines, pigment, aging. **Instructions:** Mix top of fingertip-size amount in palm with 2-3 drops of water, WRINKLE FILLER, CELL OPTIMIZER, SERUM and/or EMU OIL in AM. SUN PROTECTION AND REPAIR can be placed OVER. Use once per day on face, neck, eyelids, body, can use twice a day if needed. Mix in PM with NIGHT REGENERATION, VITAMIN A PLUS, EMU OIL, or WRINKLE FILLER, and CELL OPTIMIZER if needed.
- **Vitamin A Plus** – Step 2 PM. INCOMPARABLE Vitamin A formulation, maximal strength, pharmaceutical Retinoic results non-toxically, with synergist ingredients, in superior delivery system, for better, deeper penetration results. **Instructions:** Use ONLY in evening after cleansing, 2-3 squirts are enough for thin layer needed on face, neck, chest. If using PEEL, wait 1 minute AFTER then apply. Can use on entire body, and use under RETIN A. May mix with PM SKIN THERAPY products EXCEPT PEEL. Start by using VITAMIN A PLUS every 3rd night for 2-3 weeks, then every other night for 2-3 weeks, then every night.
- **Peel** – Step 2 PM. CORRECT, non-inflammatory, Physician-strength home peel therapy for blemishes, scarring, wrinkles, lines, pigment, growths, turning back & slowing down the clock increasingly. **Instructions:** Apply in EVENING only, first product after washing. Nickel to quarter/pound size amount in your palm. May ONLY mix with VITAMIN C PLUS. Apply thin layer to entire face, neck, chest, once a week for 2-3 weeks. If no irritation, increase every 2-3 weeks to twice a week, every other night, then nightly. Another 2-3 weeks, if no irritation, may apply 2 layers per night. Wait 1 minute after applying, then can apply PM products over including Retin A. Use on body brown spots, stretch marks, scars, growth, nightly if no irritation, or increase as above.

skin fitness plus™

...from health comes beauty

Essential Synergistic Specialty Supplements for Skin Conditions and Internal Health

These recommended products utilize scientifically substantiated, correct, ESSENTIAL, best absorbed, quality manufactured (documented raw materials, free of contaminants) ingredients necessary to optimize health in today's world.



- **Hypo Zymase/Enzymes** – reduce gut inflammation, helps digestion. This product presents a powerful synergistic blend of two types of HCl (betaine) and Glutamic acid, enzymes, ox bile and organic (bitter) botanicals to gently and effectively bring balancing terrain factors to the correct binding sites. **Directions:** Take 1 pill with every meal and increase 1 pill each day until no gas, bloating, burping, indigestion, feeling of food sitting and not digesting in stomach or constipation.



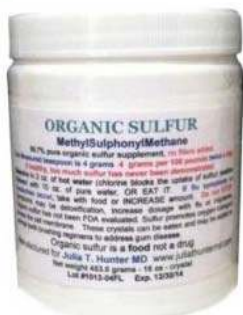
- **Vitamin D3/Solray-D** - For optimum results, it is recommended to take 1 bottle of Vitamin D3 and then alternate with 1 bottle of Solray-D Liposome Spray. An essential part of the body's functioning, maintenance of organs, improves immunity against degenerative diseases. **Directions:** Take 1 pill per day if over 120 pounds (54kg). If 80-120 lbs. 1 pill every other day. **Solray-D:** 1-10 or more sprays daily Swish in mouth for 1 minute then swallow. If you have blood work drawn (at every age), always get a Vitamin D3 blood level test.



- **Omega Gold** -Known as omega-3 fatty acids, the essential oils in fish have been shown to help protect against inflammation, risk of cardiovascular disease, high blood pressure, high cholesterols, diabetes, obesity, mood disorders, dementias, skin disorders, etc. **Directions:** Up to age 40 recommended for general wellbeing 2 pills per day or 3-4 (ideally 2 twice a day AM and anytime PM) if more significant challenges. 4-6 pills per day age 40 and older and if more substantial challenges.
- **Flora Syntropy** - A highly stable right spinning probiotic that survives heat, antibiotics and gastric juices. **Directions:** Start with 2 capsules twice a day before meals for 1 week then increase to 3 capsules twice a day before meals for 2 months then reduce to 2- 3 pills per day before a meal.



Essential Synergistic Specialty Supplements for Skin Conditions and Internal Health



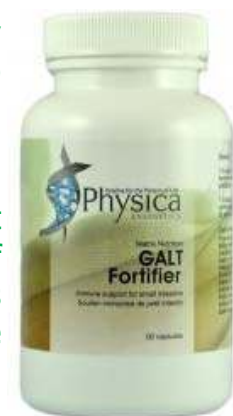
- **Organic Sulfur**- Helps to promote optimizing youthful organ function, thyroid and immune function, energy, clearer thinking, detox, liver cleansing, internal fungal overgrowth, increased sense of well-being, improve skin tone, clarity, anti-aging, texture, pigment and color, the reduction of skin wrinkles and acne facial scars. **Directions:** ½ teaspoon once a day for 5 days, then 1 teaspoon once a day for 5 days, then 1 tablespoon once a day. Dissolve the crystals in a small amount (4 oz) of warm or hot NON-chlorinated water.



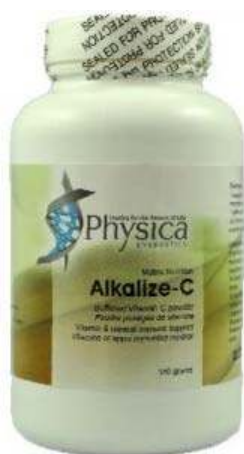
- **R Lipoic Acid** - RLA, the most potent and bio-available form of Lipoic Acid, can reduce the oxidative stress in the body while recycling and prolonging the effectiveness of other imperative antioxidants such as vitamin C, E and glutathione-the MASTER antioxidant. **Directions:** 2 pills in AM with food.
- **Glutathione Liposome** - Glutathione is a powerful antioxidant and detoxificant that can help with support of the entire immune system against toxins, and free radicals. **Directions:** After brushing teeth ONCE a day for 2 bottles place ½ teaspoon ON tongue. SWISH all around gums, mouth for 1 minute the swallow. Use every to every other day for prevention-including gum health, liver, antiaging, skin beauty help ongoing ideally. Use if drinking alcohol. Can mix a small pea size amount into SKIN THERAPY EVENING skin products for more glutathione advantages.



- **Galt Fortifier** - Most of the immune function of the body is contained in Gut Associated Lymphoid Tissue (GALT). Located in the intestinal lining, GALT consists of lymphocytes, macrophages, Peyer's Patches and lymph nodes. **Directions:** 3 capsules twice a day between meals ideally anytime for 4-6 months; until indication issues are no longer present.
- **Bio-A Curcumin** - Also know as tumeric. Helps balance natural inflammation and helps alleviate normal, aging-related aches and pains. It is a molecular complex of turmeric root extract and phosphatidylcholine [soy]. **Directions:** 1 pill per day anytime but for greater inflammation challenge resolution can take 1 twice a day AM and PM anytime and ongoing at least 1 pill per day for prevention and health advantages.



Essential Synergistic Specialty Supplements for Skin Conditions and Internal Health



Alkalize-C - the strongest form of Vitamin C having 4000 mg per dosage. C is a powerful antioxidant, required for at least 300 metabolic functions in the body. **Directions:** 1-2 tsp, 1-3x daily in water

Adrenal Life Force - Glandular and nutritional support for the adrenals and thyroid. **Directions:** Start by taking Adrenal Life Force ALWAYS WITH FOOD, 1 pill first AM and 1 pill after lunch (BY 3 PM) for 5 days. If you notice nothing or feel a bit better then increase to 2 pills first AM and 2 pills after lunch for 5 days. If you need more energy, endurance, inner peace, better sleep then increase to the max of 3 pills AM and after lunch.

Thyroid Support - Promotes energy, endurance and assists in weight challenges by normalizing thyroid function. **Directions:** START with Thyroid Support taking it 6 days per week - If you are most tired in the AM then add in the AM with the Adrenal Life Force, 1 Thyroid Support. If you are most tired mid-afternoon, then add BY 3PM-1 Thyroid Support. The MAXIMUM amount of Thyroid Support that you can take is 2 AM and 2 mid-afternoons. Do NOT take THYROID SUPPORT if you have symptoms of HIGH thyroid function - HYPER thyroid or thyroid cancer.

Cell Rehabilitation - The support of telomere restoration has now been found to be another ESSENTIAL piece of the OPTIMAL internal and skin health, BEST quality longevity, slowing down and turning back the clock internally and externally. Telomeres are the caps on the ends of all chromosomes, most importantly in stem cells. Healthy and normal length can telomeres help assure healthy, more youthful, robust functioning cells in every organ of the body. **Directions:** Start with 1 pill per night for 2-3 weeks, then if older than age 40 years or if you have illness/injuries increase to 2 pills per night for 2-3 weeks, then if needed or older than 50 or instructed, increase to 3 pills per night. If you are 60 or older, you can increase every 2-4 weeks to maximum of 4-6 pills per night.



Knowledge Is Power! Learn your options - remember...



- The skin is the largest organ of the body
- It reflects what is going on inside the body
 - From Health comes Beauty!

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