Dr. Dale's
WELLNESS CENTER

HEAL • OPTIMIZE • THRIVE
A HEALTHIER TOMORROW, NATURALLY

Eczema & Psoriasis Skin Maintenance Step 2

LONG-TERM SUPPORT

CLEARER SKIN • SUPPORT GUT HEALTH • BALANCE IMMUNE FUNCTION • REDUCE INFLAMMATION • NOURISH FROM WITHIN

PROTOCOL OVERVIEW

Eczema & Psoriasis Skin Maintenance Step 2 provides long-term daily support for clear, calm skin: maintaining the gut-skin connection, balanced immune function and the mineral foundation the skin needs to stay healthy.

KEY BENEFITS

- ✓ Maintains skin clarity long term
- ✓ Supports the gut-skin connection daily
- ✓ Balances immune function
- ✓ Provides minerals and vitamins for skin structure
- ✓ Simple sustainable daily routine

WHAT'S INCLUDED



Biome Skin
Skin microbiome balance from within.



Optimal Multi Pro
Comprehensive daily nutrient foundation.



Systemic Enzyme Pro
Supports systemic enzyme activity and inflammatory balance.



Nano-Ionic Multi w/Silica (Full Spectrum Minerals)
Full-spectrum ionic minerals for cellular function.



Nano-Ionic Silica
Silica for skin, hair, nails and connective tissue.



Vitamin D & K
Supports immune balance and skin health.



Digest Pro
Supports efficient digestion and nutrient absorption.

DAILY DOSAGE SCHEDULE

PRODUCT	AM (Upon Rising)	BREAKFAST (With Meal)	MID-MORNING (Between Meals)	LUNCH (With Meal)	MID-AFTERNOON (Between Meals)	DINNER (With Meal)	BEFORE BED	NOTES
Biome Skin		1 capsule		1 capsule		1 capsule		Take with every meal.
Optimal Multi Pro		2 capsules						Take with breakfast.
Systemic Enzyme Pro			1 capsule		1 capsule			Take twice daily between meals.
Nano-Ionic Multi w/Silica (Full Spectrum Minerals)			30 drops					Liquid. In water, mid-morning.
Nano-Ionic Silica			30 drops					Liquid. In water, mid-morning.
Vitamin D & K		1 capsule						Take with breakfast, with a fat-containing meal.
Digest Pro		2 capsules				2 capsules		Take before breakfast and before dinner.

PROTOCOL NOTES

- Follow an anti-inflammatory, nutrient-dense diet rich in vegetables and healthy fats.
- Stay well hydrated.
- Maintain the routine daily for lasting results.

LAB RECOMMENDATION: FOOD SENSITIVITY TEST

Identify and remove food sensitivities that may be contributing to gas, bloating, skin flare-ups and digestive issues.

PURCHASE FOOD SENSITIVITY TEST

LAB RECOMMENDATION: GI MAP + ZONULIN TEST

Assess the gut microbiome, pathogens and digestive markers to identify root causes and personalize your protocol.

PURCHASE GI MAP + ZONULIN TEST

JOIN OUR SKOOL COMMUNITY

For education and ongoing protocol support, join the Diana M Drake Natural Medicine Community on Skool.

JOIN NOW

NOURISH • BALANCE
RESTORE • LIVE WELL

PURCHASE PROTOCOL

Wellness Starts Within

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Consult the product label for full ingredient and usage information.