Dr. Dale's
WELLNESS CENTER

HEAL • OPTIMIZE • THRIVE
A HEALTHIER TOMORROW, NATURALLY

Eczema & Psoriasis Skin Support Step 1

PROTOCOL PACK

CLEARER SKIN • CALMER IMMUNE RESPONSE • HEALTHIER GUT-SKIN CONNECTION

PROTOCOL OVERVIEW

Eczema & Psoriasis Skin Support Step 1 works on the gut-skin connection: clearing elimination pathways, calming the immune response and rebuilding the skin from within for clearer, calmer, healthier skin.

KEY BENEFITS

- ✓ Supports skin clearance through elimination pathways
- ✓ Calms redness and supports a balanced immune response
- ✓ Systemic enzymes and biofilm support for a calmer inflammatory response
- ✓ Provides minerals and vitamins for skin repair
- ✓ Works on root causes through the gut-skin axis

WHAT'S INCLUDED



Step One DermaDetox
Skin clearance support through elimination pathways.



Rose Guard
Skin redness and clarity support.



BioFilm Detox
Supports biofilm breakdown and microbial balance.



Systemic Enzyme Pro
Supports systemic enzyme activity and inflammatory balance.



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



Vitamin D3-K2/MK7 (Vitamin D & K)
Supports immune balance, calcium balance and bone health.



Nano-Ionic Zinc
Liquid zinc for immune defense and cellular repair.



Optimal Multi Pro (Comprehensive Multivitamin)
Comprehensive daily vitamin, mineral and nutrient foundation.

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
Step One DermaDetox		3-5 caps		3-5 caps		3-5 caps		Increase slowly to 5 caps per meal. Reduce if diarrhea.
Rose Guard							3 caps	Take at night.
BioFilm Detox		1 cap		1 cap				Take with meals.
Systemic Enzyme Pro		1 cap		1 cap		1 cap		Take on empty stomach (30-60 min before meals).
Nano-Ionic Silica			30 drops					Liquid. In water, mid-morning.
Vitamin D & K		1 cap						Take in the morning.
Optimal Multi Pro		2 caps						Take in the morning.
Nano-Ionic Zinc		30 drops				30 drops		In water with breakfast and dinner. Do not take on an empty stomach.

PROTOCOL NOTES

- Increase Step One DermaDetox slowly to 5 capsules per meal as tolerated.
- Follow an anti-inflammatory, nutrient-dense diet.
- Stay well hydrated to support skin clearance.
- Consistency is key: results build over weeks, not days.

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

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