Dr. Dale's
WELLNESS CENTER

HEAL • OPTIMIZE • THRIVE
A HEALTHIER TOMORROW, NATURALLY

Hormonal Cystic Acne Protocol Pack

HORMONAL SKIN BREAKOUTS

BALANCE • DETOX • RESTORE • CALM

PROTOCOL OVERVIEW

The Hormonal Cystic Acne Protocol Pack targets the root causes of hormonal breakouts: blood sugar and androgen balance, skin-focused detoxification, the gut-skin axis and the stress response.

KEY BENEFITS

- ✓ Supports balanced blood sugar and the excess androgen levels that drive sebum production
- ✓ A skin-focused detox for the lymphatics, colon, liver, kidneys and blood
- ✓ Supports a healthy gut-skin axis with spore-forming probiotics and prebiotics
- ✓ Supports the body's stress response and the cortisol spikes that can trigger breakouts
- ✓ Complete daily schedule plus lab recommendations

WHAT'S INCLUDED



Skin Naturopathics Hormonal Breakouts

Supports balanced blood sugar and excess androgen levels, a root cause of pimples on the skin.



Skin Naturopathics Derma-Detox

A skin-focused detox that targets the lymphatics, colon, liver, kidneys and blood.



Biome Skin

Supports a healthy gut-skin axis with spore-forming probiotics, prebiotics and gut lining support.



Adaptogen Pro

Supports the body's stress response and balances adrenal cortisol spikes that may lead to breakouts.

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
Hormonal Breakouts		2-5 capsules		2-5 capsules		2-5 capsules		With meals, 3x daily.
Derma-Detox		3-5 capsules		3-5 capsules		3-5 capsules		With meals, 3x daily. Continue to tolerance until the skin is 80% clear.
Biome Skin		1 capsule		1 capsule		1 capsule		With meals, 3x daily.
Adaptogen Pro		2 capsules		2 capsules				Once or twice daily with the first two meals of the day.

PROTOCOL NOTES

- Continue the Derma-Detox to tolerance until the skin is about 80% clear.
- Remove all food sensitivities until the skin clears, then re-introduce slowly.
- Support the gut-skin axis with a whole-food, low-sugar diet and steady hydration.
- Manage stress and prioritize sleep; cortisol spikes can trigger breakouts.

LAB RECOMMENDATION: SALIVA HORMONE TEST

Assess estrogen, progesterone, testosterone, cortisol and other key markers to identify imbalances and personalize your protocol.

PURCHASE SALIVA HORMONE TEST

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.