

Internal

Do Eat

1. **Alternatives to milk:** Almond milk, Coconut milk and rice milk.



2. Drink 1 to 1 ½ gallons of **WATER** per day.

3. **Probiotics:** I suggest: *Renew Life: Ultimate Flora-super Critical 200 billion.*



4. **Enzymes:** helps digest food easier: I suggest *Solaray Super Digestaway.*

5. **Multivitamin and EFA's:** I suggest *Solaray Once Daily High Energy Multi-Vitamin, Juice Plus+ (crystalrigby.juiceplus.com)*

6. **Detox:** Clean, strengthen and balance your body. I suggest: *Natures Secret: Super Cleanse-available at crystal)skin Or*

[naturesbotanicalpharmacy.com](http://naturesbotanicalpharmacy.com)  
[ariseandshine.com](http://ariseandshine.com)  
[mlis.com](http://mlis.com)



7. **Eat:** *Fresh fruits & vegetables, seeds, nuts, eggs, lean meats and fish.*

Avoid Eating

1. **Dairy Products:** Avoid milk, cheese, yogurt (also greek yogurt), ice cream, cottage cheese, sour cream, etc.



2. **Gluten:** breads, pastas, crackers, chips, most cereals, etc.



3. **Sugar:** Soda, candy, pastries, etc.



4. **Peanut butter**



**(Instead try Almond butter)**

◆For great meal ideas go to: [www.paleoplan.com/recipes](http://www.paleoplan.com/recipes)◆

External

Do

1. **Crystal Skin Products:** Use consistently day and night!

2. **Hair: Shampoo/Conditioner:** Clarifying, deep cleaning, and Volumizing. I suggest: *Nioxin #1, Paul Mitchel-Clarifying, and Bed Head- Epic Volume.*

3. **Makeup:** *Young Blood Mineral Makeup-available at crystal)skin and Neutrogena SkinClearing Line(found at Walgreens).*

4. **Sunscreen: 30spf +** Everyday rain or shine! 90% of aging and increased acne damage is from UV rays!



Don't

1. **NO PICKING, TOUCHING, SCRATCHING, FEELING, RESTING, AND ALL FORMS OF TOUCH!**

Pick up a fidget toy to help break the habit: [thetherapyshoppe.com](http://thetherapyshoppe.com)



**(ANY touching INCREASES acne 80%)**

2. **Hair: Shampoo/conditioner:** Avoid hydrating, moisturizing, repairing and sleeking shampoo/conditioners.

**\*Styling products:** Avoid using palmades, waxes and other products that sleek and/or hydrate.

3. **Makeup:** Avoid Mary Kay, Avon and Mac.



<p><b><u>Icing</u></b></p> <ol style="list-style-type: none"> <li>1- wrap piece of ice in a paper towel, leaving one end exposed</li> <li>2- apply exposed side of ice to skin and rub over entire face for one minute or until ice is melted</li> <li>3- ice 2 to 3 minutes especially over problem and breakout areas</li> </ol> <p><b>Purpose:</b> besides helping skin feel great, icing takes down the swelling of breakouts allowing medications and products to penetrate deeper into the skin. It also stimulates blood circulation which increases healing and is extremely therapeutic.</p> <p>* We recommend icing 1 - 3 times a day!</p>	<p><b><u>Back and Chest Treatments</u></b></p> <ol style="list-style-type: none"> <li>1- Scrub area with <i>Buffed Head to Toe</i> or <i>Powerfully Clean</i> using dampened back brush or shammy</li> <li>2- Rinse thoroughly, apply <i>Blemish Arrest Me</i> to back and shoulders nightly and let product dry (medication will bleach fabrics – ie – clothing and bedding).</li> <li>3- During the day you may use <i>Resurface Me Head to Toe</i> - this product will not bleach fabrics</li> </ol>
<p><b><u>Spot Treatment</u></b></p> <ol style="list-style-type: none"> <li>1- apply <i>Blemish Arrest Me</i> to tips of inflamed lesions or razor bumps (not surrounding skin)</li> <li>2- apply <i>Lerosett Mask</i> over spots and allow product to dry before retiring to bed. (at least 30 minutes)</li> </ol> <p><b>*NOTE: DO NOT spot treat with <i>Resurface Me</i> or <i>Pores No More</i></b></p>	<p><b><u>“Picker Rules”</u></b></p> <ul style="list-style-type: none"> <li>• Lights off in the bathroom</li> <li>• Arms length away from mirror</li> <li>• No sitting on the counter</li> <li>• Set timer for 3 minutes max time allowed in the bathroom</li> <li>• Be nice to yourself - picking is NOT nice!</li> </ul>
<p><b><u>Post Treatment Care (after care)</u></b></p> <p>1 - for the next <b>5 to 10</b> days after your treatment appointment only use cleanser, moisturizer, and sunscreen. When washing and drying your skin, <b>be gentle!</b> Lightly pat dry, no rubbing or scrubbing. Leave scabs and flakes on the skin as long as possible.</p> <p>2- after <b>5 to 10</b> days, when skin has healed from your treatment, you can start working back into your normal</p>	<p>“Since self esteem controls ultimately our ability to love God to love others, and to love life, nothing is more central than our need to build justifiable self-esteem”</p> <p>~Neal A. Maxwell</p>