

SKIN CONDITIONS MAP

Forehead & Side of Face

LARGE INTESTINE

- **Candida Acne:** caused by toxins from overgrowth of candida in the digestive tract - often from hormones, sugar and mucus-producing foods such as dairy, fried foods, citric acid (like OJ) and tart candies, etc
- **Blackheads:** caused by mucus from foods such as dairy, fried foods, citric acid (like OJ) and tart candies, etc
- **Enlarged Pores:** a combination of the collapse of the epidermis in sebaceous skin types and the mirroring of pores/gaps in the digestive lining. The most common cause is emulsifiers like the ones found in yogurt and ice cream and glyphosate.
- **Rosacea & Capillaries:** caused by candida, IBS or other bowel conditions

Eyelids

ADRENALS

- **Irritation:** caused by stress and adrenal fatigue

Cheeks

SMALL INTESTINE

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- **Rosacea & Capillaries:** caused from IBS or SIBO

Around Mouth

RECTUM

- **Candida Acne:** caused by toxins from overgrowth of candida in the digestive tract - often from hormones, sugar and mucus-producing foods such as dairy, fried foods, citric acid (like OJ) and tart candies, etc
- **Constipation Acne:** caused from the re-absorption of fecal toxins
- **Blackheads:** caused by mucus from foods such as dairy, fried foods, citric acid (like OJ) and tart candies, etc
- **Perioral Dermatitis:** caused by irritation from constipation or colitis

Below Jawbone & Neck

LIVER ZONE 2

- **Pesticide Acne:** caused from pesticides such as Atrazine, Chlorpyrifos, and Metolachlor, often found in farming areas and non-organic foods
- **Plasticide Acne:** caused from plasticides such as BPA
- **Folliculitis Barbae:** caused from pesticides being detoxed out of the follicles in the neck

Under Eyes

KIDNEYS

- **Puffiness:** kidney inflammation often caused by alcohol or NSAIDs such as ibuprofen
- **Dark Circles:** the kidneys are a common detox organ for heavy metals. Many people have excess exposure and their kidneys become strained as a result. Also can be caused by kidney fatigue from lack of sleep

Nose

ESOPHAGUS

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- **Enlarged Pores:** a combination of the collapse of the epidermis in sebaceous skin types and the mirroring of pores/gaps in the digestive lining. The most common cause is emulsifiers like the ones found in yogurt and ice cream and glyphosate.
- **Rosacea & Capillaries:** often caused by acid reflux (side of nostrils) and inflammation of the esophagus from hard alcohol, smoking or post-nasal drip (tip of nose)

Under Nose

STOMACH

- **Rosacea & Capillaries:** caused from H. Pylori or gastritis

Jawline

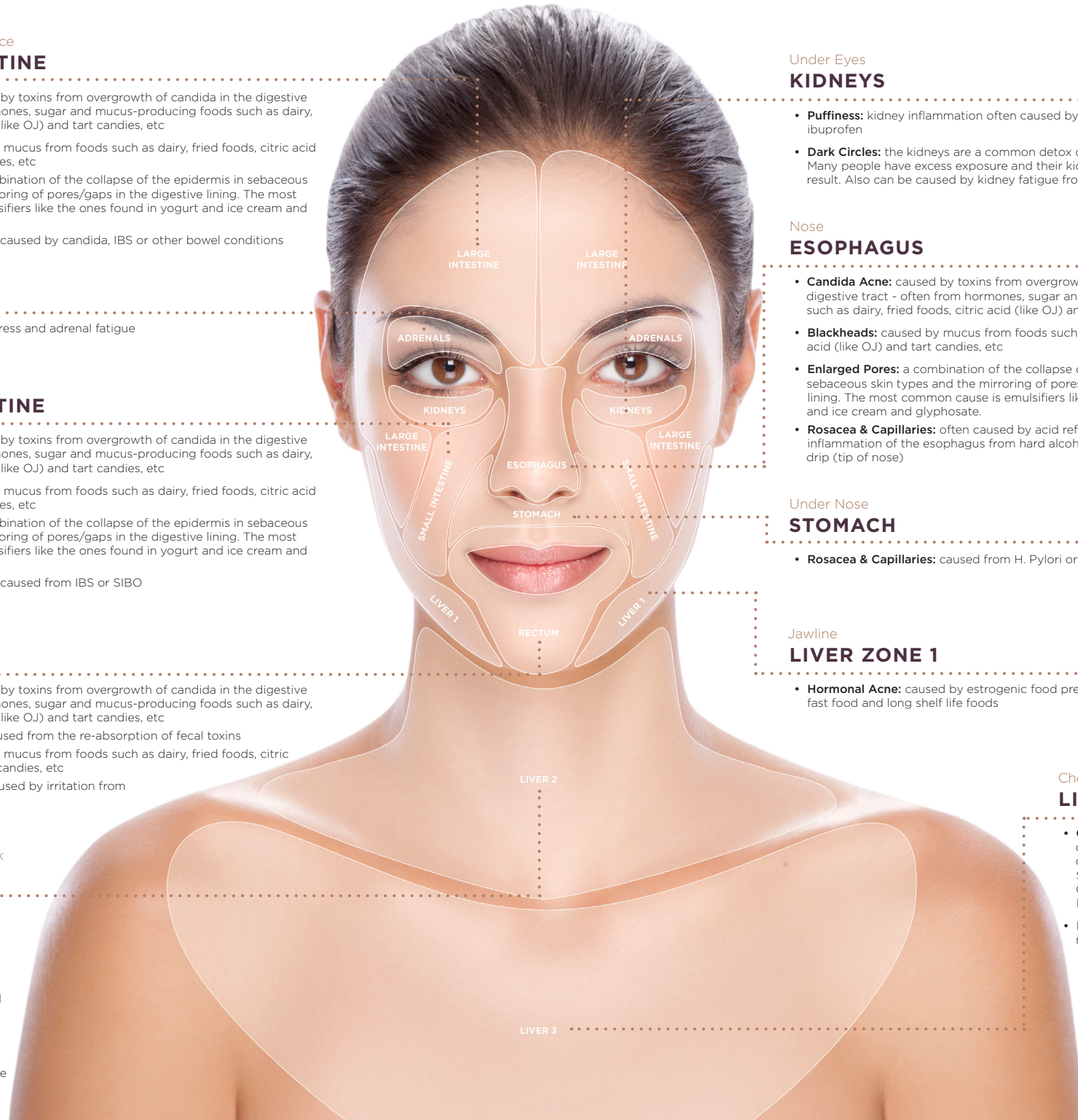
LIVER ZONE 1

- **Hormonal Acne:** caused by estrogenic food preservatives often found in fast food and long shelf life foods

Chest

LIVER ZONE 3

- **Chlorine Acne/Rash:** caused from highly chlorinated (Chlorine, Sodium Hypochlorite, Chloramine) drinking, bathing or swimming water
- **Blackheads:** caused by a mucus detox of the lungs



BODY ACNE

BACK OF ARMS

- **Keratosis Pilaris/Acne:** KP is the result of a different strain of candida that overgrows in the intestines. This can be related to all the causes found in Candida Acne.

UNDERARMS

- **Acne/Rash/ Hidradenitis Suppurativa:** the result of mold exposure often from water damaged homes or moldy air conditioners.

UPPER BACK

- **Chlorine Acne/Rash:** caused by chlorine dioxide in various water sources.
- **Blackheads:** caused by a mucus detox of the lungs.

BUTTOCKS & PERI-GENITAL REGION (NOT SHOWN HERE)

- **Buttock Acne:** is a bacterial infection of the rectum.
- **Peri-Genital Rash:** redness and/or flaking in the inner thigh or along the buttocks is caused by parasites.



Below Jawbone & Neck, Back of Neck, Scalp & Behind the Ears

LIVER ZONE 2

- Pesticide Acne
- Plasticide Acne



LOWER BACK

- **Mold Acne/Pustules:** caused by toxins often from water damaged homes or moldy air conditioners. The pustules or rashes are often found on the limbs as well.
- **Lyme Disease:** Lyme disease presents in many different ways if someone has cysts and/or horizontal stretch marks in the low back region then they should be evaluated for Lyme disease.

ROSACEA SKIN MAP

LIVER ROSACEA

Causes

1. Medications

- Accutane
- Metformin
- Statins
- Many others

2. Viral infections

3. Excessive Alcohol

Clues It's Liver not Digestive:

- More visible capillaries
- Redness may extend into the liver and adrenal zones. It may also present along the jawline and/or neck

DIGESTIVE ROSACEA

May present with acne or small bumps.

LARGE INTESTINE

- Candida
- IBS or bowel conditions

ESOPHAGUS

- Side of nostrils: acid reflux
- Tip of nose: inflammation of esophagus from hard alcohol, smoking, or post nasal drip

SMALL INTESTINE

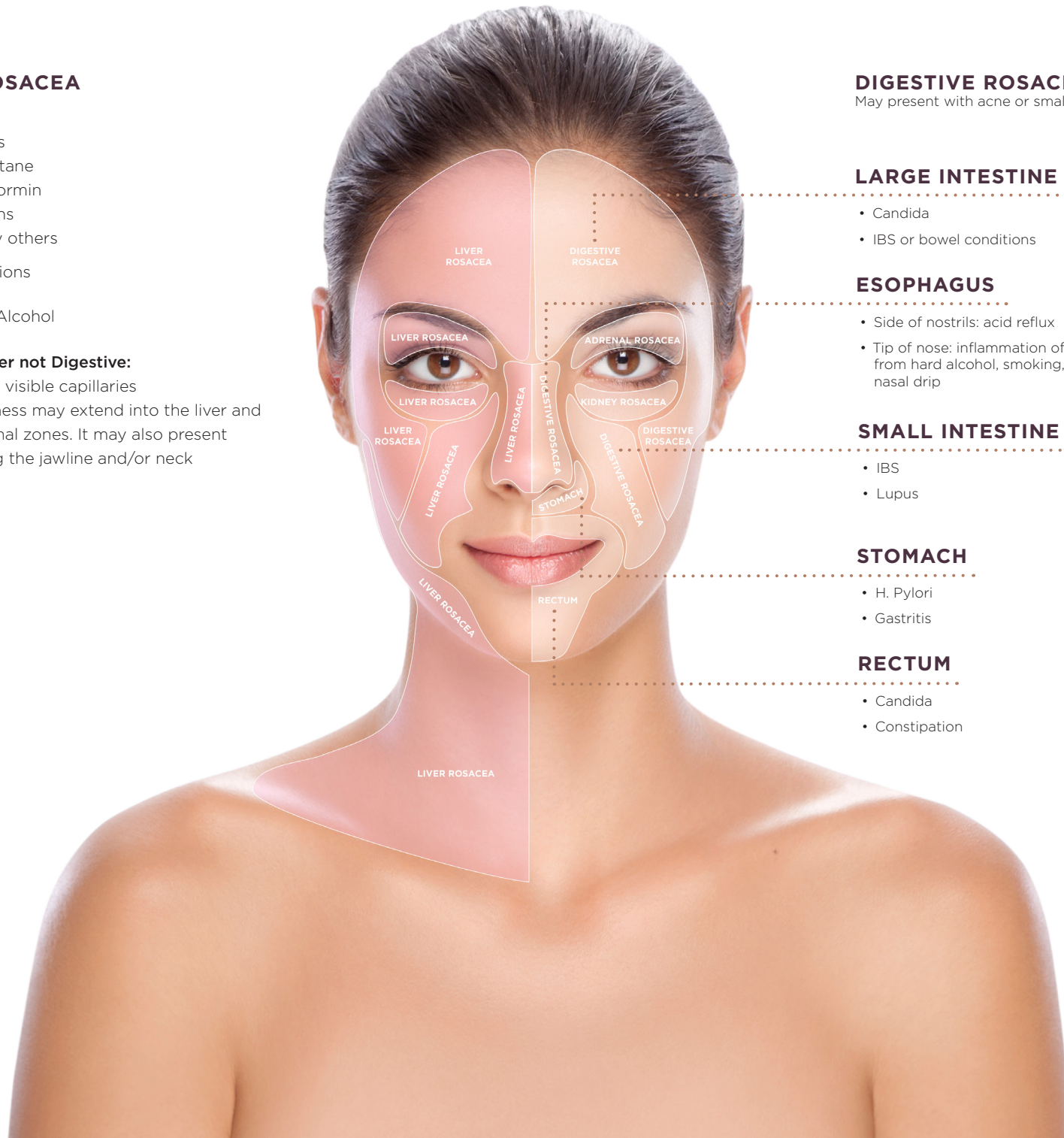
- IBS
- Lupus

STOMACH

- H. Pylori
- Gastritis

RECTUM

- Candida
- Constipation



THE SOLUTIONS: OSMOSIS PROTOCOLS TO TREAT THE SOURCE

Blackheads

- Skin Clarifier Supplement

Buttocks Acne

- Immune Defense Elixir

Candida Acne

- Skin Perfection Elixir
- Skin Clarifier Supplement
- Rescue MD
- Clarify

Constipation Acne

- Skin Perfection Elixir
- Digestive Support Supplement
- Skin Clarifier Supplement
- Rescue MD
- Clarify

Dark Circles & Puffiness

- Hormone Relief Elixir
- Relax & Unwind Elixir
- Ageless Vitality Elixir
- Skin Defense Supplement
- Refresh Revitalizing Eye Cream

Enlarged Pores

- Recovery/ Recovery Gel Caps
- Rescue MD
- Correct MD
- Catalyst MD

Eyelid Irritation

- Emotional Well-Being Elixir
- Remedy Mask

Advised to slow down skincare protocols until stress subsides

Food Preservative (Hormonal) Acne

- Skin Defense Supplement
- Rescue MD
- Clarify

Folliculitis Barbae

- Skin Defense Supplement

H. Pylori

- Immune Defense Elixir
- Recovery/ Recovery Gel Caps

Hyperpigmentation & Melasma

- Regenerate Supplement
- Immune Activator Elixir
- Perfection
- Catalyst MD
- Rescue MD

Keratosis Pilaris

- Skin Clarifier Supplement
- Skin Perfection Elixir
- Rescue MD
- Clarify

Lyme Disease

- Immune Defense Elixir

Mold Acne

- Immune Defense Elixir

Peri-Genital Rash

- Immune Defense Elixir

Parasite Cleanse suggested

Perioral Dermatitis

- Digestive Support Supplement
- Skin Clarifier Supplement
- Skin Defense Supplement
- Recovery/ Recovery Gel Caps
- Skin Perfection Elixir
- Rescue MD

Pesticide Acne

- Skin Defense Supplement
- Rescue MD
- Clarify

Hidradenitis Suppurativa

- Immune Defense Elixir

Plasticide Acne

- Skin Defense Supplement
- Rescue MD
- Clarify

Rosacea & Capillaries

- Rescue MD
- Catalyst MD

Viral Infection

- Immune Defense Elixir

Liver (more visible capillaries)

- Regenerate Supplement

Medications may be contributing

Candida (rosacea)

- Skin Clarifier Supplement
- Skin Perfection Elixir
- Recovery/ Recovery Gel Caps