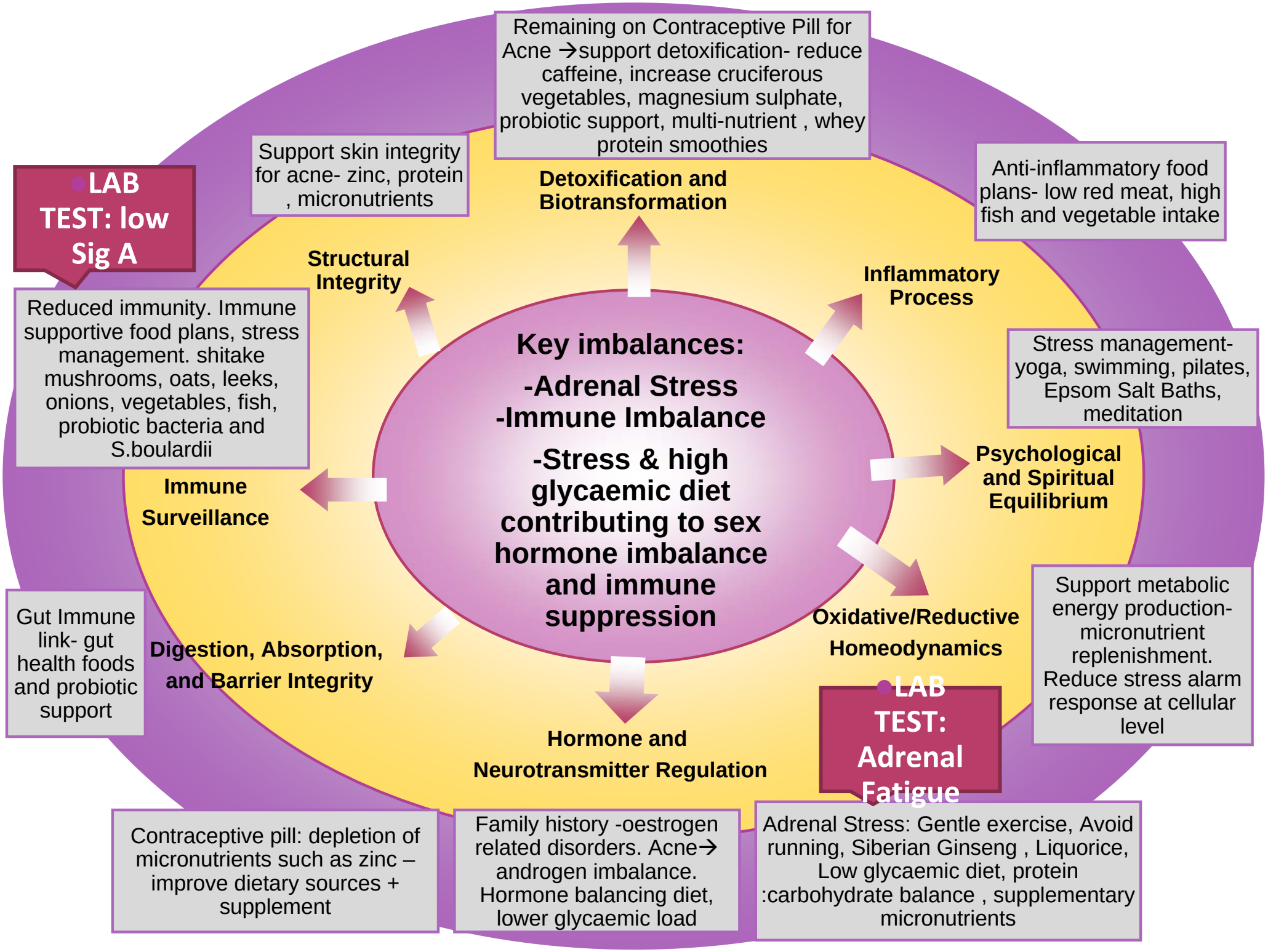
Remaining on Contraceptive Pill for Acne →support detoxification- reduce caffeine, increase cruciferous vegetables, magnesium sulphate, probiotic support, multi-nutrient , whey protein smoothies
Support skin integrity for acne- zinc, protein , micronutrients
Detoxification and Biotransformation
Anti-inflammatory food plans- low red meat, high fish and vegetable intake
LAB TEST: low Sig A
Structural Integrity
Inflammatory Process
Reduced immunity. Immune supportive food plans, stress management. shitake mushrooms, oats, leeks, onions, vegetables, fish, probiotic bacteria and S.boulardii
Key imbalances:
-Adrenal Stress
-Immune Imbalance
-Stress & high glycaemic diet contributing to sex hormone imbalance and immune suppression
Stress management- yoga, swimming, pilates, Epsom Salt Baths, meditation
Psychological and Spiritual Equilibrium
Immune Surveillance
Gut Immune link- gut health foods and probiotic support
Digestion, Absorption, and Barrier Integrity
Oxidative/Reductive Homeodynamics
Support metabolic energy production- micronutrient replenishment. Reduce stress alarm response at cellular level
LAB TEST: Adrenal Fatigue
Hormone and Neurotransmitter Regulation
Contraceptive pill: depletion of micronutrients such as zinc – improve dietary sources + supplement
Family history -oestrogen related disorders. Acne→ androgen imbalance. Hormone balancing diet, lower glycaemic load
Adrenal Stress: Gentle exercise, Avoid running, Siberian Ginseng , Liquorice, Low glycaemic diet, protein :carbohydrate balance , supplementary micronutrients