



Imagine

NEVER HAVING TO
DEAL WITH ACNE AGAIN..

WELCOME TO NATUROPATHIC BEAUTY

As a former acne-sufferer I know how devastating acne can be.

In my late 20s, I developed severe and painful acne that actually changed my personality. I went from being successful and out-going to basically curling up in the fetal position, waiting for my acne to go away so I could start living again.

Eventually, in total desperation, I went back to school to become a Naturopathic Doctor so I could learn how to clear my acne from the inside out. Once I healed my acne I felt so liberated that I made it my mission to help as many people as possible. So, for the past 12+ years I have been helping my patients clear their acne.

The first step in healing acne is understanding its cause. I have put together the following quiz to help you understand what may be contributing to your acne. This quiz is not meant as a substitute for proper medical diagnosis, and I always follow-up this quiz with laboratory tests when working with my patients. But I love the insight that it provides.

WHAT IS CAUSING YOUR ACNE?

Acne can be a complex condition with multiple system imbalances in the body, especially when you experience acne as an adult. Take this quiz to find out what systems in your body may be contributing to your acne.

SECTION 1: INSULIN RESISTANCE

Balancing your blood sugar and healing insulin resistance are at the heart of curing acne. If you check four or more of the below symptoms, you may need to balance your blood sugar.

- Waist is 35" or more if normal to large framed, or 32" or more if small-framed
- Weight gain is predominantly around the abdomen
- Sugar cravings
- Struggle with weight loss
- Craving carbohydrates such as rice, bread and potatoes
- Do not feel full easily and eat too much at one sitting, or binge eating
- Immediate family members have diabetes
- If food is not eaten regularly symptoms of hypoglycemia, such as shakiness, irritability, or dizziness are experienced
- Skin tags
- Fatty liver

SECTION 2: GUT DYSFUNCTION AND INFLAMMATION

The gut and the skin are closely related - often when there is inflammation on the skin (acne is inflammation) there is inflammation in the gut. If you check three or more of the below symptoms, chances are you need to improve your digestion and reduce inflammation.

- Indigestion
- Excessive belching, burping and /or bloating
- Excessive passage of gas
- Abdominal cramps / aches
- Skin rashes such as eczema, psoriasis, rosacea or allergic dermatitis
- Constipation (less than 1 bowel movement / day)
- Diarrhea
- History of anemia, unresponsive to iron
- Asthma or Allergies
- Diet consists of many processed foods and sugars

SECTION 3: LIVER DETOXIFICATION

Research has shown that acne patients can have certain genetic polymorphisms that reduce their ability to detoxify efficiently. If you check five or more of the symptoms below, chances are you need to help your liver detoxify more efficiently.

- Bloating, full feeling
- Fatty foods cause indigestion
- Nausea and/or vomiting
- Feel restless / agitated
- Itchy skin
- Intolerance to perfumes and/or caffeine
- Yellowish cast to skin, eyes
- Constipation
- Easy bruising
- Cracks on heels
- Age / liver spots on face / body / hands
- Don't sweat easily
- Tend to break-out mostly on the forehead and cheeks
- Break-outs tend to be on the surface (not deep and cystic)

SECTION 4: STRESS

Are you stressed? Stress contributes directly to acne, by increasing sebum/oil production in the skin. If you check five or more of the symptoms below, chances are stress may be contributing to your acne.

- Get wound up when tired and have trouble calming down
- Feel driven, appear energetic but feel "burned out" and exhausted
- Feel restless, agitated and uneasy
- Feel emotional – cry easily or laugh inappropriately
- Experience heart palpitations or a pounding in chest
- Constipation (less than 1 bowel movement per day)
- Have trouble falling and/or staying asleep
- Worry about everything
- Crave salty things
- Have dark circles under my eyes
- Have low blood pressure
- Get dizzy when I stand up suddenly
- Have headaches

SECTION 5: ESTROGEN AND PROGESTERONE IMBALANCE

Do you get breakouts right before your period? If you experience three or more of the symptoms below 3 days to two weeks prior to menstruation, your progesterone and estrogen may be imbalanced.

- Insomnia
- Bloating / Weight gain (water)
- Breast tenderness
- Depression / irritability
- Easy to anger / resentful
- Easily overwhelmed
- Headache
- Food cravings
- Acne flare-ups
- Back Pain

SECTION 6: OVARIAN FUNCTION

If your ovaries are not functioning as efficiently as possible, you may notice some of the symptoms below. Often these symptoms are associated with Polycystic Ovarian Syndrome (PCOS) and elevated androgens.

- Oily Skin
- Aggressive Feelings
- Absence of menstrual flow for 6+ months
- Occasionally skip periods
- Breasts shrinking
- Unable to get pregnant
- Miscarriage
- Excess facial hair
- Hair loss that is either diffuse or concentrated behind the front hairline
- Break-outs are cystic (deep and painful) and along the jawline, back or chin

THANK-YOU FOR TAKING THE
ACNE QUIZ!

NEXT STEPS...

My mission is to help you clear your skin and get rid of your acne for good! Check out my best-selling [7-Week Clear Skin Program](#) to find out how you can address the root cause of your acne and clear your skin from the inside out.

This program will help you clear your skin in a comprehensive, step-by-step process over 7 weeks. I promise you, it will change your life - not only will you experience clear skin and improved health, but you will be empowered to keep your body at its best for the rest of your life.

I also provide 1:1 Coaching if you would prefer to get personalized advice. For more information, [click the link here](#).

ABOUT ME...

I know how painful acne can be, both physically and emotionally. In my late 20s, I became a totally different person when my skin erupted in horrible cystic acne. I stopped seeing my friends, quit a successful career in advertising, and basically stopped my life, waiting for my acne to go away.

Eventually, in complete desperation, because nobody could help me heal my skin, I went back to school for four years to become a Naturopathic Doctor so I could learn how to get rid of my acne from the inside out. Eventually my skin completely cleared and I made it my mission to help as many people as possible heal their acne. For the past 12 years I have been in clinical practice in Toronto, helping hundreds of people clear their skin. And now, I look forward to helping you!

With love,

DR. STACEY SHILLINGTON ND

This information is NOT intended as medical advice, nor is it intended to replace the care of a qualified health care professional. This content is not intended to diagnose or treat any diseases. Always consult with your primary care physician or licensed healthcare provider for all diagnosis and treatment of any diseases or conditions, for medications or medical advice as well as before changing your health care regimen.

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