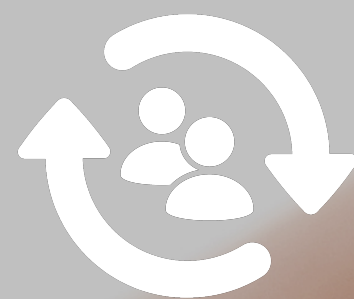
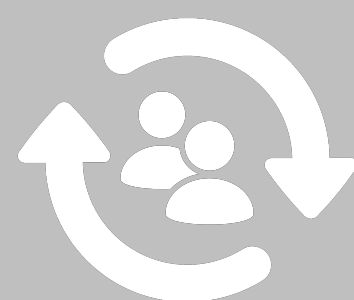


Skin Health Quiz



Acne



Acne Quiz

Have you tried countless skincare products but still struggle with stubborn breakouts?

Is your self-confidence taking a hit because of persistent acne?

It's not just about external beauty; there might be more happening beneath the surface of your skin.

Acne is more common than you think. It's not just for teenagers; adults can experience acne well into their 30s, 40s, and even 50s.

Certain factors such as hormones, diet, stress, and certain medications can trigger or worsen acne.

Acne can be more than just an external issue — it often reflects internal health imbalances.

- ✘ Painful cystic acne
- ✘ Red and inflamed skin
- ✘ Dark marks after healing
- ✘ Whiteheads and blackheads
- ✘ Scarring

The list really goes on ...

If you've switched multiple skincare routines, tried medications, and even altered your diet but still see no change.

If you constantly feel conscious about your skin, even resorting to heavy makeup to hide the blemishes.

Or, if you resonate with any of these signs and symptoms in this post...

Don't let acne control your life.

Comment "CLEARSKIN" below to receive the link to our acne health quiz and finally unveil the underlying causes of your breakouts.



Acne

Do any of the following apply?			
Excessive intake of high glycemic index foods	High stress	Post oral contraceptive use	High androgens
Menstrual cycle fluctuations	Signs of zinc deficiency	Anxiety	Consumption of dairy products
Symptoms of dysbiosis	Impaired liver function (e.g. sensitivity to chemicals)	Poor sleep quality	



Eczema



Eczema Quiz

Are you constantly battling itchy, inflamed, and dry patches on your skin?

Have you noticed certain triggers causing flare-ups, but can't pinpoint the exact cause?

Does your skin's condition seem to worsen in specific environments or seasons?

It's more than just a skin issue; it's eczema.

Eczema, also known as atopic dermatitis, is a chronic skin condition that can appear anywhere on the body.

It is often linked to an overactive response by the body's immune system to an irritant.

While its exact cause is unknown, it's believed to be related to a combination of genetic and environmental factors.

Eczema can impact much more than the skin's surface.

- ✗ Disturbed sleep due to itching
- ✗ Increased risk of skin infections
- ✗ Thickened, cracked, and scaly skin
- ✗ Persistent red or brownish patches
- ✗ Raw, sensitive, and swollen skin from scratching

The list really goes on ...

If you've tried various creams, lotions, and ointments without much relief.

If you've adjusted your diet, clothing, and skincare routine but see little to no improvement — despite consulting with dermatologists.

Or, if any of the signs and symptoms mentioned in this post sound familiar...

Don't let eczema rule your life.

Comment "SKINCARE" below to receive the link to our eczema health quiz and discover potential relief options for your skin.



Eczema

Do any of the following apply?

History of allergies or asthma

Exposure to microbial infections

Food allergies or intolerances | Particularly dairy, eggs, nuts, seeds, or wheat

Chronic stress

Lack of essential fatty acids in diet

Vitamin D deficiency

Zinc deficiency

Signs of leaky gut



All Roads...



<30%

Congratulations!

It appears that **[PROBLEM]** isn't a concern for you.

Since you have taken the time to complete this quiz, health is clearly a value of yours ...

Let's get you scheduled in for a complementary functional health consultation so we can assess other areas of your health with my Functional Blueprint and make sure you are able to **[ESCAPE PAIN]**, **[ACHIEVE DREAM STATE]** and **[SOMETHING REALLY AWESOME]**.

Here is the link to book:

[LINK TO BOOK]

30-60%

Oooooooooohhh ...

It appears that **[PROBLEM] is something you are possibly challenged with right now, but it might not be your biggest priority ...**

Let's get you scheduled in for a complementary functional health consultation so we can assess this further and help you **[ESCAPE PAIN]**, **[ACHIEVE DREAM STATE]** and **[SOMETHING REALLY AWESOME]**.

Here is the link to book:

[LINK TO BOOK]

60+%

Oh dear!

It appears that **[PROBLEM] is creating a number of health challenges for you right now!**

Let's get you scheduled in for a complementary functional health consultation so we can finally help you **[ESCAPE PAIN]**, **[ACHIEVE DREAM STATE]** and **[SOMETHING REALLY AWESOME]**.

Here is the link to book:

[LINK TO BOOK]



