



ACNE EDITION

# The Guide to Self-care

The starting basics to heal your skin from within

by

Dr. Shannon Cavanaugh  
Naturopathic Doctor





# Introduction

Healing acne naturally is absolutely possible! This handout is here to set you up for success. The practices covered here are holistic, meaning they are working with your whole body to address the root cause! Yes, clear skin will be one amazing benefit, but these practices will help in areas of digestion, detox, hormone balancing, sleep quality, and stress management- aka all the things that contribute to acne!

If you're starting from what I call ground zero, and have never tried or practiced any of these things, don't fret. The good news is, we only have up to go. Second, don't stress yourself trying to start all of these at once. Choose the things most attainable to you and build from there.

Alright, now lets do this!

*Dr. Cavanaugh*

# Getting To the Root

## Underlying Causes Of Acne

Hormone Excess

Liver Congestion

Gut Dysbiosis or Dysfunction

Inflammation/Poor Blood Sugar Regulation



# Build A Baseline

This is a judgement free zone! Simply respond as you see fit and see what you discover about yourself and habits. While these are not acne specific markers, they are essential for addressing the underlying cause.

- Score 2 points for each 'Yes', 1 point for each 'S / Sometimes' and 0 point for 'No'.

|  | Yes                      | S                        | No                       |
|--|--------------------------|--------------------------|--------------------------|
| 1. I am up-to-date with my health check-ups        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. I consume 60 + grams of protein daily           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. I include vegetables with every meal            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. I sleep 8 hours nightly, undisturbed            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. I exercise 3-5x weekly for 30 minutes at a time | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. I drink 60+ oz of water daily                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. I have at least 1 bowel movement daily          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. I feel meaning and purpose most days            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. I have friends and family I feel supported by   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Your total score \_\_\_\_\_

Notes:



# Self-care Practices

## HYDRATION *Detox Digestion Inflammation*

- ▶ Drink at minimum 60 oz of water daily
- ▶ Drink 12-16 oz upon rising each morning
- ▶ Reverse osmosis or spring water
- ▶ Adding salt to water, Redmond Real Salt

### Bonus Points

Warm water with lemon in the AM

### Notes

Just add a dash of salt. If you can taste it, you've added too much

## NUTRITION *Detox Digestion Inflammation Hormone balancing Gut health*

- ▶ 3 meals daily, same time each day
- ▶ 20 grams (minimum) of protein with each meal
- ▶ Half the plate vegetables at each meal
- ▶ Avoiding seed oils ex: canola, vegetable, rapeseed, palm

### Bonus Points

1 month dairy elimination

### Notes

Increase dark leafy greens and brassica veggies!  
High antioxidant fruits: dark berries!

EAT MORE OF THIS AND LESS OF THAT

THAT

to

THIS

white sugar/  
added sweeteners

seed oils

processed/  
packaged food

honey or  
maple syrup

avocado or olive oil

whole foods +  
meal prep

# CASTOR OIL PACKS

*Digestion Inflammation Hormone balancing*

## Considerations:

Castor oil packs are best done at night before bed. They can be messy so expect the castor oil to ruin whatever it comes in contact with. I recommend doing these in bed with a bath towel down to protect your bedding. For best results do these 2-3x weekly. Skip when on your period.

## Supplies

- Organic Castor Oil
- A piece of flannel large enough to cover your abdomen
- Scrap piece of thin towel or sheet
- Heating pad (electric or a hot pack)
- An old set of pj's that you don't mind getting the oil on

Can be purchased at most health foods stores

Can be purchased here as well <https://us.fullscript.com/protocols/drcavanaugh-castor-oil-packs>

## Steps:

- Lay down on protective towel with all supplies in reach
- Cover right upper quadrant of abdomen (over the liver) with castor oil and lay flannel over to cover OR saturate flannel in castor oil and lay over abdomen.
- Lay a thin towel or sheet over flannel. (this is to protect heating pad) Apply heating pad over this.
- Cover up with a heavy blanket to help press heat toward skin
- Relax! Journal, read a book, watch a show
- Remove everything after 30 minutes
- Rub remain castor oil into skin and sleep with old pj's



# SLEEP HYGIENE

*Digestion Inflammation Hormone balancing*

- ▶ Establish regular sleep and wake times.
- ▶ Avoid napping during the day.
- ▶ Avoid stimulants such as caffeine, nicotine, and alcohol close to bedtime.
- ▶ Exercise regularly in the morning or late afternoon.
- ▶ Associate your bed with sleep only
- ▶ Keep it quiet and dark.
  - make sure room is pitch dark
  - use air purifier or fan to emit white noise
- ▶ Create a worry free space
  - practice mindfulness before bed.





# DRY BRUSHING

*Digestion Detox Hormone balancing*

Best done completely nude, right before showering. Many people feel energized after dry brushing so this is best done in the morning, daily.

An excellent how-to video can be found here:

<https://www.youtube.com/watch?v=1YnVb9le-r0>





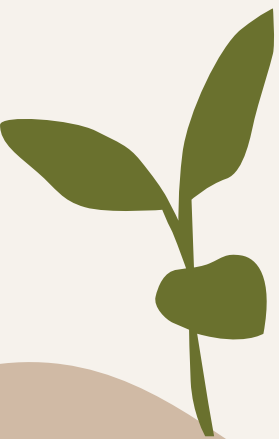
# Supplements for Acne

fish oil

probiotic

b-complex

[the exact supplements and dosing I use](#)



\*all recommendations are generalized and should not be construed as medical advice. Please consult with your doctor to determine if these recommendations are right for you.

NEED MORE INSIGHT?

# establish care



Schedule an initial  
60 minute  
appointment here  
with Dr. Cavanaugh

When you establish care with me, we will take a deep dive into your health history and acne concerns. By the end of our first appointment I will determine which functional labs are needed to help uncover the root cause of your acne.

At your 60 minute follow up appointment I will explain lab results in detail. We will discuss optimal (not just "normals"). I will then provide a treatment protocol written for your specific needs.

PHONE:  
(646) 876 - 9986

WEBSITE:  
[www.drmaura.com](http://www.drmaura.com)