

# OSMOSIS SKIN MAPPING

*To treat key skin conditions, use our map to reveal the origin of each skin concern.*



## ACNE: DIGESTIVE

**Skin Zone:** Nose, Upper Cheek, Forehead, Chin

**Organ:** Esophagus, Small/Large Intestines, Rectum

Skin conditions that appear in these zones are caused by imbalances due to toxins from an overgrowth of candida in the digestive tract. This is often caused by hormones, sugar, and mucus-producing foods; dairy, fried foods, and citric acid.

### PRODUCT RECOMMENDATION

**Topical:** Rescue; spot treat with Clarify

**Internal:** Skin Clarifier, Skin Perfection Elixir, Recovery

## ACNE: LIVER

**Skin Zone:** Jawline, Neck, Chest, Back

**Organ:** Liver

Skin conditions that appear in these zones are caused by estrogen-like environmental toxins. Food preservatives are purged in Liver Zone 1 (jawline). Pesticides purge in Liver Zone 2 (neck). Chlorine purges in Liver Zone 3 (chest and back).

### PRODUCT RECOMMENDATION

**Topical:** Rescue; spot treat with Clarify

**Internal:** Skin Defense, Skin Perfection Elixir

## ACNE: BLACKHEADS

**Skin Zone:** Nose, Cheek, Forehead, Chin

**Organ:** Esophagus, Intestines, Chest, Rectum

This condition is caused by purging mucus from our organs.

### PRODUCT RECOMMENDATION

**Topical:** Rescue; Clarify

**Internal:** Skin Clarifier, Digestive Support, Recovery

## DARK CIRCLES OR PUFFY EYES

**Skin Zone:** Eyes

**Organ:** Adrenals, Kidneys

Upper eyelids represent the adrenals. The skin just below the eyes reflects the kidneys. Puffiness is caused by many pain medications and/or alcohol. Dark circles are from poor sleep or heavy metals with both weakening kidney health.

### PRODUCT RECOMMENDATION

**Topical:** Vitamin A Serum, Refresh

**Internal:** Hormone Relief Elixir, Relax & Unwind Elixir

## ROSACEA

**Skin Zone:** Nose, Upper and Lower Cheek, Chin

**Organ:** Esophagus, Stomach, Intestines, Rectum

Inflammation in the digestive tract is the cause of rosacea. The esophagus zone suffers from acid reflux including capillaries on the side of the nose. The stomach zone reacts to H.Pylori and gastritis. The intestine zones become red from candida, gluten, food allergies, IBS, and more.

### PRODUCT RECOMMENDATION

**Topical:** Rescue, StemFactor, Calm

**Internal:** Immune Activator, Digestive Support, Skin Perfection Elixir, Skin Clarifier, Recovery

## HYPERPIGMENTATION

**Skin Zone:** Face and Body

**Organ:** Liver

Discoloration on the face and body is caused by sun damage or liver damage. Healing age spots so that they do not return requires repair of oxidation and DNA damage in a way only Osmosis patented protocols can do.

### PRODUCT RECOMMENDATION

**Topical:** Catalyst AC-11®, Correct, Rescue

**Internal:** Skin Defense, Immune Activator, Ageless Vitality Elixir, Regenerate

## AGING

**Skin Zone:** All

**Organ:** Vital Organs, Tissues and Cells

Aging is affected by every organ's lost vitality. Every facial zone is affected by hormone changes, environmental toxicity, and the skin's immune strength. Skin changes include oxidation (free-radical damage), texture and pore changes, facial lines, and laxity.

### PRODUCT RECOMMENDATION

**Topical:** Catalyst AC-11®, Correct, StemFactor, Rescue

**Internal:** Skin Defense, Collagen Activator, Ageless Vitality Elixir, Hormone Relief Elixir, Recovery



# HYPERPIGMENTATION SKIN MAP

All hyperpigmentation is a protective response by the skin designed to cover an area of inflammation beneath it. The most common form is sun damage or age spots. These occur anywhere on the body where excessive and repeated sun exposure has occurred. They are the result or chronic wounds along the dermal-epidermal junction. The next most common are liver spots found on the face and hands primarily. This is the result of liver damage from repeated exposure to toxins such as equilin sulfate (upper face), food preservatives (jawline) and acetaminophen (hands). Melasma is also a common form of hyperpigmentation. This is also from liver damage but the main causes are birth control hormones, anxiety and antidepressant medications. The type of toxin determines the location of damage on the liver and therefore on the face itself. Underneath melasma is inflammation in your dermis reflecting a region of the liver. The skin is triggered by UV exposure to protect the dermal wound. In the case of pregnancy it is the high levels of hormones being produced that stresses the liver. The older the expecting mother, the more compromised the liver and therefore mask of pregnancy is seen in 30+ year old moms mostly. The liver can become compromised by unhealthy foods, metals, or toxic lifestyles including recreational drugs and alcohol but none of those appear to cause enough harm on their own to generate melasma.

## Forehead PROGESTERONE DAMAGE

- Norethindrone Acetate
- Ethynodiol Acetate
- Noregestimate
- Drospirenone
- Norgestrel
- Levonorgestrel
- Elevated pregnancy hormones
- Hepatitis

## Around Mouth TESTOSTERONE & ESTRONE DAMAGE

- Testosterone
- Estrone
- Elevated pregnancy hormones
- Hepatitis

## Chest & Body SUN DAMAGE

- A protective response to DEJ damage. This can occur from the sun on all areas of the body. Most typical on the face, chest, and shoulders.

## Mid-Face Area ESTROGEN, LIVER SPOTS, ANXIETY & DEPRESSION MEDICATION

### MELASMA SOURCES:

- Conjugated Estrogen
- Estropipate
- Estradiol
- Estriol Sulfate
- Elevated pregnancy hormones
- Hepatitis

- Sertraline
- Citalopram
- Alprazolam
- Clonazepam
- Chlordiazepoxide
- Diazepam
- Lorazepam
- Buprion
- Escitalopram

### LIVER SPOTS:

- Liver spots are mostly from hormones found in meat and dairy (Equilin Sulfate)

## Hands & Forarms LIVER SPOTS

- Liver damage from acetaminophen and bovine growth hormone

