

Dermatitis Protocol

Immediate actions to take:

- 1.) If you are putting any natural oils or butters on your face such as: coconut oil, jojoba oil, neem oil, tea tree oil, almond oil, lavender, oil of oregano, olive leaf oil, etc. (you'll notice I mentioned many antifungals, and the list goes on)...STOP immediately!!
- 2.) If you are using a cleanser of any kind, natural or otherwise, STOP immediately!!
- 3.) If you are using creams such as: steroid creams, cortisone creams, acne creams, antibiotic creams or various prescriptions with side effects too numerous to mention.....STOP immediately!!

Dermatitis is causing your skin to flare up because of yeast; more specifically *Mallassezia* yeast. *Mallassezia* yeast grows on everyone's skin and feeds off of the sebum (oil) that your body produces. With dermatitis, you are producing more oil than normal in the areas of your flare ups, while also over producing skin cells. The yeast feeds on oils and lipids in soap and it grows and spreads. It causes skin irritation, flaky skin, and white small bumps due to the rapid oil and skin cell production. Various natural oils, or creams that contain oils, may provide you some temporary relief...but you are taking one step forward and two-three steps back! So, when you start adding additional oils and/or cleansers to those areas AND to the areas that are not overproducing, you are actually encouraging the yeast to spread to areas it normally wouldn't. Our goal is to dry out the skin so the yeast will stop producing. Please don't pick or scratch the small bumps or you will spread them all over your face and body....you might think this is acne but it's NOT!

Supplies: all on Serenity Amazon store

Celtic sea salt - unrefined, no fragrances

Bragg Organic Raw Apple Cider Vinegar

Detox tea - Serenity Center

Garden of Life RAW Probiotics™ 5-Day Max Care -- 400 billion - One scoop for 6 days

Garden of Life RAW Probiotics™ Ultimate Care -- 100 billion - One capsule for 3 months.

La Bella Donna Loose Mineral Foundation SPF 50

Paper towels

Cotton balls/pads

Pure Organics Vegetable glycerine

4 clean pillow cases - changed daily

Serenity Bliss - Green mitt & Jane Iredale Pink Magic Mitt

2 glass spray bottles 2 oz

Recipes homemade toners:

1oz of warm water, mixing in 1oz of Apple Cider * use a glass bottle to store it.

1.5 oz of warm water, mixing in 2 Tbsp of the sea salt mix in a glass.

1 oz of vegetable glycerin 1oz of distal water and mix it into the 2 oz glass spray bottle

Morning Routine:

Take probiotics before food

- Rinse face with water
 - Dry lightly with paper towel
 - Spray the cider toner you made into the cotton ball & dab it over the skin & let it air dry. ●
- Apply powder SPF.

Night Routine:

- Wash your face with water Only and the pink JI mitt
- Dry lightly with paper towel
- Salt water use the cotton ball & dab it over the skin & let it air dry.

Keep sea salt toner on skin overnight if possible. If you are not comfortable you can rinse it off after 30 min with water and **NO other products for the night.**

- Exfoliate twice a week or as needed with the Green Mitt
- If you need some moisture I would recommend spraying water with Glycerin. ● Please check in with us every 2 weeks and send pictures and updates. ● While taking probiotics you need to stay away from alcohol, smoking, processed food and sugar.

This will take time. Each person has a different immune system.

Please be patient, this is a journey to health.

Any questions email us: info@serenitybhc.com