



THE SOLINGER METHOD

by Root Health L.L.C.

AdultAcne

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Acne

Root Health L.L.C, The Solinger Method

Dr. Sarah Solinger, PhD, ND, MSc, FCN

Naturopathic Doctor, Functional Clinical Nutritionist, Master Herbalist

What Is Adult Acne

Adult acne is a chronic inflammatory skin condition driven by **internal dysregulation**, not poor hygiene and not simply “oily skin.” While lesions appear on the face, jawline, chest, or back, the origin is typically **systemic**, involving hormone signaling, insulin dynamics, liver detoxification capacity, gut microbial balance, and micronutrient status.

In adults, acne frequently reflects:

- Androgen sensitivity rather than excess alone
- Impaired estrogen and androgen clearance
- Insulin resistance or blood sugar volatility
- Chronic low grade inflammation
- Gut dysbiosis and impaired bile flow

This is why topical treatments alone rarely resolve adult acne long term.

Conventional Medicine Perspective

From a conventional standpoint, adult acne is generally viewed as:

- A dermatologic condition
- A cosmetic concern
- A problem of excess oil and clogged pores

Standard treatments often include:

- Topical retinoids
- Antibiotics, topical or oral
- Hormonal contraceptives
- Spironolactone
- Isotretinoin in severe cases

While these approaches may suppress symptoms, they do not address

why the skin is inflamed
in the first place, and long term use often creates downstream issues involving gut integrity, nutrient depletion, and hormonal disruption.

Naturopathic Medicine Perspective

Naturopathic medicine views adult acne as a **signal**, not a flaw.

The skin is an elimination and communication organ. When internal systems are overwhelmed or dysregulated, the skin becomes an outlet.

Adult acne most commonly reflects dysfunction in:

- Liver phase I and phase II detoxification
- Estrogen and androgen metabolism
- Insulin signaling and IGF 1 activity
- Gut microbiome balance and intestinal permeability
- Zinc, vitamin A, B vitamin, and omega 3 status

Clear skin is a **byproduct of internal balance**, not the primary target.

Key Drivers and Patterns in Adult Acne

Common patterns seen clinically include:

Hormonal Patterns



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- Jawline and chin acne linked to androgen sensitivity
- Flare ups premenstrually due to estrogen progesterone imbalance
- Acne persisting despite “normal” hormone labs due to receptor level sensitivity

Metabolic Patterns

- Blood sugar swings driving insulin and IGF 1 signaling
- Acne coexisting with weight resistance, PCOS tendencies, or cravings

Hepatic Patterns

- Sluggish estrogen clearance
- Poor bile flow leading to recirculation of hormones

Gut Patterns

- Dysbiosis and overgrowth patterns
- Impaired fat digestion affecting hormone metabolism
- Increased intestinal permeability amplifying inflammation

Targeted Nutritional Strategy

Nutrition should support **blood sugar stability, liver clearance, and anti inflammatory signaling.**

Emphasize

- High quality protein at each meal to stabilize insulin
- Cruciferous vegetables to support estrogen metabolism
- Bitter greens to stimulate bile flow
- Omega 3 rich foods for inflammatory modulation

Reduce

- Refined carbohydrates and added sugars
- Dairy, particularly skim and whey heavy products
- Highly processed seed oils
- Frequent snacking that drives insulin spikes

Consistency matters more than restriction.



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Targeted Supplement and Herbal Support

Therapeutic Adult Dosing

These are **condition specific**, not general skin support.

Zinc Picolinate or Zinc Glycinate

Supports androgen modulation, immune balance, and wound healing.

Dose: 30 to 45 mg daily with food

Vitamin A (Retinyl Palmitate, not beta carotene)

Supports epithelial turnover and sebaceous regulation.

Dose: 5,000 to 10,000 IU daily

Berberine

Improves insulin sensitivity, reduces IGF 1 signaling, and supports gut balance.

Dose: 500 mg, two to three times daily with meals

N Acetyl Cysteine (NAC)

Supports glutathione production and liver detoxification.

Dose: 600 to 1,200 mg daily

Omega 3 Fatty Acids (EPA dominant)

Reduces inflammatory signaling in the skin.

Dose: 2 to 3 grams daily combined EPA and DHA

Targeted Herbal Support

Vitex agnus castus

Supports progesterone signaling and modulates LH driven androgen activity.

Most helpful in cyclical, jawline acne.

Dose: 150 to 225 mg standardized extract each morning

Milk Thistle (Silybum marianum)



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Enhances hepatic detoxification and hormone clearance.

Dose: 300 mg standardized extract, one to two times daily

Burdock Root

Supports lymphatic drainage and skin elimination pathways.

Dose: 500 to 1,000 mg capsule daily or tea form

Lifestyle Support That Actually Matters

- Prioritize sleep consistency to normalize cortisol and insulin signaling
 - Reduce chronic stress input, cortisol drives androgen activity
 - Avoid harsh over cleansing which disrupts the skin barrier and worsens inflammation
- More products is not better.
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When to Dig Deeper

Consider deeper evaluation when acne is persistent or resistant:

- Fasting insulin and A1c
- Androgen markers with symptom correlation
- Comprehensive stool analysis
- Liver enzymes with functional interpretation
- Micronutrient assessment, especially zinc and B vitamins

Clear skin follows internal clarity.



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