



# THE SOLINGER METHOD

by Root Health L.L.C.

## Cystic Acne

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### FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Cystic Acne

Root Health L.L.C, The Solinger Method

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## What Is Cystic Acne

Cystic acne is a **deep, inflammatory acne subtype** characterized by painful nodules or cysts that form beneath the skin surface. Unlike superficial acne, cystic acne reflects **systemic hormonal, metabolic, and inflammatory dysfunction**, not poor hygiene or topical imbalance.

In adults, cystic acne most commonly reflects:

- Androgen excess or androgen sensitivity

- Insulin resistance and blood sugar dysregulation
- Impaired estrogen clearance
- Chronic inflammation
- Gut dysbiosis
- Nutrient deficiencies affecting skin turnover

Cystic acne is a **signal of internal imbalance**, not a skin disease.

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## Conventional Medicine Perspective

Conventional medicine typically views cystic acne as:

- A dermatologic condition
- Driven by excess oil production
- Managed with topical or systemic suppression

Common interventions include:

- Topical retinoids
- Oral antibiotics
- Hormonal contraceptives
- Spironolactone
- Isotretinoin

While these approaches can reduce lesion count, they often do not address:

- Why androgen signaling is elevated
- Why insulin is driving sebum production
- Why inflammation persists
- Why acne returns when treatment stops

Suppressing symptoms does not correct root cause.

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## Naturopathic Medicine Perspective

Naturopathic medicine views cystic acne as a **hormone-metabolic-inflammatory condition**, with the skin acting as a downstream organ of elimination and signaling.

Key systems involved include:

- Insulin and IGF-1 signaling
- Androgen production and receptor sensitivity
- Estrogen metabolism and clearance
- Gut microbiome and endotoxin load



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- Liver detoxification pathways
- Nutrient availability for skin repair

The goal is to **normalize hormonal signaling and reduce inflammatory burden** , allowing the skin to heal.

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## Key Drivers and Patterns in Adult Cystic Acne

### Androgen Dominant Pattern

- Jawline or chin acne
- Flares around ovulation or luteal phase
- Oily skin

### Insulin Resistant Pattern

- Acne worsens with sugar or refined carbs
- Coexisting weight resistance or cravings
- Elevated insulin or triglycerides

### Estrogen Clearance Pattern

- Acne with PMS, breast tenderness, or bloating
- History of hormonal contraceptive use
- Constipation

### Gut Inflammatory Pattern

- Acne with bloating or bowel irregularity
- Antibiotic history • Food sensitivities

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## Nutritional Strategy

Nutrition for cystic acne focuses on **reducing insulin spikes, supporting hormone clearance, and lowering systemic inflammation**, not extreme restriction.

### Core Nutritional Priorities

- Stabilize blood sugar
- Reduce androgen-stimulating foods



- Support liver detoxification
  - Improve gut integrity
  - Ensure adequate protein and micronutrients
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## **Therapeutic Foods to Emphasize**

### **Protein at Every Meal**

Supports blood sugar stability and hormone balance.

Suggested intake:

25 to 35 grams per meal

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### **Low Glycemic Carbohydrates**

- Root vegetables
  - Squash
  - Rice
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### **Anti-inflammatory Fats**

- Olive oil
  - Fatty fish
  - Avocado
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### **Liver Supporting Foods**

- Bitter greens
  - Beets
  - Artichokes
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### **Micronutrient Dense Foods**

- Beef liver for vitamin A and zinc
  - Eggs for choline
  - Shellfish for zinc and selenium
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### **Reduce or Avoid**



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- Added sugars
  - Refined carbohydrates
  - Excess dairy if reactive
  - Ultra processed foods
- Insulin spikes drive cyst formation.
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## Targeted Supplement Support

Therapeutic Adult Dosing

### **Zinc Picolinate or Glycinate**

Reduces inflammation and androgen-driven sebum production.

**Dose:** 25 to 40 mg daily

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### **Myo-Inositol (with or without D-Chiro Inositol)**

Improves insulin sensitivity and reduces androgen signaling.

**Dose:** 2 to 4 grams daily, divided

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### **Berberine**

Supports insulin regulation and reduces inflammatory signaling.

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

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### **Vitamin A (Retinyl Palmitate, Not Beta Carotene)**

Supports epithelial turnover and immune regulation.

**Dose:** 5,000 to 10,000 IU daily

Avoid during pregnancy.

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### **Omega 3 Fatty Acids (EPA/DHA)**

Reduces inflammatory lesion severity.  
**Dose:** 3 to 4 grams daily combined EPA and DHA

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## Targeted Herbal Support

### Vitex agnus castus

Supports progesterone signaling and hormone balance.  
**Dose:** 150 to 225 mg standardized extract each morning

### Spearmint Leaf

Reduces free androgen activity.  
**Dose:** 400 to 800 mg daily or tea

### Milk Thistle

Supports liver detoxification and hormone clearance.  
**Dose:** 300 mg standardized extract, one to two times daily

Herbs modulate signaling, they do not override physiology.

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## Celery Juice Support for Cystic Acne

Celery juice may support cystic acne by improving **hydration, liver clearance, and inflammatory regulation**, particularly when constipation or hormonal congestion is present.

**Dose:**  
8 oz fresh celery juice daily

**Timing:**

Morning on an empty stomach

Response should guide continued use.

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## Supplement Access



A complete supplement protocol for **Adult Cystic Acne** is available in Fullscript under **Protocols**, listed by the matching condition name. Individuals can create a free account to access the full recommended list of professional grade supplements and therapeutic adult dosing.

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## Lifestyle Support That Matters

- Regular bowel movements
  - Stress reduction to lower cortisol-driven androgens
  - Consistent sleep
  - Avoid aggressive topical treatments that disrupt the skin barrier
- Skin clears when internal signaling stabilizes.
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## When to Dig Deeper

Further evaluation is warranted when cystic acne persists:

- Fasting insulin and glucose
- Androgens and SHBG
- Estradiol and progesterone patterns
- Gut microbiome testing
- Inflammatory markers

Cystic acne resolves when **hormonal signaling, metabolism, and inflammation are addressed together.**

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