

Acne & Skin Inflammation Relief: Teas & Supplements

1. Supplements by Mechanism

Category	Targets	Examples
Liver Support	Detox pathways, estrogen clearance	Taurine, Glycine, NAC (short-term), Vitamin E
Anti-Inflammatory	Skin redness, hormonal flares	Magnesium, Zinc, Omega-3 (small dose), Vitamin A
Gut-Liver Axis	Leaky gut, food reactions	Collagen, Glutamine, Digestive enzymes
Hormone Modulation	Excess androgens or estrogen dominance	B6, Progesterone cream (if supervised), Calcium-D-glucarate (post-ovulation only)
Stress Buffer	Cortisol-driven breakouts	Ashwagandha (low dose), Magnesium glycinate, Glycine

2. Herbal Teas by Symptom Type

Symptom	Tea	When
Skin inflammation	Calendula + Chamomile	Daily, AM or PM
Hormonal acne	Spearmint + Nettle	Daily or premenstrual phase
Digestive acne / bloating	Fennel + Ginger	After meals
Liver sluggishness	Dandelion root + Burdock	1x/day, mid-morning
Cystic acne	Green tea + Holy	AM or early PM

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3. Supplement Use & Timing Guide

Supplement / Tea	Dose	How & When to Take
Taurine	500–1000 mg	AM or midday. On empty stomach or with light food.
Magnesium	200–400 mg	Evening. Helps reduce inflammation and stress.
Zinc picolinate	15–30 mg	With food. Avoid pairing with high-calcium meals.
Vitamin A (retinyl palmitate)	5000–10,000 IU	With fat-containing meal, 1x/day. Avoid during pregnancy.
Calcium-D-glucarate	200–300 mg	Post-ovulation only. With food.
Glycine	3–5 g	Evening. Supports detox and sleep.
NAC (short-term)	600 mg	AM or with protein meals. Use for flare periods only.
Spearmint	Tea	Daily during acne-prone cycle phase. Mild anti-androgen.
Calendula	Tea	Anti-inflammatory. Combine with chamomile.
Dandelion + Burdock	Tea	Supports bile flow and liver detox. 1x/day.

4. Targeted Protocol by Symptom

Symptom	What to Take
Cystic acne, deep breakouts	<ul style="list-style-type: none"> ✓ Green tea (AM) ✓ Zinc + Vitamin A ✓ Dandelion root tea
Hormonal jawline acne (late cycle)	<ul style="list-style-type: none"> ✓ Spearmint tea (daily) ✓ Calcium D-glucarate (post-ovulation only)
Red, inflamed skin	<ul style="list-style-type: none"> ✓ Calendula + Chamomile tea ✓ Vitamin E (natural form) ✓ Magnesium (PM)
Breakouts + stress	<ul style="list-style-type: none"> ✓ Glycine (PM) ✓ Taurine (AM) ✓ Lemon balm tea (PM)
Digestive bloat + skin flares	<ul style="list-style-type: none"> ✓ Fennel + Ginger tea ✓ Digestive enzymes ✓ Glutamine or Collagen
Post-meal flares or right-side pain	<ul style="list-style-type: none"> ✓ Burdock + Dandelion tea ✓ Taurine ✓ Warm meals, no raw veg

5. Important Notes & Contraindications

- Do not use Calcium D-glucarate before ovulation – it may suppress necessary estrogen too early.
- Avoid high-dose Vitamin A if pregnant or trying to conceive – use under supervision only.
- NAC should not be used long-term or if you have sulfur sensitivity or CBS gene mutations.
- Spearmint tea may lower androgens - avoid if you have signs of low testosterone or excess fatigue.

- Ashwagandha may worsen hypothyroidism or low-cortisol fatigue in some individuals - monitor energy response.
- Zinc should be taken with food - taking it on an empty stomach can cause nausea.
- Excess magnesium may cause loose stools - reduce dose if needed.
- Always introduce supplements one at a time to assess tolerance.
- Teas like dandelion and burdock may interact with diuretics or blood pressure meds -consult with doctor if on medications.

Coming Soon: Root-Cause-Based Acne Healing Protocol

I will be releasing a complete and complex Acne Healing Protocol - not just a list of generic tips, but a structured guide that helps you uncover your specific root cause.

This guide will walk you through all the possible internal culprits behind acne and skin inflammation, including hormonal imbalances, gut issues, liver dysfunction, nutrient deficiencies, and nervous system dysregulation.

You won't just get one protocol - you'll get a dedicated protocol for each root cause, helping you figure out:

- What labs to run
- How to interpret your symptoms and results
- What to eat (and avoid)
- Which supplements actually work in your case
- When medication makes sense and how to support your system if you use it

Subscribe to my page and email list to get notified as soon as it's released. This will be the most personalized acne healing system you've seen. Don't miss it.

Visit theracellab.com to get real strategies, articles and practical tools.