

## Patient Quiz for Acne, Eczema, Psoriasis & Other Skin Conditions

	Points
I have been diagnosed with psoriasis or eczema.	5
I have acne.	5
I have taken antibiotics or birth control to control my acne.	1
I have excessively dry skin.	1
I have patches of red, itchy, or painful dry skin.	1
Sometimes my skin cracks and bleeds.	1
I have dandruff.	1
I have environmental allergies.	1
I have a family history of eczema or psoriasis.	3
I have thickened or leather-like patches of skin.	1
My hands feel excessively dry after washing them.	1
My skin gets worse when I am stressed.	1
The condition of my skin affects my self-esteem.	1
TOTAL	

**Answer Key**

For the Patient		For the Practitioner
Total Points	What Your Points Mean	Treatment Recommendations
0–3	You may be at low-to-moderate risk for skin problems.	This patient will benefit from a customized Paleo diet. It begins with a 30-Day Reset Diet* that allows high-quality, natural animal meats, bone broths, eggs, starchy and non-starchy vegetables, fermented vegetables, traditional fats, sea salt, and spices. The following foods are completely off limits: dairy, grains, sweeteners, sodas, legumes, processed foods, alcohol, and industrial seed and vegetable oils. The second step is reintroduction of gray-area foods back into the diet (Rebuild), and finally, the Revive step, which serves to customize the Paleo diet for the patient’s unique needs. No additional treatment is required.
4–6	You may be at moderate-to-high risk for skin problems.	This patient will benefit from the 3-Step program mentioned above (30-Day Reset Diet,* Rebuild, and Revive). Consider additional treatments mentioned in “Clinician’s Guide to Acne, Eczema, Psoriasis, and Other Skin Conditions” to improve these skin problems.
>8	You may be at high risk for skin problems.	Improving this patient’s skin condition should be a high priority, and ignoring this area may stand in the way of improvement elsewhere. This patient will benefit from the 3-Step program mentioned above (30-Day Reset Diet,* Rebuild, and Revive). Consider additional treatments mentioned in “The Clinician’s Guide to Acne, Eczema, Psoriasis, and Other Skin Conditions.”

\* “The Paleo 30-Day Reset” handout is available for download. Some handouts are included in the Free IN PRACTICE membership and some are accessible by upgrading to a PRO membership. Log in to your member portal to see the full list and accessibility of each handout. PRO members can also customize all free and PRO handouts with their own logo and business name.