



A FREE GUIDE

The Inside-Out Method

How to build skin that stays resilient for decades

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DOUBLE BOARD-CERTIFIED · FELLOWSHIP-TRAINED

Why “inside-out”?

Most skincare starts at the bathroom shelf. I start one layer deeper. After years of treating skin, the pattern is unmistakable: the people with the most resilient skin aren't the ones doing the most procedures, they're the ones who built the foundation first. The Inside-Out Method is that foundation, in the order that actually works.

The goal isn't to look 25 again. It's resilient skin: skin that heals fast, holds moisture, resists inflammation, and ages on your terms. Everything in the method builds toward four pillars.



The order that actually works

The method runs in a deliberate sequence, foundation first, because each layer makes the next one land harder. Here is the whole arc, and why each section is where it is.

THE FOUNDATION

- **1. Sleep, stress & circadian skin.** Your skin does its repair on the night shift, and chronic stress quietly degrades collagen and the barrier all day. We fix the overnight repair window, lower the cortisol load, and sync your routine to your skin's 24-hour clock, so everything else you do works better.
- **2. The gut-skin axis.** The stubborn, reactive skin that won't quit, the rosacea and acne nothing seems to touch, often begins as inflammation in the gut. We build the internal foundation that calms it at the source, which is what finally makes topicals and treatments work.
- **3. Nutrition for collagen.** What's on your plate becomes the actual structure of your skin. You'll learn to eat for collagen, shut down the sugar-driven glycation that stiffens it, and supplement only where the evidence is real, without being sold a myth.
- **4. Movement & muscle.** Movement rewires skin biology in ways no procedure can copy: a muscle signal called IL-15 keeps the dermis thicker, and resistance training has measurably rejuvenated skin in controlled trials. We turn that into a realistic weekly minimum.

The levers most people miss

BEYOND THE BASICS

- **5. Hormones.** Estrogen drives collagen, hydration, and barrier strength, and when it falls the changes can feel sudden and total. We map your hormonal timeline, the systemic and topical options, and exactly what's in your control, so you walk into your doctor informed.
- **6. GLP-1 medications & skin.** These medications change your face through three mechanisms, not just fat loss. If you're on one or considering it, you'll get the proactive protocol, from protein and resistance training to the right in-office options, to protect facial structure while you lose the weight.
- **7. The frontier.** The exciting edge of longevity science, with the honest limits clearly marked. You'll know what's worth acting on now and how, versus what to simply watch, so you never spend money on hype.
- **8. Topicals & procedures.** Only now, the outside-in layer: the few proven actives, in the right order, timed to your skin's clock, plus how to sequence procedures wisely over the next year, all on a foundation that finally makes them work.

Notice the order. Skincare and procedures come last on purpose, because they work far better on a foundation that is already strong.

What's inside, and who it's for

HOW THE COURSE WORKS

The Inside-Out Method is a guided cohort, not a pile of videos you'll never finish. Over eight to ten weeks you move through all eight sections with short, digestible video lessons you watch on your own schedule, plus a workbook for every module that turns the science into your specific plan: your sleep window, your gut-supportive plate, your supplement shortlist, your hormonal timeline, your topical routine, and a 12-month procedure sequence.

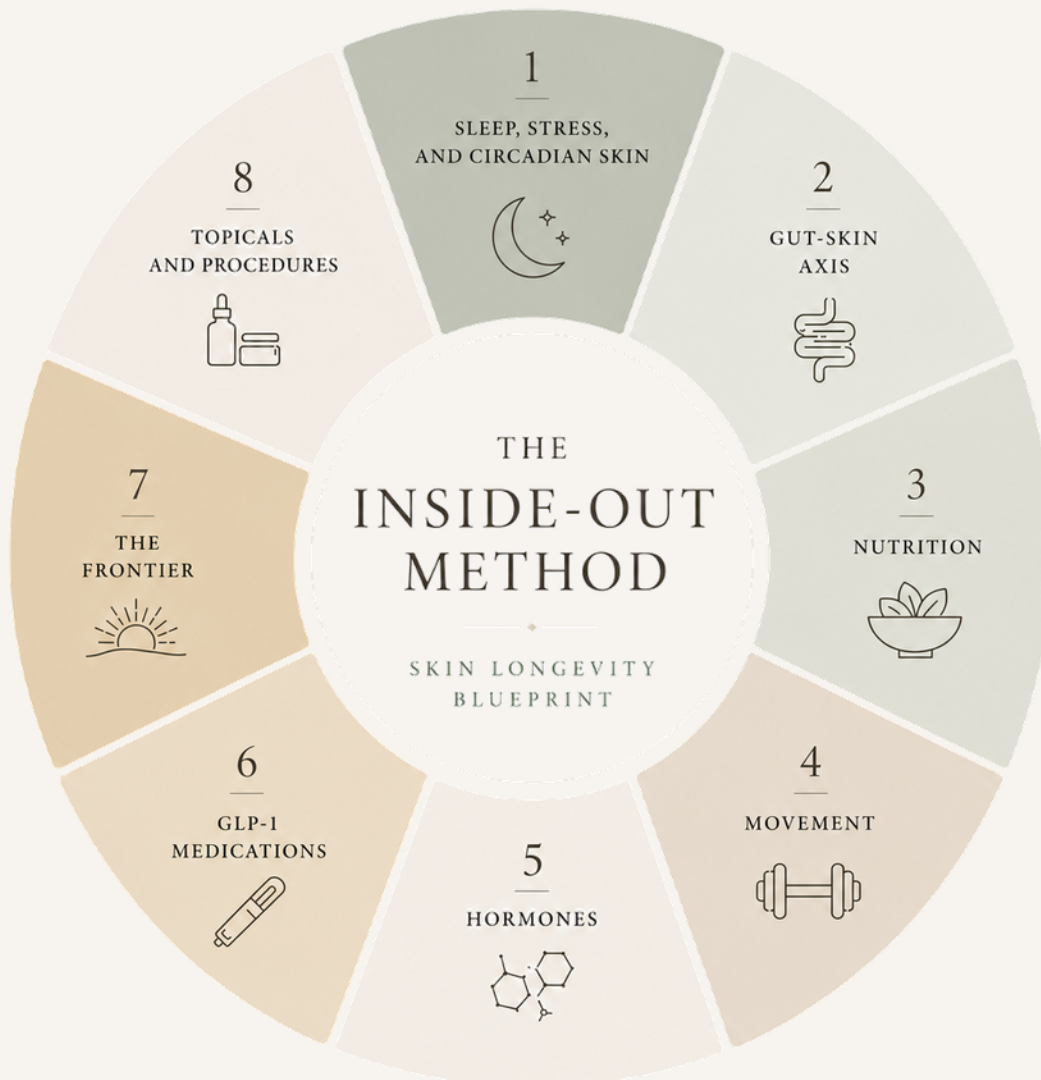
Each week there is a live Q&A with me, where your own questions get answered, and you go through it alongside a small group of women working on the same things, which is exactly why people finish and actually see results. It is everything I teach my patients, in one place, in the order that works.

WHO IT'S FOR

Anyone who's done chasing trends and wants the real, evidence-based system, with the science, the lifestyle levers, hormones, and procedures finally connected. It's built for women and men alike; the foundation is universal, and we tailor the hormone and treatment layers to you. If these free guides resonated, this is the whole map they came from.

Ready when you are

Join the next cohort at insideoutmethod.co. The free guides are the first taste; this is the complete system, on a foundation that makes everything else work.



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