



# The Facial Room™

ACNE & SKIN CARE CLINIC

## Five Things You Can Start Doing Today To Keep Your Breakouts From Getting Worse

1. Break out the ice. **Ice helps inflamed lesions from getting worse and often can make them go away.** Dr. Fulton calls it the “Secret Sauce”. (*Incredible for inflamed Acne!*) Cleanse your skin first, and then get an ice cube (better yet – get a Styrofoam or Dixie cup, fill it up with water, and freeze it) and ice inflamed lesions for two minutes at least two times, (*but best three times*) a day, every day.
2. Stop eating peanut butter, peanuts, and/or peanut oil. **Peanuts contain a hormone (androgen) that can make acne worse.** Androgen hormones create more oil; more oil along with clogged pores is a problem for the acne-prone individual. If you love peanut butter, switch to unsalted almond butter – it doesn’t have the same effect as peanuts.
3. Stop using fabric softener in the washer AND the dryer (the softener sheets). **Fabric softener leaves a waxy residue on cloth – (*that’s the softness that you feel*).** Unfortunately, that wax is getting on your skin while you sleep on that soft pillowcase and it is clogging your pores. And, don’t think that fragrance free is any better – it’s the waxy residue, not the fragrance. Use an Anti-Static Cling Ball instead. Available at Bed, Bath & Beyond.
4. Get non-iodized salt to use at home. **Iodides are the culprit in the foods that you eat – it irritates the follicle walls and breaks you out.** Limit all foods containing “potassium iodide”. Limit milk to 1 cup per day. Watch protein bars/sports drinks and vitamin supplements for potassium iodides or iodine. Even some water such as Dasani Water contains potassium chloride.
5. **Start taking Zinc and Omega-3 fish oil supplements.** Research indicates that the best form of zinc to take is OptiZinc Zinc Monomethionine Complex - 30mg. **Zinc acts in a similar way to antibiotics.** Take no more than 60mg per day with food. Don’t take it on an empty stomach – eat first. And, Ultra Potency Omega-3 Fish Oil Capsules - 850mg. **Omega-3 Fish Oil helps reduce inflammation.** Take 1-2 capsules per day with your lightest meal. You can get both of these supplements online at [www.ihealthtree.com](http://www.ihealthtree.com)