FOODS AND LIFESTYLE CHOICES THAT AFFECT ACNE

This is a guideline only – these are only suggestions to cut back and moderate some food types. The “Try to Eliminate” group has been proven to be a problem for most acne sufferers. Some people have trigger foods such as citrus, but this is not across the board. It is best if you start noticing any cause and effect with the foods you eat.

Following this guideline will help you eliminate acne and have the glowing skin you deserve. And it’s much cheaper (and safer) than expensive prescription medications and dermatologist visits. Improve your diet, take acne-fighting supplements, and be diligent with doing your daily homecare regimen and you will watch your pimples disappear.

1. FOODS THAT AGGRAVATE ACNE
Dairy products, salt, sugar, and peanut oil all aggregate acne!

Stay away from Milk. It is nature’s perfect food—but only if you are a calf. Milk contains iodides (because cows lick iodized salt licks). Iodide is a major irritant to the pores of the acne prone and causes acne flare-ups. Limit yourself to one glass of milk a day. Some people can’t even have one!

Avoid iodides Get non-iodized salt to use at home. Iodides in the foods you eat irritate the follicle walls and break you out. Limit all food containing “potassium iodide”. Watch protein bars/sports drinks and vitamin supplements for potassium iodides or iodine. Dasani Water contains potassium chloride

Cut back on Sugar, White Flour and Caffeine Sugar, liquid calories, and flour products all drive up insulin and can cause pimples. Also cut back on caffeine.

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.

Avoid foods you are sensitive to Delayed food allergies are among the most common causes of acne—foods like gluten, dairy, yeast, and eggs are common culprits and can be a problem if you have a leaky gut.

<table>
<thead>
<tr>
<th>Try To Eliminate</th>
<th>Acceptable Substitute</th>
</tr>
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<tbody>
<tr>
<td>Iodized Salt</td>
<td>Sea Salt, Uniodized Salt, Celtic Salt</td>
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<tr>
<td>Milk (including organic and especially nonfat)</td>
<td>Almond Milk, Coconut Milk, Rice Milk, Goats Milk</td>
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<tr>
<td>Cheese</td>
<td>Goat’s Milk Cheese</td>
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<tr>
<td>Peanut Butter</td>
<td>Almond Butter or other nut butters</td>
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<tr>
<td>Peanut Oil, Corn Oil, Canola Oil</td>
<td>Olive Oil, Butter, Coconut Oil</td>
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<tr>
<td>Whey or Soy Protein Shakes</td>
<td>Pea Protein or Hemp Shakes</td>
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<tr>
<td>Kelp, Seaweed, Supplements</td>
<td></td>
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<tr>
<td>Shellfish (for some people)</td>
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<tr>
<td>Vitamins with iodides, iodine, kelp, potassium iodide</td>
<td>Dermavites or GNC Women’s Ultra Mega Vitamins without iron</td>
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2. FOODS THAT HELP ACNE

**Eat a low glycemic load, low sugar diet.** Research has shown that high-glycemic diets can be a problem for the acne-prone. Eating a low glycemic diet and cutting back on sugar, liquid calories, and flour products will help to prevent high insulin levels that can cause breakouts.

**Eat more Fruits and Vegetables.** People who eat more veggies (containing more antioxidants and anti-inflammatory compounds) have less acne. Make sure you get your 5–9 servings of colorful fruits and vegetables every day.

**Get more healthy anti-inflammatory fats.** Make sure to get anti-inflammatory omega-3 fats (fish oil). You will need supplements to get adequate amounts. (See acne-fighting supplements below)

**Include foods that correct acne problems.** Certain foods have been linked to improvements in many of the underlying causes of acne and can help correct it. These include: fish oil, turmeric, ginger, green tea, omega 3-eggs, green foods like dark green leafy vegetables, dark purple and red foods such as berries, unsalted nuts; such as Brazil nuts, walnuts, and almonds. (Avoid peanuts and anything containing peanut oil; they contain androgens and will break you out). However be aware that with some people any kind of nut or seed will break them out.

3. ACNE-FIGHTING SUPPLEMENTS

Take acne-fighting supplements. Some supplements are critical for skin health. Antioxidant levels have been shown to be low in acne sufferers. And healthy fats can make a big difference. The following supplements are a few that have been found to be useful in aiding your recovery from acne.

**Omega 3 Fish Oils** These are good fats that also act as an anti-inflammatory in the body. For those who suffer from acne, omega-3’a may help regulate hormones and reduce inflammation. While recommended for all acne sufferers, they are particularly beneficial for women whose breakouts are linked to PMS. Omega oils also positively alter sebum production in the skin improving radiance and resilience of the skin. **Take 850 -1700mg with the lightest meal of the day**

**Zinc Monomethionine Complex:** According to the results of a number of clinical trials, zinc has been shown to be useful in treating acne – Zinc acts in a similar way to antibiotics in reducing inflamed acne. Research indicates that the form of zinc taken may be important: zinc monomethionine is more readily absorbed by the body than either zinc sulfate or zinc Gluconate. It is the most bio-available form of zinc that acts directly as an anti-inflammatory. Many people with acne have low levels of zinc in their body; and supplementing with zinc has been shown to reduce severity of cysts and inflamed lesions. **It is best to take zinc with food and not on an empty stomach. Take 60mg per day with food.**

**Probiotics** These help reduce inflammation in the gut that may be linked to acne. Taking Probiotics (lactobacillus, etc.) can improve acne. They can help people who have been on long-term antibiotics (both oral and topical). Probiotics help to repopulate the gut with “friendly” bacteria, thereby encouraging better digestion, improved immunity and optimum nutrition absorption. Good quality yogurts are a good choice. A recommended Probiotics Supplement is Flora Smart or Ultimate Flora by Renew Life and Dr. Ohirra, which are available at Amazon.com and Whole Foods. **Take one 150mg capsule daily.**
4. THINGS YOU CAN DO TO KEEP ACNE FROM GETTING WORSE

While acne can never be cured, it can be controlled. Here are some things you can do to help control your acne and keep it from getting worse.

Get enough rest and reduce stress Stress stimulates the adrenal gland in the acne-prone individual; the adrenal gland promotes oil production which leads to clogged pores.

Use Fragrance-Free Detergents Good ones are Cheer Free, All Free & Clear, Tide Free, or Arm & Hammer Free and there are many others on the market.

No Fabric Softener Do not use this in the washer OR the dryer (no dryer 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. It will clog pores on acne-prone individuals. And, don’t think that fragrance free is any better – it’s the waxy residue, not the fragrance. If you want something to stop static cling in your dryer you can get Anti-Static Cling Balls at Bed Bath & Beyond.

No Water Softeners There is some evidence that water softeners can lead to acne, especially those containing high amounts of potassium chloride.

Beware of Swimming Pools Swimming pool disinfectants contain iodides and Chlorine, which can remain in the water, causing skin problems for frequent swimmers. Many swimmers find that the combination of hot and humid weather, the physical exercise of swimming and the chlorinated pools, can cause major acne flare-ups.

Sun Exposure and Acne Limit sun exposure and always use a sunscreen. Although sun exposure causes desirable scaling and drying, it also damages the skin follicles, exacerbates hyperpigmentation, causes skin cancer, and premature aging, and can cause “solar acne” later in life, as well as “Acne Majorca” also caused by sunlight. Warm climates with heat and humidity can exacerbate acne. You will be using a non-comedogenic sunscreen every day, not just to protect your skin from the sun, but to keep your skin hydrated during the day. **IMPORTANT – Using your sunscreen will keep your skin from getting dry from acne products!

No Picking or Squeezing! --- Instead break out the ice! Ice helps inflamed pimples 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.) Rub the ice on the pustules and papules for about five minutes, at least twice a day, every day. Treat them with ice when they are first forming and they most likely will go away. **IMPORTANT – If you pick, squeeze and break the skin, that scab will leave a red mark that will be there for months making your skin look WAY worse than if you left it alone!

Stop using Cosmetics and Hair Products that contain pore-clogging ingredients. The most widely used pore-clogging ingredients found in many cosmetic, hair and skin care products; that extremely agitates acne, horribly clogs pores and causes the most severe kind of non-inflamed acne in acne prone skin includes Isopropyl myristate, cetyl alcohol, sodium lauryl sulfate, laureth-4, natural Vitamin E, most natural oils, cocoa butter and D & C red dye. These ingredients cause microcomedones to form in the acne-prone individual resulting in various lesions ranging from clogged pores and blackheads to inflammatory pustules. Benzoyl Peroxide medications found at cosmetic departments may contain isopropyl myristate and laureth-4 or oils that impede the active ingredient of Benzoyl peroxide. See the handout on ‘Pore Clogging Ingredients in Skin Care’ for a complete list.
No “Lo” Dose Birth Control Pills  It is best to avoid low-estrogen birth control pills if you want to control acne. “Lo” dose pills are higher in androgen hormones that can make acne-prone skin worse.

Other Birth Control and Hormone Replacement  Norplant, Provera, and Depo-Provera shots, Mirena and Nuvo Rings can cause breakouts. Also progesterone hormone replacement Premarin can be problematic. If you have polycystic ovaries, they will cause hormonal changes and breakouts. See handout about birth control pills for more information.