

CONSCIOUS FOOD CHOICES FOR ACNE

Daily Traits: Acne occurs when the pores of your skin gets blocked with oil, dead skin, or bacteria. Each pore of your skin opens to a follicle. The follicle is made up of a hair and a sebaceous (oil) gland. The oil gland releases sebum, which travels up the hair, out of the pore, onto your skin. It keeps your skin lubricated and soft. One or more mishaps in this lubrication process can lead to acne.

Acne might occur, when:

- Your follicles produce too much oil
- Dead skin cells accumulate in the pore
- Bacteria build up in the pores

Off Limits- One thing that can affect your skin is diet. Certain foods raise your blood sugar more quickly than others. When your blood sugar rises quickly, it causes the body to release insulin-like growth factor 1 (IGF-1), a hormone that manages the effects of growth.

Some foods that trigger spikes in blood –

- Pasta
- White rice & bread
- Sugar

There is a connection between the so called “Western Diet” and Acne. This kind of diet is heavily based on:

- High-Glycemic Carbohydrate
- Dairy
- Saturated fats
- Trans fats

These foods have been found to stimulate the production of hormones that can cause excess oil to be created and secreted by oil glands. This food is also linked to greater inflammation, which can contribute to Acne problems.

Eating low-glycemic foods made of complex carbohydrates may reduce the risk of developing acne. Complex carbohydrates are found in the foods like whole grains, legumes, unprocessed fruits & vegetables.

Some skin-friendly food choices include:

- Yellow and orange fruits and vegetables such as carrots, apricots, and sweet potatoes
- Tomatoes, Berries
- Beans, Peas, and Lentils
- Salmon, Mackerel, and other kinds of fatty fish
- Spinach and other dark green and leafy vegetables
- Whole-wheat bread
- Brown rice / Unpolished Rice
- Quinoa
- Pumpkin seeds
- Nuts

All the above foods provide Zinc, Vit A, Vit E, Omega 3 & Antioxidants, which help in overall reduction in Acne.

Eureka –

Myth – Stress causes acne.

Fact - Stress does not cause acne to appear – but it can make it worse.

Myth – Acne will go away on its own.

Fact - Acne typically does not resolve on its own. Without treatment, acne can often progress and worsen.



RESTORE YOUR NATURAL SKIN INTEGRITY BY IMPROVING YOUR INTERNAL CELLULAR ENVIRONMENT THROUGH OUR PATENTED SKINFACIT NUTRITION