

**The Holistic Plan to Achieve Clear, Youthful, Acne-Free Skin
with Natural Nutrition, Stress Relief and Organic Skincare**



the **acne diet**

Julie Gabriel

The Acne Diet

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Published by Pure Vitality Books

31 Underwood Rise

Tunbridge Wells

TN25RY Kent

United Kingdom

ISBN 978-0-9563558-5-0

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Printed in the United States of America



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Note

All recipes and treatments contained in this book are considered to be generally safe and effective. However, despite every effort to offer expert advice it is not possible for this book to predict an individual person's reactions to a particular recipe or a treatment. The reader should consult the qualified medical practitioner for advice. Neither the publisher nor the author accepts any responsibility for any effects that may arise from following recipes and treatments outlined in this book.

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Introduction

Is there future for old-fashioned oatmeal scrubs, blemish masks with garlic and rye bread, and face toners made of witch hazel and apple vinegar? With all the novel enzymes, nanoparticles, peptides and vitamins at the disposal of a modern dermatologist, we must all have flawless, clear skin free from blemishes, redness, rashes, or dark spots. Do we still have to bother with oils, clay, or herbs if we have acne?

These questions are often asked by representatives of celebrity-endorsed, drugstore-dominating, petroleum-driven, paraben-overloaded cosmetic products. If you look at the astounding rates of acne, eczema, dermatitis, and hyperpigmentation we encounter today, cosmetic industry does not always deliver its promises.

Acne is often a symptom of numerous inner health conditions and general body toxicity. While anesthetics, antihistamines, drugs for cancer and epilepsy have no rivals in the world of natural medicine, whole-body disorders respond well to natural treatments. Herbs, clays, plant extracts and lightweight oils gently rebalance our body organs and help purge toxins more reliably than retinoids, antibiotics, or laxatives.

Stress, hormonal imbalance, sluggish metabolism, liver and kidney toxicity all contribute to acne problem but the conventional medicine often doesn't have a clue how to treat or prevent such conditions when they arise at the same time. Gentle "green medicines" work for these conditions more safely and with fewer side effects than most conventional pharmaceutical options. As all medicines, herbs, clays and vitamins must be treated with common sense and respect.

Written by a holistic nutritionist, a journalist, and a former long-time acne sufferer, *The Acne Diet* delivers scientifically proven answers, nutritional advice, and down-to-earth facts that you can use to achieve acne-free, healthy-looking, age-resilient skin. With natural skincare routines, easy practical tips and homemade recipes, going green when it comes to acne is easier than ever before.

This book is essential to anyone who has oily skin that is prone to acne, blackheads, large pores, post-acne scars, and general tendency towards uneven skin texture due to oily complexion. Many people who suffer from acne have sensitive skin with narrow pores that can easily be blocked with sebum and makeup residue. This book explains which makeup and skincare products to avoid if you are prone to breakouts after using certain cosmetics.

Choosing cosmetic ingredients that work and do not harm is very important, especially if you suffer from acne. Many antibacterial and antiseptic solutions, preservatives, alcohol, fragrances, silicones and polymers used in conventional and natural skincare products are not safe for acne-prone skin. As the consumers, we have the right to know what is good and what is not working. Most

often, if you cannot find a product that works for your skin condition you can take the matter in your own hands and prepare the magic potion in your kitchen. It is very easy once you know how.

Sometimes making your own skincare is the most economical solution. All homemade acne treatments suggested in this book are entirely natural and toxin-free.

This book does not contain product recommendations because cosmetic formulations often change overnight and without notice. What was pure and green today may not be so tomorrow, and vice versa. There are many excellent all-natural acne products you can find in salons, stores and online, and I only recommend the ones that I have tested myself and experienced positive results. I have purchased or created myself all acne products mentioned in the book.

For the last twenty years, my skin can never been completely free from acne. At good days my face was marked by just a pimple or two surrounded by healing post-acne marks. Sometimes my face was all broken out with up to ten major zits waiting to explode on my cheeks, forehead, and chin. My job as a fashion and beauty editor surprisingly made my skin look even worse. It is rather odd to write about skin care and makeup, test and sample the latest spa procedures, describe the newest fragrances, mingle with celebrities, and interview beautiful models when your own face is covered with pimples. Quite understandable, thick layers of camouflaging foundations did very little to help to hide the acne or to maintain healthy self-esteem. I have used ounces and pounds of newest expensive and affordable anti-acne products. I tried each and every

product, and some of them actually worked for a very short time. But in the long run I have still had acne.

As time went on, I have learnt to be thankful to my skin for taking me through my personal acne hell. My persistent quest for clear skin made me explore natural medicine, holistic nutrition, and organic skincare. When I have realized that conventional skincare products loaded mineral oils, fragrances, and hormone-mimicking preservatives slowly ruined my skin from outside, while the toxic lifestyle and poor nutritional habits created the acne-provoking environment from the inside, I have won my first battle against acne. It took me only a month to significantly improve my complexion using a very simple, minimalistic regimen consisting of precisely ten ingredients. I needed six more months to completely erase all traces of acne, including post-acne marks and hyperpigmentation, using all-natural homemade products. My skin has been free from acne for the last five years, thanks to the use of natural skincare products, many of which I easily make at home.

Why would I use expensive but inefficient synthetic skincare over-loaded with preservatives, petrochemicals, hormone disrupting fragrances that caused irritation, dryness, premature aging and possibly put me in a high risk for skin cancer? There is a whole world of inexpensive, safe and all-natural pimple-fighting skincare, right there, in the fridge, on a kitchen shelf, in a fresh produce department of a nearby grocery store or on the mouth-watering counter of the local farmer market?

We all have different skin types and conditions, and in many cases, our skin condition is more important factor to consider. This book

will provide you with the essential information so you can choose skin care products that work for you. You can mix and match, as long as you understand why some lotions and potions can help clear acne, and some will never make any difference in the condition of your skin.

For the last ten years I have been promoting healthy, affordable, non-toxic approach to beauty. For those who look for the natural, healthy solutions to common beauty dilemmas, from choosing the right mascara to avoiding premature aging with the mineral sunscreen, I have written ***THE GREEN BEAUTY GUIDE: Your Essential Resource to Organic and Natural Skincare, Hair Care, Makeup and Fragrances*** (HCI, 2008). The next book, ***GREEN BEAUTY RECIPES: Easy Homemade Recipes to Make your Own Organic and Natural Skincare, Hair Care, and Body Care Products*** (Petite Marie, 2010) explains how to make your own cleansers, moisturizers, toners, sun creams, hair treatments and even natural fragrances with step-by-step recommendations and nearly 200 recipes. You can find my books at Amazon (www.amazon.com), in some brick-and-mortar booksellers, or at our website, Pure Vitality Books (www.purevitalitybooks.com).

Natural acne treatment recommendations are not designed to substitute any dermatological treatment which is essential for those unlucky ones who suffer from severe acne. Most often the natural skin care plan works for people with mild to moderate acne, however, people with severe and cystic acne have also seen visible and lasting improvement in their skin condition.

Keep in mind, though, that to succeed with this plan you need to carefully follow the cleansing and healing recommendations for at least thirty days. Most people find the personalized recommendations to be useful and beneficial, and they continue following them for much longer than thirty days which naturally reinforces the healing and purifying processes in your body.

This book does not rely on folk wisdom and “magical” cures of yesteryears. Your acne is not the same as acne your mother had twenty days ago. Water was different; air and food were less chemically loaded; skincare was less toxic. Acne is by no means a new human affliction. The origin of the word that describes eruptions on the faces of adolescents dates back more than two thousand years. In ancient Greece the word acme, meaning “point or peak,” was applied to puberty, then considered to be the peak of life. The word acne evolved as a distortion of acme, and the facial blemishes that appeared at the time of acme were called “acnes.”

Acne is by far the most common skin disease and therefore one of the most common diseases affecting us. Eighty percent of humans faced an outbreak of acne at least once in their lives. Twenty-five percent of us have acne serious enough to seek some form of treatment. As a result, social, economic, and psychological effects of acne are simply painful. Americans waste millions of dollars a year on various acne products and treatments. Acne causes depression and hinders our social and sexual relationships. Society in general is prejudiced against people with acne; acne sufferers are less likely to be offered jobs or promotions, for example.

Important Disclaimer

The intent of this book is to present my ideas, research, technique, perception and discoveries regarding acne treatment in adults. My core purpose is to provide readers with the most up-to-date information and advice about acne treatment techniques and products. If you develop sensitivity to any of the products used in the program please discontinue using it immediately. If the irritation persists, please contact your medical practitioner. Please note that you can develop sensitivity to any natural or synthetic ingredient so it is advised to perform a patch test to determine if the ingredient is right for you.

All the products recommended in this book are not medicines and are available at stores, pharmacists, health food stores and groceries worldwide.

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Chapter 1

The Holistic Theory of Acne

I would like to begin our quest to the clear skin with a little brush up on skin basics. Once you understand how does our skin function and interact with other organs in our bodies, you will see why paying attention to your lifestyle, dietary, and skincare habits will bring results sooner than a new product added to your skin care routine.

Skin is the largest organ in the human body that makes up about 15 percent of our total weight—that is more than the brain, liver, and pancreas combined. Such a large, highly detailed mechanism keeps up its good work no matter how much environmental residue, dust, synthetic grease, artificial colorings, and other toxic substances land on its surface. Even wrinkled, dehydrated, burned, scarred, bruised, or age-spotted, skin still protects us from the environment, breathes, cushions our inner organs, feels and sends to the brain the sensations, cools our body, eliminates waste and toxins, and even makes the ultimate beauty antioxidant, vitamin D. Skin makes us look gorgeous, unique and sexy, and you will soon learn how to keep it glowing naturally.

A mechanism more complex than any computer in the world, skin can easily repair itself. Scratches, cuts, wounds, and burns heal reasonably quickly and most often without a sign. You will never see a fabric so versatile and reliable as skin! If you have ever suffered a cut, take a look at how fine yet firm skin is at the place of the opening.

Skin has a unique layered composition with fifteen layers performing various tasks. The rough outer layer made of dead skin cells is called horny layer (*stratum corneum*). This outermost layer of epidermis consists of 25-30 layers of flattened dead skin cells which are bound together with skin's own wax, sebum. Cells of horny layer contain a dense network of keratin, a protein that helps keep the skin hydrated by preventing water evaporation. Horny layer is very resilient and nearly waterproof because its function is to protect the skin from outside aggressions. To stay resilient, this horned skin layer constantly renews itself by flaking off dead skin and replacing them with newer cells. Every 365 hours there is a complete turnover! When your skin becomes oily, these dead cells stick to excess sebum and form a paste that clogs pores. That is why dead skin cells must be removed regularly with a washcloth, an exfoliating cream, or a mild chemical peeling solution.

Under the top layer of stiff skin cells there is a microscopically thin basal membrane which works as a communicator between two most important skin layers. Acne scarring begins when the basal membrane is broken by acne lesion growth. To avoid damaging this important layer you must treat acne blemishes as soon as possible or ideally prevent them from forming using easy dietary principles laid out in the next chapter.

Dermis is the thickest skin layer containing collagen and elastin proteins that provide the skin with the density and flexibility. Full of elastic protein fibers, oil ducts, nerve endings, sweat glands, and blood vessels, this is the area where acne pimples begin to form. When everything is working smoothly, the oil ducts send their clear lubricating fluid into the hair follicles that dot your skin and the sweat glands nearby secrete drops of sweat. If the consistency of sebum changes due to dietary or lifestyle changes or acne bacterial proliferates on the skin surface, these ducts become clogged and the acne blemish becomes visible.

Subcutaneous layer, or fatty layer, that works as energy storage and a buffer for the enormous blood pressure that our skin holds from within. The subcutaneous layer is the skin factory. There your body manufactures new skin cells. All cells in living organisms are reproduced by dividing. It takes a skin cell about two weeks to travel from the dermis to the upper layer of the skin surface. As the skin cells are produced they migrate upward through the three middle layers of the epidermis moving away from the nourishing supply of blood and nutrients. By the time skin cells reach the surface of the skin they are dead and ready to flake off so the fresh batch of skin cells can replace them and keep the skin strong, smooth and resilient.

Keeping Pores Clean

Pores are a natural part of the skin. There are two kinds of pores on your face: the tiny openings to hair follicles including the sebaceous follicles and pores that lead to sweat glands. That's why sweat glands and sweat production are not directly linked to acne,

although excessive sweating is often linked to hormonal imbalances that can trigger acne and other skin disorders.

If you look at the pore structure, it will look like a rabbit's hole in the skin. A pore consists of a highly coiled tunnel burrowing deep in the dermis, which ends in a tiny bulb, and a relatively straight duct conducts the secretions toward the surface of the epidermis. Now, take a mirror and pull the skin on your face, ideally on the t-zone (please be gentle). You will see lots of tiny dots, pink or black. This is not dirt. The dark matter is made of oxidized sebum, skin cells, and bacterial residue. This waste is rinsed off on the skin surface with sebum and sweat.

The size of the pore is hereditary, and nothing really can shrink the pore and alter its physical diameter. It is impossible to reduce the size of pores. On a photo shoot or a movie site, makeup artists treat models faces with heavy-duty makeup bases and primers that visibly reduce the size of pores. Most often, these primers are silicones with artificial colorings added to them. Silicones can be very pore-clogging (comedogenic). Mineral makeup makes pores look visibly smaller without clogging them.

Your daily skincare goal is to keep the pore clean and healthy so that nothing obstructs the healthy flow of sebum which naturally helps cleanse the skin without detergents.

Nature's Perfect Moisturizers

Our body produces two types of fluids that cool, moisturize and cleanse the surface of the skin. If we lived in a perfect world without air pollution, UV radiation and chemically loaded foods, we would

not even need all the complex beauty routine. Our skin will cleanse, tone and moisturize itself, maybe with a little help of pure water. In the real life our skin's health is jeopardized by toxic environment, poor dietary choices, hormonal imbalances, pore-clogging makeup, stress and anxiety. That is why we need a careful touch when it comes to cleansing and treating our skin.

Sweat is the most noticeable skin fluid. Every day we sweat out about three cups of sweat off our bodies, no matter how cold or hot there is outside. As a body fluid, sweat contains approximately 99 percent water and 1 percent solids. The solids are half inorganic salt, mostly sodium chloride, and organic compounds such as amino acids, urea and peptides. Sweat is also loaded with scented substances that form our unique body odor signature. Human beings are able to communicate on scent level, just like animals, and the odor depends greatly on the physical condition, emotional condition, and of course on sexual desires.

Sweat helps the body to control temperature and lubricate the upper skin layer preventing skin cells from shedding too quickly. On the skin surface, sweat becomes mixed with sebum, the waxy slightly acidic mixture of oil, water, enzymes, and bacteria-fighting blood cells produced by another type of glands, called sebaceous. Sebaceous glands are located all over our bodies, but our face, neck, shoulders and upper back are especially rich in oil-producing glands. There are no sebaceous glands on lips, palms of hands and soles of feet, and that's why the skin there is denser and drier. Sebaceous glands, for example, are quite obvious on the nose, even though there is not much hair on it. Many sebaceous glands have very tiny hairs in them, which not always grow long enough to

reach the skin surface. Sebum tends to block pores with larger, thicker hairs. That's why people with naturally thick, dense, curly hair are more prone to acne.

Contrary to the popular belief, sebum is not your skin's enemy and it's not the number one cause of acne, either. In fact, sebum is a very useful substance. Thanks to sebum our skin can constantly cleanse itself. The inside wall of the sebaceous gland is covered with epidermal cells which are constantly renewed from the der-mis, grow old, flat, and eventually become detached and either collect inside the pore or become carried away.

Now sebum comes to the rescue. Due to its slippery oily texture, sebum removes all the debris that would otherwise accumulate in our pores. Sebum gently lifts dead cells and other pore-clogging particles and carries them to the skin surface where they would be washed or rubbed off. While keeping our skin clean and soft, sebum has an acidic nature which helps protect against harmful bacteria, germs, viruses, insects, and fungi. Natural antiseptic qualities of sebum help prevent skin infections that would occur to us if we dissolve it too vigorously with harsh cleansers and alcohol-based toners. Do you know which ones should you avoid and which ones really help? You will learn in the next few chapters.

Due to its oily nature, sebum forms a gentle water-resistant barrier, which is why many water-based, oil-free lotions for the oily skin are not always effective unless they contain emulsifiers that can penetrate the sebum layer.

Thanks to sebum, skin can absorb many other ingredients to keep it supple and nourished if they are wrapped in substances chemically similar to the sebum. That's why acne serums based on plant oils with small molecular weight work better for oily skin. Such oils must be thin, almost dry to touch, and close to the texture of sebum. However, mineral oil and paraffin have a different molecular structure and they are more likely to block the natural flow of sebum creating blackheads and uneven, rough skin texture.

Another myth of oily skin tells that facial oils stimulate the sebaceous gland to produce more oil. This is not true. There is a theory that oily skin would produce less oil if it received enough oil from outside applied topically as a cream or a facial oil. You cannot communicate with your skin or trick it into doing something against its nature. Our skin does not have a brain or ears, so it cannot "get used" to some product or "decide" to increase oil production.

Facial oils work better than water-based gels because certain oils such as jojoba are very similar in molecular structure to the sebum, and they are more capable of delivering beneficial ingredients into the skin dermis compared to gels and lotions that would need penetration enhancers and emulsifiers to get through the tough horny layer and the water-resilient layer of sebum.

During puberty our bodies produce sebum more actively thanks to the sex hormone testosterone. Both men and women produce testosterone, the main sex hormone, which becomes converted into female sex hormone estrogen through a complex set of enzyme reactions in the female body. Through the bloodstream testosterone reaches the hair follicles, where an enzyme manufactured in the

skin transforms it into a chemical compound called dihydrotestosterone (DHT). This hormone signals the sebaceous glands to start producing sebum. Testosterone imbalance is the main reason we need to pay attention to our hormones to keep skin clear and healthy.

Since the sebum production is controlled by your sex hormones and endocrine glands, you cannot change the amount of sebum your produces with astringent soaps, lotions, or cosmetics that mop oil from the skin surface. The only useful function of purifying masks and exfoliating products is to diminish the inflammation, soothe the skin, and keep pores clean and free from debris thus assisting in healthy flow of sebum.

The Nasty Neighbor: P.Acnes Bacteria

Hundreds of bacteria species call our skin their home. These invisible and silent invaders do not normally cause any harm and most of them actually pay their rent by protecting our skin from other harmful microorganisms and neutralizing potentially toxic chemicals. But even these helpful bacteria can cause problems if they reproduce too much. Sudden changes in the environment in which the bacteria live can dramatically affect their microscopic communities. If the conditions become unfavorable for a particular type of bacteria, fewer of them will reproduce; if conditions become more favorable, more of bacteria will be formed. When the body starts producing more sebum, this is a major change in the bacterial environment!

One particular type of bacteria that thrives on the skin of people with acne is *Corynebacterium acnes*, sometimes called *Propionibacterium acnes*, or *P.acnes* for short. Unlike most bacteria, which receive their nutrition from sugars, acne bacteria feed on sebum and produce fatty acids as a waste product. Unfortunately, this oily bacterial residue is irritating to the skin, and when too much residue collects in a pore, the micro-inflammation attracts white blood cells from the bloodstream and nearby skin into the follicle. The white blood cells release chemicals that make holes in the walls of the follicle and allow the contents of the follicle—the sebum, dead cells, and bacteria—to leak out into the adjacent skin, creating a local inflammation. When the area of inflammation is large enough, we see it as a papule, pustule, or acne cyst.

Acne bacterial overgrowth does not pose a problem to the healthy immune system and strong, resilient skin. However, today our immune systems suffer constant blows from the toxic environment, stressful lifestyles, and less-than-healthy nutrition. In the next two chapters you will learn which diet can dramatically improve your skin condition.

Acne: Disease or Inconvenience?

The Merriam-Webster Medical Dictionary defines the disease as “an impairment of the normal state of the living animal or plant body that interrupts or modifies the performance of the vital functions, is typically manifested by distinguishing signs and symptoms, and is a response to environmental factors (as malnutrition, industrial hazards, or climate), to specific infective agents (as worms, bacteria, or viruses), to inherent defects of the organism (as genetic anomalies),

or to combinations of these factors” (Merriam-Webster’s Medical Dictionary. New York: Merriam Webster Mass Market, 2006).

Acne does have distinguishing signs and symptoms such as redness, pus, inflammation and scarring. Acne often occurs as a skin reaction to malnutrition, environmental exposure to acne-provoking chemicals in our daily life, and it can worsen in hot humid climates. Acne also occurs as a reaction to an infective agent such as *P.acnes* bacteria. But acne is not a disease. It may look awful and its impact on our self-esteem is devastating, but acne does not intervene with the normal function of the skin. Even when covered with red, inflamed blemishes, our skin remains internally undamaged. No one will grant you a medical day-off just because you had a massive acne breakout on your cheek.

Acne is not a serious disease, and medical science puts acne in the same category as ingrown nails and dandruff. But any acne sufferer knows that a pimple sometimes hurts more than a stomach ulcer. The damaging effect of acne on self-esteem, relationships, career, and personal budget cannot be underestimated.

Acne is a dysfunction of a skin. It starts as an inflammation on a cellular level triggered by stress, environmental toxins, artificial and natural food ingredients, cosmetic ingredients, and hormonal imbalance. It develops into inflamed red lesions that heal to leave unsightly dark spots and scars—and did you know you can greatly diminish their appearance without any chemicals involved?

Acne is so widespread because our biochemistry makes it possible. Because acne is so common, many people think of it as a normal

part of growing up. We all know that acne can have serious effects on the way a young person performs at school and acts socially. While acne is a physical condition and poses no serious threats to a person's physical health, it can seriously affect a person's self-image.

Unfortunately, acne has a hereditary component in it. When both parents have suffered from acne, there are three to four chances that their children will have acne too. That happens because acne is transferred genetically from a parent to a child with a dominant gene. The location of acne outbreaks, be it face, chest or upper back, is also genetically predisposed. For example, if your father had acne on his chest, it is very likely that you will have acne on the chest too. We inherit the mechanism our skin reacts to the cellular inflammation and external impact. We also inherit the chemical composition of the sebum that makes our skin develop acne lesions and not blackheads, for example. But even if you are prone to acne genetically, it does not mean that you will have acne, and vice versa. It only means that you will once face a curable disease, that's all. Your acne can be treated with simple, inexpensive plan that does not require you to buy expensive potions and change your way of life.

Acne is not an "infection" in the true sense of the word, but bacteria inside of the acne-susceptible follicles do contribute to acne inflammation. Acne and blemishes are not a contagious disease, transmitted by microbes, that one person can catch from another. The bacteria that are involved are normal inhabitants of the skin that become troublesome only when favorable conditions permit them to multiply excessively in the follicles. So you don't need to

fear that you will develop acne if you touch, share food with, or kiss someone who has it.

Acne is not a “real” disease but it is a real problem for anyone who has ever encountered it. Acne begins in your stomach, liver, bow-els, kidneys, testes and ovaries. To achieve a lasting clear skin we must diminish the toxic burden on our body and bring these vital systems to the balance.

The Whole-Body Imbalance

Every day, our body absorbs a teaspoonful worth of synthetic chemicals from our skincare, environment, food, and water. Hormone-mimicking phthalates and preservatives in personal care, fragrances, formaldehyde donors and ketones from house-hold cleaning products and furniture, synthetic dyes, fragrances and “food-grade” yet still toxic preservatives in processed food, growth hormones and pesticide residue in conventionally farmed and grown meat, poultry and vegetables, not to mention prescription medications and antibiotics—these are only some of the toxins accumulating in our bodies and making us prone to various dis-eases, of which acne is probably the most benign.

The holistic approach deals with skin problems from inside out. Throughout history, cultures have developed several explana-tions why illnesses begin and how to achieve optimal health. The contemporary model of Western medicine, also called allopathic medicine, is built upon a germ theory of disease which stipulates that certain microorganisms or harmful factors are the cause of all diseases and to achieve the health we fight harmful agents and

their effects. Another medicine model, called homeopathy, employs “like cures like” principle. To treat a medical condition homeopathy uses microscopic quantities of the very agent that causes the symptom commanding the immune system to handle the “aggressor” and the major health event at the same time.

The holistic approach to health and disease identifies multiple internal and external causes of the disease and offers multi-dimensional way of dealing with a certain medical condition. Nearly all our health-related troubles can be linked to our lifestyle, and the fundamental principle of holistic medicine is that your body has everything it needs to get well as long as we remove the obstacles from its way and create a beneficial environment for self-healing.

The holistic concept views a disease as a result of physical, emotional, spiritual, social and environmental imbalances. Holistic medicine addresses not only symptoms, but the entire person and emphasizes prevention, health maintenance, high-level wellness and longevity. To achieve a lasting wellbeing on all levels, the sufferer must take active part in the healing process, not just passively pop pills and stretch on a couch waiting to be cured. Holistic medicine and nutrition look at the state of the whole body, not just one symptom.

The healthy skin begins with healthy liver, bowels, ovaries and, of course, healthy mind. All our bodily systems are interconnected, and our skin, being the largest body organ, shows the signs of the imbalance right away in the most visible and unsightly way.

In this book we will be dealing with several inner and outer factors that cause acne. Some of them damage your skin from the outside; some of these factors act from the inside provoking acne, eczema, and rashes along with a host of digestive and hormonal imbalances. Some of these factors such as the climate you are living in or your heredity cannot be controlled but there are many real acne causes that we can and will address.

That is why acne is a holistic disease. Skin problems manifest numerous inner imbalances and to reverse the situation, you must treat these imbalances one by one.

As the toxic load on the body grows, our elimination systems are less capable of dealing with the increased burden of synthetic and toxic junk accumulating in the body. The increased toxicity undermines the function of the liver and kidneys. Our colon becomes congested with food waste and its activity becomes sluggish releasing more toxins to the bloodstream which means even more work for already struggling liver. The overloaded liver works double shifts filtering toxins from numerous sources and as a result is less able to filter out excess estrogens from the bloodstream. When our bloodstream carries disproportionate amounts of estrogens, hormonal imbalance called estrogen dominance occurs in both men and women making them prone to hormone-related disorders and even cancers.

Acne is the sign that your body has been accumulating the toxic burden and has reached the point of demonstrating visible physical symptoms. To get rid of acne clay masks and benzoyl peroxide lotions are not enough.

The holistic approach to treating acne involves the revision of your dietary and skincare habits, a gentle cleansing of your elimination and filtering systems, and bringing your hormonal balance to a healthy state. Only then you will be able to eliminate acne at its roots.

Inner and Outer Causes of Acne

When acne blemish appears on your face, it is already too late to apply lotions, masks, lasers or electric currents. When we see a blemish, we hurry up to apply some natural or synthetic medicine on the red angry zit and wait until the inflammation subsides. But the real cause of acne remains and more blemishes are bound to appear when we least expect them. To avoid acne and get lasting results you need to practice a holistic, “whole” approach to your skin problems.

Our body discharges its toxic waste through liver, kidneys, bowels, skin and lungs. Internal cleansing of these vital organs may help re-establish the beneficial balance in your intestines. With the helping hand of nature, your bowels will function more smoothly unburdening the daily junk. The liver will filter out excess hormones and toxins more efficiently and kidneys will ensure that your water and other fluid intake goes to cleanse and hydrate skin and other body cells, not to get trapped around your eyes and fingers. Purified, cleansed skin can maintain its balance of sebum production and healthy dead skin cell shedding rate, and with calmer, quieter nerves, your sebum glands will not produce excess oil that may get trapped in pores.

Inner Acne Factors:

Intestines: slow metabolism allows toxic waste and excess hormones to remain in the body for longer adding to the endocrine imbalance. Heavily processed diet rich in sugar and poor in fiber creates perfect conditions for pathogenic bacteria and yeast to proliferate in the bowel adding to the toxic burden.

Liver: the toxic burden through dietary and environmental exposure results in accumulation of toxins and fatty tissue in the liver.

Kidneys: impaired function caused by abundance of protein and sodium in the daily diet does not allow for healthy fluid circulation and cleansing of the body.

Endocrine glands: hormonal imbalance in men and women, stress hormones release that stimulates sebum production.

Ovaries and testes: excessive production of sex hormones stimulates excessive sebum production.

Heredity: allergies and food intolerances that manifest themselves as acne, eczema and psoriasis often run in families.

Outer Acne Factors:

Toxic environment: abundance of chemical sensitizers in the food, skincare, and air triggers low-grade inflammation leading to chronic acne.

Unhealthy diet: abundance of allergens, refined sugar, preservatives, colorants, flavorings, growth hormones, pesticide residue,

saturated fats and lack of fiber and fresh phytonutrients create a fertile ground for acne.

Hygiene: synthetic skincare loaded with harsh detergents, pore-clogging petrochemicals, allergens, irritants, and hormone disruptors is a major acne trigger.

Stress: daily stresses initiate major spikes in cortisol which stimulates the production of sebum and impairs the functioning of the immune system.

As you can see, a lot of acne triggers are linked to the diet and the toxic burden accumulated in our bodies over years of neglect. The cleansing process cannot be set off with one single nutrient, cream, or a three-day fast on apples. In the next chapters, you will learn how to eat, drink, cleanse, exfoliate and relax to achieve a naturally clear skin that will remain this way long term.

AAC

Chapter 2

Acne Triggers: From Synthetics to Sugars

We all know this popular saying: “We are what we eat.” When it comes to acne, this saying can be rightfully changed to “Our skin is what we eat.” Toxic additives, colorants, preservatives and

fragrances enter our bodies through our mouths, lungs and skin surface as they are absorbed from various beauty products.

Our nutritional and skincare habits directly determine the healthful functioning of our digestive system, including stomach, pancreas, liver, kidneys, bowels and urinal tract. As we already know, the skin imbalance begins in these organs, which makes perfect sense to start building healthy skin from inside out.

Food Additives and Our Skin

For many of us, living on pure, unadulterated food is a mere fantasy, not a reality. While it would be nice to have a slice of homemade bread with honey from own beehives for breakfast, followed with a salad from your own garden for lunch and a stew made with own

potatoes and homemade sausage (of course, without any nitrite salts in it!) But in real life we have trouble finding food that has not been touched by any food additives. While most of them are quite benign, there are lots and lots of those that cause acne, allergies, irritable bowel syndrome, and attention disorders. When consumed in large amounts or during long periods of time, toxic food and skincare additives may even elevate the risk of cancers and autoimmune diseases.

Food additives are added to food to preserve it by fighting off bacteria and neutralizing oxidizing effects of air, to enhance the taste or to improve the appearance of the food. While many food additives such as vinegar, salt, or sugar, have been used for centuries, modern science has concocted thousands of new chemicals that may add to the toxic burden in our bodies and directly affect the health of our skin.

There are hundreds of approved food additives. Some of them, such as acids (citric acid from lemons, lactic acid from milk, tartaric acid from apples as well as vinegar from grapes or apples) work double duty acting as preservatives and flavor enhancers. They have little effect on acne and, in case of lemon juice and vinegar, may even help improve your complexion. Antioxidants such as vitamins C and E also act as natural preservatives and are beneficial to health.

Food Colorants: Pretty Enemies

Colorings used to make food product look more appealing. However, not all colors are entirely safe for your health. Nearly all synthetic colors are produced from petroleum using aromatic hydrocarbons

which are incredibly toxic and scientifically proven to be carcinogens. While many synthetic colors have been banned from use in food, they are still used in skincare and makeup products so it may be a good idea to avoid them completely. Remember that our skin absorbs up to 60 percent of all substance applied to its surface.

Here are top ten most dangerous synthetic colors:

FD&C Blue No. 1 (Brilliant Blue 1, E133)

Brilliant Blue 1 is a proven neurotoxin and it may induce an allergic reaction, especially if you suffer asthma, even when used in very small quantities. This dye has been banned from use in food in Austria, Belgium, Denmark, France, Germany, Greece, Italy, Norway, Spain, Sweden, and Switzerland. The United States is the largest consumer of Brilliant Blue FCF in the world, with daily consumption exceeding 15 mg per person. Still, there is no ban on use of this neurotoxic dye in cosmetic products.

Food sources: ice cream, milk shakes and other dairy products, canned processed peas, packet soups, bottled food colorings, icings, ice pops, blue raspberry flavored products, sweets and drinks.

Beauty products: At the time of writing FD&C Blue No. 1 dye was found in skincare by L'Oreal, Dove, toothpastes by Aquafresh, as well as lipsticks, lip glosses and eye makeup products by Stila, Revlon, Smashbox, LORAC, Tarte, Avon, Vincent Longo, NARS, Yves Saint Laurent and in virtually all drugstore makeup brands. This dye was also found in products made by "natural" brands such as bareMinerals, Josie Maran and LUSH (true at the time of writing in February 2012).

FD&C Blue No. 2 (Indigotine, E132)

This purple-blue food color, also known as indigo carmine, has a chemical name “5,5-indigodisulfonic acid sodium salt.” It has proven mutagenic (causes cells to mutate) and carcinogenic qualities. This dye is irritating to skin and eyes. It has been restricted for use in food products but is still allowed for use in cosmetics. Some of the products containing FD&C Blue No. 2 include Garden Botanika lip and face products, LORAC lip products, Carol’s Daughter cleansers—this was true at the time of writing in February 2012 but hopefully these brands will reformulate their products and remove the toxic dye soon.

FD&C Green No. 3 (Fast Green, E143)

This color adds bright turquoise shade to anything it is added to. FD&C Green No. 3 has been found to promote cancer tumor formation in animals and humans. This toxic dye is also irritating to eyes, skin, digestive and respiratory tracts. At the moment, FD&C Green No. 3 dye is rarely used in food in the USA but can be found some-times in tinned green peas and other vegetables, jellies, sauces and dry baking mixes. Its use as a food dye is prohibited in European Union and some other countries.

As a color additive is not approved by the U.S. Food and Drug Agency FDA for use around eyes. However, this toxic dye is found in skincare products by AHAVA, The Healing Garden, Murad, Method, Nivea, Dove, Bodycology, Glytone, toothpastes and mouthwashes by Colgate, Listerine, Johnson and Johnson, Targon, deodor-ants by Degree and Axe, shampoos and conditioners by SUAVE

and SUAVE for Kids (!), American Crew, Matrix, Klorane, Rene Furterer, Sunsilk, Rusk, L'Oreal Kids (!), and Thicker Fuller Hair (true at the time of writing in February 2012).

End of Sample

To Enjoy the entire contents of this book please [visit this link](#)

http://www.amazon.com/The-Acne-Diet-Acne-Free-Nutrition/dp/1481934163/ref=sr_1_1?ie=UTF8&qid=1401269876&sr=8-1&keywords=acne+diet

Sample recipes from back of book:

Avocado and Nut Spread

Avocados are amazingly good for all skin types, but eat them in moderation as they are quite calorific. Nuts are rich in fiber and vitamins A, C and E. Enjoy this recipe as a topping for a toast or as a side dish.

INGREDIENTS

1 avocado

1/2 cup walnuts or almonds

2 tablespoons extra virgin olive oil

METHOD

Peel the avocado and remove the pit. Here's a mess-free way to prepare the avocado for eating: cut it in quarters, remove the pit and peel off the skin.

Ground the nuts using pestle and mortar.

Mash the avocado, stir in the nuts and season with olive oil. Stir well to avoid clumps.

You can also add a dash of lemon juice, cayenne or black pepper.

Eat generously as a guilt-free snack.

Skin Purifying Salad with Yogurt

This salad will swipe your body clean of any toxic junk. Brimming full with fresh, biologically active vitamin C, it helps purify the blood and remove toxic junk from the bowels.

INGREDIENTS

- 1 cup shredded white or red cabbage
- 2 carrots, grated or shredded
- 2 apples, grated
- 1/2 cup Greek yogurt (unsweetened, unscented)

METHOD

Combine all ingredients and stir well.

Eat as a breakfast or a nutritious snack.

Sample skin care product recipes from the back of the book:

Aloe and Green Tea Facial Mist

This facial spray feels great in the summer. You can use it to soothe your skin after facials or blemish extractions. You may spray this mist directly onto skin because it doesn't contain sen-sitizing essential oils, vinegar, or alcohol. Vitamin C powder may be substituted with vitamin packets to make instant drinks that also contain other vitamins and minerals. Choose the ones that contain no artificial dyes or fragrances such as Emergen-C.

INGREDIENTS

- 1 cup green tea (prepared from loose tea or packets)
- 1 cup aloe vera juice 1/2 cup
- witch hazel 1 teaspoon glycerin

1/4 teaspoon vitamin C powder 5 drops

lavender essential oil

METHOD

Combine all ingredients in a bottle with a spray/mist top. Shake the bottle well to thoroughly mix the vitamin C powder into the liquid. Shake before each application.

You can store this toner in a fridge. You may also decant the toner in a smaller spray bottle and carry it in your purse or gym bag for a quick refresher. The shelf life of this toner is three weeks.

Scar Reducing Exfoliating Mask

Quercetin in onions is a powerful scar tissue reducer and skin whitener, while lemons act as bleaching agents.

INGREDIENTS:

Juice of 1/2 fresh lemon

1/2 onion

1 egg

1 teaspoon fine sea salt

METHOD:

Separate the yolk and whisk the egg white. Squeeze the juice from the lemon and add to the blend. Grate the onion and add the pulp to the mask. Strain and add salt to make a grainy paste.

USAGE:

Apply the mask covering your entire face, not just areas with acne scars. Avoid eye areas. Leave the mask to dry for about 10 minutes. Rinse with tepid water and pat face dry.

STORAGE:

This mask cannot be stored and should be used immediately.

For the entire contents and recipes please [visit this link](#):

Other books by the author:

The Green Beauty Guide:

Your Essential Resource to Organic and Natural Skincare, Hair Care, Makeup and
Fragrances

Green Beauty Recipes:

Easy Homemade Recipes to Create Your Own Organic and Natural Skincare, Hair
Care and Body Care Products

http://www.amazon.com/The-Acne-Diet-Acne-Free-Nutrition/dp/1481934163/ref=sr_1_1?ie=UTF8&qid=1401269876&sr=8-1&keywords=acne+diet