

ACNE

Acne-don'ts

- Do not wash affected areas of skin more than twice a day. Frequent washing can irritate the skin and make symptoms worse.
- Wash the affected area with a mild soap or cleanser and lukewarm water. Very hot or cold water can make acne worse.
- Do not try to "clean out" blackheads or squeeze spots. This can make them worse and cause permanent scarring.
- Avoid using too much make-up and cosmetics. Use water-based products that are described as non-comedogenic. This means the product is less likely to block the pores in the skin.
- Completely remove make-up before going to bed.
- If dry skin is a problem, use a fragrance-free water-based emollient.
- Shower as soon as possible once you finish exercising as sweat can irritate your acne.
- Wash your hair regularly and try to avoid letting your hair fall across your face.
- Dairy can cause hormone fluctuations, prompting an overgrowth of skin cells (increases IGF-1) that block pores and trap bacteria, eventually causing acne.
- The unfavourable associations between dairy and acne haven't been noticed with fermented dairy products, maybe because bacteria in fermented dairy use IGF-1, leaving less for us to absorb.
- Omega 6 to Omega3 imbalance can increase inflammation
- Whey protein promotes a spike in insulin which, in turn, causes an overgrowth of skin cells, oil production, and inflammation. Increases IGF-1
- Gluten elimination especially if GI tract stressed
- Excess iodine irritates the sebaceous glands
- High androgen foods-animal foods and saturated fats tend to get the biggest response. Lower fat, higher fibre diets can increase levels of sex hormone binding proteins, thus lowering free levels of circulating androgens.
- Greasy, fast, refined, and sugary foods
- Too many high GI foods
- Elevated blood sugar triggers insulin which imbalances hormones, including increased activity of androgens which prompt sebum production. High insulin levels and insulin resistance are associated with worse acne and more sebum (more body fat can lead to more insulin resistance).
- Hyperinsulinemia increases circulating levels of IGF-1 and insulin-growth factor-binding protein-3, directly impacting keratinocyte hyperplasia and apoptosis
- When stressed, we produce more androgens, which stimulate the oil glands and hair follicles in the skin, leading to outbreaks.
- Lifestyle factors include poor diet and sleep, exposure to pollution and other environmental aggressors, and a poor skincare regime that is over or under-zealous, or simply not right for the individual. All of these can put the body in an inflammatory state.

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Acne-do's

- Remove oil-based products
- Keep skin hydrated with a good serum
- Prioritise strengthening and rebuilding of the skin barrier, decongestion of pores and reduction of oil.
- Blot the face dry with a thick cotton towel. Never pull, tug or use a rough washcloth.
- Use a natural and gentle exfoliating cleanser
- Reduce bacteria on the skin (Clinisept)
- Only use non-comedogenic products
- Use barrier building ingredients like hyaluronic acid, niacinamide and ceramides.
- Use SPF factor 30 sunscreen
- Work with a professional beautician-they may use treatments such as chemical peels, using glycolic, mandelic or salicylic acid. (Glycolic acid helps to dissolve the bonds which bind dead cells to the skin's surface). And sometimes vitamin A peels. Also LED for reduction of bacteria. Laser, micro needling and resurfacers.

Acne-multitargeted approach

- Control inflammatory responses
- Reduce sebum and increase SHBG to control testosterone levels
- Antioxidant nutrients
- Balance gut flora and use probiotics in conjunction with digestive enzymes (Papain is antioxidant and helps to protect the body from cellular damage. Bromelain helps to maintain healthy inflammatory and immune responses)
- Use antimicrobials to control infection
Use dietary protocols to enhance skin health
- There is strong support for the reduction of acne with regular consumption of omega-3 fatty acids and low-GI and low-GL diets
- Use topical protocols for the skin
- Hormone balance
- Control mast cell activity
- Histamine balance (histamine receptors present in sebum) – when hydration falls low, histamine increases

Acne-do's

- Acne doesn't seem to appear in non-Westernized populations eating traditional diets.
- Many spices (e.g., cinnamon, ginger, turmeric) and fresh herbs (e.g., basil, oregano, garlic) support inflammatory and immune responses as well as antimicrobial support.
- Spices such as cinnamon can also help to regulate insulin.

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- Green tea can suppress enzymes and androgens involved in acne formation and support inflammatory processes.
- Unprocessed fats-increase Omega 3-decreases IGF-1 and inhibits synthesis of inflammatory leukotriene B4, which in turn reduces inflammatory acne lesions
- Eat fermented foods or supplement with beneficial bacteria for gut health and motility
- Fibre can also bind to and excrete excess hormones that contribute to acne.
- Whole, unprocessed foods including a lot of fruit and veg
- Tree nuts such as almond and walnuts
- Non wheat grains (cut out the white stuff)
- High zinc and selenium foods
- Rosmarinic acid (found in rosemary), garlic and thyme oil are effective against P.acnes (a sprig of rosemary infused in your drinking water can be nice)

Acne-do's

- Hormone-generated acne may benefit from a diet rich in lignans. Lignans are associated with the normal homeostasis of sex hormones of both men and women. Lignans are found especially in flaxseed – add flaxseed to food daily, or make and drink linseed tea (see recipe on website under fact sheets)
- Lack of fruit, vegetables, grains, and food processing can cause a deficiency in the diet.
- Since androgens (testosterone) play a major role in acne, lignans may have a positive role to play in its treatment.
- A protein, sex hormone binding globulin produced by the liver binds oestrogen and testosterone to control how much is circulating in the blood producing a balancing effect.
- Phytoestrogens help to stimulate the production of SHBG.
- The lignan found in flaxseed is called secoisolariciresinol diglucoside (SDG). This phytonutrient is classed as a polyphenol.
- The health benefits of flaxseed lignans are also due to antioxidant activity.
- The presence of large amounts of lignans can lead to a decrease in several inflammatory markers.

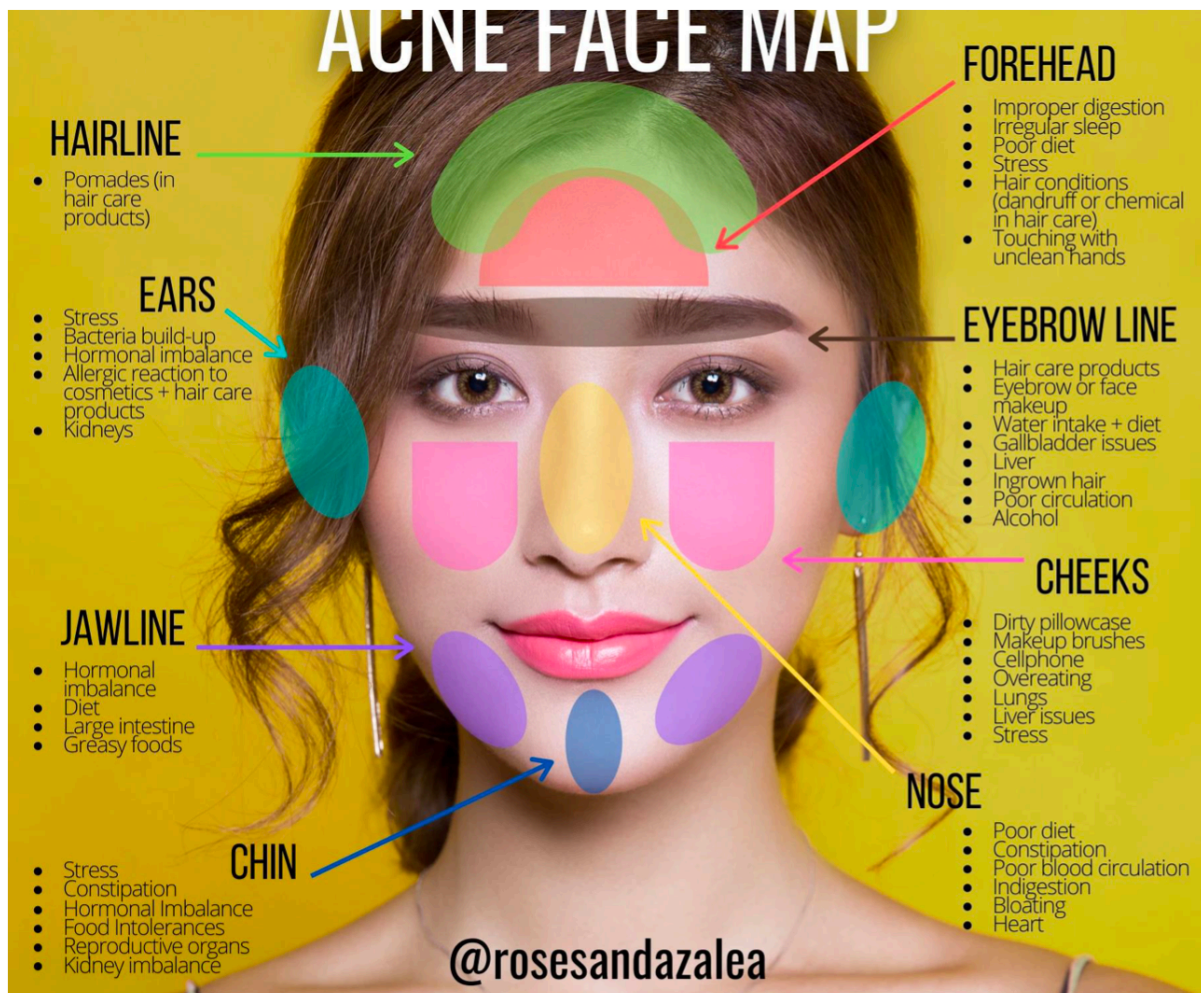
Aquasols Herbal Powder “Tea” Range.

You can purchase these from The Natural Dispensary with your Discount code and they can be mixed together.

- **Echinacea Root-P. acnes induced inflammation – all types of acne**
- Camu Camu-high in vitamin C, helps scars fade, antioxidant.
- Elderflower
- Green Tea-long term support for removal of toxins from small vessels
- Guarana
- Artichoke Leaf

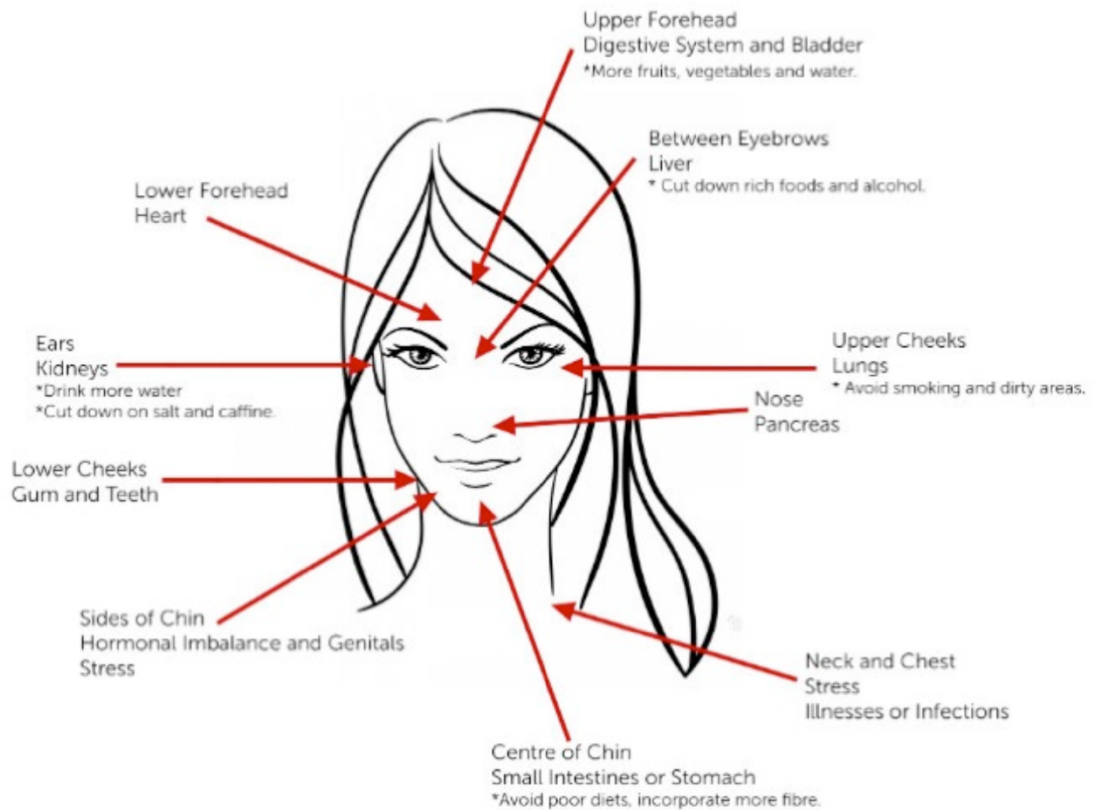
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- Lemon Balm Leaf
- Devils Claw Root
- Turmeric Root-anti-inflammatory, anti-scarring
- Hibiscus Flower-natural acids break down dead skin cells, antioxidant, supports collagen and elastin synthesis.
- Pink Rose Petal-antioxidant, promotes healthy skin, astringent, antiseptic, anti-inflammatory
- White Ginseng Root
- Red Ginseng
- Ginger Root-antiseptic and antioxidant, skin renewal, improves blood circulation, anti-inflammatory, hyperpigmentation
- Gota Kola-soften tissue and reduce sebum
- Nettle Root



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ACNE FACE MAP



Acne-topicals

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|---------------|--|---------------------------------|
| Neostrata | CeraVe | Clinique Anti Blemish Solutions |
| Plenair | Murad | Medik8 |
| Pixi | LaRoche Posay Effaclar Anti-blemish solution | Mario Badescu |
| The Inky List | Paula's Choice | |

General skincare:

- I like the Sukin range which you can get on The Natural Dispensary with your discount (STAV15) – e.g. their Signature Foaming Facial Cleanser (Pump)
- Dr Hauschka – available from many places - <https://www.drhauschka.co.uk/>
- Liz Earle Cleanse & Polish is nice and comes with a muslin cloth. Available from many places. <https://www.lizearle.com/>
- I like to use a facial muslin cloth from Liz Earle which can help to gently exfoliate.