



ACNE

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Our nutrition plays a very important role in acne treatment. If you receive all the nutrients you need through food, the health of the skin will improve significantly. The most important skin nutrients are vitamins A, B, C, E, Zinc, and essential fatty acids. Specific foods that help treat acne are onions, garlic and cruciferous vegetables because these vegetables are known for containing Sulphur (a natural antibiotic). However, all foods which contain the essential nutrients will also be vital. Also supplementing with vitamins A, B, C, and zinc and cod liver oil (or other prescribed essential fatty acid) can contribute to healing the skin from within.

One of the most important factors that influence the health of our skin is hydration. Poor hydration contributes to skin problems. So, if you want clear skin, drinking 6 to 8 glasses of water a day is strongly recommended.

Gentle cleansing is also essential. Choose gentle facial cleansers and moisturizers, and use them at least twice throughout the day to remove debris, oil, perspiration, and pollutants that have built up on the skin. There are several products on the market that are made exclusively for acne-prone skin. These products are designed to reduce the incidence of acne breakouts. A non-oily face wash that contains tea tree oil or Echinacea can also help to slow or halt the development of acne. Excessive washing will not help reduce acne, and in fact it can actually aggravate it. Rather, wash your face twice a day in the morning and evening and rinse thoroughly with warm water.

Avoid oily cosmetics or any facial products that contain saturated fats such as PEG stearates, isocetyl, stearate, isopropyl stearate, isopropyl palmitate, isopropyl myristate, and parabens as these ingredients can contribute to the development of acne. Cosmetics are a major cause of acne problems for adult women. Wear the least amount of makeup that you feel comfortable with, to avoid irritation to your skin and allow your skin to receive an ample supply of oxygen. Mineral makeup is superior to other products because they contain essential minerals your skin needs.

Hands Off!! As hard as it can be to resist. Picking or squeezing at pimples or blemishes will really only make them worse. In fact, it can cause open sores that lead to infection. Normally, a pimple will last anywhere from one to four weeks. But it will go away on its own. And picking or squeezing it will not make it go away any faster.

HERBAL ACNE REMEDIES

Herbal acne remedies can be very useful in acne treatment and acne prevention. Chamomile, lavender, juniper, bergamot, dandelion root, and burdock root can all be used to reduce inflammation in hair follicles. Other herbs like Echinacea and pokeroot have anti-inflammatory properties that can help to reduce the swelling and blockage of oil glands. Red clover may be beneficial for its estrogenic action as are certain fatty acids, such as evening primrose oil, flax oil and borage oil.

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Recently, one study has suggested the guggulipid taken three times a day had significant impact on acne, probably because of its effects to improve liver function (this is the mechanism for lowering cholesterol also).

BE KIND TO THE SKIN INSIDE AND OUT

Creams are helpful on the outside, but don't count out what goes inside your body when you're looking to keep your skin clear and fresh. Here are some foods to pile on your plate.

STRAWBERRIES, RED PEPPERS, AND KIWIS

These fruits and veggies are packed with vitamin C, an antioxidant shown to prevent damage to the skin and possibly help prevent aging. Vitamin C also helps form collagen, which supports the skin's structure and keeps it smooth. Other vitamin C-rich foods:

- Spinach or any leafy green vegetable
- Tomatoes
- Citrus fruit
- Broccoli

CARROTS, APRICOTS AND SPINACH

The antioxidant beta-carotene is in these fresh foods. Beta-carotene converts in the body to vitamin A, which we need to create new and healthy skin cells. It also protects your skin from bacteria and viruses and keeps it hydrated. Other beta-carotene-rich foods:

- Collard Greens
- Romaine Lettuce
- Sweet Potatoes

HAZEL NUTS, ALMONDS AND OLIVE OIL

Rounding the antioxidants are the vitamin E-rich foods. This vitamin protects cell membranes from free-radical damage, especially brought on by UV rays. Of course, sunscreen helps, but serving of nuts and seeds every so often can help strengthen your cells from the inside. Other vitamin E-rich foods:

- Mangoes
- Green Leafy Vegetables
- Chicken Breasts

WATER

Not drinking enough water can dehydrate and give off that pruney look (no one wants that). Instead, keep skin radiant by sipping water throughout the day. No need to chug gallons- you also get water from other sources, such as fresh fruits and veggies.

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MACKERAL, SALMON AND TUNA

All rich in omega-3 fats, these foods help prevent inflammation. Their heart-healthy oils also keep skin nice and shiny. A study published in the Journal of the American College of Nutrition found that elderly folks who consumed higher amounts of fish and veggies throughout their life had fewer wrinkles. It could be the combo of the omega-3 in fish plus antioxidant-rich veggies, though researchers can't say for sure right now. Other omega-3 foods:

- Sardines
- Walnuts
- Olive Oil

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