

the Acne Education Sheet

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Foods and Supplements for Acne

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FOODS THAT AFFECT ACNE

“Remove From Diet” items are inflammatory, creating acne plugs inside the pore and causing flareups. A low-inflammation diet is highly-recommended for all acne sufferers.

Remove From Diet	Acceptable Substitutes
<u>Salt:</u> Iodized (Restaurants/Pre-Packaged) <u>Sugar:</u> Refined Sugars, Corn Syrup, Agave	Sea Salt, Uniodized Salt, Raw Honey, Splenda, Equal, NutraSweet, Stevia
<u>Milk:</u> Cow's Milk and Soy Milk <u>Cheese:</u> All Cow's Cheese, especially Pre-Shredded and Queso (Melted Cheese) <u>Yogurt:</u> Cow's Yogurt (Greek) or Soy Yogurt	Goat's Milk; Milk Alternatives without Carrageenan or Algin (Seaweed): Hemp, Almond, Coconut, or Rice Milk Goat's Cheese, Sheep's Cheese Goat's Yogurt, Sheep's Yogurt
<u>Grains:</u> Wheat, Gluten, Flour, Pasta, Bread, Bakery Items	Quinoa, Sweet and White Potatoes, Brown and Wild Rice
<u>Peanuts:</u> Peanut Butter, Peanut Oil	Any Raw Nuts/Seeds except Peanuts
<u>Oils:</u> Peanut, Vegetable, Corn, Canola; Asian and Thai Restaurants; Fast Food; Chick Fil-A, Five Guys Burgers, Burger-Fi	<i>(approved for cooking, not skin care!)</i> Cold-Pressed Oils: Extra Virgin Olive, Flaxseed, Walnut, Avocado, Coconut
<u>Protein Powders/Bars, Vitamin Supplements:</u> Spirulina/Chlorella/Kelp, Whey, Peanuts, Wheat Germ, Soy, Iodine, Biotin, B12, DHEA	Hemp, Pea, or Egg White Protein; Zinc, Selenium, Cod Liver Oil, Fish Oil, Probiotics, Prebiotics
<u>Seaweed, Soy:</u> Kelp, Seaweed, Sushi Rolls, Miso Soup, Soy Sauce, Tamari	Sashimi (Fish and Rice only); Coconut Aminos instead of Soy Sauce

SUPPLEMENTS THAT IMPROVE ACNE

- **Zinc (monomethionine or picolinate), Selenium, Cod Liver Oil (fat-soluble vitamins A, D, E, K2)**
Zinc, Selenium and Cod Liver Oil can significantly reduce inflamed acne and cysts.
- **Omega-3 Fish Oil (also in small, cold water fish like sardines and wild or organic salmon)**
Omega-3 Fish Oil contains good fats that act as an anti-inflammatory in the body. While recommended for all acne sufferers, they are particularly beneficial for women whose breakouts are linked to PMS. Omega-3 fatty acids help shorten the intensity of your breakouts.
- **Probiotics, Prebiotics (fermented foods like sauerkraut, goat's kefir, and kombucha)**
Contain good bacteria that colonize the digestive tract that may have been killed off by long-term antibiotic or birth control use, “leaky gut,” or other forms of inflammation in the body. Fermented foods help promote a healthy, balanced gut flora and clear your skin.