



Home » Health and Wellness » Cosmetic and Beauty » Skin Treatment

## Improve skin and decrease acne breakouts with a healthy diet



**Julia T. Hunter, M.D.**

*Dermatologist and Founder*

Wholistic Dermatology

Like

0

Tweet



Why do some teens have severe acne while others seem to be pimple free?

The primary cause of all acne, teen and adult is androgens – DHEA, testosterone and metabolites.

You all have the acne gene, but what activates it

and creates pimples is internal inflammation. Remember that the skin is a window to what is going on inside, and inflammation is the primary cause of all acne. This causes an increased number and sensitivity of androgen receptors, therefore the genetic tendency to experience acne is directly in response to increased inflammation internally.

You are what you eat... your gut is causing your acne!

Yes, hormones play a significant role, which is normal during these years, which is why it is imperative that your diet plays an essential role in preventing outbreaks. Your gut is the incubator of most inflammation that causes acne. When the gut is inflamed, you see blemishes more prevalently especially on all or some of these areas - the neck, forehead, cheeks, around the tip of the nose and upper lip.

Internal and external inflammation, which is present chronically from diet, certain medications, pollution, sun, stress, chemical and electromagnetic exposure every day, further personifies the blemish symptoms. You must correctly address the internal causes as well as these external causes to win the battle.

## Do



- start now
- take probiotics
- use only non-toxic, chemical-free skin products
- drink water

## Don't



- forget to minimize gut inflammation
- forget fast foods equals fast breakouts
- drink sugary drinks – including sodas
- eat carbs - they're not your friend

## Do

**Do start now**

The solution is getting to the cause of acne. Acne creams just cover up the problem. Lasers and technology is your last step. Your diet is your solution. Creating healthy eating habits starting now will play a major role in your health in the future. Most teens (and adults) need to start eating healthy to look good and feel better. Here's some healthy food tips:

- Replace Carbs - raw almonds, walnuts, pecans, hemp seeds, goji berries (no peanuts, no pistachios as most people cannot digest these nuts and they may irritate the gut).
- Dark chocolate (the higher the percentage of cocoa, the better – at least 70%).
- Fruits and vegetables - the darker the better. Fruits that are best - blue/red/black berries, dark cherries, pomegranate, cranberries, kiwi, blood oranges, and dragon fruit.
- Wild or brown rice.
- Sweet potatoes.
- Goat's milk (cheese, butter, yogurt) or sheep's milk, unsweetened almond milk, or light coconut milk.

### **Do take probiotics**

Probiotics as a daily supplement will help remove gut inflammation and replace the bad yeast in the stomach with good yeast, to protect and help digestion.

### **Do use only non-toxic, chemical-free skin products**

It is important to keep your skin cells and pores clean and healthy with products that do not have chemicals, toxins, parabens or fillers that can cause additional inflammation in the skin cells. Only use non-toxic, chemical-free skin products when cleaning your face and skin.

### **Do drink water**

We must drink water - if you can 1-2 liters per day to help clear out the impurities

in the skin cells and pores. Take the opportunity to add a green tea bag and green powders, organic, whole leaf aloe juice, 1-2 ounces per day, which decreases inflammation that leads to breakouts.

## **Don't**

### **Do not forget to minimize gut inflammation**

Yes, those fries and sodas look and taste good – but they are contributing to not only your breakouts, but your weight gain and overall health. Here's some more foods to avoid (or at least eat in moderation):

- Cow's Milk/cheese/yogurt
- Corn
- White & Red potatoes
- White rice
- Flour (including whole wheat)
- Sweets

### **Do not forget fast foods equals fast breakouts**

Refined, manufactured foods such as hydrogenated fats and all the artificial chemical additives add to skin inflammation and often cause breakouts. Stay away from fast food and other impure foods that are high in chemicals. Stick to the organic.

### **Do not drink sugary drinks – including sodas**

Sugars add to gut inflammation and cause skin cells to inflame. Unsweetened fruit juices or water can make a huge difference in not only the skin, but weight gain.

### **Do not eat carbs - they're not your friend**

High glycemic carbs, chips, crackers, pretzels, and processed foods just add to

gut inflammation, turn into sugar in the body and cause breakouts. These simple carbs produce glucose and are stored as fat as well. Remember, fat storage in the body begins at childhood and can last a lifetime, and may add to the risk of many adult degenerative diseases such as diabetes and heart disease.

## Summary



The primary cause for breakouts is virtually always gut inflammation and when your gut is inflamed it sends into the bloodstream and tissues inflammatory chemicals, which activate the acne gene in your case. Eating healthfully and in moderation, along with taking probiotics daily, and keeping your skin clean with non-toxic products will almost

immediately result in visible skin improvement.

Acne is a frustrating problem not only for teens, but parents, adults and for doctors as well. It is so common that this medical problem has unfortunately evolved into a multi-billion dollar a year marketing opportunity, rather than being treated scientifically and physiologically correct. Acne needn't be the challenging issue it has become, if it is regarded as a health issue, an internal challenge that is part of a bigger picture – the functionality of the whole body – inside and out.

## More expert advice about Skin Treatment

- Ensure the highest level of hygiene at your nail or waxing salon
- Microdermabrasion can help achieve smoother skin and treat acne
- Skincare advice to help you achieve beauty from the inside out
- Anti-aging and skincare secrets to help you look and feel younger
- Eating the right types of healthy foods can help cure acne

Photo Credits: © Ariwasabi - Fotolia.com; Check Man, Cross Man and Jump Man

© ioannis kounadeas - Fotolia.com