

Acne

Acne develops when dead skin cells and the skin's natural oils block the hair follicles. Bacteria enter the blocked follicles and start multiplying. When immune cells try to defend against the bacteria, this can cause redness, swelling and spots. Acne can have a huge emotional and physical impact on people's lives.

- Up to **85%** of **teenagers** are affected.
- **Severe** acne affects **12% of women** and **3% of men** aged **25 to 44** years.
- **Moderate** acne is prevalent in **54%** of **women** and **40%** of **men** aged 25 to 44.
- **Acne is increasing** in adults over 25.

Acne is common in countries that eat a 'Western' style diet, and rare in those that eat a traditional diet, low in animal and processed foods. In many cases, acne can be effectively managed by making sensible changes to diet and lifestyle.

EAT A DIET CENTRED ON WHOLE PLANT FOODS.

Fruits, vegetables, whole grains and beans.



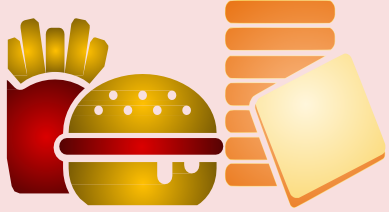
EAT FRUITS & VEGETABLES

at least **5 a day**, in a variety of colours. More is better. They provides many **nutrients** and **antioxidants**.



AVOID EATING REFINED PROCESSED FOODS

high in salt, sugar or fat. These are commonly high glycemic foods.



INCLUDE NUTS AND SEEDS.

Chia and flaxseed provide **essential omega-3 fats** and walnuts also provide γ -linoleic acid (GLA). These are anti-inflammatory fats.



AVOID HIGH SUGAR FOODS AND DRINKS, INCLUDING FRUIT JUICES.

Drink mostly water.

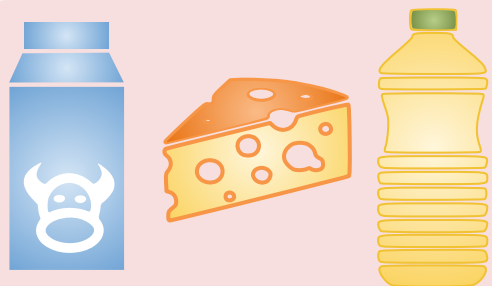


REDUCE STRESS LEVELS.

Options include mindfulness, meditation and yoga.



AVOID DAIRY AND VEGETABLE OILS.



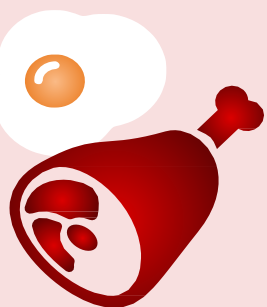
SOME NATURAL REMEDIES MAY PROVIDE RELIEF.

Green Tea wash and **5% Tea Tree, Neem & Cedarwood** Essential Oils.



AVOID ANIMAL FAT AND PROTEINS.

They contain powerful stimulators of the TOR enzyme pathway which increases acne.



SLEEP WELL

Aim for a regular sleep pattern. Avoid caffeine late in the day. Avoid bright lights before going to sleep. Put mobiles into *Airplane* mode.



AVOID OVER-CLEANSING & SOME SKIN PRODUCTS.

Over washing may cause the skin to create too much oil, whilst some products may upset the skin pH.



References:

- Global occurrence:** *Adolesc Health Med Ther.* 2016; 7: 13–25
- Western diet:** *Dermatoendocrinol.* 2012 Jan 1; 4(1): 20–32
- Omega-3 fat:** *Acta Derm Venereol.* 2014 Sep;94(5):521-5
- Green Tea:** *J Drugs Dermatol.* 2009 Apr;8(4):358-64
- Dairy:** *J EADV* 2018 doi.org/10.1111/jdv.15204
- Low glycemic:** *Am J Clin Nutr.* 2007 Jul;86(1):107-15
- Acne in Adults :** *J Am Acad Dermatol.* 2008 Jan;58(1):56-9

