

ADULT ACNE November 20, 2010
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WHY?

- Prescription Medications
- Stress and Anxiety
- Genetics
- Hormonal Changes, i.e. menopause, pregnancy, new birth control.
- Hormone fed meats and dairy
- Environment – pollution, toxins
- Poor diet, i.e. high in sugars and carbohydrates.

WHO?

- 54% of adult females / 40% adult males

WHAT?

- Acne originates in the hair follicles. They either become inflamed, producing a pimple or they get plugged and manifest itself as a whitehead or blackhead.
- Male hormones, Androgens, can trigger acne by excreting more oils produced by the sebaceous glands at the base of the hair follicle.
- Hair is normally softened by oil but too much of it paired with dead skin can cause blockage and when that, combined with bacteria are combined, the follicle becomes irritated and forms pustules.
- Acne is also tied to genes. If your parents battled with acne, chances are so will you.
- Most common type of acne is Acne Vulgaris. It is characterized by scaly red skin, pustules, blackheads, whiteheads, scarring and nodules.

GOTTA DO IT! The Truth About Your Poo...

Bowel Movements, BM's, Poo... Whatever you decide to call it just know it is a major indicator of what may or may not be going on inside of the body. It communicates PLENTY! You just have to look at it...

Below are listed a many indications that something is wrong if more often than not...

- You are constipated and have to force push when using the bathroom and diarrhea is common.
- Your bowel movements are not regular (2-5 times per day), they are hard and very small.
- There is blood (bright red, dark red, blackish red and black) in your bowel movements.
- Your bowel movements are foul smelling.
- Your stool is yellow or orange , grey and black.
- Your stool is slimy.
- Your stool has tiny bubbles

If any of the above symptoms are too often the case for you, I would recommend getting a complete blood work and analysis done by a reputable and dedicated medical and/or

certified holistic professional asap. As well I would incorporate herbs and foods that aid in stimulating the smooth muscles of the intestine as well as ones that aid in the assimilation and elimination of foods and other waste. Some suggestions are listed below in the “**Foods, Teas and Herbs**” section.

KNOW YOUR pH!

Allergic reactions and stress produce acids in the body. The presence of high acidity indicates that you need to include more alkaline foods.

It is thought that the average person’s diet should be slightly alkaline for good health.

The vast majority of people experiencing less-than-optimal health or illness have pH levels that are overly acidic. Because on a whole, the average western diet is acid-producing it is necessary to be more diligent about the foods you eat. Regardless of how much you work out and try to eat right, if you can’t balance the acids in your body, you’ll never feel as good as you’d like to feel. When acidic wastes accumulate, they can cause organs to malfunction and break down. If ignored, an unbalanced pH will interrupt all cellular functions, including molecular transport, reproduction, and energy conversion resulting in serious degenerative diseases.

FOODS, TEAS AND HERBS:

A POOR DIET affects the liver, which is responsible for tempering the intensity of androgen hormones that are released. These hormones are responsible for sebaceous glands and secretion of oils. A 2002 study at Colorado State University suggested that a diet high in refined carbohydrates boosts insulin, which elevates hormone levels and stimulates the sebaceous glands.

- A lot of the time, acne and a lot of fruit consumption do not mix. Sugar is not your best option now, but if your pH is highly acidic, you will want to eat more alkalizing fruits for a few days to help bring your body back in balance. After of which you will minimize your intake until your acne is no longer.
- Turmeric. Cook with it and take it medicinally. A wonder for internally inflamed conditions that are at the root of your acne.
- Flaxseeds – Balance a woman’s estrogen and progesterone levels and contains essential fatty acids that are anti-inflammatory.
- Nettles, Dandelion Greens and Chlorophyll. Include these blood cleansing and liver detoxifying ingredients in your diet.
- Saw Palmetto – Anti-inflammatory. Regulates androgens in women.
- Gentian Root – Digestive tonic that promotes liver functioning.
- Milk Thistle – Widely used to protect and detoxify the liver.
- Oil of Oregano is one of the few effective potent germ killer’s available - both bacterial and viral, and a valuable anti-inflammatory. Oil of Oregano also possesses significant antioxidant power and furthermore, it stimulates the flow of bile, which greatly aids in digestion.
- Cayenne - Cayenne produces natural warmth by stimulating the contraction of the smooth muscles of the intestines. It also aids in assimilation and elimination.

Learn More! There are dozens of other natural medicinal uses for this spice.

- Consult an Herbalist, N.D. (Naturopathic Doctor) or Registered Dietician to determine the best cleanse for your condition.
- Probiotics are great at feeding your body “life” all in the form of amazingly good bacteria to protect and strengthen the inner workings of your body. As well if you suffer from digestive issues, probiotics are the way to go. I love to down a **Bio-K** every now and then but that can get expensive so for daily use I recommend New Chapter’s Probiotic Immunity Supplements, made from whole foods and fermented soy (Not soy isolate guys. That’s the bad stuff we want to avoid. Fermented soy however is excellent for one’s immunity and overall health and also very easily digested by the body.)
- Juice with cucumbers, aloe, parsley, kale, spinach, ginger, lemon and garlic. These foods are great cleansers, blood purifiers and known immune builders.
- Take complete omegas to balance hormone levels, quell internal inflammation and cushion the nervous system. I like New Chapter’s Wholemega fish oils.
- Include Sea Buckthorn in your diet. Restorative, antioxidant and anti-inflammatory,
- Finish prepared foods with fresh lemon juice, apple cider vinegar and certified organic olive and/or sesame oil.
- Include foods rich in Zinc. Pumpkin seeds, mustard seed, pine nuts, sesame seeds, walnuts, asparagus, spinach and broccoli are just a few.
- Myrrh/goldenseal tonics are effective anti-microbial and they help stimulate bile flow to the liver. Sip throughout the day.
- Drink a lot of water. A LOT!
- **AVOID:** Lay off the Dairy, red meat, refined sugars, white flours, processed soy foods, sodas, high fructose corn syrup (it is in everything from jams to salad dressings. Read your labels.), processed and fried foods. These are definitely not your friends! Also some whole foods like eggplants, carrots, beets and bananas can be eliminated.

SUPPLEMENTS: Per Terry J. Dubrow, M.D., author of The Acne Cure

- Vitamin C . Defends against infections and repairs (or for damaged tissues more) a day.
- Vitamin E. Improves the body's ability to absorb vitamin A. Helps repair skin damage.
- Vitamin B Complex. Modulates hormone metabolism; reduces inflammation. Aids the immune system.
- Alpha lipoic acid. Reduces inflammation; protects collagen.
- L-carnitine. Repairs skin damage from sun and acne..
- Calcium. Assists cardiovascular function and muscle contraction.
- Magnesium. Helps build blood vessels; relieves pre-menstrual symptoms. a day.
- Chromium. Enhances the effects of insulin to help stabilize blood sugar.
- Selenium. Potent antioxidant that enhances vitamin A and E.
- Zinc. Aids wound healing and collagen maintenance. May help acne scars heal.

COMMON ANTIBIOTICS USED TO TREAT ACNE – PROS/CONS:

- **Tetracycline** - Tetracycline is the most widely prescribed antibiotic for acne.
- **Erythromycin** - Erythromycin is a very commonly used antibiotic for acne. **Major Side Effects** include stomach upset and nausea. Deemed “safe” for pregnant women.
- **Minocycline** - Minocycline is a tetracycline derivative especially prescribed for pustular type acne. **Major Side Effects** include dizziness, nausea, vomiting, skin pigmentation changes, and tooth discoloration.
- **Doxycycline** - Doxycycline is often used for people who do not respond to or cannot tolerate erythromycin or tetracycline. **Major Side Effects** include increase to sensitivity to the sun, or cause sunburns.
- **Clindamycin** - Clindamycin is both an oral and topical antibiotic for acne. **Major Side Effect** is serious intestinal infection called pseudomembranous colitis caused by the bacteria, Clostridium difficile.

Side Effects of All Antibiotics:

Illness. You have no good bacteria to fight bad bacteria.

Candida Yeast Infections in Men and Women are Very Common.

Tetracycline seems to be the antibiotic that most frequently has this side effect.

FIRST AND FOREMOST:

If you are ON ANTBIOTICS it is key to replenish good bacteria with PROBIOTICS.

2D:

Oh, quick fixes! When will we learn they are mostly filled with empty promises? Look at those **Major Side Effects**. They seem to be Causing **Physical Stress and Compromised Immunity (PSCI)**...

Acne + Chronic PSCI = Chronic Acne

Acne + Chronic Candida = Chronic Acne

3D:

Let's talk about Proactiv, Salicylic Acid, Retin-A and other “milder”, over-the-counter treatments...

OTHER COMMON TREATMENTS:

- Benzoyl Peroxide – It kills bacteria but is more harsh than people realize. After six months BP stops working on your skin and often the reverse happens and you start breaking out again. Also it strips the skin so much that often many people experience hyper-pigmentation (discoloration) after prolonged use. If you choose to go this route, I recommend using only a milder wash like Proactiv once per week and no more.
- Glycolic and Salicylic Acid Peels – As well quite harsh on the skin and perhaps only to be used in extreme cases of Acne once or twice max! These treatments are very invasive and cause stress on the skin and the body which is what contributes to breakout from the beginning
- Laser – Blue Light therapy seems to be the most effective and it kills acne causing bacteria with a high-intensity light without damaging UV wavelengths.

- Isotretinoin AKA Accutane – Used for severe acne.

Last Bits...

- SPF.
- Proper washing and moisturizing.
- Oils on the skin.
- Makeup
- Filtered water.
- Facials.
- Home tips to help keep skin free of bacteria.

Some Resources for You.

Richard Fried, M.D., a dermatologist and clinical psychologist in Yardley, Pa., and author of Healing Adult Acne.

Georgianna Donadio, Ph.D., founder and program director of the National Institute of Whole Health

Tina Alster, M.D., director of the Washington Institute of Dermatologic Laser Surgery in Washington, D.C.

Terry J. Dubrow, M.D., author of The Acne Cure.

Dr. Eric Dahlstrom, D.C., L.Ac 310.450.2209

Dr. Tamara Smith N.D. 310.315.0115

Supplement Brands You Can Trust:

New Chapter

Mega Foods

Bio-K

Thorne

Jarrow

Metagenics

Solaray

Gaia

Tonics:

Wish Garden Herbs

Herb Pharm

Gaia

SWEET FRUITS

Best Combined With Celery & Lettuce
Do Not Use With Acid Fruits



FOOD COMBINING FOR YOUR HEALTH

PROTEINS

Best Combined With Salads
Do Not Use With Sugar & Starches



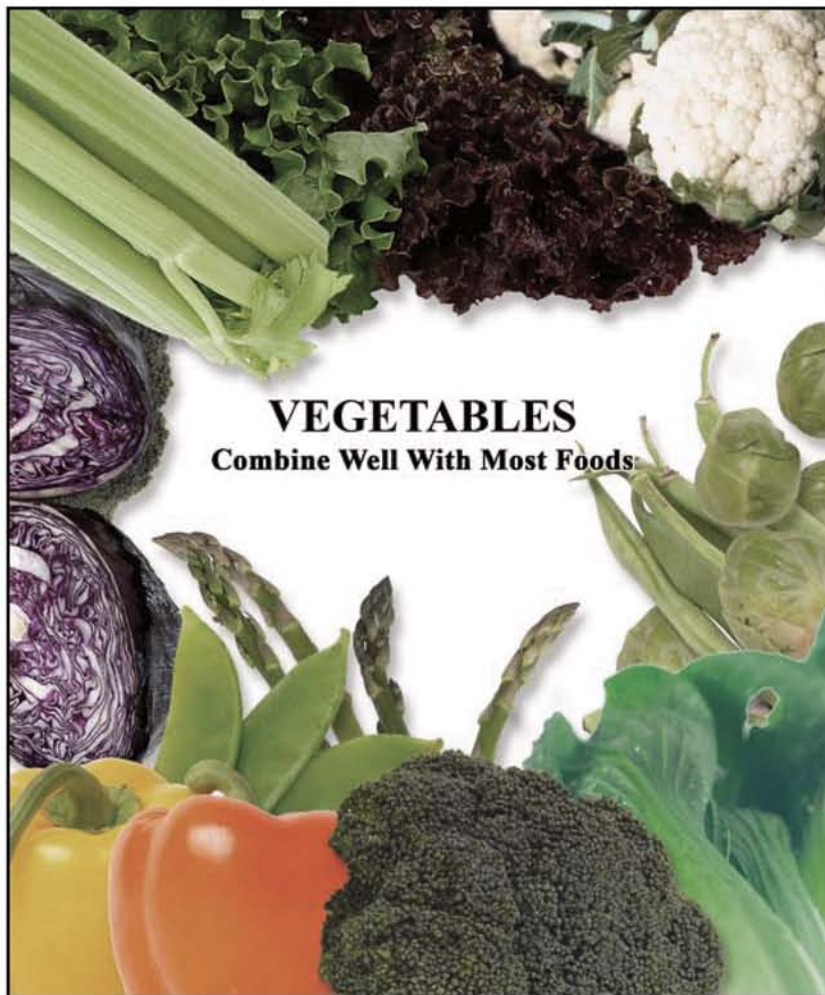
SUB-ACID FRUITS

Combine With Acid or Sweet Fruits,
Not Both
Good With Lettuce or Celery



VEGETABLES

Combine Well With Most Foods



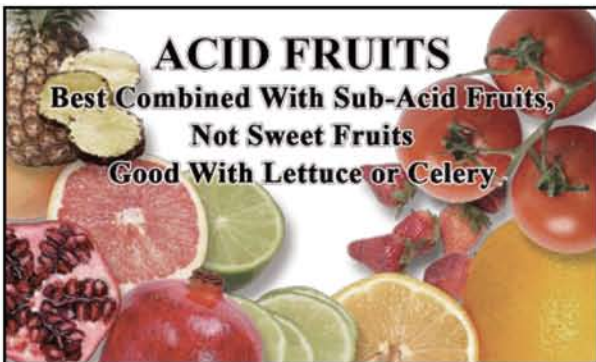
STARCHES

Best Combined With Green Salads
Do Not Use With Proteins & Fruit



ACID FRUITS

Best Combined With Sub-Acid Fruits,
Not Sweet Fruits
Good With Lettuce or Celery



MELONS

Do Not Combine With Other Foods
Best Eaten Alone



Guide to PROPER FOOD COMBINING

The Reason For Proper Food Combining is To Make Digestion Easier and More Efficient!

Food combining is based on the theory that different food groups require different digestion times. In addition, the principles of food combining are dictated by digestive chemistry. Different foods require different digestive enzymes to aid in the digestive process: some acid, some alkaline. For this reason, correct food combinations are important for proper utilization and absorption of the nutrients in our diet. For example; most protein foods require an acid digestive environment for proper digestion, whereas most carbohydrates will only digest properly in an alkaline environment. The proper combining of foods leads to good digestion and ultimately to better health. Remember, the simpler the meal the better you feel.

Proteins

Protein foods are those that contain a high percentage of protein in their makeup. Most protein foods require an acid digestive medium. Among these are the following:

- All Animal Protein* (except fish) - Animal protein foods include beef, pork, chicken, lamb, duck, game, etc.
- Dairy products* (cheese, butter, milk)
- Nuts, Seeds
- Dry Beans, Dry Peas
- Soy Beans
- Peanuts
- Olives
- Eggs
- Avocados



Carbohydrates

Carbohydrates are starches and sugars. These foods are broken up into three distinct groups or classifications: Starches, Sugar and Sweet Fruits.

Starches

- All bread products
- All cereals
- Dry Beans, Dry Peas
- Potatoes
- Pumpkin
- Yams
- Chestnuts
- Squash
- Corn
- Coconut (Coconuts are a starch/protein combination and also a saturated fat)

Sweet Fruits

- Bananas
- Dates
- Figs
- Raisins
- Prunes
- Persimmons
- Dried Fruits

Sugars

- Pure Maple Syrup*
- Pure Honey*
- Mildly Starchy
- Carrots
- Rutabaga
- Beets
- Artichokes
- Parsnips

*These foods are not recommended but are included for clarity.

General Principles Of Food Combining:

Main Guidelines:

1. Avoid eating proteins with carbohydrates. Protein foods require an acid medium for digestion whereas most carbohydrates will only digest properly in an alkaline setting.
2. Salads combine very well with proteins or starches. Non starchy vegetables may be combined with proteins or starch. Green, leafy vegetables combine very well with most other foods and should form the major part of one's daily diet.
3. Do not consume starch and sugars together.
4. Eat melons alone. They do not combine with other foods.
5. Avoid desserts. Eaten after meals, desserts simply sit in the stomach and ferment. Bacteria turn them into alcohols, acetic acids and vinegars.
6. Sprouts/Grains: The best way to eat grains is as sprouts. When grains are sprouted, they come alive with enzymes and oxygen. They become a pre-digested food. Other seeds and legumes may be sprouted as well.

7. Chew all food until it is close to liquid in consistency. We can easily assimilate foods which are the most liquefied.
8. Water: Alkaline water should be consumed throughout the day. Do not allow your thirst to build up and always avoid dehydration. Water should not be consumed in a large amount at one time. It is better to have a smaller, but continual, flow of water throughout the day for proper assimilation and detoxification. Water is important; therefore, make it the best quality you can. Avoid distilled and chlorinated water for health's sake. Use only a chemical free, clean, restructured and alkalinizing water.

Other Important Rules:

1. Eat acids and starches during separate meals. Acids neutralize the alkaline medium required for starch digestion resulting in indigestion.
2. Avoid eating carbohydrates with acid fruits. This combination may neutralize the enzymes needed for proper digestion.
3. Eat only one kind of protein food during a meal. Do not consume two proteins of different character and composition (such as nuts and cheese) during the same meal.
4. Eat proteins and acid foods during separate meals. The acid foods inhibit the secretion of the digestive acids required for protein digestion. Undigested proteins putrefy in bacterial decomposition and produce some potent toxins.
5. Do not consume fats with proteins. Our need for fat is small and most protein foods already contain a great amount of fat. Fat has an inhibiting effect on digestive secretions and lessens the amount and activity of pepsin and hydrochloric acid necessary for the digestion of protein.
6. Do not combine sweet fruits with proteins, starches or acid fruits. The sugars in sweet fruits are apt to ferment if digestion is delayed by mixing with other foods.
7. Use fats sparingly. Fats inhibit the secretion of gastric juice. With the exception of avocado, fats used with starch result in delayed digestion. Though not a high protein food, avocados contain more protein than milk. They are high in fat and the small percentage of protein they contain is of exceptional biological value. They are best used with a salad meal. Avocados should never be used with nuts, which are also high in fat. Fats other than nuts and avocados are not recommended for regular use.

8. Acid fruits may be used with subacid fruits. This combination is best made with less sweet, subacid fruits. Never use acid fruits with sweet fruits. Tomatoes should not be combined with subacid fruit or with any other kind of fruit.
9. Subacid fruits may be used with sweet fruits. It is best to use the sweeter varieties of subacid fruits when making this combination. For people with poor digestion, bananas are best eaten alone.
10. Combine fruit only with lettuce and celery. These uncooked vegetables with a fruit meal may even enhance digestion of the fruit. Avoid over ripe fruit.
11. Eat only one concentrated starch food during a meal.
12. Milk is best consumed alone.
13. Do not rush or eat "on-the-go". This will only worsen any digestive problem. Take time with your meals.

Spices & Condiments

- Salt
- Pepper
- Vinegar
- Oils
- Garlic
- Radishes
- Mustard
- Cranberry Sauce

All other condiments are irritants and should be avoided.

Other Non-Recommended Foods

- Cranberries
- Rhubarb
- Over Ripe Fruits
- Bitter Vegetables



Learn, Grow & Take Control!

<< Are You Eating Enough Alkaline Foods? >>

Alkaline Acid Food Chart

This chart shows the contribution of various food substances to the acidifying of body fluids. In general, it is important to eat a diet that contains foods from both sides of the chart. Allergic reactions and other forms of stress tend to produce acids in the body. The presence of high acidity indicates that more of your foods should be selected from the alkalizing group.

We hope you will find this chart helpful on your journey to better health. If total vibrant health is your goal, your best investment is a telephone consultation with one of our Natural Healthcare Practitioners. They will build a program specifically tailored to your personal wellbeing along with knowledgeable product support.

Alkalizing Foods

VEGETABLES

Asparagus
Beets
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Chard
Collard Greens
Cucumbers
Dulce
Eggplant
Fermented
(Vegetables)
Garlic
Kale
Kohlrabi
Lettuce – (All)

Mustard Greens
Onions
Parsnips
Peppers
Pumpkin
Rutabaga/Turnip
Sea Vegetables
Snap Peas
Spinach
Sprouts
Squashes
Sweet Potatoes
Watercress
Wild Greens

FRUITS

Apples
Apricots
Avocados
Bananas
Berries – (All)
Cantaloupe

Cherries
Currants
Dates/Figs/Raisins
Grapefruit
Grapes
Kiwi
Lemons
Limes
Mango
Melons - (All)
Nectarines
Oranges
Papaya
Peaches
Pears
Pineapples
Tangerines
Tomatoes
Watermelon

PROTEINS

Almonds
Chestnuts

Flax Seeds
Hemp Seed
Millet
Pumpkin Seeds
Sprouted Seeds
Squash Seeds
Sunflower Seeds
Tempeh - (Fermented)
Whey Protein Powder
Yogurt

OTHER

Alfalfa
Alkaline - Water
Apple Cider Vinegar
Banchi Tea
Barley Grass
Bee Pollen
Chlorella
Coconut Oil
Dandelion Tea
Dandelions

Fresh Fruit Juices
Ginseng Tea
Green Juices
Green Tea
Herbal Tea
Kombucha
Lecithin Granules
Mineral Water
Organic Milk
(Un-pasteurized)
Probiotic Cultures
Vegetable Juices
Wheat Grass

SWEETENERS

“Stevia”

SPICES/SEASONINGS

Chilli Peppers
Cinnamon
Curry
Ginger
Herbs – (All)

Miso
Mustard
Sea Salt
Tamari

ORIENTAL VEGETABLES

Daikon
Dandelion Root
Kombu
Maitake
Nori
Reishi
Sea Vegetables
Shitake
Umehoshi
Wakame



<< Are You Eating Enough Alkaline Foods? >>

Maintain Vital Health

Acidifying Foods

FATS & OILS

Avocado Oil
Canola Oil
Corn Oil
Flax Oil
Hemp Seed Oil
Lard
Margarine
Olive Oil
Peanut Oil
Safflower Oil
Sesame Oil
Shortening
Sunflower Oil

FRUITS

Cranberries
Plums
Prunes

GRAINS/ FLOURS

Amaranth

Barley
Bran
Buckwheat
Oats - (All)
Quinoa
Rice (All)
Rice Cakes
Wheat/White Flour

DAIRY

Butter
Cheese - Cottage
Cheese - Cow
Cheese - Goat
Cheese - Processed
Ice Cream
Milk

NUTS, NUT BUTTERS & NUT MILKS

Brazil Nuts
Cashews

Peanut Butter
Peanuts
Pecans
Rice Milk
Soy Milk
Tahini Paste
Walnuts

ANIMAL PROTEINS

Bacon
Beef
Chicken
Corned Beef
Cottage Cheese
Eggs
Fish
Lamb
Pork
Rabbit
Sausage
Shell Fish (Scallops,
Mussels, Lobster,
Shrimp, Clams &
Oysters)

Turkey
Veal
Venison

PASTA - (ALL)

Corn Pasta
Egg Noodles
Rice Pasta
White Pasta
Whole Wheat Pasta

OTHER

Bread
Coffee
Condiments
Corn Syrup
Crackers
Distilled Vinegar
Dry Coconut
Potatoes
Soft Drinks
Sugar - (All)
Wheat Germ

DRUGS & CHEMICALS

Chemicals
Drugs - (All)
Herbicides
Pesticides

ALCOHOL

Beer
Liquor
Spirits
Wine

BEANS & LEGUMES

Black Beans
Chick Peas
Green Peas
Kidney Beans
Lentils
Lima Beans
Pinto Beans
Red Beans
Soy Beans
White Beans

