



ACNE

An inflammatory skin condition, common in teens, characterized by skin eruptions on the face, chest and back

Possible Contributing Factors

- Diet high in refined carbohydrate; majority of acne is initiated by poor diet and/or hormonal imbalance
- Increased androgens (DHEA, DHT or testosterone) and decreased estrogen or progesterone
- Excess iron in the diet. Iron opposes zinc and zinc insufficiency is common with acne
- Nutrient insufficiencies: vitamin A, E, zinc and magnesium
- Stress (encourages sebaceous glands to create more oil)
- Food sensitivities (especially dairy and gluten)
- Toxic burden affecting detox pathways (i.e. mold & mycotoxins, agrichemicals, heavy metals)
- Dysbiosis (imbalance in gut microbiome)

Lifestyle & Dietary Recommendations

- Hydrate well (filtered water)
- Eliminate fried foods, hydrogenated fats/oils, refined foods, dairy products (except grass-fed butter), and gluten
- Avoid iron cooking utensils and iron containing supplements
- Increase raw foods high in fiber, as well as raw and soaked nuts and seeds
- Address constipation (if any)

Supplement Considerations

- Liver/gallbladder support formula
- Bio-available B complex
- Vitamin A (contraindicated in pregnancy)
- Zinc (oral and topical)
- Omega-3,6,9
- Broad spectrum probiotic