

How to Get Rid of Your Acne For Good

Although many people view acne as merely a part of life, it is definitely a health problem. In simplistic terms, it's caused by too much toxicity in the body.

It's estimated that nearly 85% of Americans have dealt with acne at one time or another. The good news is that with proper diet and time you should be able to completely eliminate acne.

The pores in our skin produce sebum, a waxy substance that coats the skin. Sebum that gets clogged inside the pores forms whiteheads or blackheads. When the pores become infected, they form pimples. Infection in the body is caused by poor diet and poor nutrition, an abundance of candida, and toxicity in the body.

The Acne Diet Connection

Many studies have shown a connection between acne and diet. Certain foods have been shown to help with acne whereas other foods, and food groups, have been shown to trigger outbreaks or make acne worse.

Gluten, dairy, refined sugars, and other refined foods have all been shown to play a significant role in worsening or prompting breakouts.

Studies have found that low-glycemic diets (diets rich in fruits, vegetables, grains, and legumes) can help prevent acne. One study found that after patients followed a low-glycemic diet, almost all of them improved.

USA: 2,258 patients were placed on a low-glycemic diet so that they could lose weight. This diet also reduced their acne, with 87% of patients saying they had less acne and 91%

saying they needed less acne medication.¹

Australia: *43 males with acne (aged 15 to 25 years of age) ate either their normal diet or switched to a low-glycemic diet for 12 weeks. At the end of 12 weeks, those who followed the low-glycemic diet had significantly less acne than those who ate their normal diet.²*

Korea: *32 patients with acne (aged 20 to 27 years old) ate either their normal diet or a low-glycemic diet for 10 weeks. Those following the low-glycemic diet had significantly less acne at the end of 10 weeks than the patients who ate their normal diet.³*

Turkey: *86 patients (50 with acne) kept food logs for 7 days. Those with the most severe acne consumed a high-glycemic diet.⁴*

CAN THE RIGHT DIET GET RID OF ACNE?

Studies have also found a correlation between gut health and acne, and improvements in the skin were seen after fixing the gut. People with gastrointestinal illnesses often have skin problems, showing just how connected our gut and skin can be. Inflammation can also be a key contributor to acne, in addition to creating problems in the gut.

Through complex immune mechanisms, the influence of the gut microbiome extends to involve distant organ systems including the skin. With intentional modulation of the microbiome, probiotics, prebiotics, and synbiotics have proven beneficial in the prevention and/or treatment of inflammatory skin diseases including acne vulgaris, AD, and psoriasis.

The Gut Microbiome as a Major Regulator of the Gut-Skin Axis

You are what you eat. If you live off greasy fast food and

refined sugar, it shows in your skin, hair, eyes, and teeth. The same can be said for when you eat fresh whole foods. If you want to truly fix the root of your skin problems, you need to fix your gut first, as opposed to treating the problem topically. This article goes into how to fix the gut. It's not complicated. Cut out refined sugar and other refined foods, start eating salads every day, and always cook at home from scratch.

Every morning I start off the day with a salad and drink lots of cranberry lemonade ([click here for recipes for both](#)). For lunch, I'll have a scramble with eggs lots of vegetables, or maybe a smoothie. For dinner, I'll have grains and legumes with lots of vegetables.

The Problem with Your Face Wash

Topical acne treatments are not going to fix the root of your problem, and in many cases it can be difficult or impossible to treat the problem entirely without fixing the root cause.

Chemically laden conventional skin care can seriously age the skin. And the skin can become dependent on its use. For instance, oily skin seems to be controlled by the chemical cocktail that causes the sebaceous glands to produce more oil. Or dry skin feels better for an hour or two, but the sebaceous glands don't produce more oil.

NATURAL REMEDIES FOR ACNE

Chances are, your face wash has all the same problems your regular soap does. You can read more about the problems with your soap and over showering in this article. Many face washes can strip your skin of its natural oil and cause irritation. Often times your facial cleansers are full of harsh chemicals and toxins that are counterproductive to what your skin actually needs.

Parabens, fragrances, Propylene Glycol, petroleum, and Sodium Lauryl Sulfate are all among the harsh chemicals you find in your face wash that you do not want to use on your skin.

If you've ever turned over the packaging of your favorite facial cleanser, you noticed a long list of ingredients you didn't recognize. From sulfates to parabens, the cosmetic industry uses all kinds of chemicals in its products.

5 Ingredients to Avoid in Your Face Wash

While you're detoxing the body from the inside, you can treat topically to speed the process along with natural products. When my skin does start to break out, I use coconut oil and apple cider vinegar on my whole face. This is good to do on a regular basis while you're fixing your skin.

Coconut oil acts as a mild antimicrobial and helps coat the skin as a lube to help the sebum escape without clogging the pores. Apple cider vinegar is antibacterial and it helps balance the pH of the skin, allowing the skin to maintain a healthy microbiome. It has anti-inflammatory and antioxidant properties, and it is also known to help with sunburn and wrinkles.

I don't use soap on my face, and I rarely shower. You can read more about that in this article. I also don't wear makeup, ever. I view it as a credit card. The more you use it now, the more you'll pay for it later. Makeup is not good for you or your skin and makes it much harder to give it up later on. The reason I'm able to do these things is due to my diet. Eating a salad every day and cutting out refined sugars and other refined food has given me a balanced microbiome that keeps my skin clean all on its own.

If you're searching for skincare products, stick to products that are organic, and have minimal ingredients. I don't have many personal recommendations. The only soap I've used on my

skin in the last year and a half is Moon Valley Organics bar soap.

Conclusion

When you begin detoxing through a healthy diet you may notice your skin break out even more than before. Although this isn't fun, it's normal and part of the detoxification process. I often find that if I'm traveling and not taking great care of myself, my skin doesn't break out until I get home and start eating properly again. As frustrating as this can be, don't give up!

My skin isn't perfect. Up close, you can still see blackheads and other problem spots. My diet isn't perfect either. I've also lost lots of weight throughout the process of fixing my skin. If you are trying to lose weight, fixing your skin will likely take longer as the fat cells in your body continue to release toxins. Additionally, if you're young (18-24) you are more prone to breakouts than those who are older.

My advice is to stay diligent. Keep with the diet and know that fixing problems like this takes time when you're doing it right. Remember, as slow as the process may be to fix all the problems on the outside, you'll feel radically better in just a short amount of time.

Sources:

- *5 Ingredients to Avoid in Your Face Wash*
- *Effects of soap and detergents on skin surface pH, stratum corneum hydration and fat content in infants*
- *What *Really* Happens to Your Skin When You Are Not Washing Your Face*
- *NATURAL REMEDIES FOR ACNE*
- *The Gut Microbiome as a Major Regulator of the Gut-Skin Axis*
- *CAN THE RIGHT DIET GET RID OF ACNE?*