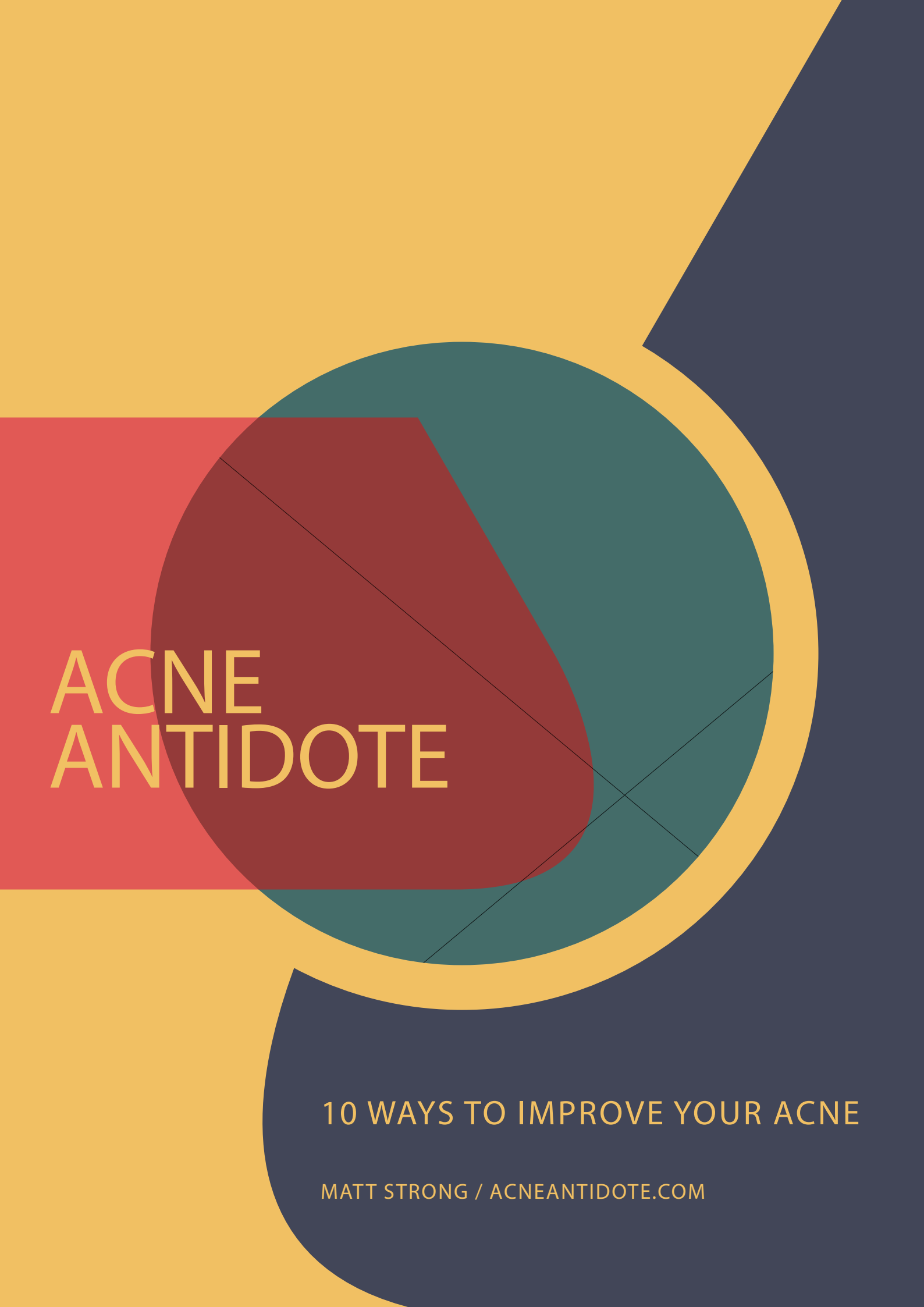




ACNE ANTIDOTE

10 WAYS TO IMPROVE YOUR ACNE

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Hello!



Spots. Pimples. Acne. Whatever it's called, we certainly don't want to be dealing with it as adults.

Having spoken with hundreds of men and women, I have seen how acne can negatively impact their lives, often without any hope of a solution, due to horrendous waiting times from doctors and dermatologists, or due to excessive costs for private treatment.

Whilst acne is a complicated, multifaceted issue, there are actually a number of quick, straightforward, and easy to implement strategies that can improve the condition of your skin.

This guide details my top 10 ways to start improving your skin and begin tackling blemishes, breakouts and acne.

By being dedicated with the advice provided you'll quickly see improvements and move towards the goal of blemish free, healthy, glowing skin.



Eat More Fruits & Vegetables

Although food intake and acne have not been directly linked, we know that in areas of the world where they have a high amount of fruits and vegetables in their diet, acne is almost non-existent.

Plus, the biggest takeaway from some recent studies on diet and acne is that a low-sugar, well-balanced diet is ideal for reducing inflammation and regulating hormones (and thus, sebum) levels.

A diet rich in antioxidants and an increased amount of micronutrients is beneficial in keeping the skin clear from spots and can decrease mild to moderate acne.



Aim to fill half your plate with colourful fruits and vegetables.

Good choices include leafy greens, carrots, squash, onions, peppers, apples and blueberries.



Fibre is also crucial, as it feeds good bacteria in our guts and helps to create a stronger skin barrier.

Make sure you eat the whole fruit or vegetable and not just the juice.

Add Omega-3 Oils To Your Diet

In multiple studies, supplementing 2g of combined EPA / DHA (around 7 x 1g tablets per day) is shown to significantly reduce acne.

Omega-3s have a ton of health benefits, and reducing acne is a major one.

Omega-3 fats are essential, healthy fats. They have been found to balance acne-driving hormones and reduce inflammation.

Unlike other fats, your body can't make omega-3 fats - which means you need to eat them regularly.

Aside from supplements the best source of omega-3 fats is oily fish, but you can also find it in plant-based sources such as walnuts, flaxseeds and chia seeds.



Eat oily fish twice a week. Try salmon, mackerel, sardines, cod, halibut and trout.

You can also eat a serving of walnuts, flaxseeds or chia seeds daily.



Buying frozen (rather than fresh) fish is often much cheaper but no less nutritious.

Avoid High Glycaemic Index (GI) Foods

High GI foods, such as cereals, sweets, and high sugar-containing foods, cause an increase in IGF-1 which has been shown to increase acne formation.

Try to replace these with lower GI carbohydrates, such as potatoes, rice, etc. to see a marked improvement to your

skin.

Balanced blood sugar is also critical for clear skin, because blood-sugar highs (which come from eating too many white and processed carbohydrates) start a cascade of hormones that makes your skin more oily and more acne-prone.

One study put men with acne on a low-GI diet, where they ate wholegrains, plus other complex carbohydrates such as pulses, legumes and vegetables.

After ten weeks, they had less acne, less oily skin and their pores even appeared smaller.



Choose wholegrains over white, processed carbohydrates, which means brown rice instead of white rice, oats instead of sugary cereal, and wholewheat bread instead of white bread, etc.



Much like fruits & vegetables, complex carbohydrates also contain fibre which feeds good bacteria in our guts and helps to create a stronger skin barrier.

Cut Out Dairy

Dairy has also been linked to increased IGF-1, and removing this from your diet should allow for some positive skin changes.

Although not true for everyone, dairy can certainly cause skin problems in some people, so eliminating dairy and observing the results is often worthwhile.

You can also react to the casein or whey found in milk, and you may find your acne is worse when you consume lots of whey-based protein powders.

It's often behind the "bodybuilder acne", so if you suffer it may be worth trying a non-dairy protein powder or again trying a period of elimination.

Similar to high-GI foods, the natural sugars in dairy can also cause a high insulin response, with whey and casein particularly causing the body to produce more.

Plus, when you combine sugar and dairy, this effect can be much higher and is why many people find ice cream is a big acne trigger.



Milk seems to be most strongly associated with acne. However, skimmed or low-fat milk may trigger acne more than full-fat milk.

Soft cheese (e.g. cream cheese) may be more problematic than hard, aged cheeses (e.g. Parmesan).



Yoghurt appears to be least troublesome, because the process of fermentation reduces the milk sugars.

Kefir (fermented milk) has actually been found to have a positive effect on acne.

Increase Antioxidant Intake

Local and systemic oxidative stress is linked to acne.

Increasing your antioxidant intake can help balance this stress, reducing inflammation of the skin.

Acne sufferers have also been found to have lower levels of antioxidants in their blood.

Colourful fruits and vegetables are rich sources of antioxidant nutrients.

Choose brightly coloured foods and try to eat the rainbow every day.



High antioxidant food choices include blueberries, blackberries, pomegranates, kale and sweet potatoes.



Prioritise vegetables over fruit as they're lower in sugar, and eat as many different colours as possible.

Manage Your Personal Hygiene

Ensure you are showering and washing regularly, especially after exercise. Avoid touching affected areas to try and keep your skin clean.

Touching your face throughout the day can cause acne to flare.

While it can be tempting to pick, pop, or squeeze your acne, doing so will make the acne take longer to clear and increase your risk for scarring and dark spots called post-inflammatory hyperpigmentation.

Choose a gentle, non-abrasive cleanser. Apply it with your fingertips, as scrubbing with washcloths, sponges, and other tools can irritate your skin.

Use gentle skin care products and ones that say "alcohol-free" on the label.

Avoid products that can irritate your skin, including astringents, toners, and exfoliants.

These products can dry your skin and make acne appear worse.

The oil from your hair can also cause acne on your forehead.

If you have oily hair, shampoo more often than you do now and keep your hair away from your face.

If you use moisturiser apply it after you wash to help trap much-needed water in your skin.



Trying new acne treatments too often can irritate your skin and cause breakouts.

Give your treatment time to work. It may take several weeks to a few months before you see a difference.



Don't forget to moisturise. When your skin becomes dry, your body makes more oil. The extra oil can clog your pores, which may lead to more breakouts.

The right moisturiser can also prevent your skin from becoming dry and irritated.

Get Enough Sleep

Missing out on sleep impairs your immune system leading to greater levels of inflammation of the skin.

It can also increase the cortisol response, which increases acne formation.

Your whole body benefits from good sleep, not just your skin.

Studies have also shown that a lack of sleep provokes a stress response, leading to low-grade inflammation and immunodeficiency.

A single night of sleep deprivation can also raise insulin, which also makes you more likely to reach for those high-GI foods.

These spike your insulin even more and leaves you in a skin-aggravating cycle.



Turn off all screens at least an hour before you go to bed and keep your phone out of your bedroom.

Optimise your sleeping space with comfortable bedding, dimmed lights and a cool temperature.



Go to bed and get up at the same time every day, even if it's the weekend.

Have a wind-down ritual before bed, such as taking a warm bath, reading a good book or meditating.



Manage Your Stress

Increased stress leads to the same factors as a lack of sleep.

Focus on stress management to improve your skin and reduce your acne flare-ups.

Skin with acne has more stress-related genes, and acne-prone skin is likely to be super sensitive to even minor fluctuations in stress levels.

Studies have also found that acne flared in both men and women just a few days

after being purposely put in a stressful situation.

Proving a direct mind-skin connection that makes acne get worse during periods of stress.



We can't eliminate stress from our lives, but we can change how we respond to stressors.

Breathing and meditation techniques during stressful moments can help to immediately calm you down.



An easy way to relax is to practise deep, diaphragmatic breathing.

Breathe in for a count of four, and then breathe out for a count of eight.

Repeat this for 2–3 minutes.

Reduce Your Alcohol Intake

Frequent, excessive, alcohol consumption has been linked to increased inflammation, impaired immune system, increased cortisol, and increased acne bacteria on the skin.

Limit your alcohol consumption for better skin results as although alcohol isn't a direct cause of acne, it can trigger it.

Sugary alcoholic drinks are going to be worse for your skin (hello again high-GI).

So if you do drink you might want to stick to clear liquors, such as tequila or vodka, and skip the sugary mixers.



Water is the best choice to drink, as it not only hydrates the body it's also good for our skin.

Water helps to flush toxins and dead skin cells and balance natural oils.



Excessive alcohol consumption can affect the liver, which plays a significant role in removing toxins from your body.

A damaged liver is likely to be less effective, which in turn impacts your skin and body.



Try Topical Treatments

Both Benzyl Peroxide and Salicylic acid are over the counter treatments which have been shown to reduce acne by clearing pores and removing acne bacteria on the skin.

Benzyl Peroxide can remove the bacteria that cause acne and to prevent it from irritating your skin, start with a product that has a lower active ingredient and gradually work your way up depending on results.

Salicylic acid has an active ingredient which helps to unclog pores and prevent new acne breakouts.



You'll find benzyl peroxide and salicylic acid in acne products that you can buy without a prescription.



Studies show that treating acne with topical solutions when it's just beginning can prevent acne from getting worse.

What Next?

Acne and problem skin takes time to clear, so after you've made the changes in this guide, it may take a bit of time to see results as changes at the skin level take a while to appear.

But stick with it as everything detailed here is proven by scientific methods to improve your acne.

Your Personal Acne Solution

Are you ready to finally be acne free? Now is the time to finally clear your acne once and for all, even if you've been trying for years without success.

Wherever you are in your clear skin journey, we'll work together to formulate your personalised acne treatment plan and guide you to clear skin for good.

I've helped hundreds of enhanced and non-enhanced athletes achieve clear skin and regain their self-confidence through safe, effective, practical solutions that deliver long-lasting results.

No matter how severe your acne there's a solution for you.

Please don't hesitate to get in touch and we'll discuss how you can feel confident with your skin, reduce your stress and improve your well-being.



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