

BRIDGIT ROUGET - NATUROPATH

# ACNE GUIDE

An Introduction to  
Natural Health  
treatment breakout  
prone skin



OUR SKIN IS  
MORE THAN  
JUST A SHELL...  
IT IS A DIRECT  
REFLECTION OF  
OUT INNER  
ORGANS

What goes on the inside  
is just as important as  
the outside

## INSIDE ACNE FACTORS

**Hormones:** such as elevated androgens and/or imbalance of other reproductive hormones

**Inflammation:** both internally (e.g. gut inflammation), in the diet (e.g. processed vegetable oils) or on the skin (e.g. irritation)

Insulin due to modifiable diet and lifestyle factors i.e. weight, stress and a low fibre/high sugar diet.

**Elimination:** our skin is one of our eliminatory organs (liver, kidneys, lungs, bowels) and if any of the other ones in the team are compromised, then the skin has to do more of the work.

**Nutrition gaps:** Low intake of certain nutrients in the daily diet can impact all of the above issues, plus more. (see next page)

**Gut health:** This can cause many problems that aggravate acne, referred to as the skin-gut-axis

**Stress:** appears to play a role in the development of acne. Acne can also cause stress and negatively impact psychological wellbeing.

## OUTSIDE ACNE FACTORS

**Topical agents:** e.g. cosmetics, creams, hair products and cleansers. What goes on your skin can influence sebum (oil) production and lead to pores clogging and acne forming. Best to speak with your skin care specialist to find the right fit for you

**Skin microbiome:** the balance of the community of bacteria/microbes that live on your skin. If out of balance, certain bacteria can overgrow and lead to acne.

**Irritation & Sweat:** from helmets, hats, shirt collars, bra straps and body sweat can all irritate the skin and cause skin inflammation.

Disclaimer:

The advice provided in this worksheet is for informational purposes only. The information presented in this worksheet is based on research, training and professional experience of the practitioner and is true and complete to the best of their knowledge. This information is meant to augment and not replace regular consultation with a qualified health care provider. Consultation with a Naturopath, Nutritionist and primary care provider is strongly recommended anyone suffering from a health problem. For more information about Bridgit

[www.thenaturalclinic.com.au](http://www.thenaturalclinic.com.au) ..... [www.bridgitrougetnaturopath.com](http://www.bridgitrougetnaturopath.com)

# FOOD AND ACNE

## Identifying trigger foods

There may be certain foods that make you acne worse or contribute to a breakout (like dairy for some people). Your practitioner can help you identify and reduce these.

## Reducing consumption of refined/processed/sweetened foods

these can aggravate acne in several ways. They can elevate insulin levels, cause inflammation, compromise gut health and lead to an imbalance of omega 6: omega-3 fatty acids. Eating a fresh whole-food diet rich in fruits and vegetables will also act to boost all the nutrients to help you reduce acne lesions.

## Increase dietary fibre

This will be easier once you start avoiding processed foods. Choose whole-grains, whole vegetables and fruits (avoid juices) and add some legumes to your diet. An average adult requires minimum 30 grams of fibre each day - and most of us get less than a third of this amount! Increased fibre will assist your gut to staying healthy and happy (fibre acts as pre-biotics & feed your beneficial gut bacteria) while also encouraging regular bowel elimination.

## Include some oily fish & seafood

Seafood and oily fish will provide anti-inflammatory omega-3 fatty acids and are also rich in minerals, such as selenium and zinc, which are essential for skin health. Niacin (vitamin B3) is also found in seafood.

## Eat a rainbow of different coloured fresh fruits and vegetables each and every day

Getting a good variety of different coloured produce will act to provide you with a variety of different nutrients required for healthy skin, such as vitamin A (beta-carotene), vitamin C and vitamin E. Key nutrients needed for skin health are highlighted in the orange column

## Add small amounts of low allergenic nuts & seeds

like tahini paste (made from sesame seeds), almonds, walnuts, chia seeds and hemp seeds. These are rich in vitamin E, omega 3, zinc and selenium.



## Key Nutrients for the skin and where to get them...

### Vitamin C and bioflavonoids

Broccoli, cauliflower, kale, kiwi fruit, papaya, lemon, strawberries, cherries, parsley, brussels sprouts, oranges.

### Selenium and zinc

Seafood (salmon, tuna, prawns, crab, lobster), brazil nuts (ideally from brazil), brown rice, lentils, grass fed beef, flaxseeds, pumpkin seeds, eggs, dark chocolate

### Vitamin E & Omega 3

Avocado, wheatgerm, sunflower seeds, almonds, salmon, oysters, seaweed, chia seeds, hemp seeds, flax seeds, walnuts

### Vitamin A and betacarotene

eggs, salmon, beef liver, sweet potato, carrots, spinach, broccoli

### Vitamin B3

Chicken, tuna, salmon, avocado, brown rice, mushrooms, pumpkin

