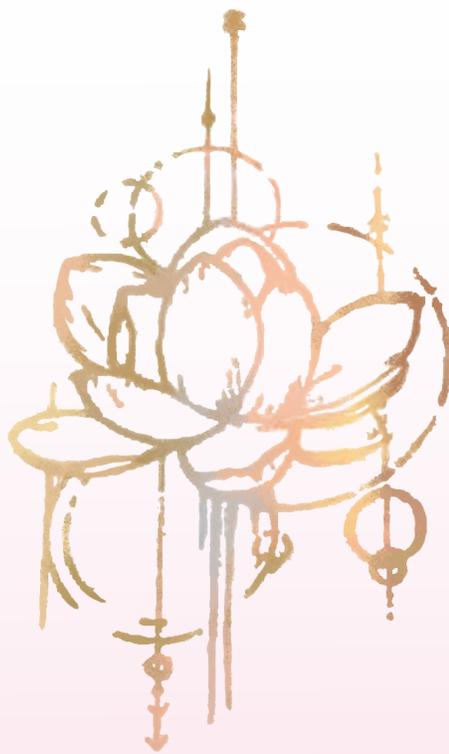


# *Foods to AVOID*

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# *What is causing my acne?*

*Food can influence nearly every one of the 5 main causes of acne.*

Clear skin doesn't just magically happen. A multitude of factors converge to determine whether your complexion is bright and smooth, or dull and bumpy.

Acne is a multi-factorial disease. While each case is unique, you can greatly improve your chances of clear skin with food and lifestyle strategies.

## **What is acne?**

Our skin is the largest organ in our body, and it's a complex ecosystem made up of several layers and components.

The skin is semi-permeable, meaning that although it's mostly a barrier between us and our environment, some stuff can get in and out. Sweat glands and hair follicles provide openings.

Hair originates in follicles deep in the subcutaneous layer, the deepest layer below the dermis. These hair follicles are paired with sebaceous glands, which secrete sebum, an oily substance that lubricates both hair and skin. (This is why your hair gets greasy if you don't wash it.) Human sebum is primarily composed of triglycerides (40-60%), cerides (19-26%), squalene (11-15%), and small amounts of cholesterol.

We have hair follicles and sebaceous glands all over our body, except for the palms of our hands and soles of our feet.



# What is causing my acne?

*Acne is a multi-factorial disease.*

Acne forms when pores become congested with old skin cells, which is more likely when the skin is oily and skin cells stick together. If we also have high levels of bacteria on the skin plus systemic inflammation, we have ourselves a full fledged acne party.

Acne vulgaris is the form of acne most of us are familiar with and accounts for nearly all acne experienced.

## **What contributes to acne?**

Thus, anything that clogs pores, and/or creates or worsens infection and inflammation, contributes. The major players in acne production are:

- Excessive sebum (oil) production by the skin
- Rapid division of skin cells
- Delayed skin cell separation and death
- Bacteria on the skin surface
- Inflammatory response

The food we eat and our body fat cells play a role in sebum production, hormones, and inflammation. Hormonal changes likely have the greatest influence on acne (think birth control medications, anabolic steroids and puberty).



# *Foods that cause acne*

## *Cow Dairy*

While there have been noted associations between dairy consumption and acne starting back in the 1800s, some data indicate no association. Milk provides a mix of growth factors, hormones and nutrients specific to offspring. As rapid growth ends and the youngster can feed themselves, milk consumption is stopped (well, not in humans).

### **All Dairy is Packed With Natural Hormones**

Dairy, even organic and varieties without added hormones, all contain natural hormones that can lead to acne. Remember, dairy only comes

from pregnant cows, so you're taking in the hormones from both the male and the female involved in the reproduction experience and the milk that is the result. Doctor Mark Hyman shares that there are over 60 hormones in one glass of of added hormone-free raw milk and who knows how many in other dairy products. How's that for skin food?

### **Dairy is Naturally a Source of Sugar**

All forms of sugar raise the glycemic index and can lead to breakouts in sensitive individuals. Milk sugar, lactose, is especially problematic for many people since it not only raises blood sugar (insulin) but also leads to allergenic reactions in many people. Milk sugars also shoot rapidly through the bloodstream and have been linked to diabetes.



# *Foods that cause acne*

*Hormones (including growth hormones) in dairy contribute to acne.*

## **It Promotes the Cancer-Growth Factor, IGF-1**

IGF-1 is commonly known in the health world as being the number one thing to avoid if you're looking to eat a cancer-free supportive diet, and it's found in dairy products. Though it's touted as beneficial by the conventional bodybuilding world for building muscle, and some even says it stimulates the immune system, IGF-1 is not a healthy ingredient to be taking in. It refers to insulin growth factor, and is a hormone that has been linked to not just cancer, but also other diseases and acne because of the way it affects our natural hormones such as estrogen

and testosterone. When out of balance, acne can result and we may possibly end up experiencing other body issues alongside acne.

## **It's Pro-Inflammatory**

As mentioned, dairy is one of the most inflammatory foods you can eat. To take care your skin, you want to eat as many anti-inflammatory foods as possible. All animal proteins contain inflammatory proteins that have been linked to disease, but dairy's proteins have been most linked to skin problems, especially whey and casein proteins. Casein protein has even been linked to food addiction and it's the one reason cheese is so hard for people to give up.

The proteins in milk (casein and whey) can cause an immune response in many people whether IgE or IgG mediated. Symptoms associated with immune system allergies and intolerance can be diverse including gastrointestinal, respiratory, neurological amongst others. Sinus is common.



# *Foods that cause acne*

## *Gut dysbiosis*

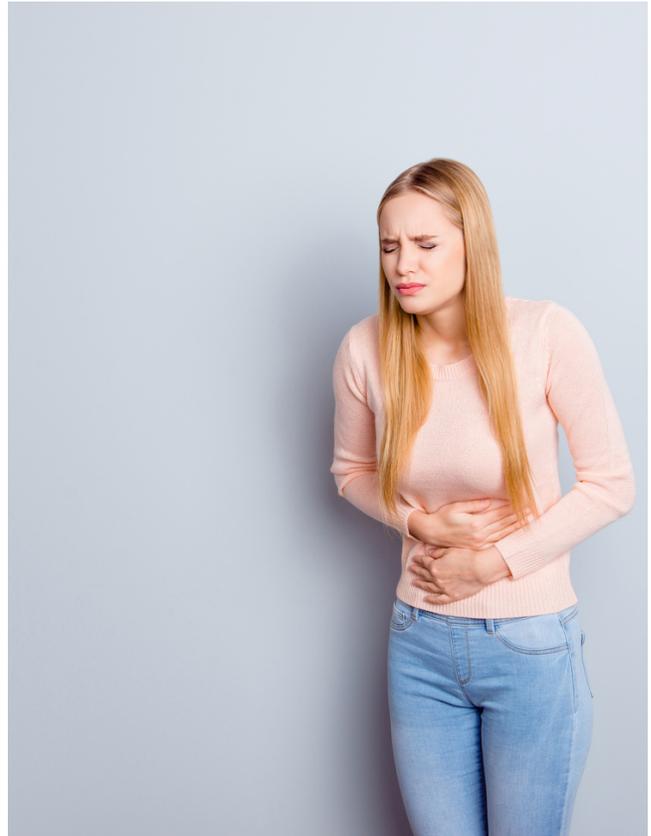
### **It Messes With Digestion**

The skin is the body's biggest organ. Whatever toxins the body can't digest and eliminate through the colon, the skin takes the hit and those toxins come out through the skin in the form of acne, or possibly even rashes. Dairy is very, very hard to digest, even in people that don't have a diagnosed allergy. It's said to be mucus forming, though no research has been found there, but who wants the thought of cow's mammary liquid trying to find its way through our digestive tract? If you wouldn't milk a cow yourself and drink straight from that cow, then why take in products that do this too?

Remember, our bodies weren't meant to digest cows milk, that right is given to baby cows alone.

### **Leaky Gut**

The myth that milk coats the stomach isn't completely misleading – milk does somewhat coat the intestines, but this just leads to constipation, leaky gut syndrome, lactose intolerance, diarrhea, and excess mucus production. Some signs of digestive problems from milk include: pain, odd digestive functions, gas, bloating, feelings of painful fullness, delayed emptying, pain, and you may also experience a runny nose or may cough up mucus after consuming dairy. You might even find excess mucus in the stools.



# *Foods that cause acne*

## *Diabetes of the skin*

Since the 1950s, scientists have referred to Acne as 'diabetes of the skin'. Insulin is needed for your body to convert glucose into energy, but too much insulin in your bloodstream can cause an increase in insulin-like growth factor 1 (IGF-1, 6) and this promotes skin cell growth.

Sugar's oxidative properties can provoke acne and breakouts. Sugar and foods high on the glycemic index (meaning foods that, once ingested, convert quickly into glucose and cause your body's insulin levels to elevate), lead to a burst of inflammation that goes throughout your entire body.

Foods high in sugar and saturated fats - like white bread, candy, fried foods, ice cream, sodas, and anything else with a main ingredient of sugar - cause spikes in your body's insulin levels that further exacerbate inflammation. Steep insulin spikes increase the production of skin oils and contribute to the clogging of follicles, which can worsen skin complexion.

## **Simple Carbohydrates**

Your body breaks down "simple carbohydrates", like refined sugars and white flour, rapidly converting them into glucose, which then floods the blood stream. When this occurs, your body reacts by producing insulin to counter the glucose insulin levels spike, leading to inflammation-producing enzymes which attach to your body's collagen through an oxidative process known as glycation. This process breaks down collagen and elastin, contributing to aged, sagging and wrinkled looking skin. Glycation not only increases the appearance of aging, but also can aggravate particular skin conditions such as acne and rosacea.



# *Foods that cause acne*

## *Insulin*

### **What is insulin?**

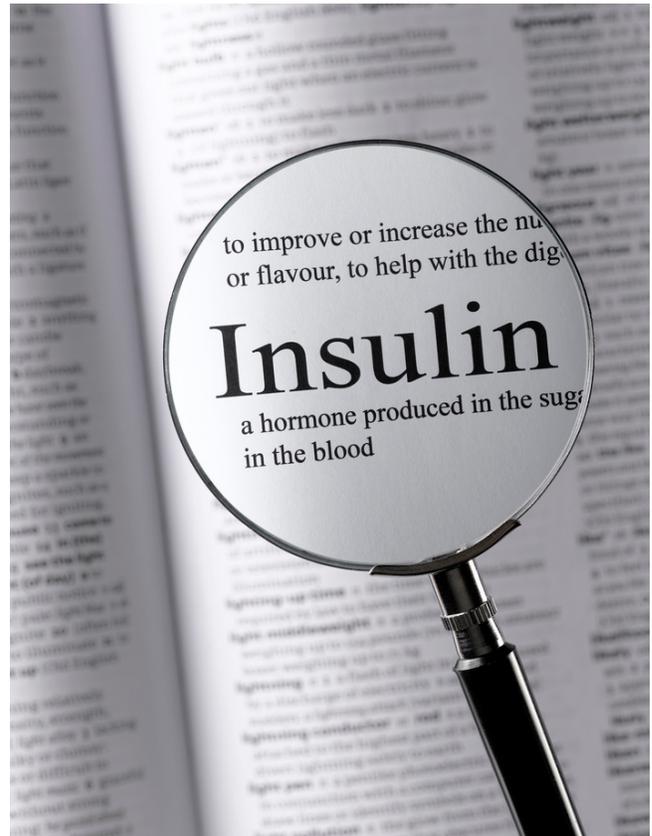
Insulin is a polypeptide hormone that is produced by  $\beta$  cells of the pancreas and controls blood glucose (sugar) concentrations. High blood glucose concentrations stimulate the secretion of insulin, which transfers glucose from the bloodstream into muscle, fat and liver cells. This promotes the storage of glucose for future energy needs, and in healthy individuals, this feedback mechanism keeps the body at euglycaemia (average glucose concentrations).

### **What is Insulin Resistance?**

Insulin resistance is a very common

contributor to Type 2 Diabetes, weight gain, inflammation and cardiovascular disease. Yet, it's not commonly screened for or assessed in medicine. And one mistake that people often make is thinking that you need to be drinking a 2L of soda per day in order to develop insulin resistance or pre-diabetes. That is simply not the case. What I see most often is individuals who are consciously trying to make better food choices but are not properly balancing their plates with enough protein and fat and eating too many moderate/high glycemic foods in one sitting.

Currently in the United States today, nearly 1 in 2 adults in the has either pre-diabetes or Type 2 Diabetes (T2D). Meaning almost HALF of the adult population has abnormal blood sugar levels. The saddest part about this condition is that it is entirely preventable! In the last 50 years, this diabetes evolution has been largely driven by increased access to highly processed refined carbohydrates and added sugars; the nature of sedentary lifestyles; stress, which can cause the body to create sugar; and lack of sleep, which is directly associated with poor glycemic



# *Foods that cause acne*

## *Insulin*

control. You know what they say: make time for optimal health now or pay later. This is the perfect example of what paying later looks like.

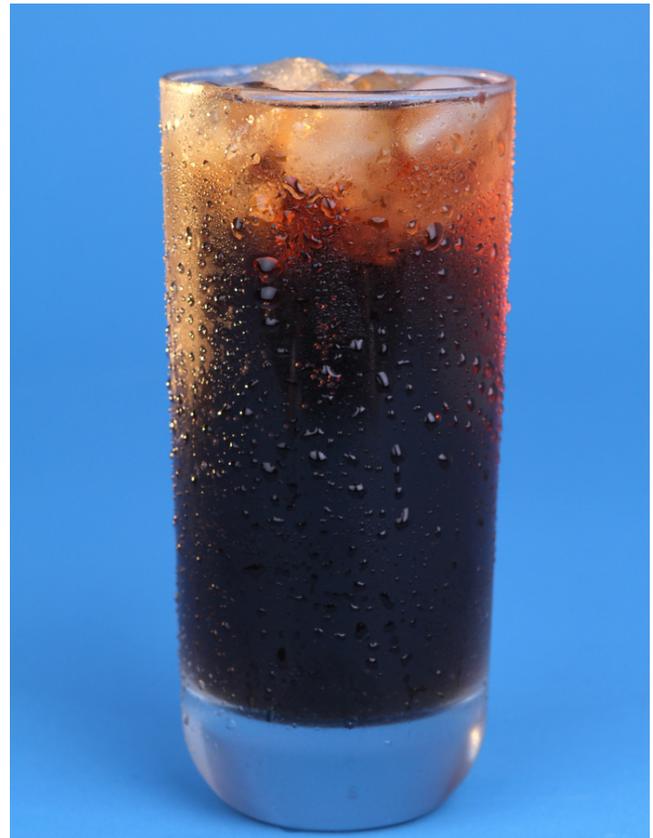
### **Associated with Weight Gain**

There are many reasons for why high levels of insulin are not desirable. A key reason is that insulin is a fat-storing hormone and can lead to weight gain since it stimulates lipogenesis, which is also known as fat storage. This is especially common around a person's abdominal area, where you see an accumulation of visceral (or belly) fat.

### **Associated with Higher Triglycerides**

Another reason is that insulin stores free fatty acids in your fat cells. When insulin is doing its job, it helps keep fat in your fat cells until your muscles need it during exercise. But if that system does not work well and a person becomes insulin resistant, fat is removed from fat cells and travels to the liver. This is where free fatty acids are repackaged as triglycerides. This is partly why eating a high glycemic diet filled with sugar (especially fructose) can increase the liver's production of triglyceride particles. It also is associated with an increased risk of hypertension and cardiovascular disease. Insulin resistance is also associated with inflammation, type 2 diabetes and cardiovascular disease.

Visceral fat has been shown to increase production of pro-inflammatory cytokines that can disrupt normal insulin action in fat cells and lead to IR in adipose tissue, in addition to contributing to chronic inflammation. So, as a person develops insulin resistance, they will gain more which further contributes to a state of insulin resistance and explains why it can become so difficult to lose weight when you are insulin resistant.

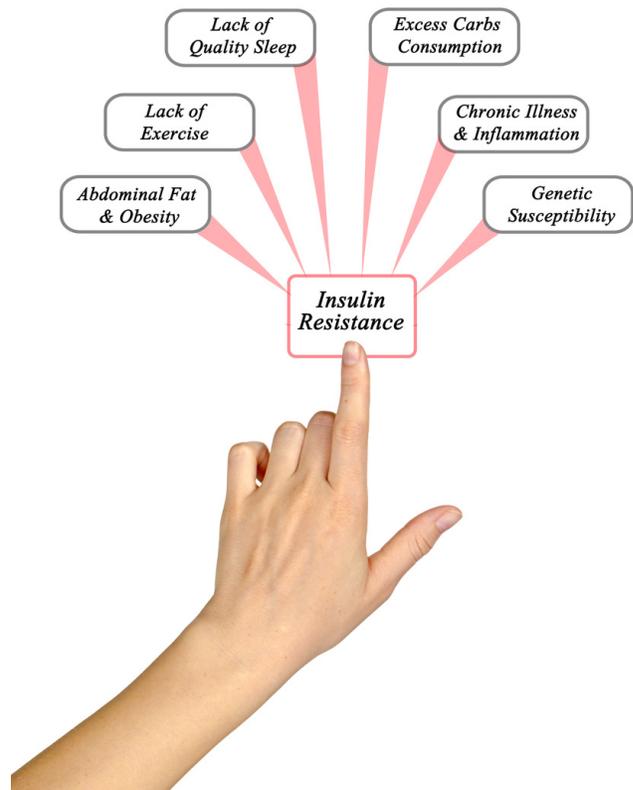


# Foods that cause acne

Insulin resistance happens when cells in your muscles, fat and liver don't respond well to insulin and can't use glucose from your body for energy. To make up for it your pancreas creates more insulin, driving your blood sugar levels up.

Let's go through the process of this in your body:

- You consume a food item high in sugar/simple carbs
- The food enters your bloodstream and is broken down into glucose
- Pancreas gets the signal to release insulin to help drive the glucose into the cells so that the glucose can be used as energy
- Too much glucose in the bloodstream will trigger more insulin to be released (and keep releasing based on the amount of glucose)
- The excess insulin will trigger IGF-1 which triggers increased androgen production
- Increased androgen in the blood increase sebum (oil) production which results in increased acne



What may cause or worsen insulin resistance?

- Polycystic Ovarian Syndrome (PCOS)
- Type 2 Diabetes (or a family history)
- Chronic Stress
- Chronic use of certain medications (statins, steroids...etc)
- Skin Tags
- Acanthosis nigricans
- Psoriasis
- Cellulitis
- Hidradenitis suppurativa
- and more...

# *Foods that cause acne*

*Fructose is a type of sugar that directly impairs insulin sensitivity in the liver and causes acne to become worse.*

## **Fructose intolerance (hereditary)**

In this case the small intestines cannot resorb fructose, a monosaccharide which is contained in vegetables, fruits and honey. It should be mentioned here that fructose intolerance also appears if the fructose metabolism in the liver is impaired which is a serious hereditary dysfunction.

## **Sorbit intolerance**

Similar to the above-mentioned fructose intolerance, the sugar contained in fruits cannot be resorbed by the intestines. The body metabolizes sorbit via fructose as an intermediate stage, a fact which has to be kept in mind in case of fructose intolerance.

## **Fructose Malabsorption**

Is a digestive disorder in which absorption of fructose is impaired by deficient fructose carriers in the small intestine's enterocytes. This results in an increased concentration of fructose in the entire intestine.



## **High fructose foods that must be avoided include:**

- table sugar
- honey
- maple syrup
- dates
- agave syrup
- brown rice syrup
- high-fructose corn syrup
- fruit juice

Only xylitol and stevia are acceptable sweeteners during this program.

# *Foods that cause acne*

## *Glycemic Index*

### **What is the Glycemic Index?**

The glycemic index (GI) is a scale from 1-100 that ranks carbohydrate-rich foods by how much they raise blood glucose levels. Some carbohydrate foods are digested quickly, and others more slowly. The ranking is based on how the carbohydrate food when digested compares to the standard food, which is either white bread or pure glucose.

White bread and glucose have been given the highest possible rating of 100 on the glycemic index because they raise blood glucose levels higher and quicker than most other foods.



### **Health benefits of lower GI foods**

People at risk of developing diabetes or with diabetes may find that choosing lower GI foods may be helpful. Here are some benefits of eating foods that are lower on the GI scale:

- They raise blood glucose slowly, which can improve your blood glucose levels after a meal.
- They are often higher in fibre. High fibre foods help you feel full and are important if you're trying to lose or maintain your weight.
- They may improve blood cholesterol levels, which is important for preventing heart disease.

Research has shown that eating mostly high GI foods increases the risk of type 2 diabetes. To help prevent diabetes, try to make a point of choosing lower GI foods more often. See the chart below to get started.

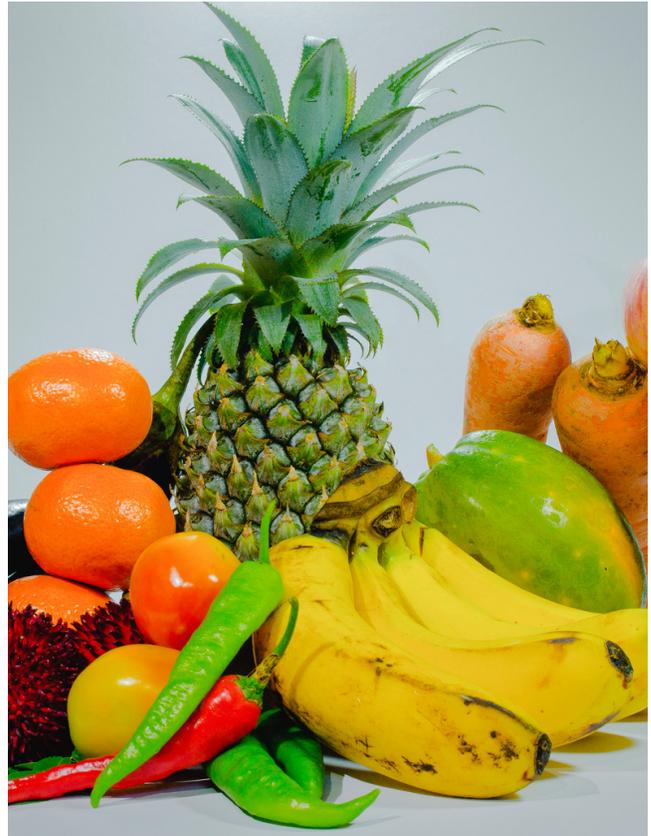
# *Foods that cause acne*

## *High Glycemic Index*

### **High and Moderate GI Fruits**

Because of their naturally high sugar content, some fruits have a moderate to high glycemic index. The highest GI among raw -- not dried or canned -- fruits is watermelon, with an average GI of 72 and with some samples testing as high as 80. Well-ripened cantaloupes can also have a GI of 70 in some cases. Fruits that qualify as having a moderate GI include:

- Pineapple
- Cherries
- Mango
- Papaya
- Grapes
- Kiwis
- Watermelon
- Cantaloupe
- Many canned fruits
- Dried fruits such as raisins, dates and dried cranberries



### **Eating many high glycemic index foods**

Which cause powerful spikes in blood sugar – can lead to an increased risk for type 2 diabetes, heart disease, and overweight. There is also preliminary work linking high-glycemic diets to age-related macular degeneration, ovulatory infertility, and colorectal cancer.

# *Foods that cause acne*

## *Chocolate*

### **The Darker, the Better**

Dark chocolate is a respectable source of dietary fiber, manganese, copper, iron, magnesium, phosphorus, potassium, selenium, and zinc. One study also listed chocolate as higher in antioxidants and polyphenols than blueberries or acai berries.

If you want to experience the health benefits from chocolate, stick to dark chocolate, since it offers a higher percentage of pure cocoa. White chocolate contains no cocoa solids, and milk chocolate has less cocoa, but much higher amounts of fat and sugar.



### **Why Does Chocolate Cause Skin Flare-Ups?**

Chocolate can be an outright allergen for some people, and should be entirely avoided by those experiencing itching, sudden rash, or shortness of breath after eating it. But an allergy to chocolate isn't the only explanation for why it can trigger a flare-up in your skin condition.

In a study by the National Rosacea Society, 1 in 5 rosacea sufferers reported that chocolate triggered a flare-up. A theory behind this reaction is the theobromine in chocolate, one of the beneficial alkaloids that make it a healthy food. Theobromine is a vasodilator that increases blood flow in the capillaries, thereby increasing skin flushing and redness.

# *Foods that cause acne*

## *Chocolate*

### **Why might chocolate cause acne?**

**Dairy** - is a highly controversial topic in the acne world. Some claim that it is generally safe, while others insist that it is the single biggest cause of acne and everyone should be avoiding it.

**Sugar** - most chocolate bars are absolutely loaded with acne-causing sugar. The average bar of milk chocolate contains about 25 grams per 50 grams and white chocolate is about the same. Seeing as sugar is one the world's worst foods for your skin, it makes sense that chocolate could cause acne.



**Additives** - chocolate is often full of unnecessary ingredients like trans-fats and soy derivatives, and even some extremely dangerous ingredients like vegetable oils. Chocolate companies use a big variety of different substances and at least one of them could be behind the reported acne breakouts.

**Iron** - excess iron can strongly trigger acne when it reacts with Polyunsaturated fatty acids (PUFA) in the body. A whole bar of 85% dark chocolate has 12 milligrams of iron, or 67% of your daily value.

**Disrupted sleep** - Cacao's minimal caffeine content is often confused with a similar alkaloid, theobromine. Caffeine is said to be a nervous system stimulant, whereas theobromine is a cardiovascular stimulant, increasing heart function and blood flow and has about one quarter the stimulating power of caffeine. Cacao contains about twice as much theobromine than caffeine.

# *Foods that cause acne*

## *Oatmeal*

### **Avena Sativa**

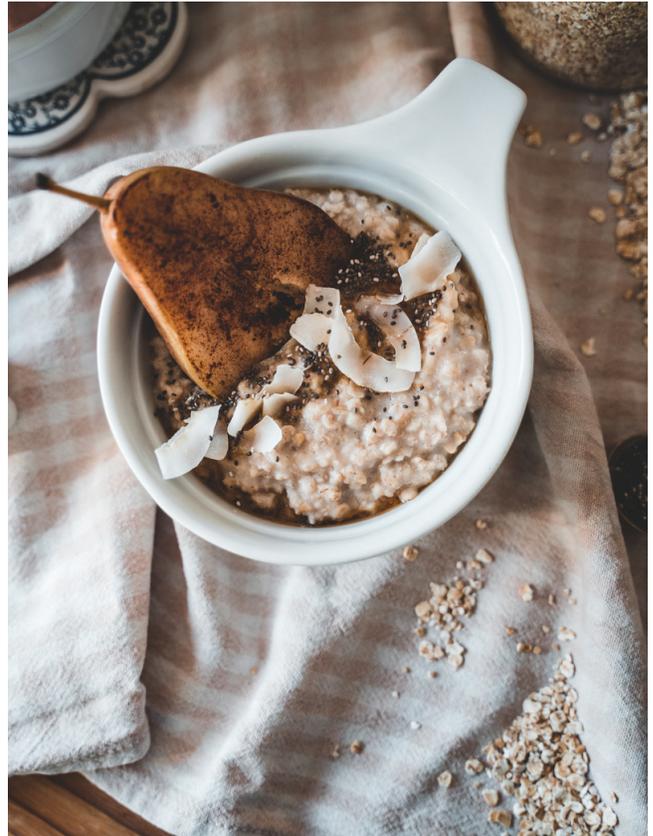
Oats are commonly known for being an important source of micronutrients, fiber, essential fatty acids, protein and complex carbohydrates. On the other hand, avena sativa is completely different, since it is used as a natural remedy to treat different pathologies.

This extract from oats provides a high amount of avenacosides, which has the ability to increase testosterone levels by enhancing LH (luteinizing hormone) release. It has the effect of increasing free testosterone levels (the testosterone that can be used by the body).

### **Properties of avena sativa**

It has properties to fight against stress and physical tiredness. In addition, it can also improve the mood, support the cognition and even increase the testosterone levels naturally.

Research has been done that suggests Avena Sativa works by freeing up testosterone that is "stuck" to other compounds in the body. During the aging process, more testosterone gets bound, making it much less effective than free testosterone. Since Avena Sativa frees up this bound hormone, it makes it more efficient in the body.



# *Foods that cause acne*

## *Oatmeal*

### **Different types of oats**

Foods with a high glycemic index (GI) are associated with acne.

- Steel-cut (Irish) oats are low GI
- Rolled oats are medium GI
- Instant oats are high GI.

So if instant oats are what you are eating, then the high glycemic index could be the cause.



# *Foods that cause acne*

## *Gluten*

### **What Does Gluten Have to Do With Skin?**

Gliadin is a component of gluten and is found in wheat and other cereals. It's essential for giving bread the ability to rise properly, and it's also the culprit behind celiac disease: the proteins activate the disease and the body responds via intolerance and rejection of gliadin (and in turn, gluten).

Distress in one organ or area of the body triggers inflammation somewhere else in the body but becomes most apparent in the skin. In fact, studies have found that more than half of all acne sufferers have gut issues.

Digestive conditions like celiac disease have accompanying skin manifestations that only resolve when the underlying inflammation is treated.

### **Gluten intolerance is more than just a digestive problem**

Gluten can actually cause significant changes in the gut microbiota—a significant problem, considering that a person's overall health depends heavily on the health of their gut.

In addition, gluten intolerance can affect almost every cell, tissue and system in the body because the bacteria that populate the gut help control everything from nutrient absorption and hormone production to metabolic function and cognitive processes. This is why for so many of my patients, and for the population at large, gluten intolerance is a very serious health issue.



# *Foods that cause acne*

## *Gluten Intolerance*

### **14 symptoms of gluten intolerance**

If you have any of the following symptoms, it could be a sign that you have gluten intolerance. Symptoms are widespread and can include:

- Digestive issues including gas, abdominal pain, cramping, bloating, constipation or diarrhea.
- Skin issues including dermatitis, eczema, rosacea, skin rashes and keratosis pilaris (also known as 'chicken skin' on the back of your arms), resulting from fatty acid and vitamin A deficiency, as well as fat-malabsorption, caused by gluten damaging the gut.
- Ongoing low energy levels, "brain fog," chronic fatigue syndrome or fibromyalgia. A major indicator is feeling tired after eating gluten.
- Autoimmune disease such as Hashimoto's thyroiditis, rheumatoid arthritis, ulcerative colitis, lupus, psoriasis, scleroderma or multiple sclerosis.
- Neurologic symptoms such as dizziness or feeling off balance.
- Hormone imbalances such as PMS, PCOS, delayed menstruation onset and stunted growth.
- Migraines and/or frequent headaches.
- Joint pain, inflammation and swelling, particularly in fingers, knees or hips.
- Mood-related issues such as anxiety, depression, mood swings and ADHD.
- Numbness and tingling in the arms and legs.
- Reproductive problems and infertility.
- Nutrient deficiencies including anemia (iron deficiency).
- Higher risk of learning disabilities including autism and ADHD.
- Possibly a higher risk for neurological and psychiatric diseases including Alzheimer's, dementia and schizophrenia.



# *Foods that cause acne*

*Fruit juice can be as sugary as cola*

## **Juices With the Highest Sugar Content**

A single 250ml serving of white grape juice contained the same amount of sugar as four Krispy Kreme glazed doughnuts.

Large quantities of ingested fructose goes straight to the liver, since no other cells can help utilize or metabolize it, putting significant pressure on the liver. Levels of carbohydrates and insulin may be 10 times higher here than in other parts of the circulation. Thus the liver is exposed to far higher levels of carbohydrates – both fructose and glucose than any other organ.



Fructose's propensity to cause fatty liver is unique among carbohydrates. The fatty liver directly causes insulin resistance setting in motion the vicious cycle of hyperinsulinemia – insulin resistance. Furthermore, this harmful effect of fructose does not require high blood glucose or blood insulin levels to wreak havoc. Further, this fattening effect, because it acts through fatty liver and insulin resistance, cannot be seen in the short term – only in the long term.

It only takes six days of excess fructose to cause insulin resistance. It only takes eight weeks to allow pre-diabetes to establish a beachhead. What happens after decades of high fructose consumption? The result is a diabetes disaster; precisely we are having right now. Fructose overconsumption stimulates fatty liver and leads directly to insulin resistance.

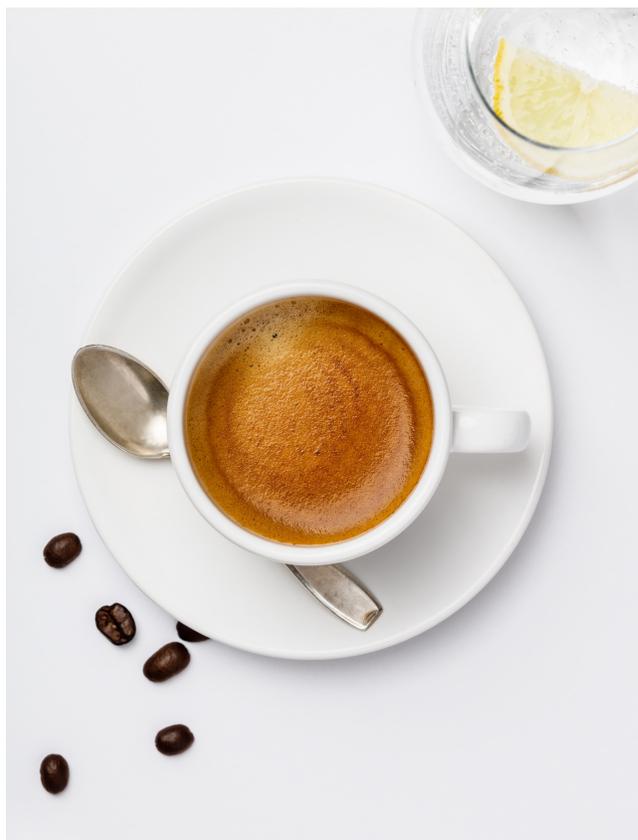
# *Foods that cause acne*

## *Caffeine*

### **Does Coffee Trigger Acne?**

Coffee can trigger acne by altering your hormones, messing up your gut flora, and impairing your absorption of minerals.

Excessive coffee could worsen acne due to how caffeine alters hormone levels in the body. Some studies have found that caffeine can increase levels of cortisol in the body, which is the hormone responsible for managing stress levels. It can also affect how much sebum your skin produces, and both increased stress and excessive oils can trigger an acne breakout.



High cortisol levels have also been linked to digestive issues and weight gain, so it's critical to manage levels and reduce caffeine consumption if you believe it's affecting your body in negative ways.

Coffee's biggest pull is that caffeine helps you stay awake and alert. However, every time you consume coffee, your adrenal glands produce cortisol, the main stress hormone. With consistent caffeine intake, you could be forcing your adrenal glands to overproduce the hormone, causing adrenal fatigue. Telltale signs of adrenal exhaustion are sleep trouble, brain fog, irritability, focusing or memory issues and extreme cravings for sugar or carbohydrates.

Overproducing cortisol throws off its cycle of production and the natural cortisol concentrations in the body throughout the day. These elevated levels of cortisol can even lead to weight gain, anxiety, depression, sleep issues and problems with digestion.

# *Foods that cause acne*

## *Caffeine*

### **How can caffeine affect adrenal fatigue?**

Caffeine stimulates neuron activity in the brain in which neurons send messages to the pituitary gland to stimulate the adrenal glands, which then produces adrenaline and cortisol.

Adrenaline and cortisol are those famous hormones involved in “fight or flight” mode, which happens when you are faced with danger. This was particularly useful for our ancestors when faced with a horde of mongols or, back further, encountering a sabre toothed tiger.



If your adrenal glands are fatigued, then caffeine can cause your adrenals to overwork to make more cortisol and burns out your glands. This leads to your adrenals being weakened and less able to respond adequately. This is why coffee has less and less effect over time on people with adrenal fatigue.

You may not be ready to give up coffee entirely, and that's all right. There are many ways you can enjoy a cup of joe without worrying too much about what it does for your skin. For starters, you can work on reducing your intake. If you drink four cups of coffee a day, then you should try only consuming two.

That's a substantial amount of caffeine you can cut out right there. You can also cut back on the amount of milk and sugar you put in your coffee or try other variations, such as almond milk and natural sweeteners.

# *Foods that cause acne*

## *Corn*

### **Is Corn the Next Gluten?**

Corn, like gluten, is in EVERYTHING, from medications and chewing gum all the way to health and beauty products like toothpaste and makeup. A quick glance at the listed ingredients of most processed foods will more often than not reveal some obvious sources of corn, such as high-fructose corn syrup (HFCS), corn oil, and cornstarch. But just as gluten sometimes hides under ingredients like MSG and malt, corn can be lurking behind other names (names like “dextrose,” “xanthan gum,” “natural flavors,” “free-flowing agents,” “vitamin E,” “ascorbic acid,” “citric acid,” and



“cellulose”). Even when it’s not present in the food itself, corn lines plastic food containers and to-go coffee cups. You might have no idea it’s even there.

Even if you diligently avoid all packaged foods and stick with whole fruits, vegetables, and animal products, corn can still sneak into your diet. Remember that what you eat also eats, and be aware of what that is. Unless certified as grass-fed, poultry and livestock are fed corn (and usually GMO corn, at that).

Although corn is touted as healthy food, just like gluten, it can cause a leaky gut. This is because, to many people’s bodies, the protein in corn can look like gluten, and they “cross-react” to it. If you suffer from gluten intolerance, this cross-reactivity provides an endless amount of frustration, worsened by the fact that our culture has been indoctrinated with the idea that corn products are a wonderful substitute for gluten-containing products. You might be able to make gluten-free tacos with corn tortillas, but that approach does nothing to quell the immune response.

# *Foods that cause acne*

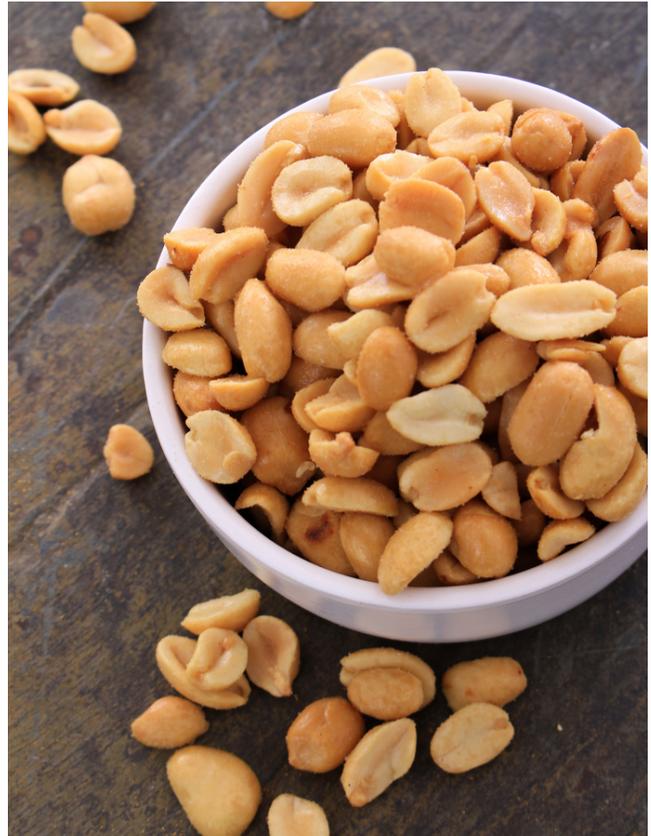
## *Peanuts*

Peanuts are a favorite snack among many around the world.

They contain high amounts of omega-6 fatty acids, which can contribute to inflammatory acne. They also contain dangerous lectins which can damage the gut and trigger inflammation. On top of that, peanuts are usually roasted in inflammatory vegetable oils. Peanut butter isn't any better and often contains added sugar or vegetable oils.

### **Peanuts are high in acne-causing omega-6 fatty acids**

Your balance of omega fatty acids is a key factor in inflammatory acne.



**There are two main types of omega fatty acids that influence inflammation:**

- Omega-3: anti-inflammatory, great for preventing acne
- Omega-6: pro-inflammatory, too much is bad for acne

A diet high in omega-6 fatty acids and low in omega-3 fatty acids can lead to chronic inflammation, a condition where your immune system becomes overactive and ends up treating every little acne infection like a huge threat. The end result? Redness, swelling, and protrusion – a pimple!

**Peanut butter and peanuts are loaded with omega-6 fatty acids:**

- One ounce (a small bag) of peanuts has 4.4g of omega-6 fatty acids
- One tablespoon of peanut butter contains 2.5g of omega-6 fatty acids

# *Foods that cause acne*

## *Peanuts*

### **Peanuts have lectins that can cause acne**

Lectins are compounds that plants use to protect themselves. Just like animals, plants develop natural methods of protection to avoid getting eaten. Unlike animals, plants can run, jump, or swim away from their predators, so they develop antinutrients, like lectins.

Lectins cause acne by damaging the gut. Our body isn't able to break down lectins. After ingesting them, they travel through the digestive system fully intact until they reach the

intestine. There, they can weaken and damage the lining of the intestine.

Eventually, if the intestine is weak enough, these lectins and other compounds can pass through the wall and trigger inflammation, and with it, inflammatory acne.

### **What happens with Leaky Gut**

- You consume foods high in lectins, like wheat, grains, corn and peanuts
- The digestive system can't properly break down lectins, so large, undigested proteins pass through to the intestine
- Still intact lectins can "punch" through your intestinal tract, creating holes in your intestine
- Lectins "leak" into the bloodstream. The immune system mistakes them for foreign invaders and triggers an inflammatory response.



# *Foods that cause acne*

## *Eggs*

### **How Eggs Can Cause Acne**

Eggs are great – they’re almost the perfect source of energy on paper.

Unfortunately, there are a few legitimate reasons that eggs can cause acne:

- Allergies and intolerances to eggs are extremely common and can trigger inflammation that leads to inflamed comedones (pimples). Furthermore, low-quality eggs may contain hormones and antibiotics that trigger inflammation.

### **Egg intolerance, your gut, and inflammation**

Leaky gut syndrome – simply put, as certain proteins enter the digestive system, they’re not properly broken down before they enter the intestine. When this occurs, these in-tact proteins can easily “leak”, or pass through intestinal barrier into the bloodstream. When this happens the body sees the protein as a threat and fires off an inflammatory response. This inflammatory response can contribute to chronic inflammation, a condition where an overactive immune system mistakes minor acne infections for major threats and turns a harmless blocked pore into a protruding pimple.

Egg whites contain something called lysozyme, which has the primary function of protecting the protein found in egg whites. The body can’t break down egg white protein like it should due to lysozyme. This leads to undigested protein entering the gut and potentially leaking through into the bloodstream.



# *Foods that cause acne*

## *Eggs*

### **The Dangers of Low-Quality Eggs**

Low-quality eggs not only have significantly fewer vitamins and minerals, but they're also more prone to oxidation due to higher amounts of omega-6 fatty acids and lower amounts of antioxidants.

Overall, conventional eggs are a lot safer for you than other conventional meat, including non-organic beef, chicken, and farmed fish. The purpose of eggs is to act as a protective and nourishing shield for future offspring.

Worst case comes to worst, a soft-boiled conventional egg is going to be safer for you than the antibiotic-ridden chicken it came from.

Whenever you can, get pasture-raised, omega-3-enriched eggs. This study found that they have twice as much omega-3 fatty acids and vitamin E than conventional eggs. They also have more vitamin A, less omega-6 fatty acids, and fewer hormones.

### **Do Eggs Cause Acne?**

The truth: eggs might cause acne depending on how healthy your gut is, how often you eat them, and whether or not you're already allergic or intolerant to them. If you have symptoms of leaky gut syndrome or experience discomfort, bloating, or acne after eating eggs, then you likely either have a problem digesting egg white protein (due to leaky gut) or you're truly allergic to them. In this case, yes, eggs are very likely to cause the inflammation that spurs acne.



# *Foods that cause acne*

## Soy

The estrogen-like compounds in soy have been shown to increase tumor growth in animals, leading researchers to speculate that they may have a harmful effect on a developing human as well. Avoid giving an infant soy-based formula, as they are rapidly developing and are especially sensitive to hormones and hormone-like compounds.

### Soy Can Cross-React with Gluten

Soy is one of the top allergenic foods in part because it resembles gluten on a molecular level. If you have a gluten sensitivity, your body can't distinguish between gluten and soy. Your body

could react to each food with the same immune response. If you've given up gluten but haven't seen a decrease in inflammation, consider that soy in your diet could be producing your symptoms.

### Soy is Goitrogenic

Soybeans contain chemical compounds called "goitrogens" that suppress the thyroid gland by inhibiting the uptake of iodine. Iodine is necessary for the synthesis of thyroid hormone. If you have an underactive thyroid, make sure you're getting enough iodine, and avoid soy. Too much iodine can be harmful, so it's important to eat a diet rich in a variety of other thyroid balancing minerals, like selenium and zinc, and take a high-quality multivitamin.

