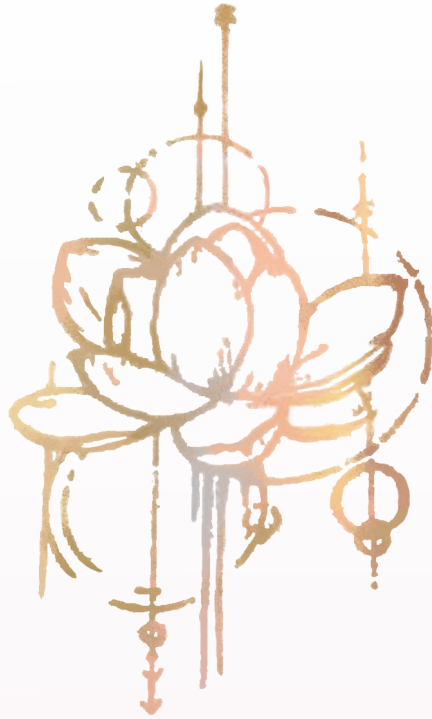


Lifestyle & Acne Triggers



CLIENT BOOKLET

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6 ROOT CAUSES BEHIND ACNE

The 6 root causes that cause ACNE:

- Inflammation
- Microbiome disturbances
- Oxidative damage
- Blood sugar issues
- Nutritional deficiencies
- Hormonal imbalances

This 12-week program addresses the root causes of acne and empowers you to eliminate your acne for good!



Here's why we're different:

- We'll give you custom products perfect for your skin and acne type and teach you how to use them properly.
- We'll discuss acne triggers, which include the diet and lifestyle changes you'll want to make to achieve the best results.
- We actually want you to get clear and more importantly, stay clear!

Stress



Reduce your stress

Stress is a major acne trigger, caused by the wear and tear of day-to-day living and changes that take place in your life, both good and bad.

- Emotional Stress
- Mental Stress
- Physical Stress
- Spiritual Stress
- Chemical Stress

Chronic stress can also cause havoc to your gut microbiome and cause hormonal imbalances, leading to skin issues all across the spectrum - acne, eczema, psoriasis, etc.

Every time we encounter a stressful event, our brain releases a hormone called **corticotropin-releasing hormone (CRH)**, a hormone that signals our adrenals to release cortisol to combat the stress we are experiencing. There is actually a CRH receptor on every skin cell. So when we experience stress, CRH binds to its receptor on the skin cell, promotes oil production, and ultimately, contributes to the development of acne.

Acne can also be driven by another stress hormone called **dehydroepiandrosterone sulfate (DHEA-S)**. This hormone is produced by the adrenal gland and acts as an androgen in the body, similar to testosterone and DHT. In excess, DHEA-S can lead to a condition known as Adrenal PCOS, a type of PCOS that is not as common but is still responsible for acne, hair growth in unwanted places, and chronic inflammation in the body.

Sleep

Sleep seven uninterrupted hours per night

On a consistent basis. Missed sleep can be caused by

- night shift jobs,
- broken sleep,
- social media,
- phone notifications
- sleeping with infants or small children
- poor time management,
- insomnia
- menopause
- long plane trips
- and crossing time zones.

Because chronic lack of sleep can lead to severe physical stress it can be difficult to clear active acne, maintain clear skin, and lighten dark circles.



A study published this year in the journal *Nature Cell Biology* confirms a direct link between hiccups in your circadian rhythms (*the body's sleep, wake, and eating pattern*) and the skin's ability to synthesize collagen.

Think of sleep as food and water for your skin. When you disrupt the circadian rhythms, you're more susceptible to environmental damage. Chronic sleep deprivation can exacerbate acne and inflammation, and persistently high levels of cortisol will break down collagen.

Your skin becomes imbalanced, which leads to a dehydrated complexion, redness, and breakouts. Not only does not getting enough sleep negatively affect your body, it affects the moisture levels in your skin, decreasing them and also lowering your complexion's pH levels, which is why your skin looks less youthful and has less of a glow.

Laundry Products

Problem:

Scented laundry detergents, additives, and fabric softeners leave harmful residues that can irritate sensitive skin, cause contact dermatitis, and worsen acne or eczema.

What to look for:

Look for dermatitis on one side of your face, neck, and body where you sleep, on your back, and in areas where you perspire. Also, check along the seams of your clothes, including under bra straps, necklines, waistlines, panty lines, the seams of your jeans, under socks, and anywhere clothing is fitted, tight or your skin comes in contact with chemical residue from washing powders, liquid detergents, additives, and fabric softeners.

Allergies?

When your skin comes into contact with perfumes and toxic chemical residues, you're inhaling them too, which trigger nasal allergies, wheezing, dark circles and headaches.

Extra rinse cycle:

When possible, put clothes through an extra rinse cycle to remove traces of soap residue to reduce the potential for persistent irritation.



Laundry Products

Less detergent and smaller loads:

- Do you “crowd” soiled clothing in the washing machine by attempting to turn three loads into two?
- Do you pour the detergent directly into the washer without measuring?

Wash 25% less laundry per load, and use 25% less “free” detergent in the process. Always measure and then use a bit less. Clothing and bedding get much cleaner by agitating and circulating better.

Less laundry in the washer and less detergent means cleaner, softer fabric, less chemical residue, a fresher natural scent, and fewer skin problems.

Wash before you wear!

Wash all new bedding, bath linens, and clothing before use. Anything imported, especially jeans and scarves, are sprayed with toxic fungicides, pesticides, and formaldehyde, and must be washed a few times before wearing to avoid body acne, infections, rashes, and skin discoloration.

Workout wear

Should be cotton and washed in fragrance-free detergent with no fabric softener. Shower after perspiring with an acne soap or medicated body wash if you have body acne or a fungal infection on your body.



Laundry Products

Fragrance and dye-free detergent

Wash everything in fragrance-free detergent (no softener sheets). Look for white bottles that say Free & Clear, Free of Perfume & Dyes, or Free & Gentle.

Safe bleach

Clorox 2, for Colors Free & Clear.

Safe fabric softeners

Fragrance-free liquid Downey in the white bottle and chemical-free “dryer balls”.

Change your pillowcase

At least every 2 days. Purchase several and choose white if you will be using acne products.

Avoid laundry additives,

Enzymes, chlorine bleach, and fabric softeners including fragrance-free dryer sheets leave a waxy residue that can clog pores and irritate the skin. Use 25% less detergent, and wash 25% fewer clothes at a time. If possible, run an extra rinse cycle.



Dietary Triggers – Iodine

Avoid excess Iodine

- Dairy products (*milk in coffee beverages, cheese, ice cream, sour cream, Greek yogurt, protein drinks*)
- processed foods
- take-out food
- frozen dinners
- fast food
- canned food
- soft drinks
- salty snacks
- seaweed snacks
- salted sunflower seeds
- salted nuts
- canned
- packaged and restaurant soups
- ramen noodles
- tomato juice
- V-8
- seasoned salt
- iodized salt
- salty condiments
- high-sodium sports and energy drinks (*except Vitamin Water*)
- sushi wrapped in seaweed
- Chinese food (*salty sauces, MSG, soups, soy sauce*)
- American Mexican food (*cheese, sour cream, refried beans, and salted tortilla chips*)
- processed meats (*lunch and deli meat, hot dogs, bacon, franks, hot links, sausage, Spam*)
- and condiments containing kelp
- MSG



Dietary Triggers – Table Salt

Avoid iodized table salt and seasoned salt.

Use sea salt, kosher salt, or Himalayan pink salt instead. Try a blend of iodine-free salt, Mrs. Dash Table Blend, garlic powder, onion powder, black pepper, paprika, and cayenne pepper. Note:

Most “outside food” contains iodized salt, and way too much of it!

Iodine-caused acne are monomorphic inflammatory papules on the face and upper trunk. Iodine can cause and exacerbate existing acne. Iodine is found in kelp seaweed supplements in addition to many vitamin and mineral supplements.



Iodine is an element that is needed for the production of thyroid hormone.

The average recommended daily intake for adults is 150 micrograms per day. Over time, a consistent intake of less than 50 micrograms per day may cause hypothyroidism and the development of a goiter.

The average daily diet is 300 – 1000 milligrams (mg), which is about 2000 to 7000 times higher than the RDA. The FDA also reviewed the toxicity reports of iodine and concluded iodine intake of 1 mg per day is probably safe for the majority of the population but can cause symptoms in some people.

Dietary Triggers - Peanuts

Avoid Peanut products

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. 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.

Peanuts also contain an androgen, which can make acne worse by increasing sebum production. The end result? Redness, swelling, and protrusion – a pimple!

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.



Dietary Triggers - Dairy

Skip dairy, one of the biggest acne triggers

Cheese, milk, ice cream, sour cream, Greek yogurt, protein powders that contain whey and/or casein, and dairy-rich coffee drinks.

Dairy is linked to acne, allergies, eczema, psoriasis, asthma, weight gain, digestive problems, water retention, high blood pressure, bloating, puffy eyes, and a ton of other health problems.

High energy foods like sugar and dairy cause increased levels of insulin, IGF-1 hormone, and mTOR, which is an enzyme. mTOR, in turn, stimulates keratin, inflammation, and sebum production—all of which contribute to acne.

Dairy also causes heavy periods and bleeding for some, **A1-casein converts in the gut to the inflammatory peptide casomorphin, or BCM7** which in turn, can stimulate inflammatory cytokines, histamine, and mast cells, which leads to menstrual pain and heaving bleeding, PMS and PMDD. When you stop eating sugar and milk, your skin should clear within 3-4 months.



Dietary Triggers – 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 of 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, people develop autoimmune diseases like rheumatoid arthritis, Hashimoto's thyroiditis, and systemic lupus.

Dietary Triggers - Seafood

Fish and seafood

From polluted water and toxic algae blooms can cause persistent skin problems, including rash-like acne.

This doesn't seem to happen in better restaurants when they get their shellfish from other parts of the country.

Seafood such as crabs, lobsters, shellfish and prawns are high in iodine content, which are usually associated with pimples and acne. While eating seafood does not directly cause a pimple to grow immediately, accumulation of high iodine content in the body overtime is likely to cause the skin to be more susceptible to acne



breakouts. Surely, seafood cannot be the only culprit to bad skin issues, but it is recommended for people with acne-prone skin to reduce their intake.

If your acne is treatment-resistant and rashy, try eliminating fish and shellfish from your diet for a while, especially if it's obtained locally.

Dietary Triggers – Supplements

Concerned about calcium and vitamin D?

Eat lots of dark green veggies and take supplements with calcium citrate, magnesium, and vitamin D.

Vitamin D also has an anti-inflammatory property. Having adequate levels of vitamin D in your system may help address the inflammatory symptoms of acne. Taking vitamin D supplements could also be an alternative way of treating recurrent acne that appears red and inflamed.

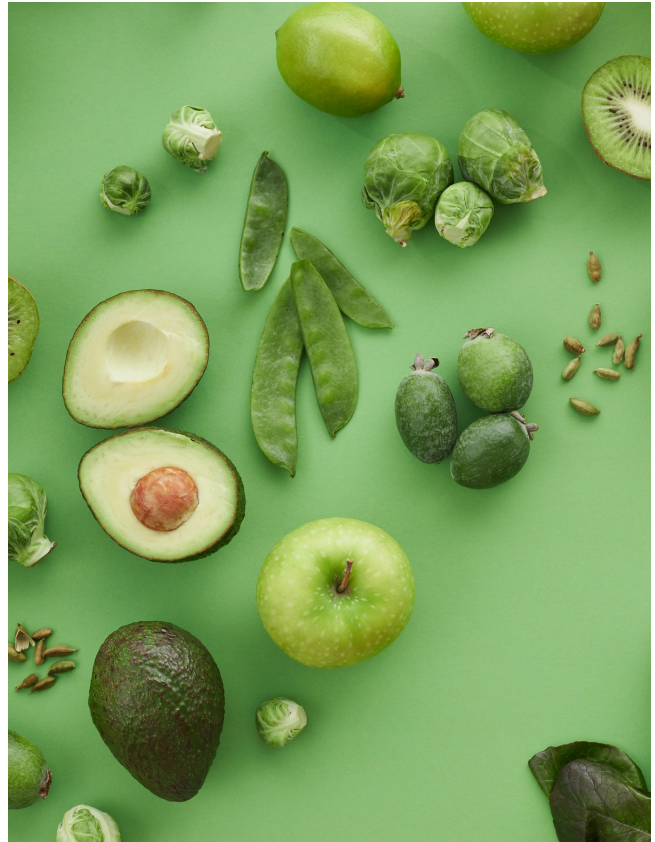
The body needs vitamin D to absorb calcium. Without enough vitamin D, one can't form enough of the hormone

calcitriol (known as the “active vitamin D”). This in turn leads to insufficient calcium absorption from the diet.

Magnesium

It lowers cortisol production, which then helps reduce acne by stabilizing hormonal imbalances in the body. It's all connected—magnesium helps your blood sugar stay balanced, it aids sleep, and it also plays a role in the production of progesterone, oestrogen, and testosterone.

Furthermore, this powerful mineral directly reduces skin inflammation by lowering the plasma concentrations of C-reactive protein, a protein connected to the inflammation process within your body. By taking magnesium with calcium you have a better chance of improving the absorption and utilization of this mineral.



Dietary Triggers – Supplements

Supplements

Can be acne triggers, especially high doses of biotin, maca root, CLA (conjugated linoleic acid), seaweed, kelp, algae, spirulina, chlorella, iodine, testosterone boosters, creatine, whey, casein, and green detox drinks.

Try acne-safe nutrition

Iodine-free multi-vitamins, zinc monomethionine or picolinate (always with meals), coated fish oil, flaxseed oil, krill oil, MSM, probiotics, calcium citrate (with magnesium and vitamin D), vitamin C complex and B-complex.

Check with your doctor before taking supplements, especially if you have health problems, are pregnant or lactating, or are taking prescription medications.

Safe protein powders

Avoid protein drinks that contain **whey, casein, and/or sea plants**. Try Sun Warrior Classic Protein, Ora Organic Vegan Protein Powder, and Paleo Egg White Protein.

Probiotics

Good bacteria colonize the digestive tract and the skin. They can help people who have been on long-term antibiotics (both oral and topical). These good bacteria compete with the pathogenic bacteria and can help improve the incidence of breakouts.

It's much better to consume pre/probiotic foods as for some people probiotic supplements can make acne worse.



Dietary Triggers – Supplements

Important information about Zinc

These supplements can upset your stomach. To prevent nausea, always take OptiZinc with food.

Zinc is an essential trace element for humans and there is evidence that it is similar to antibiotics in improving the condition of inflamed acne. The effective dosage is not clear. However, most studies indicate 50-100mg (The OptiZinc tablet that we recommend is 30MG). We advise you to not take anymore than 100mg because excessive zinc may lead to deficiencies in other vitamins and minerals. One of the reasons that we like OptiZinc is that it contains copper and copper is one of the minerals that can be depleted by taking zinc supplements.

We are also recommending that you discontinue taking the zinc once you are completely clear. We are not recommending this as a preventative.

If you would like more information to help you make decisions about the benefits, proper dosage and best formulation of zinc supplements, we highly recommend doing your own research on the internet.



Dietary Triggers - Supplements

Instructions for taking Fish Oil for Acne

Research and anecdotal evidence suggest that many of us who suffer from chronic inflammatory acne may benefit from taking relatively higher doses (3000-4000mg) of purified omega-3 oils present mostly in wild ocean fish such as salmon, mackerel, cod, and herring.

Not all supplements are created equal, and that starts with the fact that not all Omega 3 is created equal. There are several Omega 3 fatty acids. If you have ever looked at the back of a bottle of Omega 3 supplements you may be familiar with **EPA** (Eicosapentaenoic Acid) and **DHA** (Docosahexaenoic Acid).



These are the workhorses of the Omega 3 family and are found in the greatest concentration in fish oil. Omega-3 fatty acids play a key role in cell membranes and help regulate hormones, like those that cause inflammation.

Omega-3s also help control the overproduction of sebum. A combination of EPA and gamma-linolenic acid (GLA, an Omega-6 fatty acid) have been shown to reduce the production of a chemical called leukotriene-B4 (LB4). LB4 causes inflammation and increases the production of sebum, an important factor in the production of acne.

Fish oil, krill oil, cod liver oil, and algae oil are all extremely rich sources of omega-3 fatty acids. Omega-3 fatty acids decrease inflammation and can help treat acne by decreasing the body's inflammatory response to acne infections.

Dietary Triggers - Supplements

Please note: that although there is no known toxicity associated with using fish oils over the long term, you should check with your physician particularly if you have a chronic underlying illness or are pregnant.

I have chosen a high-quality fish oil supplement to help with your acne. Our fish oil capsules are of therapeutic quality and are enteric-coated to help assimilate the omega-3s in the most efficient way possible. In addition, they are formulated not to have a fishy aftertaste and are guaranteed burp free.

Nordic Naturals or Bend Skincare supplements

Vegetarian and vegan sources of omega-3

If you are eating a varied and balanced plant-based diet, it is likely that you are consuming good sources of LA on a regular basis. These include hemp seeds, pumpkin seeds, sunflower seeds, and walnuts. However, eating enough ALA may require more planning.

How can vegans get enough omega-3 fat?

Include good sources of ALA in your daily diet, such as chia seeds, ground linseed, hemp seeds, and walnuts, and use vegetable (*rapeseed*) oil as your main cooking oil. To meet the ALA recommendations of the Food and Agriculture Organization of the United Nations (FAO) and the European Food Safety Authority (EFSA), you would need to eat about a tablespoon of chia seeds or ground linseed, two tablespoons of hemp seeds or six walnut halves daily.

Jarrow Formulas - Ahiflower Oil or Nordic Naturals - Algae Omega 3



Dietary Triggers – Supplements

Why do some people break out when taking fish oils.?

It's your LIVER!

Often acne patients need liver support, and because they are not efficient detoxifiers it is difficult for their livers to break down concentrated PUFAs (polyunsaturated fatty acids).

This is especially true for those clients that have been on several rounds of antibiotics, long-time birth control users, and other long-term medications, and too much drinking in their younger years.

Milk Thistle and Dandelion are great for your liver!



Dietary Triggers - Supplements

Instructions for taking Vitamin A

Vitamin A belongs to the class of compounds called retinoids. Vitamin A is an antioxidant and can neutralize free radicals to prevent cell damage and slow cell aging.

This same process can reduce the speed at which cells slough off, helping to keep cells clear of debris and potentially preventing acne from forming.

The active alcohol form of vitamin A is known as retinol. Vitamin A, commonly known as Retin-A, has been prescribed for decades by dermatologists to treat acne topically.



In the body, vitamin A is responsible for red blood cell production, immune system support, healthy skin, normal vision, and overall growth and development of the body. Food sources include orange and yellow fruits and vegetables, sweet potatoes, spinach, and cod liver oils.

Why is it of value for treating acne?

Vitamin A is essential to the normal shedding of dead skin cells that build up inside the pore and ultimately cause acne- this sticky build-up and excess production of skin cells are one of the main causes of acne! This vitamin functions by preventing this build-up that would have otherwise caused a clogged pore.

Dietary Triggers - Supplements

Who should increase their Vitamin A intake?

It is highly recommended that individuals with inflammatory acne on the face and/or body should be eating foods high in vitamin A and supplementing with 10,000 iu's of vitamin A per day. I have had great success with the Vitamedica Healthy Skin supplement and Clear Skin Formula Daily Packs.

If you are pregnant, please consult a physician before starting on this vitamin for acne.



Dietary Triggers – Water

Drink more water

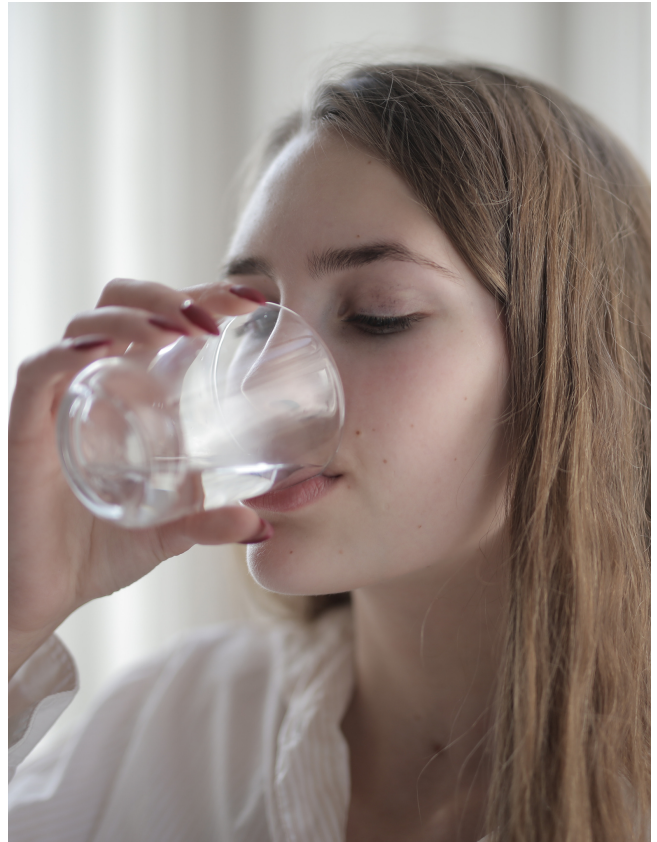
Hydration is so essential to a healthy, balanced body because it regulates body temperature, keeps joints moving easily, delivers nutrients throughout the body, fights infection, and improves the quality of sleep, cognition, and mood.

Water aids in digestion, circulation, absorption, and even rids the body and skin of toxins. Not everyone will agree that water consumption will improve skin... but it certainly can't hurt. Many people often report that by increasing their water intake, their skin has a more radiant glow and less redness. Those who suffer from acne have reported the same results, clear skin, fewer breakouts.

A 2007 study in the International Journal of Cosmetic Science took an in-depth look at the effects of long-term water intake on skin health. The study found that drinking 2.25 liters (9.5 cups) of water every day for four weeks altered skin density and thickness. A second study from the University of Missouri-Columbia showed that drinking 500 milliliters of water (about two cups) increased blood flow to the skin.

Water is always your best bet to stay hydrated. An easy way to start your day hydrated is to place a carafe of water on your bedside table and when you open your eyes in the morning, start drinking it.

Don't worry, this doesn't mean you have to ditch your coffee in the mornings. Instead, put a focus on prioritizing hydration first, and you'll be well on your way to developing a healthy habit that will stick. Then, you'll start your day off well hydrated and get a head start on your water intake for the day.



Acne Treatments & Products

80/20 RULE

“80% of your results comes from your prescribed skincare routine. 20% of your results comes from monthly treatments.”

Get professional acne treatments

Including acne facials (enzyme peels with steam), light chemical peels, and tune-up peels formulated for acne, dark spots, scars, ingrown hair, and razor bumps. Professional acne treatments exfoliate the skin evenly and help home care products penetrate better. Skin brighteners and other skin-smoothing “boosters” will enhance the results dramatically.



Irritated? Constantly flaking?

If so, you may be dehydrated from low water intake, have gotten too much sun, over-scrubbed your skin, applied your products too thick or too often, or using the wrong product(s). You may also not be consuming enough healthy fats in your diet.

Follow directions carefully

Don't overuse or under-use your home care. Ask for help if you need it.

Don't slack up on prescribed acne home care

If we help you clear your acne, don't think you're so cute that you can quit using your products. You'll stay clear for a while, but the microscopic beginnings of pimples and ingrown hairs to form deep in your pores, causing more breakouts, which will lead to new dark spots.

Acne Treatments & Products

Get refills

Or product upgrades before you run out. Stock up before you go out of town. Don't stop your regimen because you run out of one or two products.

Use a sunscreen

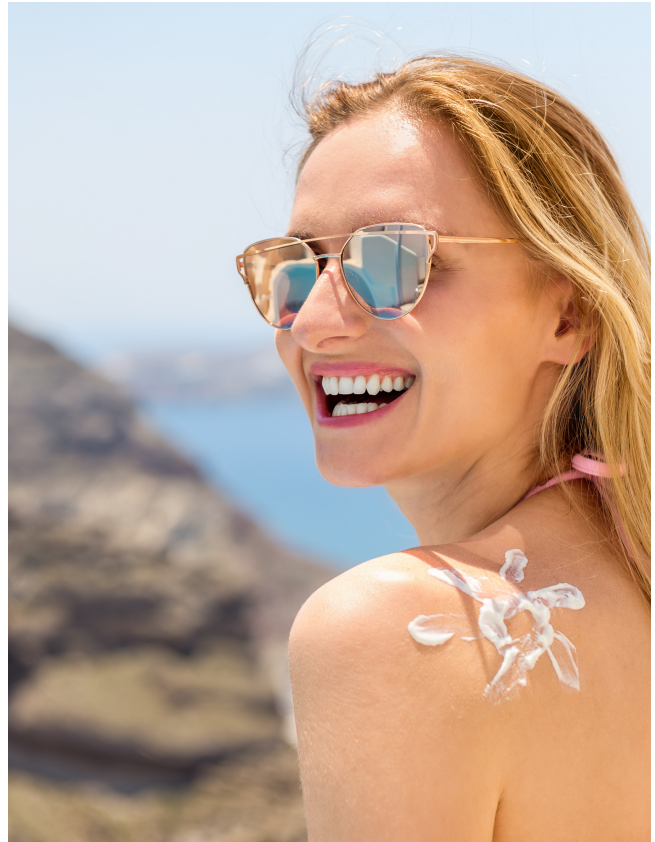
(zinc oxide and/or titanium dioxide) and reapply often when exposed to direct sunlight, including overcast skies, and when driving. Avoid direct sun and wear sunglasses. Sunscreen use helps keep dark spots, blotchy skin tone, and dark circles from getting even darker.

Use ice to reduce

inflammation. Fill two small dixie cups to the brim with water and freeze. Rub ice in a circular motion on red, inflamed pimples and hair bumps twice a day for two minutes. **This really helps!**

Avoid fragrance

Including skincare, hair and body products, scented aftershave, aromatherapy products, perfumed detergents, soaps, lotions, and fabric softeners. Sunburn, rashes, acne, dark blemishes, and dark "staining" of the skin can develop, especially on sun-exposed skin.



Sunscreen Products

Why Sunscreen?

Darker and olive skins are just as vulnerable as lighter skin tones to the “ravages” of solar radiation known as sun damage. Sun damage produces many “looks” including chronic sunburn, redness and spider veins, deep wrinkles and fine lines, sagging skin, rough, leathery skin, hyperpigmentation (uneven skin tone, dark spots, and hormonal patches called melasma), pre-cancerous lesions known as keratoses and skin cancers, including the often fatal melanoma.

False Sense of Security

Products claim to be waterproof, but under most conditions most don't last, so it's important to reapply as often as

every hour when exposed to continuous direct sun. Sun protection factors (SPF) are numbers that indicate how long the skin can be exposed to UVB rays before “burning and reddening” occurs, so don't rely on a waterproof SPF 70 sunscreen to protect you during six hours of continuous sun or even against the subtle, deeper-penetrating UVA rays on overcast days. Windows and cloudy skies won't protect your skin from sun damage.

Protect Your Eyes & Lips

Wear UV-protective eyewear when outdoors for any length of time to prevent dark circles and sun damage around the eyes. These days, most sunglasses provide UV protection. Sunglasses must be large enough to cover the entire orbital eye area. While prescription “transition” lenses darken in direct sunlight, they may not darken sufficiently while driving or riding in a car or bus and are often too small to adequately cover the eye area. Athletes who can't wear



Sunscreen Products

sunscreen while participating in their sport do best with micronized, chemical-free physical sun products, which won't sting when perspiration runs into the eyes.

There are many lip products available that contain full-spectrum protection, so choose one that's fragrance-free with an SPF of 30 or more. Apply a generous amount daily and reapply often.

In addition to preventing sunburn and sun damage, they help fade lip discoloration and prevent cold sores, which often flare after direct sun exposure.



Picking, Friction & Scrubbing

Stop picking, scratching, tweezing, and skin tampering!

Women, get a set of acrylic or gel nails, file them so they're not sharp, and maintain them every two weeks. Leave "stop picking" notes to yourself on mirrors, day planners, briefcases, desk drawers, rearview mirrors, and in lockers.

Picking pushes bumps deeper into the follicle, slows the healing process, invites secondary infection, introduces airborne bacteria, causes thickened, dark dead skin build-up and scarring, and turns tiny bumps into huge brown, black, or red blemishes that take forever to heal and fade.



Picking, Friction & Scrubbing

Acne mechanica is caused by:

- friction (rubbing)
- pressure
- occlusion (restricted airflow)

which results in deep acne and hair bumps, scalp bumps, and severe darkening.

Avoid pressure and friction, like leaning on your hand or phone, sleeping on your hand or arm, wearing tight doo-rags, wave caps, sleeping scarves, hats, caps, visors, headbands (and moving them up and down on the forehead).

More trouble

Poor-fitting glasses, football helmets, tight bra straps and bands, leaning and

putting more pressure on one side of your butt as you sit, heavy shoulder bags and backpacks, clothing with chemical additives, over-scrubbing and rubbing with a towel. Don't lean on your phone! Use a Bluetooth® device, headset, speakerphone, or earbud.

Don't scrub off dead skin cells

Washcloths, spa gloves, abrasive scrubs, sonic or spin brushes, buffing pads, alcohol-based astringents, and rubbing with a towel can cause over-exfoliation, irritation, darkening, dead skin build-up, and more flaking.



Acne & Your Health

Severe “photo-sensitivity”

Many people are naturally sun-sensitive, regardless of skin sensitivity, ethnicity, or dark skin tone. It is normal for many but can be caused by weight gain and prescription medication, which leads to dark blemishes, brown patches, blotchiness, hyperpigmented acne, darkening of existing scars, and uneven darker skin tone on the outer cheeks, neck, eye area, forehead, temples, knuckles, chest, and other areas.

Photo-sensitizing medications include all hormones, birth control pills, shots, implants and devices, hormone replacement, oral diabetic drugs,

diuretics, blood pressure medications, antihistamines, antibiotics, systemic acne medications, retinoids, and certain anti-depressants. Weight gain can also cause darkening of the skin tone and is caused by insulin resistance, hormone changes, and sun exposure.

Some medications are acne triggers

Including many hormones, birth control pills, shots, and implants, systemic and topical steroids, anti-rejection medications, testosterone boosters, and anti-convulsive drugs. Cold and flu medications with bromide can also aggravate acne.

Tell us about changes

In your skin, health, medical history, medications, lifestyle, home address, email address, and phone number.



Acne & Your Health

Medical conditions

Thyroid, liver and kidney disease, diabetes, lupus, scleroderma, sarcoidosis, RA, MS, and other autoimmune diseases, hemochromatosis (storing too much iron), obesity and rapid weight gain, menopause, perimenopause, pregnancy, PCOS, irregular periods, hormonal imbalances and changes, fibroids, anemia, and smoking can cause delayed healing, acne breakouts, and sun-sensitivity resulting in darkening of the entire face or outer cheeks, forehead, upper lip, neck, and orbital eye area, and slow-to-heal skin lesions, including acne and dark blemishes.



Don't smoke tobacco!

Cigarettes, cigars, vaping, hookah, and weed rolled in tobacco are major acne triggers and can cause breakouts, severe blackheads, scarring, clog your pores, age your skin, cause blackened lips, gums, and under-eye circles, and keep acne and blemishes from healing.

Avoid recreational drugs

Blunts (*marijuana rolled in tobacco leaves*), cocaine, X, and meth all aggravate acne. Alcohol consumption doesn't cause your acne to worsen unless you're too drunk to apply your home care products or have high blood sugar.



Comedogenic Ingredients

Pore-clogging chemicals

Avoid acne aggravating products that contain acne triggers. Avoid the aggressive fatty acid IPM (isopropyl myristate) and its “chemical cousins”, including:

- isopropyl palmitate
- isopropyl lanolate
- myristyl myristate
- myristic acid
- isopropyl isothermal
- isostearyl neopentanoate.

Also,

- potassium chloride
- decyl oleate
- oleic acid
- oleyl alcohol
- octyl stearate
- isocetyl stearate
- PPG myristyl propionate
- sodium lauryl sulfate (SLS)
- sodium laureth sulfate
- laureth-4
- lanolin
- acetylated lanolin
- most natural butters and oils, except fragrance-free sunflower and mineral oil.



Comedogenic Ingredients

Avoid seaweed

Look for names like:

- spirulina
- kelp
- marine algae
- algin
- alginate
- alginic acid
- chlorella
- carrageenan
- red algae
- sea aster
- corallina officinalis
- asparagopsis armata
- bladderwrack
- dulse
- rockweed
- ulva lactuca
- sargassum
- laminaria fucus
- vesiculosus.

Master Pore-Clogging List

Ask me for the full pore-clogging list.



Hair Products & Extensions

Evaluate all hair products

If breakouts are concentrated on the hairline, forehead, temples, sides of the face, neck, and jawline, sideburns, scalp, behind the ears, or upper back. Whatever you put in your hair will migrate onto your skin. You perspire when you toss and turn in your sleep, get stressed, rush through your day, climb stairs, and exercise.

Hairspray must be light and unscented; cover your face with a cheap paper plate before you spray. This trick won't work with oil sheen, braid spray, or scented hairspray.

Avoid

- pressing creams, butters, and oils
- oil-sheen, hairspray, and braid spray
- mousse
- locking wax (except hard beeswax)
- curl activator
- scalp grease
- brown gel
- scented gel
- keratin treatments and protein
- conditioners
- aromatherapy oils
- other oils

Problem oils

- Coconut oil
- cocoa butter
- shea butter
- sweet almond oil
- carrot oil
- olive oil
- apricot kernel oil
- palm kernel oil
- castor oil
- products labeled "argan oil"
- Moroccan oil
- vitamin E oil
- wheat germ oil
- aromatherapy oil blends,
- jojoba waxes and esters
- and scented oils.



Hair Products & Extensions

Safe oil

- Fragrance-free sunflower oil

Safe hair products

- Neutrogena T-Sal Shampoo
- Care Free Lite Gel Activator
- Gabriel Correctives
- Free & Clear Shampoo, conditioner, gel, and dandruff products
- Original Formula Infusium 23 leave-in
- L'Anza spray leave-in
- American Crew Firm Hold Gel
- Vanicream
- Vaseline

Avoid these product lines if you're acne-prone

- Abba
- Affirm
- African Pride
- Argan Oil
- Aussie
- Aveda
- Avlon
- Beautiful Textures
- Bed Head
- Bee's Wax hair products
- Biosilk
- Blue Magic
- Bone Straight
- Botanicals
- Bumble & Bumble
- Cantu
- Care Free (*except Care Free Lite*)
- Carol's Daughter
- Carrot Oil
- Circle of Friends
- CitreShine
- Coconut oil
- Crème of Nature
- Curl Junkie
- D'arcy's Botanicals
- Dark & Lovely



Hair Products & Extensions

Safe oil

- Davines
- Design Essentials
- Deva
- Doo Gro
- Dr. Miracles
- Dove
- Dudley
- Duke
- Eden
- Enjoi
- Enjoy
- Garnier Fructis
- Giovanni
- Glover's
- Goldwell
- Hair Rules
- His Mix (*Mixed Chicks for Men*)
- IC
- Influence
- Isoplus
- Jessicurl
- JLife
- JML
- Joico
- Mixed Chicks
- Mizani
- Mop
- Moroccan Oil
- Motions
- Murray's
- Nairobi
- Neutrogena T-Gel
- Nexxus
- Nioxin Protectives
- Ojon
- Olive Oil products
- One Better "Instant Shine" Finishing Gloss
- Optimum
- Organic Root Stimulator
- Organix
- Oyin
- Pantene Relaxed & Natural
- Paul Mitchell and generics
- Philosophy
- Phyto
- Pink Oil
- Proclaim



Hair Products & Extensions

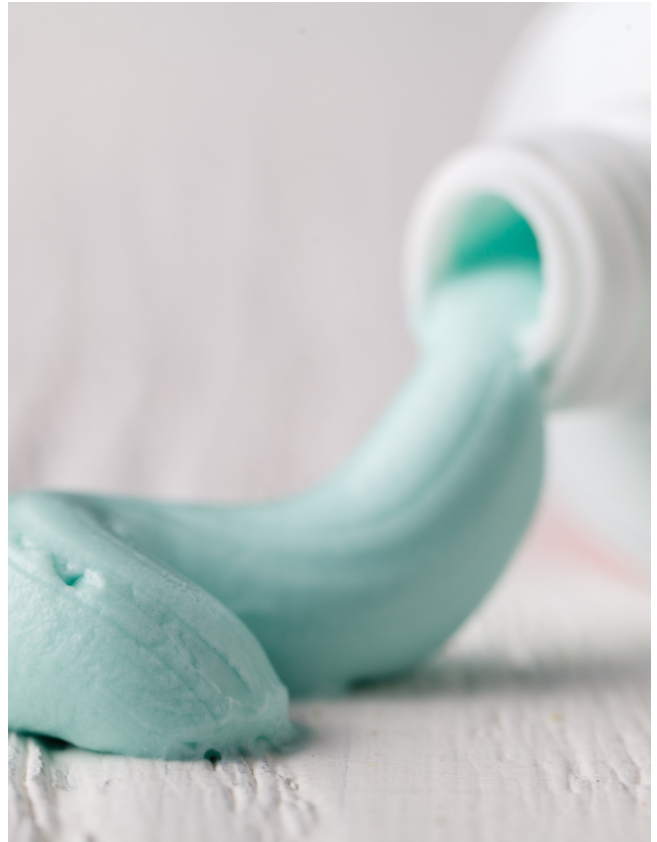
- Proline
- ProStyle
- Pureology
- Quidad
- Redken
- S Curl
- Sensitive by Nature
- Shea Moisture
- Shea Terra
- Soft Sheen “Optimum Oil Therapy”
- Sportin’ Waves
- Suave
- Sulfur 8
- TCB Hair Food
- Talijah Wahid
- Tresemme
- Warm Spirit
- Wen and dozens more.

Toothpaste

Toothpaste

Can cause small breakouts and darken the skin around and below the corners of the mouth, especially if it contains sodium lauryl sulfate (SLS), tartar control, fluoride, and aromatic flavors.

Keep toothpaste in your mouth, where it belongs. If it gets on your skin, use a cleanser to remove it. Look for SLS-free toothpaste.



Makeup

Avoid problematic cosmetics

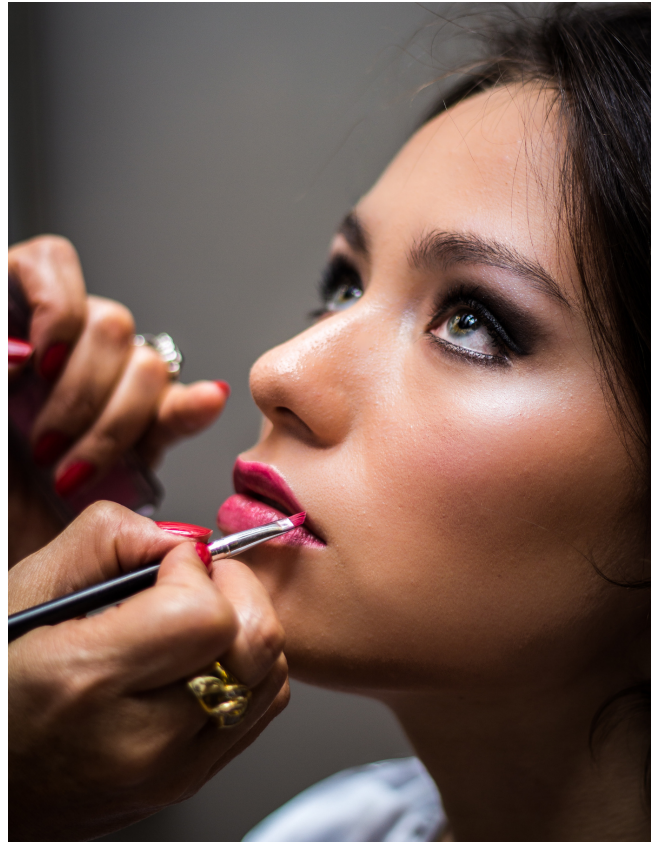
- Red dyes, known acne triggers, are found in foundations, blushes, lipstick, and powders
- MAC foundations, mineral make-up, and powders (especially Studio Fix)
- Shiseido
- Lancôme
- Estee Lauder
- Makeup For Ever
- L'Oreal, Chanel
- Fashion Fair
- Posner
- Iman and many other cosmetics

Re-evaluate your cosmetics and moisturizers if breakouts continue.

Avoid make-up that sticks to the skin when you wash it off.

Acne-safe red dye alternatives

Iron oxides and carmine.



Scalp Problems

Scaling, inflammation and/or itching

On the scalp, hairline, ears, brows, forehead, or side of the nose? You may have seborrhea or seborrheic dermatitis, common genetic conditions that are easy to treat.

Part of an oily, acne-prone, sensitive skin profile, this worsens dramatically

- in cold weather
- during stressful times
- when using harsh soaps and perfumes
- with infrequent shampooing.

Ignoring scalp issues

Can lead to moderate-to-severe dandruff, unsightly scaling, reddening

of the inner cheeks, forehead, and hairline, hyper-sensitive skin, a pink or light-pigmented patchy rash, tiny red bumps on the face and scalp, an itchy scalp, thinning hair, and hair loss (brows, scalp, and eyelashes).

Warning

Don't use a brush, scratch your scalp (*or let a stylist do so*), pat or rub your scalp. Thinning hair, itching, dead skin build-up, inflamed sores, and bumps will only get worse. Low thread count pillowcases can thin fragile hair on the side you sleep, so switch to satin, silk, or high count cotton. Make sure pillowcases are white if you're using acne medication.



Hormone Problems

Hormones can be acne triggers and linked to breakouts and hyperpigmentation

Including many low estrogen birth control pills, birth control shots and implants, polycystic ovarian syndrome (PCOS), hormonal changes, fibroids, imbalances, irregular periods, PMS/PMDD, and obesity (fat cells can boost the body's estrogen production).

The birth control pills advertised to help clear acne don't live up to the claims and can cause breakouts, dry eye, sun sensitivity, melasma, and other major health problems. HMOs routinely make contraceptive substitutions that are cheaper for them, but not true generics.



Want an IUD?

Choose the hormone-free T-shaped copper IUD over hormone-containing IUDs, implants, and shots, which are known to cause a truckload of side effects, including acne, pore-clogging, weight gain, mood swings, depression, yeast infections, sun sensitivity, and hair loss.

*Copper IUD does acne in some people

Pregnancy, postpartum and menstrual cycles

Can cause hormonal flare-ups. Use a calendar or smartphone app to track your cycle. Practice diligent skincare and sun care throughout the month. Pay close attention to your lifestyle to counteract problems during these times. Avoid direct sun. Protect your neck (*which darkens*) and face (*watch for dark melasma patches*) with zinc oxide-based sunscreen and reapply often.

Hormone Problems

Pregnant and lactating women
Should discontinue herbs, nutritional supplements (except prenatal vitamins), NSAIDs, retinoids, and hydroquinone. Discuss active skincare products, prescriptions, OTC medications, and systemic acne medications with your physician.



Insulin Resistance

What is insulin resistance?

Insulin is the hormone that is released from the pancreas in response to glucose (sugar) in the blood. Insulin levels spike after eating a meal.

When insulin is released in a non-insulin-resistant (healthy) person, it triggers the body's cells to utilize glucose and fats from the bloodstream.

Insulin resistance occurs when cells do not respond or respond weakly to the insulin signal. This results in the body secreting even more insulin and eventually creating toxic levels of glucose in the blood, known as high blood sugar.



Why is it important to recognize insulin resistance?

It's important to recognize and diagnose insulin resistance, because it is a clear marker of a diabetic tendency, and is usually evident 10 to 15 years before true diabetes is diagnosed.

PCOS

PCOS (Polycystic Ovarian Syndrome)

A hormone imbalance causes several skin-related symptoms, including oily skin, adult acne, skin tags, and dark velvety skin patches known as acanthosis nigricans.

More than 1 in 5 women suffer from PCOS. It's now the #1 health condition facing women today so it's no wonder that it has such an impact on skin health.

Whilst you might be able to hide the pain in your tummy or the irregularity of your menstrual cycle, seeing your skin break out with blemishes, become irritated, or start to change in texture is not only uncomfortable but an undeniable sign that something is wrong.

Women with PCOS

Are often told they should take birth control pills to regulate their cycle and treat PCOS, which according to research may actually be exacerbating the inflammation problem. A recent study found that the use of oral, transdermal, and vaginal birth control impairs glucose tolerance and induces chronic inflammation.



Period Acne

Period acne

Is different from the typical acne you may experience during other weeks of your menstrual cycle. These breakouts of pimples are usually on the lower half of your face (chin, cheeks), jawline and neck. They are usually red, inflamed, raised bumps (papules) that rarely develop into a white head. They can be very frustrating but try to resist squeezing them. This may only make them worse and take longer to go away.

The two main hormones involved in the production of PMS acne are **estrogen and progesterone**. In the first 14 days of the menstrual cycle, estrogen is the most prominent hormone.

In the last 14 days of the menstrual cycle, progesterone is the most prominent hormone. This is why acne is prominent in the first 14 days of the cycle or before bleeding begins. In those last two weeks of the cycle before the period of bleeding begins the increase in progesterone causes the swelling of the skin and compression of the pores.

At the same time, the substance sebum is accumulating under the skin. All the while the higher levels of testosterone cause even more sebum to be produced and in the 63% of women who are inclined to have acne, this sebum acts like oil on the skin and adds to the clogging of the pores resulting in pimples, blackheads, and whiteheads – acne.



Leaky Gut

Digestive acne

The close link between gut health, hormones and acne is an interesting one. Oestrogen and progesterone, for example, can affect the speed at which food is digested and moved along the digestive tract.

This is why women, at various stages of their cycle, can experience bloating, diarrhea, and/or constipation. The gut also plays a key role in how oestrogen is eliminated by the body.

When the elimination pathways are slowed down because of constipation, or the liver is overburdened due to a high level of toxins in the bloodstream, oestrogen metabolism and elimination

can be compromised, and this can easily lead to hormonal imbalances.

Oestrogen dominance is a common condition that many women experience and the symptoms can worsen in the second half of their menstrual cycle. It essentially means that their oestrogen levels are too high in comparison to their progesterone. This can cause acne, along with premenstrual bloating, cramping, mood swings, sluggish metabolism, headaches, tender breasts, and sugar cravings.



Leaky Gut

Other gut disorders, such as leaky gut and SIBO, also have close links to acne. SIBO is ten times as prevalent in people with acne, and stress-induced leaky gut may contribute to local skin inflammation, which is seen in people with acne.

This cycle can be self-perpetuating, as an imbalance of bacteria or leaky gut can cause inflammation and malabsorption issues – meaning the skin isn't getting all the essential nutrients it needs.



Estrogen Dominance

Good Skin Comes from the Inside Out,
Not the Outside In!

How does gut health affect acne?

The gut is responsible for much more than digestion and nutrient absorption. It's an ecosystem! Like any other ecosystem, your gut needs the right environment to flourish.

Through a healthy diet and lifestyle, the collection of bacteria, viruses, and fungi (your gut microbiome) can thrive.

Your gut and skin communicate with each other through what is called the gut-skin axis.

Since the majority of your immune

system cells are actually located in your GI tract, your gut microbiome largely influences your immune system. By influencing your immune system, the health of your gut microbiome also affects your skin health. Imbalances in your gut bacteria can lead to leaky gut and inflammatory responses which may eventually present as acne on the skin.

Research shows that up to 34 percent of people suffering from irritable bowel syndrome (IBS) exhibit skin manifestations. Leaky gut or intestinal permeability can mean that our body is unable to absorb and use key nutrients, vitamins, and minerals that are essential for strong, healthy skin. At the same time, if our gut is 'leaky' and LPS (endotoxins) are able to escape into our bloodstream, they are sent to the liver for processing. This places an extra burden on the liver, which is already dealing with our normal metabolic wastes and environmental and dietary chemicals. When the liver is overburdened, our skin takes on the responsibility of having to eliminate some of these toxins.





Thank You...

Conclusion:

Accountability, consistency, and focus are key to maintaining beauty and vitality. Everything you see on the outside from wrinkles to acne and eczema is due to a systemic imbalance issue that starts on the inside; often in the gut.

The sooner you come to terms with this, the sooner you can start to address the root cause(s) and heal. Your most focused effort and long-term “bang for your buck” will be had to get your eating habits, food allergies, digestion, water and supplementation nailed down. Then create a systemized and reproducible routine out of your new body awareness for life.

This information is NOT intended as medical advice, nor is it intended to replace the care of qualified health care professionals. This content is not intended to diagnose or treat any diseases. Always consult with your primary care physician or licensed healthcare provider for all diagnosis and treatment of any diseases or conditions, for medications or medical advice as well as before changing your health care regimen.

Getting healthy together,
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