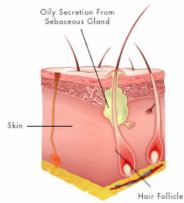


Acne

Patient Information Sheet

Causes & Mechanism of the Condition

Acne vulgaris is the most common skin disorder in the United States. It is an inflammatory skin condition characterized by clogged pores, pimples and blackheads. It is most common in adolescents, generally disappearing by age 30. Males are more likely than females to get acne, and to have more severe cases. Adult onset acne, however, most commonly affects women. Acne scars are common, especially with cystic acne.



Testosterone has been identified as a chief trigger of acne development because it stimulates sebaceous (oil) glands. Testosterone is a steroid hormone produced by both men and women. It is called “the male hormone” because males produce considerably more of it, and it is responsible for male characteristics such as a deep voice, facial and chest hair. Sebaceous glands are tiny organs which usually open into hair follicles on the surface of your skin. They produce sebum (oil) that moisturizes and protects the skin. When the sebaceous glands are stimulated to overproduce oil, keratinocytes (epidermal skin cells) fail to be shed normally resulting in blocked follicles. Bacteria that naturally reside in the sebaceous glands multiply leading to inflammation, redness, and pimples. Numerous other factors directly or indirectly contribute to acne development. For example, cortisol, which increases in response to stress, stimulates sebaceous glands to produce more oil. Insulin and insulin-like growth factor (IGF-1), which increase when you eat refined sugar and other simple carbohydrates, stimulate sebum production and proliferation of keratinocytes implicated in acne formation.

Acne is commonly treated with topical products containing benzoyl peroxide, salicylic acid, sulfur, antibiotics, alpha hydroxy acids, and retinoids. These products can be very useful in acne management, however they commonly irritate sensitive skin, and they don’t address the root causes of acne. Likewise, oral acne drugs such as antibiotics and retinoids (e.g., Accutane) fail to address the root causes of acne, and can cause serious side effects. Herbs and supplements along with dietary and lifestyle changes can prove to be effective alternatives in many cases.

Suggested Dietary & Lifestyle Modifications

- Base your diet on vegetables, fresh or frozen whole fruits, whole grains (especially brown rice), legumes and lean meats. Include a leafy green salad with cucumber & other veggies each day.
- Snack on high fiber, low fat snacks such as carrot sticks, celery, apples, whole grains.
- Drink lemon water throughout the day
- Avoid soft drinks (natural sparkling water with lemon or lime juice is O.K.)
- Limit **refined** carbohydrates (sugar, high fructose corn syrup, white flour, white rice, etc.)
- Use fresh or frozen fruits, and small amounts of dark chocolate to help control sugar cravings.
- Don’t consume an excess of dairy products, and choose organic dairy whenever possible.
- Avoid fried or greasy foods (chips, french fries, etc.), and trans fats.
- Exercise regularly (daily preferred, minimum 30 minutes three times per week)
- Outdoor activities with a sensible amount of natural sun light are suggested as often as possible.




Supplements That May Be Beneficial

- Ultra Preventive Capsules (high potency multi vitamin & mineral supplement with spirulina)
- Dermaclear (artichoke, burdock, lady's mantle, plantain, pansy, clary sage, rosemary, primrose)
- Hepacleanse (milk thistle, papaya, yarrow)
- French Green Clay
- Radical Resilience (milk thistle, bacopa, melissa, turmeric, maca)
- Phytobiotic (L-Lysine, house leek, knotweed, black currant, thyme, savory, lavender)
- Ultra Monolaurin
- Ultra Omega-Linic (Black Currant Oil, Salmon Oil, Vitamin E)
- Ultra Mag Chelate 250 (Magnesium, Slippery Elm)
- Phyto-Derm (Kelp, Horsetail, Milk Thistle, Rosehip, Pumpkin Seed, Pansy, Marigold)
- Custom tincture and tea blends as recommended by a qualified health professional



Complementary Treatments & Other Tips

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- Each morning, cleanse with *Sea Dew Soap Free Cleanser*, spritz *Dermacalm Toner* on face and follow with *Dermaclear Lotion*.
 - Each evening, cleanse with *Sea Dew Soap Free Cleanser*, gently exfoliate with *Bamboo Polish*, spritz *Dermacalm Toner* on face and follow with *Dermaclear Lotion* (if you have sensitive skin, wait at least 15 minutes after exfoliating before applying the *Dermaclear*).
 - Twice per week, mix *French Green Clay* powder with floral water or distilled water to make a paste and apply as a facial mask. Allow the mask to dry for 15-20 minutes and then rinse well. Follow with *Dermacalm Toner* and *Dermaclear Lotion* (if you have sensitive skin, wait at least 15 minutes after rinsing the clay mask before applying *Dermaclear Lotion*).
 - Keep wash cloths and pillow cases clean (use hypo-allergenic laundry soap for washing)
 - Only use cosmetics and lotions that are non-comedogenic (don't block pores)
 - Avoid picking and squeezing blemishes
 - Avoid constipation (treat with magnesium & fiber)
 - Be patient. Acne treatments typically take 2-3 months to work.

Individuals under a physician's care should seek the advice of their physician before taking nutritional supplements or beginning a new exercise program. The nutritional suggestions in this material are not offered to treat, mitigate or cure disease, and should not be used as a substitute for sound medical advice. This information is designed to be used in conjunction with the services of a trained, licensed healthcare practitioner.

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