

Acne and other inflammatory skin conditions like psoriasis and eczema are influenced by a number of factors including diet and other lifestyle choices. Follow these guidelines to stay healthy and support a clear, radiant complexion. For best results, combine a healthy diet with VitaMedica's *Clear Skin Formula* or *Healthy Skin Formula*.

- 1. Discuss the medications you're taking with your doctor.** Certain drugs, including cortisone, androgens, lithium or those containing iodine, are known to cause acne.
- 2. Eat plenty of fruits & vegetables.** Minimize animal fat, fried foods, processed foods and dairy products. These foods are high in saturated and partially-hydrogenated fat, which are associated with inflammation related to acne.
- 3. Eat a diet high in fiber.** Fiber helps the body to rid itself of toxins. 15 grams of dietary fiber per day is optimal. If your daily intake of fiber is less, consider a fiber supplement.
- 4. Eliminate refined and/or concentrated carbohydrates.** Testosterone is a hormone that can stimulate oil production. A diet comprised of high glycemic index carbohydrates increases production, whereas a diet high in protein decreases available testosterone.
- 5. Hydrate your body.** It is important to drink plenty of high quality water each day. As an organ of elimination, the skin requires ample water to maintain proper function and get rid of toxins.
- 6. Eliminate dairy products.** Studies have shown a causal relationship between dairy intake and acne. Consume soy or rice milk instead. Consume products with active live beneficial bacteria cultures such as probiotics to maintain a healthy intestine.
- 7. Avoid products with iodine.** Iodine can exacerbate acne. Iodized salt and products that contain high levels of iodine such as seaweed, some shell fish and even dairy may need to be avoided.
- 8. Consider an internal cleansing program.** The body rids itself of toxins through several systems including the kidneys and liver. If these systems become overburdened, then the skin takes over. An internal cleansing program helps to rid the body of toxins so that the organ systems, including the skin, do not have to work overtime.
- 9. Reduce stress in your life.** Get plenty of sleep and try to manage the stress in your life by practicing meditation, yoga classes or through simple relaxation techniques.
- 10. Acne is multifactorial.** Acne is caused by a variety of factors including genetics. Work with a skin care professional to develop an individual regimen to improve your skin.

VitaMedica Corporation
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