

# Absolutely Flawless

Suffering from acne and breakouts? Dream of beautiful, clear skin? These natural solutions will help you prevent blemishes and reveal a radiant complexion.

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## Balance your hormones

Acne breakouts are triggered by high levels of the hormone testosterone. This hormone controls the production of sebum (the oily substance released by sebaceous glands in the skin). The excess oil mixes with dead skin cells and bacteria, blocking the pores and giving rise to acne. You can control how much oil your skin produces by consuming foods rich in essential omega-3 fatty acids, such as fish and zinc-rich pumpkin seeds. Include hormone-friendly foods such as chickpeas, lentils and beans. Eating these foods regularly can help balance your hormones, reduce inflammation and promote clear skin.

## Love your gut

Acne often results from a toxic gut, which has bad bacteria and yeast overgrowth. If you've been on antibiotics, a lot of your good bacteria will have been destroyed as a result. Without good bacteria, you will have more inflammation, lowered immunity, poor absorption of nutrients and poor elimination. Taking a comprehensive digestive system test and a good quality probiotic is a must!

## Eliminate to radiate

If you are not eliminating well via your colon, your body will have to escort the toxins out via your skin, resulting in an eruption of breakouts, irritation and inflammation. Keep your bowel movements regular by eating more fibre-rich foods, such as pears, apples, soaked prunes and linseeds.

## Support the liver

One of the key factors in preventing and controlling acne is looking after the liver, to

help better elimination of toxins and excess hormones. This is especially important for women who break out with acne as a result of their monthly cycle or Polycystic Ovary Syndrome (PCOS). Eat more green leafy vegetables, beetroot and artichokes to help cleanse the liver.

## Clean up your diet

Certain foods can aggravate acne. Sugar, saturated fat, dairy and gluten products



are the biggest offenders. These foods are inflammatory, clogging and can increase oil gland activity. Dairy produce and meat products, unless organic, contain hormones and antibiotic residues. Caffeinated drinks increase your cortisol levels, which boost the sebum production and set the stage for more acne. Sugary drinks such as colas, soda-like drinks and milkshakes are high in sugar and additives, and thus best avoided. Removing these culprits from your diet, for at least two months, can make a big improvement and eliminate acne.

## Eat yourself beautiful

The best way to a clear and smooth skin is from the inside out. So, eat foods rich in antioxidants and essential fatty acids. Your top skin foods include: berries, almonds, pumpkin seeds, avocados, carrots, mangoes, sweet potatoes, salmon, trout and sardines. Remember to drink at least eight glasses of water daily, to help flush out the toxins and keep your skin hydrated.

## Sleep right

Most people who suffer from acne tend to sleep on their stomach and thus on their face. This can aggravate acne problems. So, learn to sleep on your back instead. Good quality sleep is important for healthy skin, as most of your skin repair takes place at night.

## Manage stress

Stress can exacerbate the acne problem. Practice deep breathing, yoga and Neuro-Linguistic Programming (NLP) to reduce your stress levels.

## Use natural skincare

Many skincare products contain chemicals that can strip your skin of its natural oils. As a result, your skin has to overproduce oil to compensate, worsening the acne problem. Try The Sher System ([www.sher.co.uk](http://www.sher.co.uk)), a very effective natural skincare, specially formulated for acne prone skin.

## Go for best remedies

Rio Rosa Mosqueta ([www.riorosa.co.uk](http://www.riorosa.co.uk)) helps heal scars. Though do not use on active acne! Use tea tree oil face wash or neem soap to calm and soothe the affected areas. BioCare DermaGuard Complex is a brilliant botanicals, multi-vitamin and mineral supplement specially designed for healthy skin. BioCare Carotenoid Complex is an excellent antioxidant complex for radiant skin. BioCare Omega Plex and OptiZinc are a fantastic combination for reducing oil production and inflammation. BioCare Liv-D is a great liver support. BioCare Replete Intensive is a super boost for your good bacteria, especially after antibiotics (available at [www.biocare.co.uk](http://www.biocare.co.uk)).

**Note:** Always consult your doctor before changing your diet and carefully read all the supplement instructions. □

■ With a flourishing private practice on prestigious Harley Street in London, Akcelina Cvijetic is Nutritionist and Life Coach to the royal family, celebrities and business people

