

# Clear Skin Nutrition

**This is a guideline only**—The “Eliminate” group has been proven to be a problem for most acne sufferers. Topical skincare will not clear acne without the proper changes to diet.

## ELIMINATE

## ACCEPTABLE SUBSTITUTE

### Iodides



Iodized Salt

Sea Salt, Uniodized Salt, Celtic Salt



Dairy

- Milk (including organic and especially nonfat)
- Cheese
- Half and Half, yogurt, cream cheese, ice cream

Almond Milk, Coconut Milk, Rice Milk

Nut cheese

Coconut milk, almond milk, and oat milk creamers, yogurts and ice creams.



Whey or Soy Protein Shakes and Protein Bars

Pea Protein, Egg White Powder, Hemp – still check for iodides and biotin before buying (*Vega Sport Performance Protein & Perfect Fit are a few safe ones.*)



Soy – e.g., tofu, soy milk, tempeh, edamame, soy sauce

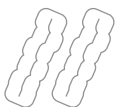


Seafood, Shellfish e.g., cod, scallops

Fresh Water Fish – lake trout, bass, catfish



Spirulina, Chlorella, Blue-Green Algae



Kelp, Miso Soup, Seaweed, Seaweed Supplements



Vitamins with iodides, iodine, kelp, potassium iodide (also avoid Biotin and B12)

## ELIMINATE

## ACCEPTABLE SUBSTITUTE

### Foods High in Androgens



Peanuts, Peanut Butter

Almond Butter or other nut butters



Peanut Oil, Corn Oil, Canola Oil

Olive Oil, Butter, Coconut Oil



Shellfish



Organ Meats including patè

**Sugar:** A well-balanced low-glycemic diet can support all aspects of health, including your skin.

### Supplements

The following supplements have been found to be useful in aiding your recovery from acne. Your acne specialist may make recommendations based on the type of acne you have.

#### Zinc Monomethionine

This form of zinc is the most bio-available form that acts directly as an anti-inflammatory. Many people with acne have low levels of zinc in their body. Supplementing with zinc has been shown to reduce the severity of cysts and inflamed lesions.

#### Omega 3 Fish Oils

Fish oil is a great anti-inflammatory and helps to alter sebum production; HOWEVER, only if it's molecularly distilled or pharmaceutical grade. Unfortunately, many fish oil supplements are oxidized which actually creates more inflammation. So, only take it if you are sure about your source. Read our handout if not buying from your Clear Acne Solutions Certified Acne Specialist.

#### Probiotics

These are good bacteria that 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.



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