



# NUTRITION FOR Acne

## WHAT CAUSES ACNE?

Acne is caused by bacteria that feed on dead cells and oily sebum in your skin, leading to painful pimples. Excessive sebum production, microbial imbalance, and inflammation contribute to the development of acne. Cystic acne—a more severe form—is often driven by high levels of insulin and/or androgen hormones. To get to root cause, it is key to balance blood sugar, hormones, and the gut microbiome. As annoying as it can be, acne should be thought of as your body's signal that there is something deeper that needs attention.

## THE POWER OF FOOD

Certain foods can improve (or worsen) the factors that cause acne. A diet high in processed oils, sugar, refined carbs, and dairy will promote inflammation, high insulin, increased sebum production, dysbiosis, and hormone-like growth factors—all which contribute to the development of acne. In contrast, a whole food diet with lots of fiber-rich vegetables, leafy greens, and healthy fats supports proper blood sugar rhythm, healthy hormone levels, and microbial balance.



## WAYS TO REDUCE

- REDUCE SUGAR, DAIRY, & TOXIC OILS  
*this is a major way to reduce inflammation & imbalance*
- BALANCE BLOOD SUGAR  
*eat regular meals with healthy fats, protein, and fiber*
- SUPPORT HEALTHY HORMONES  
*with foods like broccoli, cauliflower, cabbage, fresh herbs, fish, and avocados*
- PRIORITIZE PROBIOTICS  
*support microbial balance with fermented vegetables or a probiotic supplement*

*The most common dietary triggers of acne are dairy, sugar, processed grains, processed oils, and fried foods.*