



Intro

Here's something you may not know about your acne. Acne is both:

1. inherited/genetic

AND

2. "self-inflicted" (*caused by your lifestyle choices, using pore-clogging skin care products, hair products, makeup, or eating an inflammatory diet*).

Since all skin care products, makeup, hair products, dietary choices and lifestyle decisions can be simply substituted with acne-safe alternatives, this means you have the power to get clear!

By changing or improving your "**bad habits**" (*like using comedogenic products or picking/popping your acne*), choosing low-inflammatory foods to create healing on the inside, and speeding up healing on the outside with an improved skin care routine, I've seen even the worst acne cases achieve clear skin.

So, what's next?

ACNE IS BOTH
GENETIC AND SELF-INFLICTED

Acne is a multi-factorial disease. While each case is unique, you can greatly improve your chances of clear skin with food and lifestyle strategies.



Stress & Sleep

Reduce your stress

Do whatever it takes. Stress is a major acne trigger, is caused by the wear and tear of day-to-day living and changes that take place in your life, both good and bad. Moving is comparable to the death of a child in its ability to cause extreme stress.

Sleep seven uninterrupted hours per night

On a consistent basis. Missed sleep can be caused by night shift jobs, broken sleep, social media, phone notifications, sleeping with infants or small children, poor time management, insomnia, menopause, long plane trips and crossing time zones. Because chronic lack of sleep can lead to severe physical stress it can be difficult to clear active acne, maintain clear skin, and lighten dark circles.

LIFESTYLE & ACNE TRIGGERS

“A calm and modest life brings more happiness than the pursuit of success combined with constant restlessness.”

ALBERT EINSTEIN



Laundry Products

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Problem:

Scented laundry detergents, additives, and fabric softeners leave harmful residues that can irritate sensitive skin, cause contact dermatitis, and worsen acne or eczema.

What to look for:

Look for dermatitis on one side of your face, neck and body where you sleep, on your back, and areas where you perspire. Also, check along the seams of your clothes, including under bra straps, necklines, waistlines, panty lines, the seams of your jeans, under socks, and anywhere clothing is fitted, tight or your skin comes in contact with chemical residue from washing powders, liquid detergents, additives, and fabric softeners.

Allergies?

When your skin comes into contact with perfumes and toxic chemical residues, you're inhaling them too, which trigger nasal allergies, wheezing, dark circles and headaches.

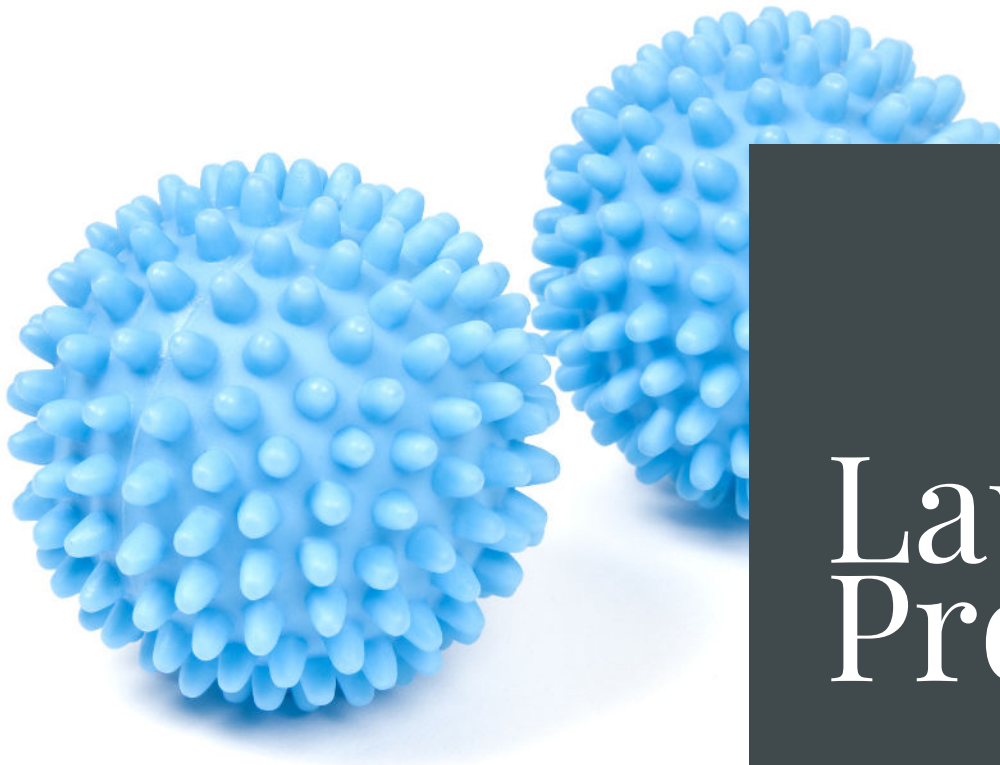
Extra rinse cycle:

When possible, put clothes through an extra rinse cycle to remove traces of soap residue to reduce the potential for persistent irritation.

Less detergent and smaller loads:

1. Do you “**crowd**” soiled clothing in the washing machine by attempting to turn three loads into of two?
2. Do you pour detergent directly into the washer without measuring?

Wash 25% less laundry per load, and use 25% less “**free**” detergent in the process. Always measure and then use a bit less. Clothing and bedding get much cleaner by agitating and circulating better. Less laundry in the washer and less detergent means cleaner, softer fabric, less chemical residue, a fresher natural scent, and fewer skin problems



Laundry Products

Fragrance and dye-free detergent

Laundry everything in fragrance-free detergent (*no softener sheets*). Look for white bottles that say Free & Clear, Free of Perfume & Dyes, or Free & Gentle.

Safe bleach

Clorox 2, for Colors Free & Clear.

Safe fabric softeners

Fragrance-free liquid Downey in the white bottle and chemical-free “**dryer balls**”.

Change your pillowcase

Every day or two, launder in “**free & clear**” products in white bottles with an extra rinse cycle if possible. Purchase several and choose white if you will be using acne products.

Avoid laundry additives, enzymes, chlorine bleach and fabric softeners

Including fragrance-free dryer sheets, which leave a waxy residue that can clog pores and irritate skin. Use 25% less detergent, and wash 25% fewer clothes at a time. If possible, run an extra rinse cycle.

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Wash before you wear!

Laundry all new bedding, bath linens, and clothing before use. Anything imported, especially jeans and scarves, are sprayed with toxic fungicides, pesticides, and formaldehyde, and must be washed a few times before wearing to avoid body acne, infections, rashes, and skin discoloration.

Workout wear

Should be cotton and laundered in fragrance-free detergent with no fabric softener. Shower after perspiring with an acne soap or medicated body wash if you have body acne or a fungal infection on your body.



Picking, Friction & Scrubbing

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Stop picking, scratching, tweezing and skin tampering!

Women, get a set of acrylic or gel nails, file them so they're not sharp, and maintain them every two weeks. Leave “**stop picking**” notes to yourself on mirrors, day planners, briefcases, desk drawers, rearview mirrors and in lockers. Picking pushes bumps deeper into the follicle, slows the healing process, invites secondary infection, introduces airborne bacteria, causes thickened, dark dead skin build-up and scarring, and turns tiny bumps into huge brown, black or red blemishes that take forever to heal and fade.

Acne mechanica

Is caused by

- friction (*rubbing*)
- pressure
- occlusion (*restricted air flow*)

which results in deep acne and hair bumps, scalp bumps and severe darkening. Avoid pressure and friction, like leaning on your hand or phone, sleeping on your hand or arm, wearing tight doo-rags, wave caps, sleeping scarves, hats, caps, visors, headbands (*and moving them up and down on the forehead*).

More trouble

Poor-fitting glasses, football helmets, tight bra straps and bands, leaning and putting more pressure on one side of your butt as you sit, heavy shoulder bags and backpacks, clothing with chemical additives, over-scrubbing and rubbing with a towel. Don't lean on your phone! Use a Bluetooth® device, headset, speakerphone or earbud.

Don't scrub off dead skin cells.

Washcloths, spa gloves, abrasive scrubs, sonic or spin brushes, buffing pads, alcohol-based astringents and rubbing with a towel can cause over-exfoliation, irritation, darkening, dead skin build-up, and more flaking.



Self Love

It's really easy to put yourself down.

We all do it, don't we? Whether it's about our skin, our bodies or our skills and talents. These negative thoughts create stress surrounding our acne which can lead to more inflammation and further breakouts.

I found affirmations to be a really helpful tool in changing my thought process and turning negative thoughts into more positive ones. Whenever I looked in the mirror and found myself thinking "*If only I didn't have acne, I could be pretty*" or "*I'm never, ever going to rid myself of acne*" I started saying out loud instead "*I am more than my skin*" or "*I am naturally beautiful when I am myself*".

I would breathe deeply and say these affirmations over and over until they began to have a positive influence on my mind set. Give it a try!

I promise you, it will help.

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This information is NOT intended as medical advice, nor is it intended to replace the care of a qualified health care professional. This content is not intended to diagnose or treat any diseases. Always consult with your primary care physician or licensed healthcare provider for all diagnosis and treatment of any diseases or conditions, for medications or medical advice as well as before changing your health care regimen.