

BRIDGIT ROUGET - NATUROPATH

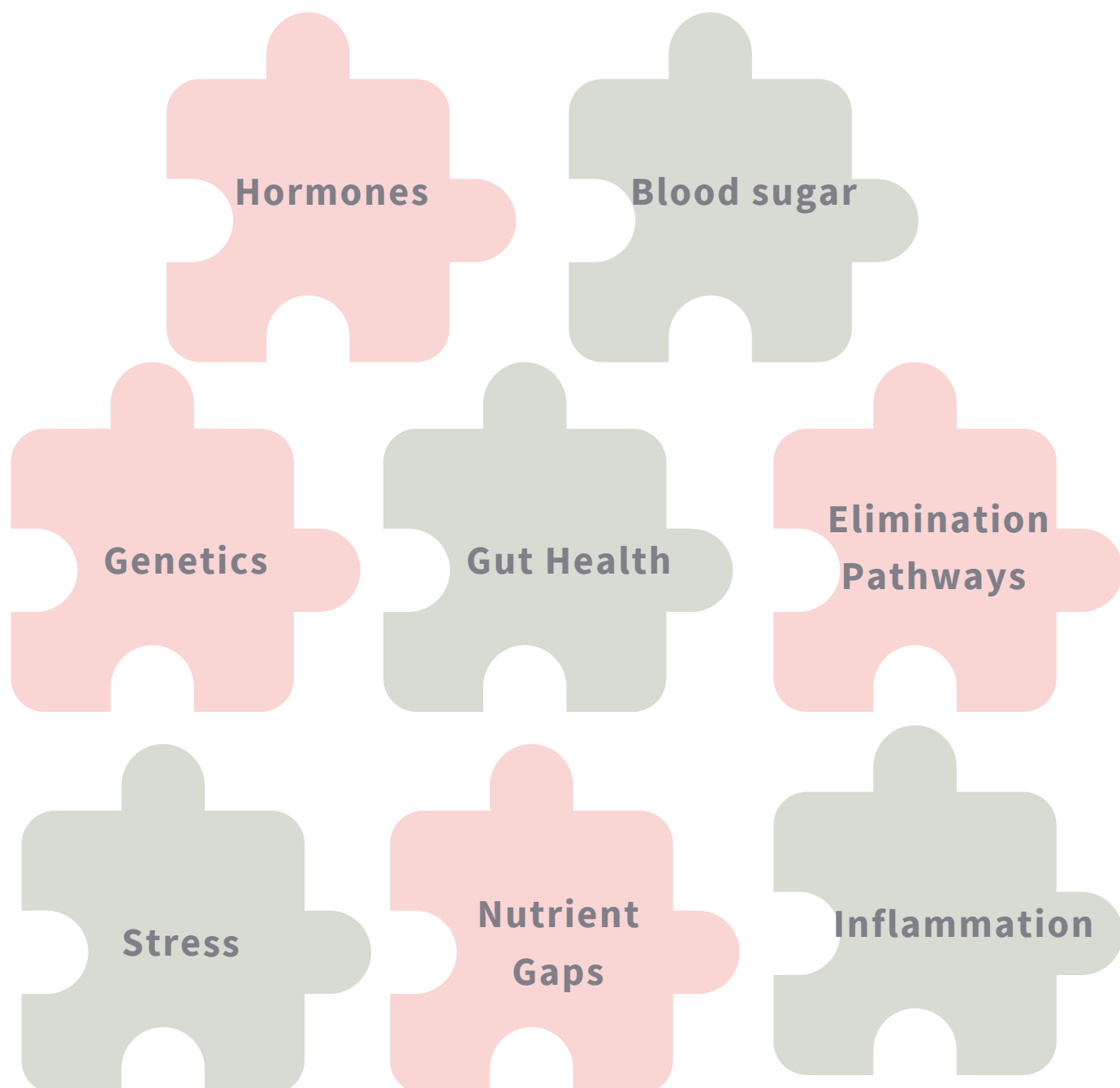
ACNE GUIDE

An Introduction to
Natural Health
treatment breakout
prone skin

WHY AM I BREAKING OUT??

Unfortunately there usually isn't just one factor or trigger for acne. But a combination of puzzle pieces of what's going on in the inside and outside.

INSIDE ACNE FACTORS

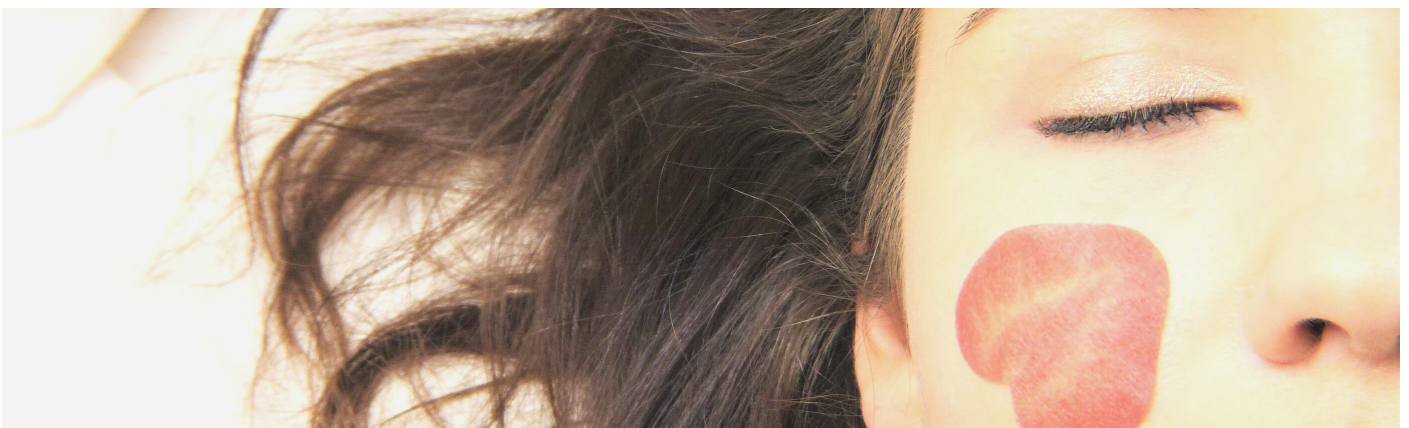


OUTSIDE ACNE FACTORS

Topical agents: e.g. cosmetics, creams, hair products and cleansers. What goes on your skin can influence sebum (oil) production and lead to pores clogging and acne forming. Best to speak with your skin care specialist to find the right fit for you

Skin microbiome: the balance of the community of bacteria/microbes that live on your skin. If out of balance, certain bacteria can overgrow and lead to acne.

Irritation & Sweat: from helmets, hats, shirt collars, bra straps and body sweat can all irritate the skin and cause skin inflammation.



FOOD AND ACNE

Identifying trigger foods

There may be certain foods that make you acne worse or contribute to a breakout (like dairy for some people). Your practitioner can help you identify and reduce these.

Reducing consumption of refined/processed/sweetened foods

these can aggravate acne in several ways. They can elevate insulin levels, cause inflammation, compromise gut health and lead to an imbalance of omega 6: omega-3 fatty acids. Eating a fresh whole-food diet rich in fruits and vegetables will also act to boost all the nutrients to help you reduce acne lesions.

Increase dietary fibre

Choosing whole-grains, whole vegetables and fruits (avoid juices) and add some legumes to your diet. An average adult requires minimum 30 grams of fibre each day - and most of us get less than a third of this amount! Increased fibre will assist your gut to staying healthy and happy (fibre acts as pre-biotics & feed your beneficial gut bacteria) while also encouraging regular bowel elimination, important for acne.

Include some oily fish & seafood

Seafood and oily fish will provide anti-inflammatory omega-3 fatty acids and are also rich in minerals which are essential for skin health.

Eat a rainbow of different coloured fresh fruits and vegetables each and every day

Getting a good variety of different coloured produce will act to provide you with a variety of different nutrients required for healthy skin, such as vitamin A (beta-carotene), vitamin C and vitamin E.

Add small amounts of low allergenic nuts & seeds

Like almonds, walnuts, chia seeds and hemp seeds. These are rich in vitamin E, omega 3, zinc and selenium.



KEY NUTRIENTS FOR THE SKIN AND WHERE TO GET THEM...

Vitamin C and bioflavonoids

Broccoli, cauliflower, kale, kiwi fruit, papaya, lemon, strawberries, cherries, parsley, brussels sprouts, oranges.

Selenium and zinc

Seafood (salmon, tuna, prawns, crab, lobster), brazil nuts (ideally from brazil), brown rice, lentils, grass fed beef, flaxseeds, pumpkin seeds, eggs, dark chocolate

Vitamin E & Omega 3

Avocado, wheatgerm, sunflower seeds, almonds, salmon, oysters, seaweed, chia seeds, hemp seeds, flax seeds, walnuts

Vitamin A and betacarotene

eggs, salmon, beef liver, sweet potato, carrots, spinach, broccoli

Vitamin B3

Chicken, tuna, salmon, avocado, brown rice, mushrooms, pumpkin

WANT TO KNOW MORE AND WORK WITH ME?

I love helping support with those who wish to re discover their confidence and radiance with their skin, by nourishing both the inside and outside!

Our skin is more than just a shell...
It's a direct reflection of our inner organs.

What goes on the inside is just as important as the outside.

Naturopathic appointments are available both in person at Somerville Victoria or via online video consults!

For more information about Bridgit
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Disclaimer:

The advice provided in this worksheet is for general informational purposes only. The information presented in this worksheet is based on research, training and professional experience of the practitioner and is true and complete to the best of their knowledge. This information is meant to augment and not replace regular consultation with a qualified health care provider. Consultation with a Naturopath, Nutritionist and primary care provider is strongly recommended anyone suffering from a health problem.