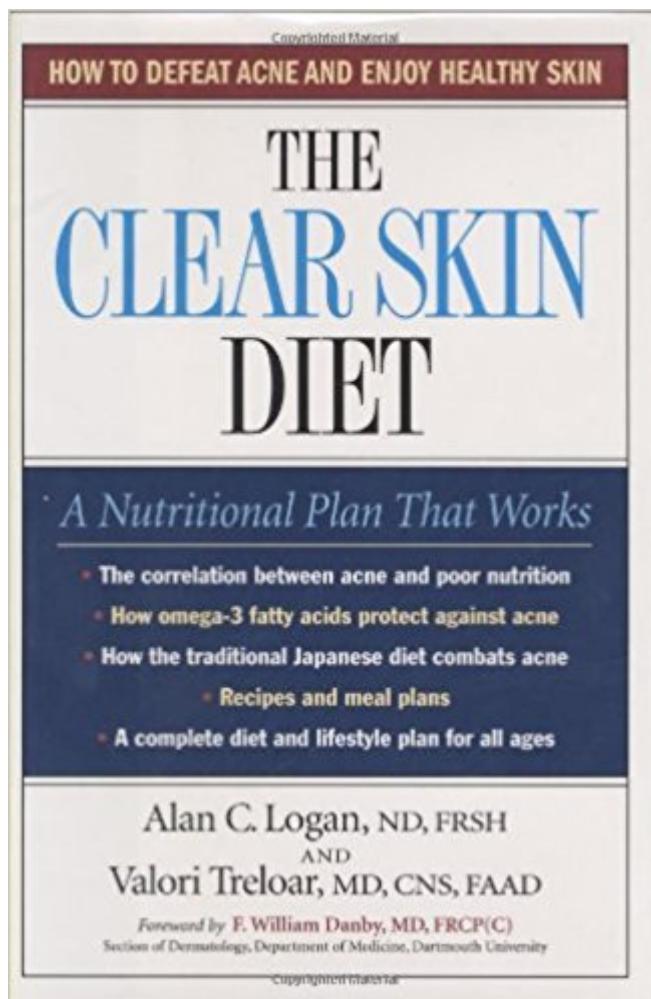


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# The Clear Skin Diet



## **Synopsis**

While acne has long been a problem for adolescents, in recent decades - the last fifty years specifically - acne has been on the rise among adults as well, particularly among women. Many scientists have traced this upsurge to changes in the dietary habits of North Americans. The Clear Skin Diet is designed to help those who suffer from acne to understand: What it is Why they have it What it has to do with their eating habits And what they can do to prevent it or lessen its impact Modern research shows: That there is a strong causal connection between certain kinds of foods and acne. That certain fats, such as omega-3 fatty acids, protect against acne, while others, saturated or trans fats, can promote acne by increasing the level of inflammation and oxidative stress in the skin. Culinary herbs like ginger and turmeric are known to dampen acne breakouts. These same dietary stresses also influence the level of the hormones that cause acne. While fruits and vegetables, green tea, soy, fish, berries, and fiber-rich whole foods lessen these androgens, meat and milk promote these acne-related hormones, as do sugar and low-fiber carbohydrates. There also is a strong causal connection between the brain and the skin. When a person experiences anxiety and depression, acne-producing hormones are released, which can lead to poor dietary choices high in saturated fats and sugars. The Clear Skin Diet introduces the acne diet and lifestyle. Dietary requirements for protecting the skin are listed - along with suggested food supplements when they cannot be easily met - and summarized, as well as mind-body medical interventions that can influence acne hormones and lessen their impact. Also included are 50 acne-preventive recipes, along with information on how one can locate the ingredients that are not readily available in most grocery stores.

## **Book Information**

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## Customer Reviews

Alan C. Logan, ND, FRSH is a board-certified naturopathic physician licensed in Connecticut. He graduated magna cum laude from the State University of New York at Purchase, and as valedictorian from the Canadian College of Naturopathic Medicine. As an invited faculty member of Harvard's School of Continuing Medical Education, he lectures in the mind-body medicine courses offered at Harvard. Co-author ofÂ Your Skin, YoungerÂ (Sourcebooks, 2010), he is the only naturopathic doctor to have his commentaries published in the four leading dermatology journals &#x96; Archives of Dermatology, the International Journal of Dermatology, the Journal of the American Academy of Dermatology and the British Journal of Dermatology. Widely regarded as one of North America's leading cosmetic nutritionists, he has been featured in health and beauty magazines such as Cosmopolitan, Elle, W, Life & Style, as well as CTV and Global National Canadian television.

I purchased this book to try and better understand why I have facial cysts and other acne problems. The book has been incredibly thorough - so thorough that sometimes it's difficult to read. I find myself reading parts several times. However, I feel like once I've understood what I'm reading it is very useful information. I have begun applying their recommendations to my diet and am seeing some improvements. I will continue following their scientifically-researched information and advice and I am hoping to see more improvements. If you are serious about improving your skin, this book can help and offers a great deal of information. You have to be willing to read and understand it, though!

This book is hard to read and very technical, but the information has been well worth struggling through! I started to get the typical acne one would have as a teenager, but unfortunately for me it never went away! At 26 I had tried everything from exercise to special cleansers to antibiotics, and nothing provided long-term improvements. I was particularly bothered with cystic acne, the kind that stays for weeks and is painful and bumpy under your skin. After a final round of antibiotics that made me feel sick all the time, I decided I was willing to try anything! Luckily, I came across this book and decided to give it a shot. At the same time, I also came across Alicia Silverstone's book,Â The Kind Diet, which recommends a vegan diet for many health benefits (in addition to

saving the planet and the animals). I read both books, and now have transformed from omnivore to vegan and have seen a dramatic improvement in my skin! This particular book recommends you stay away from high fat-meats (beef, pork, etc.), fatty, processed foods, almost all dairy and sugar. It also recommends limiting your soy intake, and increasing healthy nutrients (like omega 3s). This is very similar to a vegan diet in that meat and dairy intake is non-existent and sugar/processed foods is discouraged. Changing your diet drastically can be very difficult to do, but I think it is totally worth it! Every time I am tempted to eat some cheese or a taste of a burger, I look at my dramatically improved skin (which is getting better all the time) and it's easier to resist temptations.

Reading "The Kind Diet" in addition to this book also helps because I think about all the good things I am doing for myself, the animals and the environment when I choose healthy foods for my skin. All that knowledge is a great incentive to keep going! If you are having real, lifelong trouble with acne, I would definitely recommend following the advice in this book! I feel great, and giving up a few foods is a small sacrifice for having beautiful skin (in my opinion).

Every acne patient should read this book. I find it very unfortunate that the American Academy of Dermatology has continued to perpetuate the myth that diet is not linked to acne. As someone who has made the choice to lead a healthier lifestyle, I was essentially following this diet for the past several months before I even read the book. I could see wonderful changes in my skin in addition to other changes (lost 30 lbs, was no longer tired and achy). I no longer had monthly flare-ups of the female adult acne, no longer had a drab complexion. People told me my skin seemed to "glow" and that my skin looked like an ad for an Oil of Olay commercial. I was no longer dependent on the latest and greatest topical treatment from the big pharma. This textbook explains very clearly, and with excellent scientific background, exactly how diet and lifestyle influence the inflammatory and hormonal systems in our bodies to aggravate acne. The Western diet and lifestyle that predisposes to acne is also linked to obesity, diabetes and hormone dependent cancers down the road. For the past year, I have been recommending that acne patients avoid sugar and dairy. More recently, I have been recommending this book to all patients and/or their parents who see me about their acne. The endless antibiotics prescribed for acne lead to unfavorable changes to bacterial flora, increase antibiotic resistant organisms, and may lead to other changes. I have seen firsthand how acne has now become a problem in much earlier and later ages than before. I see children whose acne starts at 9, adults who have acne well into their 50's. Many of these changes are not a result of genetics but of diet and lifestyle, particularly diets that are high in sugar, dairy, and unhealthy fats. The diet in this book is not restrictive. The recommendations in this text are also appropriate for

anyone trying to lose weight or improve their cardiac risk factors. I strongly believe it is only a matter of time before there is more proof that other inflammatory conditions such as psoriasis would benefit from similar dietary and lifestyle modifications. The only fault I can find with this book is that it is a little textbook-like. The authors explain every study that supports their points - very good for those who are skeptical, but it can make it a bit of a slow read. I do realize that many of my patients will not pick up this book - they come to me to get a pill, a quick fix, and move on with their lives. I now take the time to explain the dietary and lifestyle contributors to acne and recommend this book, even though it really slows down the clinic. If even a small proportion of patients will make positive lifestyle changes as a result of my recommendations and this book, I will be quite pleased! Recently one of my patients left me a message - her skin improved within weeks of following the dietary changes. I was absolutely delighted to hear it.

I've read a lot of books on nutrition and I have researched acne solutions for years. This book has scientific information I have never heard before. I'm just starting the diet, which is your typical health food diet but I feel so much more aware of my body's chemical responses to food and environment. Excited to see how it goes

While the book does a nice job of setting up the problem of acne and its association with food, but it spends a little too much time. I was looking for a quick guide to what I should and should not be eating along with other ways to avoid acne from surfacing. It would be better to have more meal plans and be less "wordy" and opinionated about previous research studies. The book could easily have been 1/2 as long.

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