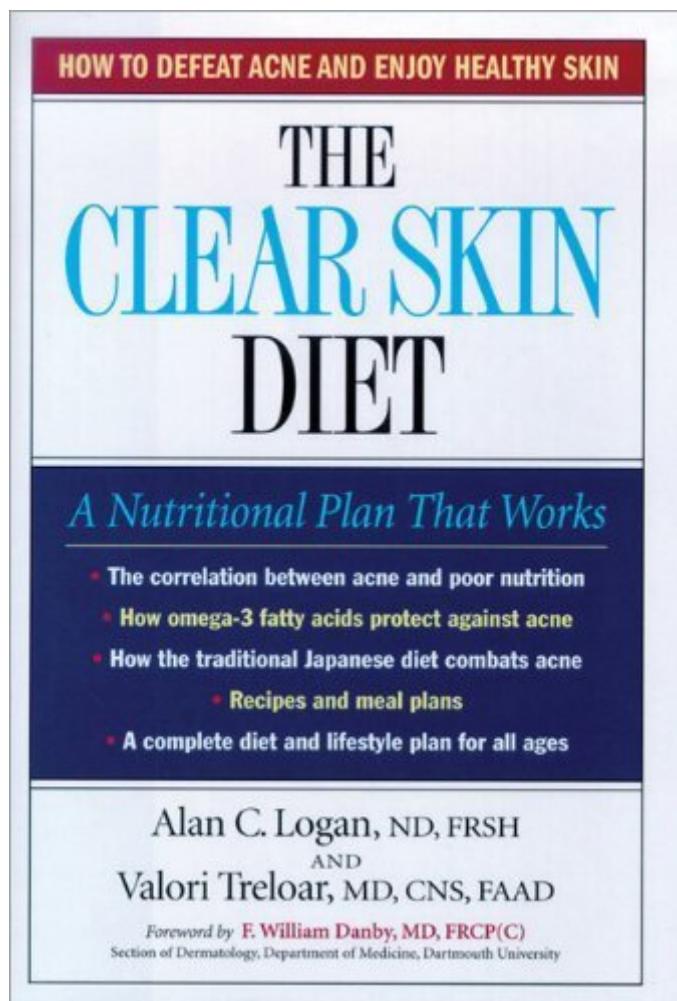


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# The Clear Skin Diet



## **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. The Clear Skin Diet introduces the acne diet and lifestyle. Dietary requirements for protecting the skin are also 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. Most interesting are the 50 acne-preventive recipes that are provided, along with information on how one can locate the ingredients that are no readily available in most grocery stores.

## **Book Information**

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## **Customer Reviews**

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.

Basically, this book attempts to confirm most people's suspicions about certain types of food causing acne (ex. milk and cheese). As expected, the book immediately launched into various theories about how milk, dairy, and generally inflammatory foods all can cause acne through hormonal changes, insulin reactions, and sebum modulation. It's all very logically sound in the way it is presented. The book then goes into foods that prevent acne, mostly centering around those with omega-3 fatty acids. The basis for the argument is omega-3's anti-inflammatory effect. However, up to this point, it is still information pieced together from various credible sources and made into a sort of "acne theory." The book then goes into a dietary plan and list of foods for avoiding acne. To my great dismay and confusion, the book confirmed my worst expectation: this is a general "eat organic, exercise, widen your diet to more exotic food" plan, based on health fads and feelings more than science. After condemning milk and dairy for half the book, the author then recommends CHEESE as an anti-acne food! He then goes to list all kinds of flavors, with a caveat of "May worsen acne in some people" at the end! "May worsen acne in some people?" For God's sake, you just spent half the book convincing us that dairy was the Devil's own conspiracy to create acne! Then, he recommends Olive, Sesame, and Canola oil, all of which are Omega-6 dense, omega-3 scarce oils, which he just spent the last 100 pages trying to convince you were the Devil's second

conspiracy! The rest of the list is made up of common sense fruit and vegetables, with exotic carbohydrates such as hummus and quinoa thrown in for good measure.

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