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## Diet and Acne

### Diet:

- Paleolithic and Mediterranean diets are best
- Consume tubers, legumes, vegetables, fruits, and fish
- Omega 3 fatty acids and Gamma-linolenic acid (Borage Seed Oil) reduce acne

### Supplements:

- Vitamin D supplements (1000 IU) reduce inflammation related to acne
- Zinc 30-200 mg daily x 3 months helps activate Vitamin A
- Nicotinamide decreases inflammatory markers

### Evidence-based Recommendations:

- Avoid industrial cow milk which contains anabolic steroids and growth hormones, skin milk is the most processed, if you must drink dairy stick to Organic Whole Milk
- Avoid foods that have a high glycemic load/ index (high sugar)
- Avoid whey protein (plant based proteins are fine)
- Avoid red meat
- Avoid supplementation with Vitamin b12 (excess can lead to acne)
- Supplement with Vitamin D, Zinc, and Nicotinamide

Omega 3 Fatty Acid Sources: mackerel, Salmon, Herring, Oysters, Sardines, Anchovies, Caviar

Plant-based Omega 3 Fatty Acid Sources: Flaxseeds, Chia Seeds, Walnuts, Soybeans