



Dr. Alexa's

Top 5

Essential Nutrition Tips




for clear skin

Disclaimer: Information provided in this guide is for educational purposes only and is not intended as medical advice. Every individual has different health care needs, and chronic acne cases often require personalized nutrition advice.

Centre for Natural Medicine

 1025 - 1 Ave NE
Calgary, AB T2E 9C6
 (403) 542-3763

dralexa.ca

 connect@dralexa.ca
 @dr.alexabirdgeneau
 @dr.alexabirdgeneau

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1 Reduce simple carbohydrates

Excess sugars and simple carbohydrates cause blood sugar spikes, which can in turn cause hormonal changes that contribute to acne.

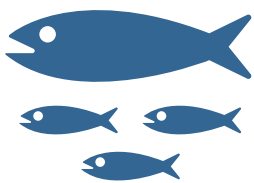
Instead of this...	Choose this!
Candy, chocolate, cookies	Fruit
Breads & Pastas	Whole, unprocessed grains e.g. rice, quinoa, buckwheat. Squash or root vegetables e.g. beets, sweet potatoes, turnip.
Added sugar	Stevia extract, small amounts of xylitol, dates, raisins, honey, maple syrup

2 Reduce milk intake

Many studies show an association between milk intake and acne. This may be in part because hormones accumulate in fats such as dairy, which can then contribute to acne. Many people also experience inflammatory reactions to dairy that they are unaware of.

3 Include sources of omega-3 fatty acids daily

Omega-3s are important in reducing the inflammatory processes involved in acne. They may also reduce sebum production and keratin accumulation.



The richest sources of omega-3s are seafood. Choose **small, wild fish** such as anchovies, salmon, sardines, herring, and trout. Nuts and seeds also contain omega-3s in small amounts. Most vegetarian and vegan diets require supplemental algae-derived omega-3s.

4 Eat a variety of vegetables every day

Vegetables provide essential vitamins and minerals, as well as antioxidants, to help normalize hormones and inflammation. Cruciferous vegetables (e.g. broccoli, cauliflower, cabbage, kale, Brussels sprouts) are particularly good for helping your body get rid of excess hormones.

5 Include sources of fibre with each meal

Fibre not only reduces blood sugar spikes (see above), but some can also help bind up excess hormones and other toxins that can contribute to acne. Freshly ground flaxseed is a great choice for this purpose. Vegetables, legumes, nuts, other seeds, and whole grains are also good sources of fibre.