

## 3 dietary steps to minimize acne:

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### 1: Eliminate Common Triggers

There are some foods that show up quite often as triggers for acne. They might not be a trigger for you, but it doesn't hurt to try eliminating them to know for sure. Finding your trigger - the root cause - may take some trial and error.

#### COMMON TRIGGERS:

- Sugar
- Dairy
- Spicy foods
- Rancid and trans fats (e.g. refined oils, fried foods)
- Caffeine
- Alcohol
- Soda
- Cigarette smoke

### 2: Liver-Cleansing Foods

Mildly pungent and bitter foods help to clean toxins from the liver, giving them less of a chance to cause acne. Try to incorporate them into meals on a regular basis.

#### CLEANSING FOODS:

- Beets, Onions (all types), Celery, Asparagus, Turnips, Cabbage, Broccoli, Cauliflower, Brussels sprouts, Romaine lettuce, Alfalfa, Bitter greens, like watercress, radish, dandelion and mustard greens
- Quinoa
- Citrus peel
- Spices: ginger, turmeric, cardamom, cumin
- Herbs: basil, bay leaves, marjoram, dill, rosemary

### 3: Skin-Nourishing Foods

Beta-carotene is one of the most important nutrients for healthy skin. Eating lots of beta-carotene-rich foods (yellow and green vegetables and fruit) helps nourish and strengthen your skin, and help in protecting and repairing from sun damage.

Other nutrients important to healthy skin are vitamin E and selenium, which both act as antioxidants to help counter the free radical damage that causes signs of aging, and zinc, which contributes to cell production.

Essential fatty acids (EFA) are another super-important skin nutrient. Although bad fats can trigger acne, good fats are crucial for healthy skin.

#### NOURISHING FOODS:

- Carrots, Winter squash and pumpkin
- Dandelion greens, Beet greens, Spinach, Kale, Collards, Swiss chard, Broccoli
- Tomatoes
- Garlic
- Apricots, Peaches, Cantaloupe, Mango
- Nuts and seeds, especially ground flax or chia seeds, Sunflower seeds, Almonds, Brazil nuts, Cashews, Sesame seeds, Pumpkin seeds
- Soybeans
- Avocados

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