

Acne Treatments - Your Diet

Acne is an outward sign from your body that something is not quite right on the inside. Acne occurs due to unhealthy eating habits among others things. One of the most effective natural acne treatments is to simply change your diet. By altering your diet and becoming more aware of what is healthy for you and what is not you will be able to effectively treat acne. An easy to follow natural acne treatment is a no breakfast acne treatment plan. This may sound like it is contradicting other information you have read about breakfast being the most important meal of the day, but in reality, it isn't. If you eat a proper and healthy meal the night before you will be able to wake up in the morning refreshed and ready to go without feeling hunger. When we sleep, our bodies are cleansing themselves of toxins in the body. The longer we can prolong this cleansing cycle the better off we will be and the better off our skin will be. Here is how you can incorporate the no breakfast acne treatment plan into your regime. When you wake up in the morning go as long as you possibly can before leaving the house for the day without eating. Just before you leave your home eat one type of fruit such as a grapefruit or an orange. Pasteurized orange juice will not work because of all the sugar added, it must be the real thing. Then, do not eat anything until lunch. This easy to follow and minor diet adjustment is a very effective natural acne treatment. Another effective natural acne treatment is to eliminate all caffeine from your diet. Caffeine and other stimulants do not actually cause acne, but they do help to worsen and trigger acne breakouts. By eliminating caffeine from your diet you will be helping to treat your acne and decrease breakouts. After eliminating caffeine and breakfast from your diet, you should then eliminate sugar from your diet to effectively treat acne. Sugar is known to aggravate and worsen the effects of acne. You do not need to eliminate sugar altogether right this minute, but set smaller goals. Your first goal can be to cut your sugar intake by 50%, then 75% and finally 100%. A good place to start is to remove your diet from all candy bars. Then eliminate all pasteurized fruit juices. You can replace these store bought juices by investing in your own juicer. They are fairly cheap to purchase and you can then make your own healthy juice that will not aggravate your acne. Another good natural acne treatment to incorporate is to eliminate all hydrogenated oils from your diet. These oils are considered bad fats and include foods such as potato chips, crackers, peanut butter and cookies. By consuming these bad fats you are preventing good fats from being absorbed into your body. These bad fats also worsen the effects of acne.

About the Author

If you had an average North American lifestyle in every other way, from driving habits to the size of your house, by switching to a local diet you would.

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