

Complete Acne Battle Plan

10 Steps to help your children achieve perfect acne-free skin and radiant beauty for life!

Most teens, or even some pre-teens, have felt the embarrassment of pimples, white heads, and even scarring. Unfortunately, regardless of what cream, lotion, potion, or treatment you use, you will never have a chance to win the “acne battle” until you learn the truth about why and how acne forms. Nasty little bacteria called anaerobes that live and die in your pores are what cause acne! When white blood cells (macrophages) come to eliminate the toxic waste created by these dead and decaying bacteria, puss pockets and white heads form. In teenage years this is made worse by a hormonal change that increases the production of androgens (male sex hormone) in both sexes. This increases the size of the sebaceous glands that secrete sebum (an oily substance caused by a cell disintegration), while sebum is typically beneficial for the body; its’ overproduction causes oily skin, one factor in teenage acne.

The good news is that this battle can be won. In fact those who use the acne battle plan will see dramatic results within days. Since the skin reflects the state of our inner health, it is most important to control the basis of skin health- food. Below you will find the 5 foods you must eat less and 5 foods you must eat more of if you wish to win the battle.

5 Foods you must have much, much less of

The five foods you must have much less of are carbonated beverages, hydrogenated oils, white foods, (rice, bread, potatoes, sugar), milk products and animal by products, (red meat, pork). If you wonder why, keep reading:

- 1) Carbonated beverages rob the body of oxygen (over 20% for up to three hours). This allows bacteria called anaerobes to grow and die, causing acne, body odor and low energy. Oxygen also helps our bodies fight viruses, bacteria, and cancer. The less oxygen, the more problems. So try to limit the number of sodas you consume to one per week!
- 2) Hydrogenated oils are “trans fats” that have been exposed as cancer causing agents. Some companies are finally taking these out of consumer products, but unfortunately, many companies still use them. Partially hydrogenated oils are just as bad. These fats cause cellulite; “lumpy” fat around knees and hips plus contributes to heart disease. Read every label and try to eat foods without any hydrogenated oils!
- 3) White foods like white rice, refined sugar, white enriched flour and peeled white potatoes are too “simple” for the body to use properly. Each is missing an

important part of the food that God and Mother Nature intended us to have [man has taken it away through over-processing]. One example is the bran from rice, which makes it appear “brown”. This bran contains B-vitamins and tocotrienols, (powerful vitamin- E type antioxidants) which stabilize blood glucose and give us endurance and energy). Yet we prefer white rice, so we remove the most important part. Similarly refined “white” sugar has none of the minerals or slow burning carbohydrates that appear in nature, as they are “washed” away in processing.

Substitute: Raw unprocessed sugar is far better for you. Not brown sugar, but RAW sugar (brown sugar is white sugar and molasses).

White flour converts to sugar and contributes to diabetes and obesity. These “empty” carbohydrates burn quickly and also feed yeast infections and candida. White flour, like white rice, has the bran removed.

White potatoes or any starch should never be consumed with a high protein meal. This leads to constipation; gas, bloating and other fermentation processes that damage your cells and make your skin look tired and old.

If you love potatoes, *substitute* red, blue, or sweet potatoes. You should always eat the skin since this is where the nutrients are. White potatoes cause gout and arthritis to become much worse.

- 4) Now before you think I am one of “those” people, stop and consider this. Cow milk contains endocrine stimulators that cause a calf to grow to adult size in six months. Furthermore, milk contains antibiotic residue. These drugs that pass into the milk contribute to antibiotic resistance and bacteria growth in your body. Even worse, is the practice of homogenization, this reduces the size of the fat molecules so small that it easily passes into the blood, causing allergies, mucus build up, excess fat cells, and heart disease.

You can *substitute* Goat’s milk and drink all you want- non-pasteurized cheese and butter can be used in moderation as well.

- 5) The fifth food that you need to greatly reduce in your diet is animal based protein. The over consumption of animal protein leads to kidney stones, osteoporosis, low energy, and body odor. It is important to know that the morning hours are the best time to consume protein and meals containing protein should be accompanied by vegetables and whole grains, no starches or simple carbohydrates. Beans, legumes, brown rice, and oily fish are ideal protein sources, which leads us to the five foods you need to have much, much MORE of in your diet.

Five Foods you must have much, much more of

It is amazing how the original “four food groups” have evolved into the food pyramid. From emphasizing meat, dairy, and white bread to promoting fruits, vegetables, and whole grains. Unfortunately, far too few Americans are following these guidelines. Below you will find compelling reasons to change your children’s eating habits TODAY!

- 1) **Whole Grains:** Now that the low carbohydrate nonsense has finally died down, let us examine the facts: Empty carbohydrates are bad however, long chain, slow burning carbohydrates like those in whole grains actually help you lose weight. How? Because they provide steady energy to the body and contain the nutrients that “feed” skin cells and are abundant in energy-producing B vitamins. The best whole grains include brown rice, wild rice, flax seeds (these are the best source of essential fatty acids) critical to the elasticity of skin and lignan (a soluble fiber that fights breast cancer), sprouted barley (rich in cholesterol-reducing beta glucan and skin beautifying enzymes) and Kamut® (an ancient Egyptian form of wheat that is far less allergenic). Read labels, “enriched” flour is just white flour with lipstick!
- 2) **Fruit:** Okay, we all like fruit, but are we eating the right fruits at the right time? The best fruits are those with the deepest colors- red, purple, blue, and orange. The next time you go to the grocery store remember this; one serving of blueberries has more nutrition than 5 oranges or 10 bananas! Tart cherries contain flavonoids that take away wrinkles and help you sleep and apple skins contain over 90% of the nutrients found in an apple! Prunes (dried plums) contains valuable boron and can reverse osteoporosis- equally important is the soluble fibers that are in fruits because they help lower cholesterol.
- 3) **Fresh Vegetables:** In a survey conducted in San Francisco, residents reported that they consume 5-6 servings of green vegetables per week. Upon investigation it was found they exaggerated by a factor of 5X’s! We all know that we need to eat more vegetables. We even have good intentions in trying to eat more, but simply do not! Even when we do, they are cooked or smothered in some fat containing dressing, sauce or both! Fresh broccoli, sorry George Bush Sr, contains special sulphur compounds that block, suppress, and repair damage done at the cellular level, the chlorophyll helps control body odor and, pound for pound broccoli contains 5 times the vitamin C of oranges. Tomatoes, technically a fruit, contain Lycopene that protects against skin damage and cancer. My favorite vegetable of all however is wheatgrass juice; this is the most nutritious, nutrient-packed food on land! It helps restore beauty to your skin, stop acne, eliminate body odor and helps you shed excess pounds like magic. We strongly recommend using two tablespoons of Organic Green Kamut Wheatgrass juice powder with Advanced Probiotic Blend from PHP. For information go to www.phporder.com/1001 or call (888) 747-6733.

- 4) Oily Fish like salmon, mackerel, sardines, and snapper contain special fats called EFAs or Omega 3 fatty acids. These are proven to protect the heart, reduce eczema, relieve arthritis, and provide elasticity to our skin that prevents future wrinkles. These EFAs also act as phyto-estrogen that delays menopausal symptoms, helps our memory, and even promotes hair growth in the later stages of our life.
- 5) Water: Finally we must have water to carry out all the functions that make our bodies work. We are after all over two-thirds water, yet fewer than 10% Americans drink enough. One general rule is to drink ½ your weight in ounces each day. Be careful about what water you drink-tap water contains fluoride and chlorine that cause wrinkles and premature aging. I recommend distilled or reverse osmosis purified water. Remember coffee, beer, sodas, milk, and other beverages are not water. Water helps remove impurities that lead to acne.

Some parents work hard to save the money to put their children through college. Some create saving-bonds accounts, buy life insurance and of course bequeath, or pass their wealth on to their children upon death, but imagine leaving a legacy of beauty, health, energy, and happiness. With these “assets,” your child will have something far more important than money. Understanding health is the truest form of life insurance because it ensures or greatly increases the chances that your child will live a long life free of disease and avoid the health problems that afflict so many people in our society.

Note: In 2001-2002, 16.1% of teenagers were classified as obese. Today that figure has grown to over 30%, higher than all other industrialized countries. Furthermore, obesity has an immediate impact on children’s health, self-image, confidence and relationships.

In conclusion, I want to remind all of us that we are the caretakers of our children’s future. Use these tools and techniques starting today and you will see dramatic results in your child’s attitude, physical appearance, and their appreciation for you. It is up to us and no one else to determine the quality of life we will have and with these tools, we can teach our clients and our children to live the highest quality of life available to them.

By David Sandoval

As seen in *Dermascope Magazine*’s June 2005 issue.

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