



Skin Envy Acne Detective Program

Are you ready to have clear skin again?
.....

LOVE
YOUR SKIN
AGAIN!

CLIENT BOOKLET

Welcome!

I'M CHANEL YANCY

I'm so happy that you signed up for the Acne Detective Hosted by Skin Envy Memphis I'd like to tell you a little about how Skin Envy Memphis and this Acne Detective program came to be, what my philosophy is, and how I can help you get clear by reading the course.

“How do I get clear skin and management my acne?”

Welcome, Acne Detectives to the Clear Skin Program by Skin Envy Memphis. I am Chanel Yancy, Licensed Esthetician located in Memphis TN . Multicultural Skin and Acne Expert. My passion for skincare extended well beyond products within these ebooks and modules. I hope you gain a better understanding of the lifestyle changes required.

have spent the last 4 years closely studying the body, internally and externally. I wanted to provide my clients and those I do not treat locally with the information and knowledge to make impactful changes in their lives. A motto that I use in my practice often is that “Life's complicated, Skincare Shouldn't Be” and I stand by that statement. So many people are fighting a battle with their body and it is affecting the way they experience life. My job is to change that.

I am very excited that you chose to take the first step in educating yourself. If you purchased this course for yourself or to help others you have already made a difference. These courses are very dense and are designed to leave you with a true understanding of your body.

My client's come to me having hit rock-bottom with traditional acne treatments, but after graduation from our in-clinic and long-distance acne programs I receive daily emails from these clients thanking me for helping them achieve their clear skin goals.

Are you ready?





Intro

Here's something you may not know about your acne. Acne is both:

1. inherited/genetic

AND

2. "self-inflicted" (caused by your lifestyle choices, using pore-clogging skin care products, hair products, makeup, or eating an inflammatory diet).

Since all skincare products, makeup, hair products, dietary choices, and lifestyle decisions can be simply substituted with acne-safe alternatives, this means you have the power to get clear!

By changing or improving your "**bad habits**" (like using comedogenic products or picking/popping your acne), choosing low-inflammatory foods to create healing on the inside, and speeding up healing on the outside with an improved skincare routine, I've seen even the worst acne cases achieve clear skin.

So, what's next?

Chanel. xo

Multicultural Skin And Acne Expert

ACNE IS BOTH
GENETIC AND SELF-INFLICTED

Acne is a multi-factorial disease. While each case is unique, you can greatly improve your chances of clear skin with food and lifestyle strategies.



Does this sound familiar?

You're tired of spending so much time trying to cover up your skin, maybe even sacrificing breakfast for extra minutes in front of the mirror each morning.

You miss parts of conversations because you're more worried the person is talking to your pimple and not your face?

Sick of people asking if you're embarrassed or just came from the gym because you can't seem to get that redness under control?

Yes, you use skin care but you're feeling like nothing really works and you're tired of running the gauntlet in the beauty aisle.

You just wish you had a skin fairy godmother who could help guide you to the perfect match for your skin...

GET STARTED!



My clients come to me feeling exactly the same way! *(But they don't stay that way for long!)*

Imagine having an extra 20 minutes in the morning to make a yummy breakfast or even hit snooze one more time.

Imagine waking up to no new pimples for the first time since... forever!!

Imagine popping out to the shops only to realize you forgot to put make up on...because your skin is so clear you didn't even think about it before leaving the house!!

This is **EXACTLY** how my clients feel!

My MBK Acne Detective Clear Skin Program™ is based on the exact process I use with my clients in my skin transformation clinic, MBK Cultivate Skin & Nutrition Wellness *(based in New Westminster, BC).*

When you join my program, you join the hundreds of women who now feel so comfortable in their own clear, healthy, glowing skin.

You're Not Alone!

THERE'S HOPE!

The 6 causes behind imperfect skin

1. Inflammation
2. Microbiome disturbances
3. Oxidative damage
4. Blood sugar issues
5. Nutritional deficiencies
6. Hormonal imbalances



Stress & Sleep

Reduce your stress

Do whatever it takes. Stress is a major acne trigger, is caused by the wear and tear of day-to-day living and changes that take place in your life, both good and bad. Moving is comparable to the death of a child in its ability to cause extreme stress.

Sleep seven uninterrupted hours per night

On a consistent basis. Missed sleep can be caused by night shift jobs, broken sleep, social media, phone notifications, sleeping with infants or small children, poor time management, insomnia, menopause, long plane trips and crossing time zones. Because chronic lack of sleep can lead to severe physical stress it can be difficult to clear active acne, maintain clear skin, and lighten dark circles.

LIFESTYLE & ACNE TRIGGERS

“A calm and modest life brings more happiness than the pursuit of success combined with constant restlessness.”

ALBERT EINSTEIN



Problem:

Scented laundry detergents, additives, and fabric softeners leave harmful residues that can irritate sensitive skin, cause contact dermatitis, and worsen acne or eczema.

What to look for:

Look for dermatitis on one side of your face, neck and body where you sleep, on your back, and areas where you perspire. Also, check along the seams of your clothes, including under bra straps, necklines, waistlines, panty lines, the seams of your jeans, under socks, and anywhere clothing is fitted, tight or your skin comes in contact with chemical residue from washing powders, liquid detergents, additives, and fabric softeners.

Allergies?

When your skin comes into contact with perfumes and toxic chemical residues, you're inhaling them too, which trigger nasal allergies, wheezing, dark circles and headaches.

Extra rinse cycle:

When possible, put clothes through an extra rinse cycle to remove traces of soap residue to reduce the potential for persistent irritation.

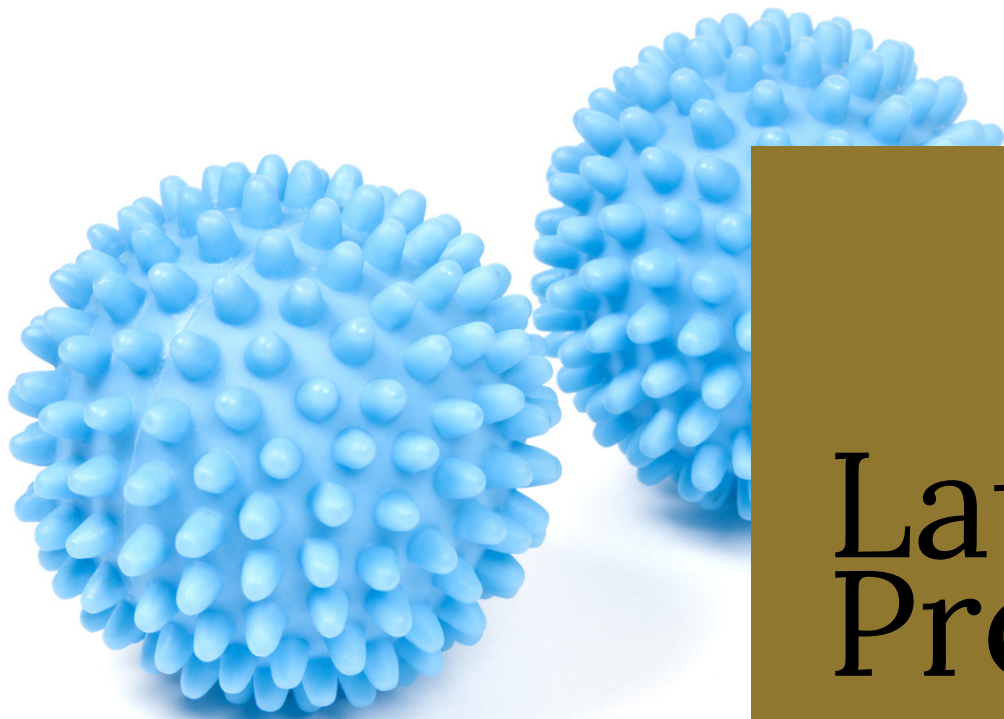
Laundry Products

LIFESTYLE & ACNE TRIGGERS

Less detergent and smaller loads:

1. Do you “**crowd**” soiled clothing in the washing machine by attempting to turn three loads into of two?
2. Do you pour detergent directly into the washer without measuring?

Wash 25% less laundry per load, and use 25% less “**free**” detergent in the process. Always measure and then use a bit less. Clothing and bedding get much cleaner by agitating and circulating better. Less laundry in the washer and less detergent means cleaner, softer fabric, less chemical residue, a fresher natural scent, and fewer skin problems



Fragrance and dye-free detergent

Launder everything in fragrance-free detergent (*no softener sheets*). Look for white bottles that say Free & Clear, Free of Perfume & Dyes, or Free & Gentle.

Safe bleach

Clorox 2, for Colors Free & Clear.

Safe fabric softeners

Fragrance-free liquid Downey in the white bottle and chemical-free “**dryer balls**”.

Change your pillowcase

Every day or two, launder in “**free & clear**” products in white bottles with an extra rinse cycle if possible. Purchase several and choose white if you will be using acne products.

Avoid laundry additives, enzymes, chlorine bleach and fabric softeners

Including fragrance-free dryer sheets, which leave a waxy residue that can clog pores and irritate skin. Use 25% less detergent, and wash 25% fewer clothes at a time. If possible, run an extra rinse cycle.

Laundry Products

LIFESTYLE & ACNE TRIGGERS

Wash before you wear!

Launder all new bedding, bath linens, and clothing before use. Anything imported, especially jeans and scarves, are sprayed with toxic fungicides, pesticides, and formaldehyde, and must be washed a few times before wearing to avoid body acne, infections, rashes, and skin discoloration.

Workout wear

Should be cotton and laundered in fragrance-free detergent with no fabric softener. Shower after perspiring with an acne soap or medicated body wash if you have body acne or a fungal infection on your body.



Avoid iodine

Dairy products (*milk in coffee beverages, cheese, ice cream, sour cream, Greek yogurt, protein drinks*), processed foods, take-out food, frozen dinners, fast food, canned food, soft drinks, salty snacks, seaweed snacks, salted sunflower seeds, salted nuts, canned, packaged and restaurant soups, ramen noodles, tomato juice, V-8, seasoned salt, iodized salt, salty condiments, high-sodium sports and energy drinks (*except Vitamin Water*), sushi wrapped in seaweed, Chinese food (*salty sauces, MSG, soups, soy sauce*), American Mexican food (*cheese, sour cream, refried beans and salted tortilla chips*), processed meats (*lunch and deli meat, hot dogs, bacon, franks, hot links, sausage, Spam*) and condiments containing kelp, MSG and/or iodized salt, including seasoned salt.

Peanut products and wheat germ

Contain androgenic hormones and can cause breakouts. You can enjoy other nuts, as long as they're unsalted. Try low-sodium soy nut, almond, cashew, or sunflower butter.

Dietary Triggers

LIFESTYLE & ACNE TRIGGERS

Skip dairy, one of the biggest acne triggers

Cheese, milk, ice cream, sour cream, Greek yogurt, protein powders that contain whey and/or casein, and dairy-rich coffee drinks. Dairy is linked to acne, allergies, eczema, psoriasis, asthma, weight gain, digestive problems, water retention, high blood pressure, bloating, puffy eyes, and a ton of other health problems. Learn more here.

(milk letter blog)



Dietary Triggers

LIFESTYLE & ACNE TRIGGERS

Concerned about calcium and vitamin D?

Eat lots of dark green veggies and take supplements with calcium citrate, magnesium and vitamin D. On cereal, try ice-cold almond, coconut or rice milk. If it's GMO-free, soy milk is better than cow's milk, but it contains hormones, is processed to taste better with added sugar and fat, can cause allergic reactions, and be difficult to digest.

Fish and seafood

From polluted water and toxic algae blooms can cause persistent skin problems, including rash-like acne. This doesn't seem to happen in better restaurants when they get their shellfish from other parts of the country. If your acne is treatment-resistant and rashy, try eliminating fish and shellfish from your diet for a while, especially if its obtained locally.

Avoid iodized table salt and seasoned salt.

Use sea salt, kosher salt or Himalayan pink salt instead. Try a blend of iodine-free salt, Mrs. Dash Table Blend, garlic powder, onion powder, black pepper, paprika, and cayenne pepper. Note: Most "**outside food**" contains iodized salt, and way too much of it!

Drink more water

To maintain healthy skin, fight fatigue, plump up fine lines, reduce dark circles, brighten your skin tone, and keep your skin from getting dry and irritated from active products. Drink at least half your body weight in ounces.



Supplement Triggers

LIFESTYLE & ACNE TRIGGERS

Supplements

Can be acne triggers, especially biotin, maca root, CLA (*conjugated linoleic acid*), seaweed, kelp, algae, spirulina, chlorella, iodine, testosterone boosters, creatine, whey, casein, and green detox drinks.

Try acne-safe nutrition

Iodine-free multi-vitamins, zinc monomethionine or picolinate (*always with meals*), coated fish oil, flax seed oil, krill oil, MSM, probiotics, calcium citrate (*with magnesium and vitamin D*), vitamin C complex and B-complex.

Check with your doctor before taking supplements, especially if you have health problems, are pregnant or lactating, or are taking prescription medications.

Safe protein powders

Avoid protein drinks that contain whey, casein and/or sea plants. Try Sun Warrior Classic Protein, Ora Organic Vegan Protein Powder and Paleo Egg White Protein.

Probiotics

Good bacteria that colonize the digestive tract and the skin. They can help people who have been on long-term antibiotics (*both oral and topical*). These good bacteria compete with the pathogenic bacteria and can help improve the incidence of breakouts.

Advanced Nutrition Programme SYB4



Important information about Zinc

These supplements can upset your stomach. To prevent nausea, always take OptiZinc with food.

Zinc is an essential trace element for humans and there is evidence that it is similar to antibiotics in improving the condition of inflamed acne. The effective dosage is not clear. However, most studies indicate 50-100mg (*The OptiZinc tablet that we recommend are 30MG*). We advise you to not take any more than 100mg because excessive zinc may lead to deficiencies in other vitamins and minerals. One of the reasons that we like OptiZinc is that it contains copper and copper is one of the minerals that can be depleted by taking zinc supplements.

We are also recommending that you discontinue taking the zinc once you are completely clear. We are not recommending this as a preventative.

If you would like more information to help you make decisions about the benefits, proper dosage and best formulation of zinc supplements, we highly recommend doing your own research on the internet.

Supplement Triggers

LIFESTYLE & ACNE TRIGGERS

Instructions for taking Fish Oil for Acne

Research and anecdotal evidence suggests that many of us who suffer from chronic inflammatory acne may benefit from taking relatively higher doses (*3000-4000mg*) of purified omega-3 oils present mostly in wild ocean fish such as salmon, mackerel, cod and herring.

Not all supplements are created equal, and that starts with the fact that not all Omega 3 is created equal. There are several Omega 3 fatty acids. If you have ever looked at the back of a bottle of Omega 3 supplements you may be familiar with EPA (*Eicosapentaenoic Acid*) and DHA (*Docosahexaenoic Acid*). These are the work horses of the Omega 3 family and are found in the greatest concentration in fish oil.



Supplement Triggers

LIFESTYLE & ACNE TRIGGERS

Fish Oil Con't

Studies have shown that EPA is the one most linked to inflammation reduction, while DHA seems to affect the brain the most.

Omega-3 oils are anti-inflammatory and the body utilizes them in many ways. Of particular relevance to acne sufferers, they may help regulate hormones and in addition help to shorten the intensity of your breakout.

Please note: that although there is no known toxicity associated with using fish oils over long term, you should check with your physician particularly if you have a chronic underlying illness or are pregnant.

I have chosen a high quality fish oil supplement to help with your acne. Our fish oil capsules are of therapeutic quality and are enteric coated to help assimilate the omega-3's in the most efficient way possible. In addition they are formulated not to have a fishy after taste and are guaranteed burp free.

Nordic Naturals or Bend Skincare supplements

Instructions for taking Vitamin A

Vitamin A is an antioxidant that belongs to the class of compounds called retinoids. The active alcohol form of vitamin A is known as retinol. Vitamin A, commonly known as Retin-A, has been prescribed for decades by dermatologists to treat acne topically. Accutane, a prescription oral medication, has been used to treat severe nodular acne by dermatologists for years as well and is also a form of vitamin A. Low levels of this vitamin have been associated with inflammation and acne. In the body, vitamin A is responsible for red blood cell production, immune system support, healthy skin, normal vision, and overall growth and development of the body. Food sources include orange and yellow fruits and vegetables, sweet potatoes, spinach and cod liver oils.



Supplement Triggers

LIFESTYLE & ACNE TRIGGERS

Vegetarian and vegan sources of omega-3

If you are eating a varied and balanced plant-based diet, it is likely that you are consuming good sources of LA on a regular basis. These include hemp seeds, pumpkin seeds, sunflower seeds, and walnuts. However, eating enough ALA may require more planning.

How can vegans get enough omega-3 fat?

Include good sources of ALA in your daily diet, such as chia seeds, ground linseed, hemp seeds and walnuts, and use vegetable (*rapeseed*) oil as your main cooking oil. To meet the ALA recommendations of the Food and Agriculture Organization of the United Nations (*FAO*) and the European Food Safety Authority (*EFSA*), you would need to eat about a tablespoon of chia seeds or ground linseed, two tablespoons of hemp seeds or six walnut halves daily.

Jarrow Formulas - Ahiflower Oil or Nordic Naturals - Algae Omega 3

Why some people break out when taking fish oils. It's your LIVER!

Often acne patients need liver support, and because they are not efficient detoxifiers it is difficult for their livers to break down concentrated PUFAs (*polyunsaturated fatty acids*).

This is especially true for those clients that have been on several rounds of antibiotics, long time birth control users, and other long term medications and too much drinking in your younger years.

Milk Thistle and Dandelion is great for your liver!



Supplement Triggers

Instructions for taking Vitamin A

Vitamin A is an antioxidant that belongs to the class of compounds called retinoids. The active alcohol form of vitamin A is known as retinol.

Vitamin A, commonly known as Retin-A, has been prescribed for decades by dermatologists to treat acne topically. Accutane, a prescription oral medication, has been used to treat severe nodular acne by dermatologists for years as well and is also a form of vitamin A. Low levels of this vitamin have been associated with inflammation and acne. In the body, vitamin A is responsible for red blood cell production, immune system support, healthy skin, normal vision, and overall growth and development of the body. Food sources include orange and yellow fruits and vegetables, sweet potatoes, spinach and cod liver oils.

Why is it of value for treating acne?

Vitamin A is essential to the normal shedding of dead skin cells that build up inside the pore and ultimately cause acne- this sticky build up and excess production of skin cells is one of the main causes of acne! This vitamin functions by preventing this build up that would have otherwise caused a clogged pore.

LIFESTYLE & ACNE TRIGGERS

In addition, the antioxidant properties of vitamin A for acne act as an anti-inflammatory for the skin and help to calm swollen, red and sore acne breakouts.

Who should increase their Vitamin A intake?

It is highly recommended that individuals with inflammatory acne on the face and/or body should be eating foods high in vitamin A and supplementing with 10,000 iu's of vitamin A per day. I have had great success with the Vitamedica Healthy Skin supplement and Clear Skin Formula Daily Packs.

If you are pregnant, please consult a physician before starting on this vitamin for acne.



Acne Treatments & Products

LIFESTYLE & ACNE TRIGGERS

Get professional acne treatments

Including acne facials (*enzyme peels with steam*), light chemical peels and tune-up peels formulated for acne, dark spots, scars, ingrown hair, and razor bumps. Professional acne treatments exfoliate the skin evenly and help home care products penetrate better. Skin brighteners and other skin-smoothing “**boosters**” will enhance the results dramatically.

Irritated? Constantly flaking?

If so, you may be dehydrated from low water intake, gotten too much sun, over-scrubbed your skin, applied your products too thick or too often or using the wrong product(s).

Follow directions carefully

Don't overuse or under-use your home care. Ask for help if you need it.

“80% of results comes from your prescribed skincare routine. 20% of results comes from monthly treatments.”

80/20 RULE



Acne Treatments & Products

LIFESTYLE & ACNE TRIGGERS

Don't slack up on prescribed acne home care

If we help you clear your acne, don't think you're so cute that you can quit using your products. You'll stay clear for a while, but the microscopic beginnings of pimples and ingrown hairs to form deep in your pores, causing more breakouts, which will lead to new dark spots.

Get refills

Or product upgrades before you run out. Stock up before you go out of town. Don't stop your regimen because you run out of one or two products.

Use a sunscreen

(zinc oxide and/or titanium dioxide) and reapply often when exposed to direct sunlight, including overcast skies and when driving. Avoid direct sun and wear sunglasses. Sunscreen use helps keep dark spots, blotchy skin tone, and dark circles from getting even darker.

Use ice to reduce

inflammation. Fill two small dixie cups to the brim with water and freeze. Rub ice in a circular motion on red, inflamed pimples and hair bumps twice a day for two minutes.

This really helps!

Avoid fragrance

Including skin care, hair and body products, scented aftershave, aromatherapy products, perfumed detergents, soaps, lotions, and fabric softeners. Sunburn, rashes, acne, dark blemishes and dark "**staining**" of the skin can develop, especially on sun-exposed skin.



Sunscreen Products

Why Sunscreen?

Darker and olive skins are just as vulnerable as lighter skin tones to the “**ravages**” of solar radiation known as sun damage. Sun damage produces many “**looks**” including chronic sunburn, redness and spider veins, deep wrinkles and fine lines, sagging skin, a rough, leathery skin, hyperpigmentation (*uneven skin tone, dark spots and hormonal patches called melasma*), pre-cancerous lesions known as keratoses and skin cancers, including the often fatal melanoma.

False Sense of Security

Products claim to be waterproof, but under most conditions most don't last, so it's important to reapply as often as every hour when exposed to continuous direct sun. Sun protection factors (*SPF*) are numbers that indicate how long the skin can be exposed to UVB rays before “**burning and reddening**” occurs, so don't rely on a waterproof SPF 70 sunscreen to protect you during six hours of continuous sun or even against the subtle, deeper-penetrating UVA rays on overcast days. Windows and cloudy skies won't protect your skin from sun damage.

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Protect Your Eyes & Lips

Wear UV-protective eyewear when outdoors for any length of time to prevent dark circles and sun damage around the eyes. These days, most sunglasses provide UV protection. Sunglasses must be large enough to cover the entire orbital eye area. While prescription “**transition**” lenses darken in direct sunlight, they may not darken sufficiently while driving or riding in a car or bus, and are often too small to adequately cover the eye area. Athletes who can't wear sunglasses while participating in their sport do best with the micronized, chemical-free physical sun products, which won't sting when perspiration runs into the eyes. There are many lip products available that contain full-spectrum protection, so choose one that's fragrance-free with an SPF of 30 or more. Apply a generous amount daily and reapply often. In addition to preventing sunburn and sun damage, they help fade lip discoloration and prevent cold sores, which often flare after direct sun exposure.



Picking, Friction & Scrubbing

LIFESTYLE & ACNE TRIGGERS

Stop picking, scratching, tweezing and skin tampering!

Women, get a set of acrylic or gel nails, file them so they're not sharp, and maintain them every two weeks. Leave "**stop picking**" notes to yourself on mirrors, day planners, briefcases, desk drawers, rearview mirrors and in lockers. Picking pushes bumps deeper into the follicle, slows the healing process, invites secondary infection, introduces airborne bacteria, causes thickened, dark dead skin build-up and scarring, and turns tiny bumps into huge brown, black or red blemishes that take forever to heal and fade.

Acne mechanica

Is caused by

- friction (*rubbing*)
- pressure
- occlusion (*restricted air flow*)

which results in deep acne and hair bumps, scalp bumps and severe darkening. Avoid pressure and friction, like leaning on your hand or phone, sleeping on your hand or arm, wearing tight doo-rags, wave caps, sleeping scarves, hats, caps, visors, headbands (*and moving them up and down on the forehead*).

More trouble

Poor-fitting glasses, football helmets, tight bra straps and bands, leaning and putting more pressure on one side of your butt as you sit, heavy shoulder bags and backpacks, clothing with chemical additives, over-scrubbing and rubbing with a towel. Don't lean on your phone! Use a Bluetooth® device, headset, speakerphone or earbud.

Don't scrub off dead skin cells.

Washcloths, spa gloves, abrasive scrubs, sonic or spin brushes, buffing pads, alcohol-based astringents and rubbing with a towel can cause over-exfoliation, irritation, darkening, dead skin build-up, and more flaking.



Acne & Your Health

LIFESTYLE & ACNE TRIGGERS

Severe “photo-sensitivity”

Many people are naturally sun-sensitive, regardless of skin sensitivity, ethnicity or a dark skin tone. It is normal for many, but can be caused by weight gain and prescription medication, which leads to dark blemishes, brown patches, blotchiness, hyperpigmented acne, darkening of existing scars, and uneven darker skin tone on the outer cheeks, neck, eye area, forehead, temples, knuckles, chest and other areas.

Photo-sensitizing medications include all hormones, birth control pills, shots, implants and devices, hormone replacement, oral diabetic drugs, diuretics, blood pressure medications, antihistamines, antibiotics, systemic acne medications, retinoids, and certain anti-depressants. Weight gain can also cause darkening of the skin tone and is caused by insulin resistance, hormone changes, and sun exposure.

Some medications are acne triggers

Including many hormones, birth control pills, shots, and implants, systemic and topical steroids, anti-rejection medications, testosterone boosters, and anti-convulsive drugs. Cold and flu medications with bromide can also aggravate acne.

Tell us about changes

In your skin, health, medical history, medications, lifestyle, home address, email address, and phone number.



Acne & Your Health

Medical conditions

Thyroid, liver and kidney disease, diabetes, lupus, scleroderma, sarcoidosis, RA, MS and other auto-immune diseases, hemochromatosis (*storing too much iron*), obesity and rapid weight gain, menopause, peri-menopause, pregnancy, PCOS, irregular periods, hormonal imbalances and changes, fibroids, anemia and smoking can cause delayed healing, acne breakouts and sun-sensitivity resulting in darkening of the entire face or outer cheeks, forehead, upper lip, neck and orbital eye area, and slow-to-heal skin lesions, including acne and dark blemishes.

Don't smoke tobacco!

Cigarettes, cigars, vaping, hookah, and weed rolled in tobacco are major acne triggers and can cause breakouts, severe blackheads, and scarring, clog your pores, age your skin, cause blackened lips, gums and under-eye circles, and keep acne and blemishes from healing.

LIFESTYLE & ACNE TRIGGERS

Avoid recreational drugs

Blunts (*marijuana rolled in tobacco leaves*), cocaine, X, and meth all aggravate acne. Alcohol consumption doesn't cause your acne to worsen unless you're too drunk to apply your home care products or have high blood sugar.



Comedogenic Ingredients

Pore-clogging chemicals

Avoid acne aggravating products that contain acne triggers. Avoid the aggressive fatty acid IPM (*isopropyl myristate*) and its “**chemical cousins**”, including isopropyl palmitate, isopropyl lanolate, myristyl myristate, myristic acid, isopropyl isothermal, isostearyl neopentanoate. Also, potassium chloride, sodium chloride, decyl oleate, oleic acid, oleyl alcohol, octyl stearate, isocetyl stearate, PPG myristyl propionate, sodium lauryl sulfate (*SLS*), sodium laureth sulfate, laureth-4, lanolin and acetylated lanolin, algae/seaweed, and most natural butters and oils, except fragrance-free sunflower and mineral oil.

Avoid seaweed

Look for names like spirulina, kelp, marine algae, algin, alginate, alginic acid, chlorella, carrageenan, red algae, sea aster, corallina officinalis, asparagopsis armata, bladderwrack, dulse, rockweed, ulva lactuca, sargassum, laminaria fucus, and vesiculosus.

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Master Pore Clogging List

Ask me for the full pore clogging list.



Hair Products & Extensions

Evaluate all hair products

If breakouts are concentrated on the hairline, forehead, temples, sides of the face, neck and jawline, sideburns, scalp, behind the ears or upper back. Whatever you put in your hair will migrate onto your skin. You perspire when you toss and turn in your sleep, get stressed, rush through your day, climb stairs, and exercise. Hairspray must be light and unscented; cover your face with a cheap paper plate before you spray. This trick won't work with oil sheen, braid spray or scented hairspray.

Avoid

- pressing creams, butters and oils
- oil-sheen, hairspray and braid spray
- mousse
- locking wax (*except hard beeswax*)
- curl activator
- scalp grease
- brown gel
- scented gel
- keratin treatments and protein
- conditioners
- aromatherapy oils
- other oils

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Problem oils

Coconut oil, cocoa butter, shea butter, sweet almond oil, carrot oil, olive oil, apricot kernel oil, palm kernel oil, castor oil, products labeled “**argan oil**”, Moroccan oil, vitamin E oil, wheat germ oil, aromatherapy oil blends, jojoba waxes and esters, and scented oils.

Safe oil

Fragrance-free sunflower oil

Safe hair products

Neutrogena T-Sal Shampoo, Care Free Lite Gel Activator, Gabriel Correctives, Free & Clear shampoo, conditioner, gel and dandruff products, Original Formula Infusium 23 leave-in, L'Anza spray leave-in, American Crew Firm Hold Gel, Vanicream, Vaseline and fragrance-free sunflower oil.



Hair Products & Extensions

LIFESTYLE & ACNE TRIGGERS

Avoid these product lines if you're acne prone

- Abba
- Affirm
- African Pride
- Argan Oil
- Aussie
- Aveda
- Avlon

- Beautiful Textures
- Bed Head
- Bee's Wax hair products
- Biosilk
- Blue Magic
- Bone Straight
- Botanicals
- Bumble & Bumble

- Cantu
- Care Free (*except Care Free Lite*)
- Carol's Daughter
- Carrot Oil
- Circle of Friends
- CitreShine
- Coconut oil
- Crème of Nature
- Curl Junkie

Synthetic and human hair

Some batches of synthetic hair are coated with toxic chemicals that can cause severe allergic reactions and acne-like lesions, even if the hair is kept off the face and neck. This can vary batch to batch and company to company. The chemicals in synthetic and even some human hair can cause itching, rashes, skin infections and acne. If a reaction with extreme itching begins to happen after you've braided your hair, you often have no choice but to take it down. Synthetic hair should be soaked in an apple cider vinegar solution first. Human hair should be shampooed before your weave or braids.



Hair Products & Extensions

- D'arcy's Botanicals
- Dark & Lovely
- Davines
- Design Essentials
- Deva
- Doo Gro
- Dr. Miracles
- Dove
- Dudley
- Duke

- Eden
- Enjoi
- Enjoy

- Garnier Fructis
- Giovanni
- Glover's
- Goldwell

- Hair Rules
- His Mix (*Mixed Chicks for Men*)

- IC
- Influence
- Isoplus
- Jessicurl
- JLife
- JML
- Joico

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- Kemi Oyl
- Kenra
- Keracare
- Kerapro
- Kinky-Curly
- Kiti Kiti

- Let's Jam
- Luster

- Mane and Tail
- Marrakech Oil
- Matrix
- Miss Jessie's Curly Pudding



Hair Products & Extensions

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- Mixed Chicks
- Mizani
- Mop
- Moroccan Oil
- Motions
- Murray's

- Nairobi
- Neutrogena T-Gel
- Nexxus
- Nioxin Protectives

- Ojon
- Olive Oil products
- One Better "Instant Shine" Finishing Gloss
- Optimum
- Organic Root Stimulator
- Organix
- Oyin

- Pantene Relaxed & Natural
- Paul Mitchell and generics
- Philosophy
- Phyto
- Pink Oil
- Proclaim
- Proline
- ProStyle
- Purology

- Quidad

- Redken

- S Curl
- Sensitive by Nature
- Shea Moisture
- Shea Terra
- Soft Sheen "Optimum Oil Therapy"
- Sportin' Waves
- Suave
- Sulfur 8
- TCB Hair Food
- Talijah Wahid
- Tresemme
- Warm Spirit
- Wen and dozens more.



Toothpaste & Makeup

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Avoid problematic cosmetics

- Red dyes, know acne triggers, are found in foundations, blushes, lipstick and powders
- MAC foundations, mineral make-up and powders (*especially Studio Fix*)
- Shiseido
- Lancôme
- Estee Lauder
- Makeup For Ever
- L'Oreal, Chanel
- Fashion Fair
- Posner
- Iman and many other cosmetics

Re-evaluate your cosmetics and moisturizers if breakouts continue.

Avoid make-up that sticks to the sink when you wash it off.

Acne-safe red dye alternatives

Iron oxides and carmine.

Toothpaste

Can cause small breakouts and darken the skin around and below the corners of the mouth, especially if it contains sodium lauryl sulfate (*SLS*), tartar control, fluoride and aromatic flavors.

Keep toothpaste in your mouth, where it belongs. If it gets on your skin, use cleanser to remove it. Look for SLS-free toothpaste.



Scalp Problems

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Scaling, inflammation and/or itching

On the scalp, hairline, ears, brows, forehead or side of the nose? You may have seborrhea or seborrheic dermatitis, common genetic conditions that are easy to treat.

Part of an oily, acne-prone, sensitive skin profile, this worsen dramatically

- in cold weather
- during stressful times
- when using harsh soaps and perfumes
- with infrequent shampooing.

Ignoring scalp issues

Can lead to moderate-to-severe dandruff, unsightly scaling, reddening of the inner cheeks, forehead and hairline, hyper-sensitive skin, a pink or light-pigmented patchy rash, tiny red bumps on the face and scalp, an itchy scalp, thinning hair and hair loss (*brows, scalp and eyelashes*).

Warning

Don't use a brush, scratch your scalp (*or let a stylist do so*), pat or rub your scalp.

Thinning hair, itching, dead skin build-up, inflamed sores and bumps will only get worse. Low thread count pillowcases can thin fragile hair on the side you sleep, so switch to satin, silk or high count cotton. Make sure pillowcases are white if you're using acne medication.



Hormone Problems

Hormones can be acne triggers and linked to breakouts and hyperpigmentation

Including many low estrogen birth control pills, birth control shots and implants, polycystic ovarian syndrome (*PCOS*), hormonal changes, fibroids, imbalances, irregular periods, PMS/PMDD and obesity (*fat cells can boost the body's estrogen production*). The birth control pills advertised to help clear acne don't live up to the claims and can cause breakouts, dry eye, sun sensitivity, melasma, and other major health problems. HMOs routinely make contraceptive substitutions that are cheaper for them, but not true generics.

Want an IUD?

Choose the hormone-free T-shaped copper IUD over hormone-containing IUDs, implants and shots, which are known to cause a truckload of side effects, including acne, pore-clogging, weight gain, mood swings, depression, yeast infections, sun-sensitivity, and hair loss.

**Copper IUD does acne in some people*

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Pregnancy, post-partum and menstrual cycles

Can cause hormonal flare-ups. Use a calendar or smartphone app to track your cycle. Practice diligent skin care and sun care throughout the month. Pay close attention to your lifestyle to counteract problems during these times. Avoid direct sun. Protect your neck (*which darkens*) and face (*watch for dark melasma patches*) with zinc oxide-based sunscreen and reapply often.

Pregnant and lactating women

Should discontinue herbs, nutritional supplements (*except prenatal vitamins*), NSAIDs, retinoids, and hydroquinone. Discuss active skin care products, prescriptions, OTC medications, and systemic acne medications with your physician.

Insulin Resistance

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What is insulin resistance?

Insulin is the hormone that is released from the pancreas in response to glucose (*sugar*) in the blood. Insulin levels spike after eating a meal.

When insulin is released in a non-insulin resistant (*healthy*) person, it triggers the body's cells to utilize glucose and fats from the bloodstream.

Insulin resistance occurs, when cells do not respond or respond weakly to the insulin signal. This results in the body secreting even more insulin and eventually creating toxic levels of glucose in the blood, known as high blood sugar.

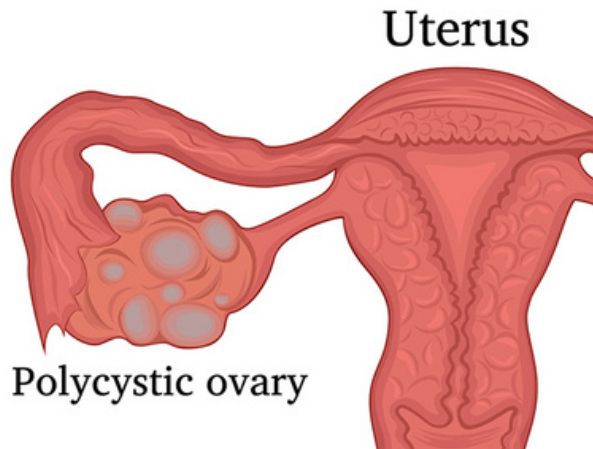
Why is it important to recognize insulin resistance?

It's important to recognize and diagnose insulin resistance, because it is a clear marker of a diabetic tendency, and is usually evident 10 to 15 years before true diabetes is diagnosed.

Insulin resistance

Happens when cells in your muscles, fat and liver don't respond well to insulin and can't use glucose from your body for energy. To make up for it your pancreases creates more insulin, driving your blood sugar levels up.

Polycystic ovary



PCOS (Polycystic Ovarian Syndrome)

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PCOS (*Polycystic Ovarian Syndrome*)

A hormone imbalance causes several skin-related symptoms, including oily skin, adult acne, skin tags, and dark velvety skin patches known as acanthosis nigricans.

More than 1 in 5 women suffer from PCOS. It's now the #1 health condition facing women today so it's no wonder that it has such an impact on skin health.

Whilst you might be able to hide the pain in your tummy or the irregularity of your menstrual cycle, but seeing your skin breakout with blemishes, become irritated or start to change in texture is not only uncomfortable but an undeniable sign that something is wrong.

Women with PCOS

Are often told they should take birth control pills to regulate their cycle and treat PCOS, which according to research may actually be exacerbating the inflammation problem. A recent study found that the use of oral, transdermal and vaginal birth control impairs glucose tolerance and induces chronic inflammation.

The conventional treatment - use of birth control - is doing little to solve underlying problems and restore a natural cycle.



Period Acne

Period acne

Is different than the typical acne you may experience during other weeks of your menstrual cycle. These breakouts of pimples are usually on the lower half of your face (*chin, cheeks*), jawline and neck. They are usually red, inflamed, raised bumps (*papules*) that rarely develop into a white head. They can be very frustrating but try to resist squeezing them. This may only make them worse and take longer to go away.

The two main hormones involved in the production of PMS acne are **estrogen** and **progesterone**. In the first 14 days of the menstrual cycle, estrogen is the most prominent hormone.

In the last 14 days of the menstrual cycle, progesterone is the most prominent hormone. This is why acne is prominent in the first 14 days of the cycle or before bleeding begins. In those last two weeks of the cycle before the period bleeding begins the increase in progesterone causes the swelling of the skins and compression of the pores.

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At the same time the substance sebum is accumulating under the skin. All the while the higher levels of testosterone cause even more sebum to be produced and in the 63% of women who are inclined to have acne, this sebum acts like oil on the skin and adding to the clogging of the pores resulting in pimples, blackheads and whiteheads – acne



Leaky Gut

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Digestive acne

The close link between gut health, hormones and acne is an interesting one. Oestrogen and progesterone, for example, can affect the speed at which food is digested and moved along the digestive tract.

This is why women, at various stages of their cycle, can experience bloating, diarrhoea and/or constipation. The gut also plays a key role in how oestrogen is eliminated by the body.

When the elimination pathways are slowed down because of constipation, or the liver is overburdened due to a high level of toxins in the blood stream, oestrogen metabolism and elimination can be compromised, and this can easily lead to hormonal imbalances.

Oestrogen dominance is a common condition that many women experience and the symptoms can worsen in the second half of their menstrual cycle. It essentially means that their oestrogen levels are too high in comparison to their progesterone. This can cause acne, along with premenstrual bloating, cramping, mood swings, sluggish metabolism, headaches, tender breasts and sugar cravings.

Other gut disorders, such as leaky gut and SIBO, also have close links to acne. SIBO is ten times as prevalent in people with acne, and stress-induced leaky gut may contribute to local skin inflammation, which is seen in people with acne. This cycle can be self-perpetuating, as an imbalance of bacteria or leaky gut can cause inflammation and malabsorption issues – meaning the skin isn't getting all the essential nutrients it needs.



Estrogen Dominance

Good Skin Comes from the Inside Out, Not the Outside In!

How does gut health affect acne?

The gut is responsible for much more than digestion and nutrient absorption. It's an ecosystem! Like any other ecosystem, your gut needs the right environment to flourish.

Through a healthy diet and lifestyle, the collection of bacteria, viruses, and fungi (*your gut microbiome*) can thrive.

Your gut and skin communicate with each other through what is called the **gut-skin axis**.

Since the majority of your immune system cells are actually located in your GI tract, your gut microbiome largely influences your immune system. By influencing your immune system, the health of your gut microbiome also affects your skin health.

Imbalances in your gut bacteria can lead to leaky gut and inflammatory responses which may eventually present as acne on the skin.

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Research shows that up to 34 per cent of people suffering from irritable bowel syndrome (*IBS*) exhibit skin manifestations. Leaky gut or intestinal permeability can mean that our body is unable to absorb and use key nutrients, vitamins and minerals that are essential for strong, healthy skin. At the same time, if our gut is '**leaky**' and LPS (*endotoxins*) are able to escape into our bloodstream, they are sent to the liver for processing. This places extra burden on the liver, which is already dealing with our normal metabolic wastes and environmental and dietary chemicals. When the liver is overburdened, our skin takes on the responsibility of having to eliminate some of these toxins.



Self Love

It's really easy to put yourself down.

We all do it, don't we? Whether it's about our skin, our bodies or our skills and talents. These negative thoughts create stress surrounding our acne which can lead to more inflammation and further breakouts.

I found affirmations to be a really helpful tool in changing my thought process and turning negative thoughts into more positive ones. Whenever I looked in the mirror and found myself thinking *"If only I didn't have acne, I could be pretty"* or *"I'm never, ever going to rid myself of acne"* I started saying out loud instead *"I am more than my skin"* or *"I am naturally beautiful when I am myself"*.

I would breathe deeply and say these affirmations over and over until they began to have a positive influence on my mind set. Give it a try!

I promise you, it will help.

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This information is NOT intended as medical advice, nor is it intended to replace the care of a qualified health care professional. This content is not intended to diagnose or treat any diseases. Always consult with your primary care physician or licensed healthcare provider for all diagnosis and treatment of any diseases or conditions, for medications or medical advice as well as before changing your health care regimen.

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