

ACNE

Acne is an inflammatory disease of the sebaceous glands (oil secreting glands in our skin) and the hair follicles.

CAUSES

- 1) Poor eating habits.
- 2) Poor hygiene.
- 3) Hormonal imbalance - during puberty.
- 4) Stress, tension.
- 5) Drugs like corticosteroids.
- 6) Heredity.
- 7) Bacterial infection.

DIETARY MANAGEMENT

AVOID

- 1) Avoid fats, spicy and oily food.
- 2) Avoid chocolate, ice-cream, butter, cakes, white bread, sweets and fried food.
- 3) Limit intake of non-vegetarian food.
- 4) Do not break your pimples, it will lead to secondary infections.
- 5) Do not use scented soaps and chemicals on your face.

DO

- 1) Wash your face frequently, at least 5 times a day, taking care that it does not become too dry.
- 2) Use non-greasy make-up or if possible do not apply cosmetics.
- 3) Use natural cleansers than chemical preparations:
 - a. Wash face with gram flour (channa) and little turmeric in it.
 - b. Massage skin with fresh cucumber, it gives cooling effect on skin.
 - c. You can massage your face with fresh fruits also.
- 4) You can take facial steam to reduce inflammation and infection for not more than 15 minutes and once fortnight.
- 5) Practice yoga - It will help make your circulation better.

CONSUME

- 1) Drink plenty of water.
- 2) Drink plenty of fruit juice, coconut water.
- 3) Eat lots of fresh fruits and raw vegetables.
- 4) Increase intake of fiber in your diet - Whole grains, bran, oat, green leafy vegetables, raw vegetables, salads, dried fruits and fresh fruits.
- 5) Eat whole grains rather than refined flour.
- 6) Possibly eat boiled or lightly cooked food, not highly seasoned food.
- 7) Increase intake of zinc in diet:
 - a. Shellfish, beef and other red meats, eggs and seafood, beef, pork, chicken (dark meat), turkey (dark meat), milk and milk products, nuts, sea plants especially Japanese sea plants.
- 8) Consume diet rich in Vitamin A:

- a. Liver oils of fish, egg, milk and milk products, meat, fish, kidney and liver.
- b. Yellow orange coloured fruits and vegetables; and Green leafy vegetables are good source of - carotene.
 - a. Consume food rich in Vitamin C:
- c. Milk and milk products, citrus fruits, green vegetables.
- d. Fruits and vegetables when fresh have maximum of vitamin C.
 - a. Increase intake of Vitamin E.
- e. Wheat germ, whole grain, corns, cereals, pulses, nuts, dark green leafy vegetables, olives.
- f. Oilseeds and vegetable oils. You can take vitamin E supplements of 22.5 IU (15 milligrams) for adults.
 - a. Replace other oils by sunflower oil for cooking as it is the richest source of vitamin E.
 - b. Add little turmeric to your food; it is beneficial for your skin.
 - c.

CONSULT PHYSICIAN

- 1) If your acne does not respond in 2-3 months following the advice listed above see your physician.
- 2) Consult your physician if your acne is infected and there is pus like discharge.
- 3) Consult your physician immediately if you are not sure if it is acne or any other skin eruption.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .