

10 Ways to Eliminate Acne

1. **Go low glycemic.** Cut out all sugar and processed food. Opt instead for whole, real, fresh foods, which tend to be lower glycemic. One randomized controlled trial showed a low-glycemic-load diet [improved symptoms](#) in acne vulgaris patients.
2. **Eliminate food sensitivities.** That includes [gluten](#), [dairy](#) and processed foods, but also processed soy products, nuts, citrus and other culprits. I've found an elimination diet can become very powerful here.
3. **Eat an anti-inflammatory diet.** Foods like wild-caught fish, turmeric, ginger, green tea, dark purple and red foods such as berries, green foods like dark leafy vegetables, and barnyard-raised eggs all help [reduce inflammation](#) that contributes to acne.
4. **Fix your gut.** Taking [probiotics](#) (such as lactobacillus), prebiotics, and [digestive enzymes](#) can improve acne. Work with an integrative physician to correct leaky gut and other gut issues. I have seen serious cystic acne resulting from gut imbalances and parasites that resolve when the [gut is fixed](#).
5. **Stress less.** [Chronic stress](#) causes acne flare-ups by increasing inflammation and oxidative stress, raising cortisol and depleting zinc, [magnesium](#), and selenium, which help control acne. Stress also causes poor [dietary choices](#). You can manage stress through meditation, yoga, saunas, massage, biofeedback, aromatherapy, and more. Relaxing is anti-inflammatory.
6. **Address nutritional deficiencies.** These include zinc, omega-3 fats, and some anti-inflammatory omega-6 fats like evening-primrose oil, which can boost immunity, reduce inflammation and reduce acne. Saw palmetto, most often used for prostate health, can reduce facial hair and acne in women. Take 320 mg twice a day, once with breakfast and once with dinner. You can find all of these nutrients and more [in my store](#).
7. **Get great sleep.** Studies show sleep loss [contributes to inflammation](#), which feeds the flames of acne and numerous other issues. Those are among the many reasons you want to aim for eight hours of solid, uninterrupted sleep every night. Grab 19 of my top sleep tips [here](#).
8. **Get more antioxidants.** I find antioxidant levels are low in acne patients, especially vitamins A and E, which are critical for skin health. People who eat more fruits and

vegetables (containing more antioxidants and anti-inflammatory compounds) have less acne.

9. **Exercise regularly.** Among other benefits, exercise helps improve insulin function, reduces inflammation and boosts self-confidence. You can learn more about exercise's many benefits [here](#).
10. **Choose skin care products wisely.** There are some good skin care products out there. Just make sure they aren't [toxic](#) or otherwise harmful. Check out the Environmental Working Group's Skin Deep Cosmetic Database [here](#).

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