

The Nutritional Facts Concerning Acne

Acne vulgaris is commonly known as acne and is common among teenagers due to hormonal changes at this stage in life. Too much sebum produced by the sebaceous glands at this time in life blocks up skin pores which makes them get infected. The condition consists of red raised areas of the skin which can develop into pustules (white heads) and even cysts. Common areas of the body that are affected are the back, chest, groin and face. The arms, buttocks, lower trunk and upper legs can also be affected in severe cases. There is no conclusive evidence that acne is caused by poor nutrition, but poor nutrition could make the symptoms worse. A diet high in fried food and saturated fats can make it easier for pores to be blocked. It would be wise to keep to a whole food diet with plenty of fruit and vegetables and drink plenty of mineral water, at least a litre a day. Eggs, onions and garlic can be beneficial due to the high content of sulphur. It is best to avoid stimulants like sugar and cigarettes. Foods high in essential fatty acids (EFAs) such as oily fish, seeds, nuts and whole-grain cereals are good as they have anti-inflammatory properties. Vitamin A (should be avoided by pregnant women and those planning pregnancy), E, C and Zinc can be beneficial taken in supplement form. Topical application of diluted tea tree oil can also help with acne. The following supplements may help if you are suffering from Acne. Antioxidant complex

Multivitamin and multiminerals

Vitamin A (Should be avoided by pregnant women or women planning pregnancy)

Vitamin B3 (Niacin)

Vitamin B6

Vitamin C

Vitamin E

Zinc

About the Author

It comprehensively examines the role of nutrition in disease prevention and management. The Journal of Nutrition for the Elderly is designed.

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