

Are You Addicted To Your Acne Trigger?

An acne trigger is any thought, location, feeling, food, emotion, response, drink, drug, memory and/or experience that sets off a series of hormonal reactions in your body that ultimately result in an acne formation. If a food or drink is the culprit behind your acne breakouts you may actually be addicted to your preferred culinary delight. The allergy addiction could stem from the body's response to frequently consumed allergens. During an allergic response, the body releases endorphins. These endorphins in turn create the feeling of a natural high. Any substance that promotes this fleeting state of euphoria may be addictive. So, you may be eating a food that you are allergic to just to get high, and as an after blow, you get acne. Ouch. Surprisingly, eating a lot of any particular food, even a "healthy food", can incite an allergic response. Though still unexplainable, the food creates an immune response and/or stresses specific digestive enzymes. Poor digestion can irritate the body in multiple ways, generating an allergic response. One way to decide whether or not you are allergic to a certain food is to examine the foods your most often crave. Are you eating the food to experience a gastronomic high? Foods containing chocolate, dairy, wheat, corn, tomatoes, and soy are common sources of food allergens. Sources and additional reading: *The Inflammation Syndrome: The complete nutritional program to prevent and reverse heart disease, arthritis, diabetes, allergies, asthma.* Jack Challem. John Wiley & Sons. 2003. *Stop Inflammation Now! A step-by-step plan to prevent, treat, and reverse inflammation- the leading cause of heart disease and related conditions.* Richard M. Flemming, M.D. with Tom Monte. G.P. Putman's Sons. 2004.

About the Author

Anaerobic digestion. They have published a handbook and. decision support software package to. maintains current information about anaerobic.

Source: <http://www.productsherbal.com>