

Skin Health Evidence Sheet

Allergen-Friendly

Clinical studies indicate that [food allergies](#) may play a role in exacerbating eczema in some people. Eggs, nuts, soy, gluten, and dairy are foods that are commonly linked to flare-ups even in those who are not allergic to them. This program avoids these common food allergens and can be used to help identify potential food triggers.

Low Glycemic Foods

A [high glycemic diet](#) has been shown to increase [insulin release](#) and can worsen acne. Shifting your diet to include high fiber, low glycemic foods can improve glycemic control and acne management. This program uses low glycemic foods, provides up to 45 grams of fiber daily, and is sugar-free.

Omega-3 Fats

Omega-3 fatty acids are known to decrease [inflammation](#). There is evidence that adequate consumption of omega-3 fats and [fish oil](#) is associated with an improvement in overall acne severity, especially for individuals with moderate to severe acne. Foods high in omega-3s like salmon and tuna are included daily in this program.

Gut Health

Prebiotics and probiotics are incorporated daily in the plan to bring good bacteria back into the gut and create a [synergistic effect](#). [Probiotics](#) found in cultured products are live bacteria that help boost your immune system and fight off bad bacteria. Prebiotics found in certain fruits, vegetables and legumes, support digestive health by feeding the good bacteria. This program provides coconut yogurt paired with fruit or vegetables daily to promote good gut health.

Zinc & Antioxidants

Zinc levels are important in managing both [acne](#) and [eczema](#). Low levels of the essential fat-soluble antioxidants vitamins A and E are linked to severe cases of [acne](#) and [eczema](#), and [vitamin C](#) plays a role in maintaining skin health. Turmeric contains [curcumin](#), an anti-inflammatory agent which acts synergistically with several antibiotics to inhibit the growth of some [skin bacteria](#). This plan provides adequate daily zinc and antioxidants from [fruits and vegetables](#), beef, oats, turmeric, and coconut yogurt.