

**Small changes. Big Impact. Acne Edition**  
**Melanie Connell**  
**Remedy Physical Therapy & Wellness**

## **Underlying causes of Acne**

1. Overproduction of sebum
2. Thickening of the outer layer of skin
3. Excessive and unbalanced bacterial growth
4. Skin inflammation

*\*Adult onset acne can occur often due to a combination of factors including menopause, medication, hormone imbalance, genetics, gut health, poor sleep, poor diet, and stress.*

## **My Healthy Plan of Attack**

Keep gut in balance

Keep skin in balance

Keep oil in balance

### **GUT balance**

1. **Eliminate the triggers for inflammation:** Grains, dairy, and sugar have the most impact on your gut and thus on your skin. Gut health is essential. You are what you eat. Your skin is a direct reflection of your gut health. Avoid high volume of refined processed carbohydrates and sugars to keep your gut bacteria balanced and happy. One simple swap instead of soda: try the sparkling water brand, Bubly. My kids also love Kombucha and they love San pellegrino sparkling water mixed with a small amount of Organic juice like lemonade.  
For further help with cutting out sugar, read my book, How to Tame Your Sweet Tooth. .  
<http://www.blurb.com/b?ebook=662652>
2. **Eat a healthy diet:** Eat your veggies (all colors). Add Collagen to your kids diet. (We like this brand <https://www.vitalproteins.com/products/marine-collagen-peptides>) . Add a variety of healthy fats into their daily food plan.
3. **Sleep:** Our brain, gut, and skin cells need to regenerate to heal and the only time they do that is when we sleep. Remove all electronics from bedroom - sleep and rest hinge on our use of technology. No devices like cell phones or computers are allowed in my kids bedrooms especially while they sleep. .
4. **Hydrate:** Water is the main drink my boys ask for when they are thirsty. It is the most important drink for them and will help take care of their skin as well.
5. **Self Care:** Up until this point the boys have been using the [Beautycounter charcoal bar](#) on their face and in their armpits to help with the stank. They are 11 and 13 so we educate them about the importance of washing their face to get the dirt off and help their pores breathe.
6. **Deodorant:** In our house we use deodorant that is natural based, aluminium free, fragrance free, and no antiperspirant. The two brand we have are Native and Schmidt's.
7. **Sunscreen** to protect the skin. Make sure it is a mineral based sunscreen with zinc oxide as the main active ingredient.

**8. Cleaner cosmetics for girls:** The levels of potentially hormone-disrupting chemicals in the bodies of teenage girls plunged just three days after they stopped using certain cosmetic products, shampoos and soaps that contained the problematic substances.

<https://www.ewg.org/enviroblog/2016/03/potentially-toxic-chemicals-plummet-teens-after-switching-safer-cosmetics#W37Dpi-ZPR1>

*Beautycounter has the stricted safety regulation in the cosmetic industry and they test both ingredient selection, during formulation, and the finished products for safety. They test for hormone disrupting chemicals as well as heavy metals. [Check out Beautycounter](#)*

*For a healthy toxin-free nail polish brand, check out [Cote](#)*

### **Oil and Skin Balance**

1. Look for Clean products for balancing oil on the face and exfoliating the skin
2. Traditional products kill both bad and good bacteria leaving it dry irritated and red. They contain harsh surfactants, benzoyl peroxide, and silicones.
3. How do you tell if your products are safe?

STAY AWAY FROM: Fragrance, Parabens, and Phthalates. These are the biggest disruptors for the endocrine system.

- Choose transparent companies. Is the entire list of ingredients fully disclosed?
- Choose brands that are part of the [Counteract Coalition](#) and are actively asking for better healthy protective laws in the US.
- Choose brands that have a verified safety rating on [EWG Skindeep database](#)

*For my family I choose Beautycounter*

*Because they meet all the above requirements and their products for acne will help to balance the oils on the skin, exfoliate for better cell turnover, protect the skin, prevent further breakouts, and add hydration.*

### **Beautycounter's line for oily and acne prone skin:**

For any regimen, consistency is key. Cell turnover is normally 3-6 weeks depending on age

Main ingredients in this line:

- Wintergreen - natural salicylic acid. Helps to exfoliate and restoration the balance of bacteria to a healthy level.
- Rosebay willow helps to reduce irritation and decrease sebum production.

Products in the line:

1. Clear pore cleanser. Aloe vera for hydration and jojoba beads for exfoliation
2. Instant matte toner . Alcohol free. Using witch hazel and provitamin B
3. All over acne treatment. Clears existing blemishes and helps future breakouts.
4. SOS treatment to spots only for maximum strength salicylic acid
5. Matte effect gel cream- helps to maintain moisture and control oils for up to 8 hours. Gel to cream texture that feel weightless

Get the products here

<https://www.beautycounter.com/melanieconnell?goto=/countercontrol>

For further help and questions email [Melanie@remedypt.com](mailto:Melanie@remedypt.com)

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