



## Acne Triggers

**Toothpaste** can cause small breakouts and darkening around the mouth.

**Evaluate & Avoid cosmetics** if breakouts persist. Avoid make-up that sticks to the skin when you wash it off.

**Pore-clogging chemicals** to avoid, fatty acid IPM (isopropyl myristate) and those related to it.

**Medications** that cause acne are: hormones, steroids, cold and flu meds, etc.

**Evaluate all hair products**, whatever you put in your hair will migrate onto your skin. You perspire when you toss and turn in your sleep, get stressed, rush through your day, climb stairs, and exercise.

**Friction-acne** is caused by rubbing, pressure and restricted air flow, which results in deep acne and ingrown hair, scalp bumps and severe darkening.

**Avoid recreational drugs**, especially marijuana, cocaine, meth, which aggravate acne, especially if you pick, or if they keep you from getting sleep. Alcohol consumption doesn't cause acne to worsen unless you're too drunk to apply your home care products.

**Hormones** are linked to breakouts including estrogen, testosterone, progesterone, polycystic ovarian syndrome (PCOS), hormonal changes, fibroids, imbalances, irregular periods, PMS/PMDD and obesity

**Avoid iodine & peanuts**, processed food is high in iodine and peanuts are high in hormones both cause breakouts.

**Dairy**, is linked to acne, allergies, eczema, psoriasis, weight gain, digestive problems, water retention