

Beautiful Clear Radiant Skin (No Acne)

John W. Jones, MD, MPH
Nutritional Consultant for Nutrition Pure and Simple
www.jjconsulting.net

Nutrient	Product	Quan
Essential Fatty Acids (LCPUFA)	Ultra Omega-Linic	6-8
Vitamin E with high EFAs	Vitamin E 400	1
Complete Multi Vitamin w/o Iron*	Ultra Vites	2
Topical applications		
use a Soap-Free cleanser	Seaweed soap free cleanser	am & pm
apply anti bacterial lotion	Opti-MSM Lotion Plus	2/day
apply anti-acne Lotion	DermaClear Lotion	2/day
make a Clay mask	Argiletz French Green Clay	2/wk
* Iron is not recommended unless there is a known need for iron		

August 2015

Acne has a very large inflammatory component. This component is made worse by the excess of Arachidonic acid in our Western diet. The worst offenders are Red meat, Milk, Bread and Sugar. At the same time there is a lack of fish and other beneficial fats in the diet. Fact: our Western diet is characterized by excesses and imbalances of all the essential nutrients.

Recent studies confirm what has long been suspected: Dairy Products & Sugar CAUSE Acne. Drugs and topical applications may make pimples temporarily disappear, but dietary choices are the real culprit. Large clinical trials found that cow's milk (and dairy products) increased both the number of people who get acne - as well as the severity of the outbreaks. In the same vein, high sugar intake (foods with a high glycemic index) also had similar results. Milk also has a high sugar content. Skim milk (low in fat) has a higher glycemic index than whole milk.

All dairy products are high in many harmful hormones. In particular, they increase the serum levels of testosterone and other androgens (male hormones). These hormones contribute to Acne.

Dairy products also increase insulin levels. Lactose milk sugar (not fat) stimulates insulin production which often leads to insulin resistance and type II diabetes. In fact, a high sugar and refined carbohydrates diet, also known as a high-glycemic index diet, *causes* Acne.

The typical Western diet is high in Milk and other foods high in Arachidonic Acid, a major cause of

Terms:

AA Arachidonic Acid
EPA Eicosapentaenoic Acid

EFA (Essential) Fatty Acids
GLA Gamma Linolenic Acid
LCPUFA Essential PreFormed Long Chain PolyUnsaturated Fatty Acids

inflammation. At the same time, our diets are low in beneficial fats (omega 3 and omega 6) which counteract inflammation.

Dermatologists prescribe medications which can have long-term harmful effects. Antibiotics, for instance, interfere with good bacteria that we need in our GI tract.

Conclusion: our dietary choices influence the hormones which trigger acne.

There are two easy ways to combat Acne. Reduce the inflammation that comes from Arachidonic Acid and reduce milk hormones.

1. Cut down on inflammation-producing foods, such as milk and red meat.
2. Increase the intake of good fats, which will combat the arachidonic acid from foods you eat.

Fish oil supplementation sometimes makes acne better - but sometimes makes it worse. I have a theory about that. Fish oil (and fatty, oily fish) provides omega 3 fatty acids. These compete in the metabolic pathways and help lessen the inflammatory effects of AA.

In order to have a natural way to **counteract** the inflammatory effects of our Western diet we MUST add a supplement which provides *both* GLA (gamma Linolenic acid) and fish oil. Usual sources of GLA are Primrose Oil and Black Currant seed oil. I chose Black Currant seed oil because it has a higher amount of GLA by percent than does Oil of Evening Primrose.

When you combine the *modulation* of inflammation from AA by adding EPA and DHA from fish oil with the ANTI inflammatory effect of GLA (as with Ultra Omega-Linic) the end result is a noticeable improvement in your skin.

I added 400 IU vitamin E to the protocol because it has well-known its skin benefits. It does this by protecting collagen from free radicals which cause wrinkles. The anti oxidant properties of Vitamin E protect the high levels of essential fatty acids in Ultra Omega-Linic from peroxidation at the cellular level.

In addition, Opti-MSM Lotion Plus adds anti bacterial protection as well as skin-healing amino acids. The essential oils in our product can protect the skin from some skin cancers. It has properties to minimize scars - anywhere you have a scar, but those from pimples, too.

Steps to Acne-Free beautiful skin

1. Avoid milk and milk products
2. Adopt the Low Carbohydrate Lifestyle modification. Increase fresh fruits and vegetables in the diet.
3. Decrease the amount of highly inflammatory foods - foods high in arachidonic acid, such as red meats, bread, sugar and milk.
4. Add the acne-fighting supplements Ultra Omega-Linic at 6-8 per day, Vitamin E 400 and Ultra Vites.
5. Add Ultra 4x6 probiotics to normalize intestinal flora if there is or has been a course of antibiotics.

Terms:

AA Arachidonic Acid
EPA Eicosapentaenoic Acid

EFA (Essential) Fatty Acids
GLA Gamma Linolenic Acid
LCPUFA Essential PreFormed Long Chain PolyUnsaturated Fatty Acids

Daily Recommendations for beautiful, clear skin

- Cleanse gently with a *Soap-Free Cleanser*
- Apply Opti-MSM Lotion Plus to problem areas morning and evening. This will help prevent infections. It will fight infections and calm skin irritation.
- Daily take 6 to 8 Ultra Omega-Linic. These provide the essential PREformed long chain fatty acids (LCPUFAs) used by all cells in the body. It also provides immediate and visible benefits, such as shiny hair and smooth, healthy skin.
- Daily take 2 Ultra Vites. These provide the necessary vitamins and minerals which have been shown to promote healthy skin, and which are often deficient.

Twice each week:

Mix French Green Illite Clay powder with floral water or distilled water to make a paste and apply as a facial mask. Allow the mask to dry for 15-20 minutes and then rinse well.

If the above actions do not completely resolve problems with acne, consider DermaClear Lotion.

DermaClear Lotion acts on the multiple types of problem skin

Problem or blemish-prone skin conditions show signs of enlarged pores, shiny-oily surface, "break-outs," and inflammation. Many over-the-counter skin remedies only work to dry up problem areas, often leaving already sensitive skin feeling sore and irritated. The unique features of DermaClear's effective skin-clearing formula, are the superior anti-inflammatory skin soothing ingredients that synergistically work to help clear and calm. This results in a balanced, healthy skin.

Key Ingredients in DermaClear Lotion:

- **Ac.Net®** is a patented ingredient clinically shown to inactivate Propionibacterium Acnes, Acinetobacter calcoaceticus bacteria and Pityrosporum ovale yeast, reduce inflammation, and reduce sebum production.
- **Bacocalmine®** is an extract of the Bacopa monniera plant, one of the primary anti-stress herbs of the Ayurvedic healing system. Among its many beneficial properties, Bacocalmine® helps protect skin from free radicals and attack from oxidizing agents, with superb antibacterial and anti-fungal effects.
- **BV-OSC®** is a stable oil-soluble Vitamin C ester with excellent percutaneous absorption. Increasing this formula's effectiveness,
- **Evermat®** reduces sebum secretions, leaving skin with tighter pores and a smoother, matte surface. Added as a most valuable ingredient, UGL Complex© is a calming skin exfoliator, enhancing skin luminosity and clarity.
- Another key ingredient is **Monolaurin**. Distilled from coconut oil, Monolaurin is a fatty acid shown to possess antimicrobial, antibacterial and antiviral properties. In addition, Phyto-active plant extracts of Gotu Kola, Green Tea, and Aloe further enhance the powerful antioxidant, skin healing effects of DermaClear Lotion.

Terms:

AA	Arachidonic Acid	EFA	(Essential) Fatty Acids
EPA	Eicosapentaenoic Acid	GLA	Gamma Linolenic Acid
		LCPUFA	Essential PreFormed Long Chain PolyUnsaturated Fatty Acids

*These statements have not been evaluated by the Food and Drug Administration.
The products are not intended to diagnose, treat, cure, or prevent any disease*



Phone: 888 953 5553

www.nutritionpureandsimple.com