

# Beautiful Clear Radiant Skin (No Acne)

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Nutrient	Product	Quan
Essential Fatty Acids (LCPUFA)	Ultra Omega-Linic	6-8
natural Vitamin E	Vitamin E 400	1
Complete Multi Vitamin w/o Iron*	Ultra Vites	2
Herbs and Essential Oils	Dermaclear Capsules	2x2per dy
ProBiotics	Ultra 4x6 Probiotics	1-2
<b>Topical Suggestions</b>		
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		

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### 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 - especially if there is or has been a course of antibiotics.

Acne has a very large inflammatory component. Inflammation 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, our diets are low in beneficial fats (omega 3 - EPA and DHA, and omega 6 - GLA) which counteract inflammation. *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.

Dermatologists prescribe medications which can have long-term harmful effects. Antibiotics, for instance, interfere with good bacteria that we need in our GI tract. Be sure to take one or two Ultra 4x6 Probiotic capsules per day to ensure the replacement of 'good' bacteria. This helps protect against future infections.

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

## **Nutritional Support**

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 Arachidonic Acid (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 **Natural 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.

It has been said that Vitamin formulas are important for healthy skin -and are better for you than acne medications. Besides its high levels of necessary nutrients, **Ultra Vites** now is formulated with the active form of the B Vitamins. This is because many people lack the ability to convert the B Vitamins to their active form in the body - resulting in deficiencies - resulting in an increased likelihood of Acne outbreaks..

Ultra Vites also contains a high level of biotin, another important b Vitamin. Biotin helps skin, hair and nails by promoting healthy cells. The results are very noticeable.

Another important and effective product is **Dermaclear** capsules. It is a special formula of herbs (Artichoke, Burdock, Lady's mantle, Plantain, Pansy), and Essential oils of Clary Sage and Rosemary, Plus Evening Primrose. All of these contribute to the health of your skin - and interfere with the conditions that lead to Acne outbreaks.

## Topical Applications

Regular soap and skin cleansers contain many toxic ingredients that irritate your skin. Use **Seaweed** (soap-free) cleanser morning and evening.

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

**DermaClear Lotion** contains Monolaurin: the anti bacterial, anti viral fighter. Problem or blemish-prone skin conditions like acne 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 clear and calm - resulting in a balanced, healthy skin.

## 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.



*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*

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