

# For your Health and Wellness!

## Acne

Acne can be an easy problem to solve naturally. Just like other chronic diseases running rampant in Western society such as diabetes, heart disease, and obesity, acne is primarily a disease of the Western world. Acne is much less of a problem in other societies where refined carbohydrates and sugar are consumed in much lower amounts. A low grain or no grain diet will very likely clear up the skin permanently.

**Simple carbohydrates** are sugars such as those found in candies, soda and baked goods. Also be especially careful to avoid high fructose corn syrup. These boost glycemic intolerance and lead to acne.

**Complex carbohydrates** are found in natural whole foods such as beans, nuts, whole grains and vegetables. Your body prefers the complex carbs found in vegetables because you body handles their digestion differently. Veggies are better than grains.

A 2007 study published in the American Journal of Clinical Nutrition found that young men aged 15 to 25 with acne problems showed significant improvements in acne and insulin sensitivity with the complex carbohydrate low glycemic diet.

Gluten in wheat and other grains may be contributing the acne symptoms. Gluten is a prime suspect in rosacea, a growing problem in baby boomers. Gluten causes autoimmune reactions in the body. The gluten can produce these symptoms and pushes the toxins right through the skin!

Many skin care products may contribute to the problem. Many contain harmful chemicals that can seriously inflame an outbreak, or prevent one from healing. What you apply is absorbed through the skin and these chemicals can pass directly into your body.

**Pharmaceutical treatment of acne is big business.** Antibiotics do more harm than good. Every time you take an antibiotic you kill off beneficial bacteria which can set the stage for yeast infections. Antibiotic resistance is a serious and growing problem today. Drug treatments do not correct the underlying reason for the acne. Above all you must avoid ***one of the most dangerous drugs ever made***. That's right, Accutane.

Accutane (isotretinoin) remains on the marketplace despite the millions of dollars that drugmaker Roche has paid in damages. This drug has been known to cause depression, suicide, inflammatory bowel disease, 100% guarantee of birth defects when taken by a pregnant woman, brain scans show a 21% decrease in frontal brain activity which affects mood and social interaction, aggressive behavior and psychotic reactions. Nice Huh?



Take control of your skin's health.

1. Eliminate sugars and grains. There is a major likelihood that in several weeks you'll notice a rapid improvement.

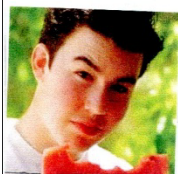
2. Drink plenty of water. Hydrating your body facilitates the elimination of waste. Hydration also improve your skin tone.

3. Exercise to help your body flush out the toxins. The more you sweat the more you flush unwanted debris from your pores.

4. Get a good nights sleep. This can lead to decreased stress and clearer skin.

5. Use a probiotic to reestablish the bacterial balance and a digestive enzyme to decrease stress on your digestive system. A *whole food* vitamin will also help the skin.

6. Chiropractic and Nutrition Response Testing can make a world of difference in the health of the body. Your complexion is a reflection of your overall health. Just ask Dr. C!



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