



Clear Skin: Kickstart Guide

Five Steps to Start Your Journey
to Clear Skin

Jane Hickey

Welcome from Jane

Hi!

I'm delighted to welcome you to this kickstart guide to clearing acne.

Are you wondering why you're still coping with the acne flares that you thought would be gone by now? Is acne making your life miserable? Does acne ruin special events? You are not alone! Acne, now affecting increasing numbers of adults, can be physically and emotionally painful. If you're wondering why none of the treatments you've tried has really worked, this is because most treatments are not designed to get to the root causes of acne.

Acne ranges from mild to severe (which has more risk of scarring), and may be new onset or a relapse of teenage acne. Although acne appears on your skin, it is more than a skin condition, linked to hormones and genes, with its root causes in the interactions between the systems inside your body. The only effective way to clear acne is by combining support on the outside (with your skincare routines) and support on the inside (with your food choices).

Please be sure to read the medical disclaimer at the end of this section of the guide before you make any changes to your diet and lifestyle.

Clear Skin: Kickstart Guide

This guide IS for you, if:

you're motivated to make some changes to clear your acne

you're looking for a kickstart plan

you want to nurture your skin on the outside

you want to support your skin on the inside

you need some guidance to get going

you're ready to commit to making changes

Before you read on, however, please be aware that this guide is NOT for you, if:

you just want a quick fix for acne

you're not ready to make some changes in your daily life

you're happy that you can manage your acne flares

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The guide is based on five simple steps for you to introduce either one at a time or more than one at a time, at a pace that works for you. If you choose to take five weeks, introduce one step a week. But if you wish to speed up the pace, introduce each step more quickly or introduce more than one step at a time. The best results happen when all the steps are in place.

The steps are arranged in a logical order but you do not have to follow this, if your situation means you want to introduce the steps in a different order. Although it may take time for your body to adjust to the changes and you may not see results overnight, you should start to notice improvements soon.

As you introduce steps to support your skin, please be aware that it is possible to experience a worsening of your acne. It is important to remember that this is a temporary part of the process of clearing your skin. In fact it's a good sign that the changes are starting to have an impact on the systems underlying your acne towards clearing your skin.

Each step is presented clearly with:

what the step is (to define what you need to do)

why the step helps you to clear your acne (to motivate you)

how you can introduce the step into your life (to support you)

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We live in a fast paced world of instant solutions. Sometimes the most effective solution takes longer and needs some patience. By following these kickstarter steps, you are supporting your skin and starting the process of clearing your acne.

Key drivers of acne include hormone imbalances, poor detoxification, stress and gut dysbiosis. These drivers may also interact for a compounded effect. Acne may also be more complex. If you would like to find out about a personalised programme with coaching, to address more complex drivers and support you to clear your acne, please reach out to me: jane@janehickeynutrition.com.

I wish you the very best on your clear skin journey.

Jane Hickey

The Acne Coach

Registered Nutritional Therapist

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Medical Disclaimer

Please note that the information contained in this booklet is not a substitute for medical advice, diagnosis or treatment. If you have any concerns about your health, you should seek advice from your doctor. The recommended guidelines are the opinion of Jane Hickey and do not take into account your personal health situation. If you have any concerns about your health, you are advised to consult your doctor before making changes to your diet and lifestyle. No responsibility is accepted by the author for any failure by the reader to seek the advice of a primary health care practitioner.

Step One: Skincare



what

Protect your skin with gentle cleansing routines.

why

Acne is not caused by poor hygiene and your skin does not need harsh products which strip the natural oils from your skin, change the pH of your skin, damage the beneficial microbiome and provoke inflammation.

how

Choose gentle skin products which:

do not clog your skin (non-comedogenic)

protect the natural balance of your skin's pH and microbiome

Cleanse your skin no more than twice a day.

Choose make up which is non-comedogenic and clean make up off thoroughly at the end of the day.

Use a moisturiser if your skin is dry.

Check that your skin products suit your skin and seek advice about over the counter skin products for acne. Effective topical products may include zinc, niacinimide, benzoyl peroxide, salicylic acid or azelaic acid.

Topical products with retinoids need to be used with care and the caution that they are not safe in pregnancy.

Products for acne are also available on prescription. Consult your GP if your acne is causing you concern.

Step Two: Water



what

Keep well hydrated by drinking about 2 litres of water (about 8 glasses) a day.

why

All the cells in your body depend on water. You need to stay hydrated for healthy skin cells and for your body systems to work efficiently, such as detoxification.

how

Drink the equivalent of 8 glasses of water a day, filtered if possible.

Fill a glass bottle to take with you.

If you buy bottled water, avoid plastics with BPA (which is ingested and known to disrupt hormones).

Flavour your water with a slice of lemon or sprig of mint.

Other drinks may count but be aware of drinks with added calories.

Be aware that caffeine and alcohol are dehydrating and you need to drink extra water to counteract the effects if you are drinking coffee, soft drinks or alcoholic drinks.

Drink more water when the weather is hot or you are active or exercising.

Step Three: Vegetables and Fruit



what

Eat at least 5 portions of vegetables (mostly) and fruits a day.

why

Vegetables and fruits contain a wide range of vitamins and minerals, as well as fibre, which support your digestive health, skin health and general health.

how

- Choose vegetables and fruits which are seasonal and of different colours.
- Eat a portion of leafy green vegetables (such as spinach, cabbage, kale, collard greens, romaine lettuce) every day.
- Eat at least one portion (about the size of your clenched fist) of vegetables (or fruit) with every meal.
- Eat portions of vegetables and fruits at breakfast such as spinach, tomatoes or mushrooms with scrambled eggs or overnight oats with blueberries and apple.
- Eat portions of vegetables at lunch such as salad (lettuce, tomatoes, peppers, radishes), raw vegetables (cauliflower, carrots, avocado) or cold cooked vegetables (green beans, roasted Mediterranean vegetables).
- Make vegetables the focus of dinner, like vegetable curry (such as onion, aubergine, mushrooms) or vegetable soup (such as onion, squash, kale).
- For extra greens, make green smoothies, with suggestions from *The Green Smoothies Diet* by Robyn Openshaw.
- Cook meals from a new recipe book such as: *The Doctor's Kitchen* by Dr Rupy Aujla

Step Four: Fibre



what

Eat about 30g* fibre daily and drink water to keep well hydrated.

why

Fibre is needed by your digestive system, to help you remove waste and toxins from your body. This supports other systems to function well, such as detoxification in your liver which also helps to balance hormones.

how

Choose foods high in fibre:

- vegetables (especially with the skin on, such as potato)
- fruit (especially with the skin on, such as apple)
- pulses (lentils, chickpeas)
- wholegrains (oats, barley, rye)
- nuts (raw, unsalted)
- seeds (such as pumpkin, chia, sunflower)

If you are increasing the amount of fibre you are eating, do this gradually. It is essential to drink enough water (8 glasses a day).

If you struggle to eat enough fibre for 30g a day, include a supplement such as psyllium husks.

*For more information about the fibre content of foods, visit:

<https://www.bda.uk.com/resource/fibre.html>

Step Five: Sleep



what

Sleep for about 8 hours a night.

why

Sleep is essential for health and wellbeing. The best time to be asleep is during the night. During your sleep many important biological processes happen which cannot happen when you are awake. These include repair of body cells and tissues, and relaxation and lowering of your stress hormone (cortisol).

Detoxification processes also occur during your sleep.

how

Establish a regular routine for sleep by following good sleep hygiene guidelines.

- Spend time in the daylight during the day.
- Spend some time winding down from the day before you go to bed by clearing your mind and relaxing.
- Avoid caffeine or intense exercise in the evenings.
- Stop looking at blue screens at least an hour before you go to bed.
- A bath with epsom salts can help you to fall asleep.
- The best atmosphere for sleep is dark, quiet and cool.
- Set a routine of going to bed at a similar time every day.

If stress or other trauma is preventing you from having a good night's sleep, it is likely that this needs to be sorted out before you can significantly improve your sleep.

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