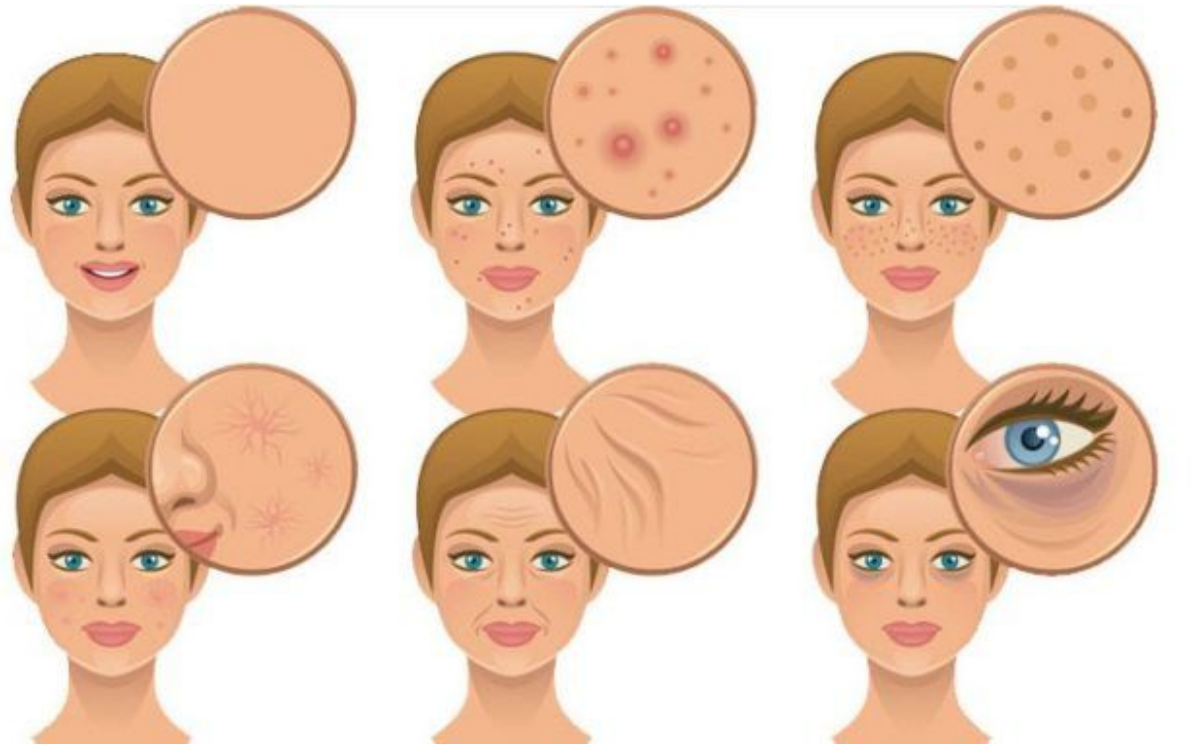
HEALTHY TIPS

6 Foods That Are Destroying Your Hormones And Skin

By bestfolkmedicine · 18/07/2018 · 2 min read



During teenage years, it is not uncommon for both girls and boys to struggle with acne. However, this does not happen in puberty only and in some people, it may a problem in their adult years, often times, as a consequence of hormonal imbalances or polycystic ovaries (in women).

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In order to try and resolve the issue with acne-prone skin, women try out all kinds of products, from antibiotics like benzoyl peroxide to Retin-A, but they do not always provide the desired results. If you have consulted a dermatologist and if your acnes have been associated with hormonal imbalances,

make sure you read the whole article to learn more about this frequent health issue.

How Do Hormones Affect the Skin?

Hormonal acnes, as noted on Health and Love Page, appear as a consequence of imbalance in the endocrine glands and the outbreaks are most common during the mid-cycle, ovulation period, or prior to the menstrual period or the time when the estrogen and testosterone levels are at their peak.

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Women with a balanced endocrine system will not experience such damage by these hormonal increases. Poor balance in the endocrine system may occur due to toxic deposits in the body and poor lifestyle habits which lead to inflammation and testosterone dominance which consequently, encourages the sebaceous glands to elevate the production of oil.

How to Improve Your Skin Quality

Without doubt, everything that happens inside your body will be reflected on the skin because it is the largest organ for elimination of toxins and it is closely connected to the liver, large intestines, and the lymphatic system. Also, whatever you put in your mouth counts and this is why you need to learn which foods you should exclude and which ones to embrace if you want to better your skin quality. Let us take a look at a detailed list:

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Exclude:

Dairy

Most dairy is rich in synthetic hormones which may elevate the hormonal levels.

Soy

The phytoestrogens from soy can impede the proper functioning of the hormones and increase the number of acnes.

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Gluten

It can trigger gut inflammation.

Peanuts

Even if you are not allergic to them, they have been associated with inflamed skin and acne breakouts.

Caffeine

Green tea, coffee, black tea, etc. are known to decrease the levels of zinc, magnesium, and vitamins B from the body, which are pivotal for a healthy skin.

Sunflower, vegetable, and canola oil

These cooking oils contain a lot of omega-6 fatty oils that can trigger skin inflammation and boost the estrogen secretion.

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Embrace:

- Probiotics because they are good for the digestion, hormones, and gut
- Increase the intake of organic veggies and fruits
- Stay clear from skin care products and cosmetics which contains petroleum jelly and petrolatum, parabens, endocrine-disrupting phthalates, or sulfates and opt for products with natural ingredients

Check out the following video to learn more about hormonal acne:

Sources:

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HEALTH AND LOVE PAGE

Read online: https://bestfolkmedicine.com/2018/07/6-foods-destroying-your-hormones-and-skin/

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