



The Reality Of The Relationship Between Diet And Acne

Sonny Dhinjan, December 19, 2005

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Fact: Diet and acne are related? The current acne situation is expanding to adults as well as teenagers in both Western Europe and the United States. A diet abundant in acidic foods and hard fats from the fast food industry are what you must focus on for fast permanent relief from your acne.

PR9.NET December 19, 2005 - There is great confusion and conjecture around the topic of "diet and acne". A massive proportion of the British and American population are suffering. So why is acne prominent in the Western World and is it true that diet is a causative factor? The answer is, "Yes it is, and to be more specific... it is the Acidic-Hard Fat Western Diet".

There are two concepts that I want to impart to you all in this writing, and they are based around this idea of an Acidic-Hard Fat Western Diet.

Regardless of what anybody says, it's a fact that your diet makes a contribution to your acne. Even if you know you eat healthy, the idea of an Acidic-Hard Fat Diet will reveal some blind spots that may be causing your acne:

So let's discuss this concept in two separate parts in a bit more detail shall we?

1. Overconsumption Of Acidic Food And Drink, And Not Enough Alkaline Food And Drink!

Your body's living cells work efficiently at an optimum pH which is slightly alkaline. The first problem with the notorious Western Diet is that it is extremely acidic. Any food product that is categorized in the fast food industry such as hamburgers, fries, coke, and others such as coffee, tea, dairy products, all meats, most fish, table sauces, wine, beer, carbohydrates, and many others are problematic for your digestive tract.

Consider this... if nature has pre-programmed your body to function efficiently at a given internal pH, and you begin to introduce acidic foods into your diet, you will disturb the proper functioning of your body's physiological processes.

The remotest of disturbances to your digestive tract will impact your intestines, liver, gall bladder, and kidneys, which are all responsible for detoxification of your blood. If these become compromised, you are putting pressure on your skin to detoxify. Excess toxins take a detour to the skin and this results in acne.

2. The Right Fat Diet Is The Second Key To Acne-Free Skin

It's not about low fats, it's all about eating the right fats. Human being are made up of fats. Your cell membranes are comprised of structures called phospholipids, which are fats.

The composition of the fats in a typical Western Diet is approximately 1:30 of omega-3:omega-6 fatty acids. For good health and perfect skin, it should be 2:1.

This balance is needed for hormones to be in harmony.

Why is this relevant? It's a bit complicated, but the thing to get is that cells communicate with each other via highly focused processes that involve messenger RNA, prostaglandins, and other chemicals. The communication is aimed at getting a result. The result could be anything such as the "generation of thirst". Prostaglandins are like mini-hormones that play an important role in event management.

In order to get clear skin, you need the right prostaglandins, which come from the right omega fatty acids. It's all about a balance. If you would like clear skin guaranteed visit <http://www.guaranteedacnetreatment.com/>

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About Sonny Dhinjan

Sonny Dhinjan is focused on skin care. An ex-acne sufferer who is concerned solely on teaching people how to get rid of acne using a simple step-by-step system of natural acne treatments, that allow for it to happen with complete grace and ease.

Website: <http://www.guaranteedacnetreatment.com>