

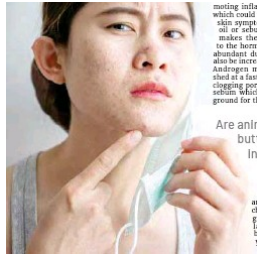
- Acne / Skin

What's causing your breakouts?

Unburden your body and say goodbye to acne

Manila Bulletin · 26 Apr 2022 · B-9 · CHESHIRE QUE, RND, RN, RD cheshireque@gmail.com

You are past the adolescent stage, that awkward phase of zits accompanying hormonal and bodily changes. But how come you still get acne breakouts in your adulthood? Let's get to the bottom of your acne issue and delve deeper into the root cause of your breakout—hormonal imbalances.



Hormones are chemicals that act as messengers in the body. Think of these as the bosses inside your body. They tell you what to do, how to do it, and when to do it. Hormones influence body temperature, blood glucose or sugar level, mood, weight and so much more. Now, don't think for one second that you are doomed to live with your acne breakouts just because your hormones say so. You have the ability to keep your hormones happy and in turn have a healthy skin, free from acne and pimples.

Hormonal acne is often cystic or sac-like in nature. It can contain pus or other substances and most prominent along the jawline, chin, around the mouth area, back, thigh, and bottom.

Let us now reflect on the factors that could wreak havoc with your hormone balance.

Are sugar and other refined carbohydrates like pastries, sweets, chocolates, chips, white bread and the like a staple in your daily diet? Better begin treating these as occasional treats only or, better yet, avoid completely if you can. Simple carbohydrates like sugar cause the hormone insulin to spike, thus promoting inflammation in the body, which could manifest in unhealthy skin symptoms. Insulin increases oil or sebum production. It also makes the skin more sensitive to the hormone androgen. This is abundant during puberty but can also be increased during adulthood. Androgen makes dead skin cells shed at a faster rate, which ends up clogging pores. Clogged pores trap sebum which becomes a breeding ground for the bacteria P. acnes.

Are animal milk and dairy products like cheese, butter, and yogurt part of your regular food intake? It is best to avoid these if you are suffering from hormonal acne. Dairy stimulates the production of insulin, as well as the hormone insulin-like growth factor 1 or IGF-1. Just like insulin, the IGF-1 stimulates sebum production, increases skin cell growth rate, increases androgen production, and makes the skin more sensitive to it. Moreover, most conventional dairy products contain hormones that can cause further imbalances.

Do you get acne breakouts or even skin flare ups like eczema when you are under stress? When we have an increased production of the stress hormone cortisol, the oil or sebaceous glands are also on a high. Increased cortisol equals increased sebum production. In addition, excess cortisol does not only cause acne but also makes your skin age faster. Cortisol reduces the skin's ability to retain moisture. It also damages collagen and inhibits the synthesis of hyaluronic acid, both of which are responsible for the skin's elasticity, plumpness, and youthful appearance.

The usual advice would be to avoid stress but it is always easier said than done. We cannot eradicate

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stress from our lives. We can decide, however, to choose our battles. We can intentionally look for ways to reduce stress throughout the day. It doesn't have to be a major change like quitting your job or giving up on a relationship. Begin by doing deep breathing, pausing for a few minutes, praying, meditating, listening to music, exercising, doing guided imagery, coloring or painting, journaling, or taking a walk. There are many ways to destress. You will soon find out that if you take these pockets of rest and "me" time, you will end up being more productive and looking better.

Say goodbye to your acne breakouts by unburdening your body of food that triggers inflammation and causes hormonal imbalances. Take time to rest in your own little way, anytime throughout the day. assistance of a sleep technician in operating the device, and a professional fee of the sleep doctor, who will interpret and read the test.

The HSAT is a convenient and cost-effective method to diagnose sleep apnea and a step closer to getting a better sleep. It is available for only ₱12,000. The promo runs until June 21.

If you are experiencing loud snoring, abrupt awakenings at night, or have been told that your breathing has stopped during your sleep, it is best to consult with a sleep specialist for assessment.