

AK Acne Prevention

What is an AK Doctor?

Since January of 1999, I have been practicing as an Applied Kinesiologist (AK) at a day spa in Raleigh, North Carolina. Applied Kinesiologists are holistic doctors, and the vast majority of AKs are chiropractors. I began studying AK techniques to help my patients with problems that went beyond my chiropractic training.

As an Applied Kinesiologist, I specialize in nutrition and biochemistry in an effort to help patients with irritable bowel syndrome (IBS), migraines, hormone imbalances, chronic fatigue, fibromyalgia and chronic pain. AKs treat these conditions/disorders through personal consultations, lab tests and an extensive exam that consists of a series of muscle tests that guide us toward meeting the needs of your body. For example, when you see a holistic doctor, he or she will perform a consultation and an exam and, if necessary, order lab work. Based on the results, the AK will offer supplements to treat your condition(s) instead of conventional medication.

A certified AK doctor will remove much of the guesswork from finding out which supplements your body will best respond. It is possible that your body will respond to several supplements that may help your condition, but muscle testing, performed by a certified AK doctor, will point toward the most effective supplement for your ailment.

Note: Certified AK doctors are required to take 100 hours of post-graduate education and pass an exam to be certified in this technique. Only certified AK doctors should be entrusted to perform these tests. Many non-AK doctors will claim to do muscle testing but are not certified by the ACAKUSA. To find a certified AK doctor near you, visit <http://www.icakusa.com>

My Observations of Skin Care Through AK

When I began practicing AK, I began to notice that patients' skin would dramatically improve during the course of treatment. I began documenting this pattern to share my findings with the public.

In most cases, you will find that the following information is true. Keep in mind that all of the following conclusions are based on my experience and are my professional opinions on what I believe are natural and effective solutions to the problem of acne. This information is intended to give you the facts needed to understand acne and the tools you need to put it in your past. This information does not touch upon the chemistry and physiology behind the condition of acne and is not intended to be a textbook of any kind.

If you need more help beyond what is presented here, please look for an AK doctor in your area or talk to a holistic doctor directly about your health concerns.

You And Your Skin (inside out)

Your skin is your largest organ and is often a reflection of the condition of your gastrointestinal (G.I.) tract. The G.I. tract has its own functioning nervous system that works in tandem with your central nervous system, but the organs in your G.I. tract are able to react separately to chemical stimuli. If something aggravates your G.I. tract, it is likely that the aggravation will cause a “sympathetic reaction” in your skin – meaning that your skin will change as the result of the interaction between your organs and the cause of the aggravation. This reaction in your body could take years to become visible, if at all.

For example, I have made the correlation that acne breakouts are often related to food sensitivities. When we are sensitive to a certain food or a chemical within that food, our body releases a chemical called histamine. There are several different types of histamine reactions that can occur from a food or chemical, but for the purposes of this discussion, we will focus on the type of mild reactions that stays in your body the longest, known as IGG reactions. IGG reactions are slow – they can stay in your body up to 21 days – and mild, often leading us to stop noticing their effects on our body over time. We stop noticing that we feel tired or get an upset stomach or bloat every time we eat a particular food. Slowly over the years histamine builds up in our system and starts to cause other symptoms.

One of the symptoms of histamine buildup is acne. Acne due to histamine buildup can be evident as a teen-ager or an adult. In average teen-agers, acne occurs because their bodies are so stressed from trying to deal with the hormone changes that they cannot deal with the additional stress of food sensitivities. The food sensitivities, along with the hormone changes, cause a buildup of histamine in the body that leads to an acne breakout.

The liver and the spleen (parts of the immune system) have to break histamines down. Just like a car’s oil filter, these internal organs can become clogged with the toxins they filter. Sometimes, they need help to do their job more efficiently. Removing the foods from your diet that are suppressing these systems will help, but it is equally advisable to take supplements that aid in the healing of your body from the inside out.

When you start the program (which I will outline on the following pages), you may notice more frequent breakouts before your skin clears. This is the result of the toxins being released from your internal organs into your bloodstream for excretion via your urine, feces and skin.

An AK doctor is able to determine what foods are aggravating your system through tests that include the ELISA (Enzyme-Linked ImmunoSorbent Assay) test, a biochemical technique to detect the presence of an antibody in a sample. Before taking any test, be sure to ask your holistic doctor if the test or “panel” covers all histamine reactions. A skin test from a medical doctor will also help, but it will not cover as many food group allergies as a blood test.

Part of the program I prescribe to patients includes the elimination of the most common foods that cause skin aggravation one week at a time. If your skin clears, it is a good indication that the food or foods you have eliminated are contributing to your acne. At this point, you may wish to have blood tests done to determine exactly what food could be causing your reaction. Eliminating foods prior to a blood test is a more economical way to determine your food reaction, but it requires some dedication and good note keeping on your part.

Cystic Acne and Yeast

Cystic acne is a different form of acne, and while it can also be caused by food sensitivities, I see it more often caused by a condition called Candida albicans (also known as yeast). It is also possible that both sensitivities *and* Candida are contributing to your condition. Candida albicans typically affect the G.I. tract, but can also be found in the sinus cavity. Killing the yeast in your system through supplements and diet treats the condition, and, as part of a sympathetic response, your skin will begin to clear.

Note: There are several good books and Web sites on the topic of yeast. I recommend The Yeast Connection by William G. Crook, M.D. to my patients who show symptoms of yeast. The Web site <http://www.yeastconnection.com> is also a good resource.

It may take up to a year to kill or remove the yeast from a person's body. Yeast is a difficult condition to treat because it is often caused by poor diet choices.

- My diet recommendations are less strict than other programs to combat yeast because the vast majority of yeast sufferers give up on stricter diets and revert to their original diet choices. While less-strict programs may slow your progress, you are more likely to stick with the program, as you will still be able to eat many of the foods that cause the yeast, but in fewer quantities.

Candida albicans is treated by killing the yeast that inhabits the G.I. tract and then laying down friendly bacteria. If you have cystic acne and other symptoms such as fatigue or chronic health problems, find a holistic doctor who can order a stool test to confirm the presence of Candida albicans. Then talk to your holistic doctor about a yeast-killing program that suits your lifestyle and medical needs.

Food Sensitivity Diet

It takes roughly three weeks for your body to eliminate histamines from your system. If your skin begins to react positively to the food sensitivity diet, and I recommend staying on this particular program for another two weeks for a total of eight weeks.

Meats, Fruits And Vegetables

When I refer to fruits and vegetables, it is always beneficial to have freshest ones you can find. Organic foods are better, as they are not grown in a laboratory setting, nor do they contain harsh chemicals or pesticides that can damage your skin. Since most organic

produce comes from local farmers, purchasing organic foods is a way to help your local economy. The same logic applies to meat, as organic meat does not contain antibodies or hormones. The idea is to rid your body of these toxins, not add more to it.

As part of the food sensitivity diet, it is important that you eliminate all of the following from your diet:

Dairy: This includes all milk that comes from cows, as well as cheese, yogurt, cottage cheese, ice cream and butter. Any product that contains whey or caisin/casein (a protein) is also out. Goat's milk contains a nominal amount of caisin/casein, so most people are not affected by it, and you should be able to use it.

While milk from cows does contain calcium, our bodies are only able to absorb roughly half of the calcium because of the processing the milk undergoes. You may want to try substituting rice and soymilk for milk from cows; however, you will want to keep the soy balanced, as it is the most genetically modified food in the United States.

I recommend finding several alternatives to milk that you enjoy as sources of calcium, such as a cup of dark, leafy vegetables (40-80 milligrams), a cup of beans (154 milligrams) or a cup of black-eyed peas (375 milligrams). You may want to supplement your diet with 1200mg of calcium citrate containing Vitamin D. If so, make sure to purchase your supplements at an organic store or a doctor's office, as many commercial supplements contain fillers that restrict your body's absorption on the supplement.

Nuts: While nuts in general (including peanut butter) are good for you, some people are sensitive, even deathly allergic, to them. The healthy fats contained in nuts, including linoleic acid, are needed for brain and skin function, so to obtain the benefits of these healthy fats, substitute nuts with flaxseed, avocados and olive oil. I recommend 1-3 grams of flaxseed depending on your weight (if you use flax, one gram of flax is roughly equal to one tablespoon of flaxseed).

Manufactured Carbohydrates: Wheat products, including breads, pastas, pastries, tortilla wraps and crackers, are all on the list of manufactured carbohydrates that you should not consume. The rule of thumb is that if it comes in a box, or is breaded, you cannot have it. You can nourish your body with natural carbohydrates from fruits, which contain antioxidants that will aid in the healing of your skin.

Trans Fats/Partially-Hydrogenated Oils: These are bad fats. Trans fats start out as naturally occurring fats and oils (e.g., canola or soy oil). Manufacturers have learned that in order to lengthen the shelf life of these oils, the oils can be heated to their flashpoints, at which point they are converted into trans fats, which cause heart disease, slows down the skin's ability to heal and decreases neurotransmitter synapses in the brain. Our bodies have trouble breaking down trans fats and can take around 50 days to break the fats down, so definitely avoid them.

Aspartame: Aspartame and its amino acid, phenylalanine, are found in a wide range of diet products and artificial sweeteners (including Equal and NutraSweet) and is often being linked to numerous health problems. Aspartame contains a deadly chemical called methanol that is released as a poisonous free radical in your body as the aspartame gets processed.

Splenda: Splenda is another sweetener that your body should not have. While it is a naturally occurring sweetener, to make the product resemble sugar, manufacturers use chlorine bleach, which robs your body of antioxidants that fight cancer and prevent aging.

Shellfish: Arachidonic acid in shellfish is linked to swelling of the skin. While the acid is essential for your health, too much of it will cause inflammation. Different people have different sensitivities to the acid, so it is best to cut it out during this program.

Caffeine: Caffeine causes dehydration and can also cause redness of the skin.

Alcohol: Alcohol, including wine, robs our bodies of antioxidants, while the sulfites in wine can cause you to have a histamine reaction. You can obtain the same benefits that wine offers you by simply eating grapes and avoiding the effects of sulfites.

Eggs: All products made with eggs or egg substitutes should be removed from your diet.

Processed Sugar: Sweets, including candy, should be cut from your diet.

Note: Smoking during this program, or at all, for that matter, will slow the entire program, rob you of precious antioxidants and possibly double the time it takes to see the positive effects this program can bring.

So, What Can You Eat?

In a nutshell, all fruits and vegetables (preferably organic) are OK to eat. Also, all meat (again, preferably organic) is fine as long as it is not fried.

Below are some sample meal plans to get you started in the program:

Day One:

Breakfast	Snack	Lunch	Snack	Dinner
Oatmeal (not flavored) with honey and/or cinnamon	One pear, apple or peach	Salad with oil-based dressing (spinach salad is best; for dressing, I recommend Annie's)	Plain popcorn or organic corn chips	Grilled fish with broccoli and rice

Day Two:

Breakfast	Snack	Lunch	Snack	Dinner
Fruit smoothie with soy or rice protein (use tofu for thickness instead of yogurt)	Rice protein bar (e.g., Luna; avoid protein bars with whey or soy)	Organic soup (no cream-based ones)	Raw vegetables	Chicken, asparagus and salad

You should drink bottled water or organic herbal tea while on this menu. For condiments with the meals, ketchup, mustard and mayonnaise should be fine to use in moderation.

I recommend a session or two with a personal chef, since this new diet will most likely be new to you. When you speak to a chef, let him or her know that you absolutely must avoid the foods I mentioned. Personal chefs can come cook for you, or they can supply you with recipes that will help. You can also investigate chat groups online to help you with recipes – many people who frequent these groups have severe allergies and are very creative when it comes to eliminating certain foods from their diet.

Once your six weeks are up, you can begin to slowly add foods back into your diet. Pick one food group at a time, and add it into one meal per day for one week. Because your body may no longer be accustomed to these foods, they may cause an upset stomach or headaches when you consume them again. If this happens, you will know that you are sensitive to that food.

I suggest keeping a journal of everything you eat and how you feel in the hours after you eat. This way, you can try and correlate the foods that disagree with you. When you do this for 30 days, it is hard to remember how you felt in the beginning. Keeping a journal is the best way to track your progress.

The Yeast Free Diet

For the best results, it is imperative that you avoid all foods that are high on the Glycemic Index, because they quickly convert to simple sugars in the body and feed the yeast that you are trying to rid from your body. It is best to avoid any food that scores a 70 or higher on the Index. To find out what foods score above and below 70, visit <http://www.glycemicindex.com>.

All foods that are sold in a box or that are breaded, including bread itself that is made with yeast, should be avoided. You are permitted one serving of pasta once each week after the first month, as well as organic wheat tortilla wraps twice each week for sandwiches. Mushrooms are fungi and they need to be avoided, as they feed the yeast in

your body. Also, avoid all dried fruit and acidic fruit. An acidic environment feeds fungus, so removing alcohol from your body is very important.

As for general acne, I recommend the following supplements (please consult your physician if you are currently taking medication to avoid any adverse reactions):

Pryidoxial 5 Phosphate or B6

Pryidoxial 5 Phosphate or B6 not only helps to decrease swelling, it also helps with any histamine reactions in your body. Folic acid also helps decrease the effects of histamine reactions and can be found with Pryidoxial 5 Phosphate or B6 in green leafy vegetables. If you are eating your green vegetables and taking a multi-vitamin, you should reach the recommended amount of B6 for this regimen.

Super food helps too. Super Food is a powdered form of all your fruits and vegetables in one serving. It can be found in holistic vitamin stores.

Omega-3 Vitamins

Omega-3 vitamins are important for helping your skin heal as well. These vitamins can be found in flaxseed and fish oil. As for recommended doses, I suggest the following:

Weight	Recommended Dose
Up to 100 lbs.	1 gram
100–150 lbs.	2 grams
150 lbs. or above	3 grams

Vitamin C

Vitamin C is effective at decreasing the redness that is caused from swelling. Although your body can only absorb 500 milligrams of Vitamin C at a time, I suggest taking between 1,500 and 2,000 milligrams for six weeks, then dropping down to 1,000 milligrams, as too much vitamin C can rob your body of Vitamin A.

Other Things to Consider

- Ginger and turmeric help control inflammation. Cooking with both or drinking ginger tea will help reduce the redness caused by swelling.
- Even though green tea does contain caffeine, I still recommend it for its antioxidant content.

Anti-Yeast Supplements

There are many different types of products one can take to kill the yeast in your body. Here is one suggested regimen:

Timeframe	Product	Frequency
First 30 days	Caprylic Acid	Three pills/day (one with each meal)
Second 30 days	Undeliac Acid	Three pills/day (one with each meal)
After 60 days	Oregano	Two pills/day

If any of the above supplements upset your stomach, reduce the frequency to one pill per day. If your upset stomach persists, stop taking that particular supplement and switch to another. Yeast will eventually develop immunity to each supplement as you take it, which is why we recommend switching supplements every 30 days.

Continual testing on the part of your AK doctor will let you know when to switch supplements. You may feel tired and achy as you begin the supplements, but this is a natural and temporary reaction to the “detoxing” on your body’s part. It is a signal that your body is working hard to remove yeast and other toxins from your body.

In closing, I want to remind you that this program is not easy, but it can be done. While it may seem like a long time, two months will pass before you know it, and you will feel much better because of it. If the program I have outlined here works for you, I recommend seeing an Applied Kinesiologist or holistic doctor who can tell you what your food sensitivities are and narrow them down for you. They can also guide you regarding proper treatment for yeast eradication.

What I have recommended here is what I most commonly see in my office. This does not mean it is 100 percent effective for everyone. If you do not see the results you want, contact a holistic doctor and ask their advice.