

ACNE HEALING GUIDE

A HOLISTIC APPROACH TO SUPPORTING
YOUR SKIN



EMMAGRACE

Naturopathy 

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MEET EMMA

Hi, I'm Emma your naturopath, nutritionist and guide to controlling your acne once and for all!

As a Naturopath and more importantly a an ex-acne sufferer, I've been there and I know how rough it can be.

This guide is your starting point of small but powerful changes you can make to support your acne here and now no matter what is driving it.

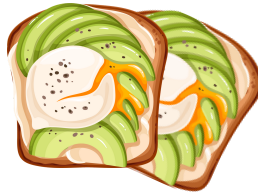
We're going to be breaking down how to optimise your diet to influence sebum production and some effective supplements that are a perfect starting point no matter where you are in your acne journey.

You don't have to have acne forever, and I'm here to make sure that you don't! Let's get you on your way to glowing skin.

If you are wanting to dive a little bit deeper into what is causing your acne for more tailored supplement and dietary advice to get you long-lasting results I'm available for 1:1 zoom consultations via the below link:

<https://www.halaxy.com/book/emma-pumfrey/location/872761>





SECTION 1:
DIETARY
CHANGES

CHAPTER 1: DO I HAVE TO GO DAIRY FREE?

Dairy free is the key to less sebum production

You've heard it before if you've ever googled 'what to eat for better skin' but do you want to understand if dairy free will actually benefit you and why that may be?

The most important factor here is a thing called IGF-1 which stands for Insulin-like Growth Factor.

as one of the underlying drivers of acne, IGF-1, is a growth hormone we all have, being a growth hormone through it is in higher amounts than the average person in those with hormonal and inflammatory acne, the reason why this particular aspect is a problem is because it can trigger the overproduction of oil.

When we have more oil, we are more likely to have more breakouts.

Tip 1: Swap out the daily milk in your coffee for a dairy-free alternative

A dairy free milk is a perfect starting point for this recommendation, arguably the hardest but once you find the milk you enjoy it will be a long-lasting change your skin will be loving!

Enjoy milks such as:

- Almond Milk
- Coconut Milk
- Note: check for additives and opt for the most minimal ingredients within your milks.

Tip 2: Swap out your yoghurt

Swapping out your morning yoghurt & granola can be an easy swap, you can find alternative breakfast ideas like smoothies or savoury breakfasts. Or you can go down the track of finding what alternative yoghurt sits best with you.

- Coconut yoghurt is your best bet here. With Cocobella or Coyo being the best.
- Avoid soy yoghurt if you believe you have hormones driving your acne

Tip 3: Avoid Cheese

Omitting cheese sounds like torture, but in fact after a few weeks it will be a distant memory. Opting for dairy-free cheese's means a lot of additional additives that i wouldn't recommend, if you re missing cheese on your pasta look into Nutritionist Yeast for a boost of B12 and Iron too!

Top Swap:
Dairy-free swaps to support better skin



DAIRY FREE KIWI SMOOTHIE



Kiwi Lime Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 2 Kiwi (peeled, halved)
- 1 Lime (juiced)
- 1/4 cup Vanilla Protein Powder

Directions

1

Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free: Use coconut or oat milk instead of almond milk.

Additional Toppings: Add spinach, avocado, kale, ginger or cucumber to your smoothie.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Protein Powder:

A plant-based dairy free protein powder to support your skin



CHAPTER II: BLOOD SUGAR REGULATION

Tips & Tricks to Support a Blood Sugar Balance

How does blood sugar regulation tie into to acne you ask?

Well Insulin resistance results in high sugar levels in your blood as we've just discussed, but what these higher levels then do is increase overall inflammation, as well as free testosterone.

This combination then leads to a higher production of sebum which then creates more of that oil we've talked about making you more prone to breakouts.

To combat this we look at some key dietary changes.

Tip 1: Eat within the first hour of waking

To keep blood sugar and cortisol stable we want to eat a protein rich breakfast to sustain your energy needs and keep your stress response stable.

Tip 2: Aim for 25-30g of protein with all main meals

You can work out your baseline goal of overall protein intake by taking your weight and multiplying that by at a minimum 1.5g = the grams of protein you're aiming for.

Eg. $80\text{kg} \times 1.5\text{g} = 120\text{g}$ protein per day

Tip 3: Aim to eat every 3-4 hours

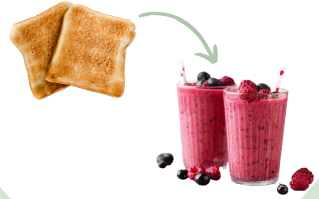
I want you aiming to eat every 3-4 hours in the day.

Aiming to eat:

- 7am breakfast
- 10am snack
- 1pm lunch
- 3-4pm snack
- 6pm dinner

Top Swap:

Swap that morning toast for a protein rich smoothie



PROTEIN RICH MEXICAN BREAKFAST SCRAMBLE



Mexican Scramble

4 servings
25 minutes

Ingredients

1 1/2 tps Extra Virgin Olive Oil
 1/2 Yellow Onion (diced)
 1/2 Green Bell Pepper (de-seeded and diced)
 3 Garlic (cloves, minced)
 1 Tomato (diced)
 2 cups Black Beans (cooked, drained and rinsed)
 1 tsp Cumin
 1 tsp Paprika
 1 tsp Turmeric
 Sea Salt & Black Pepper (to taste)
 6 Egg
 2 tbsps Unsweetened Almond Milk
 2 tbsps Nutritional Yeast
 2 cups Kale Leaves (finely sliced)
 1 Avocado (peeled and diced)
 1/4 cup Salsa
 1/4 cup Cilantro (chopped)

Directions

- 1 Heat olive oil in a large skillet over medium heat. Add onion, green pepper, garlic and tomatoes. Saute 5 minutes or until onion is translucent.
- 2 Add in black beans, cumin, paprika and turmeric. Season with sea salt and pepper to taste. Saute for another 2 to 3 minutes.
- 3 Mix together eggs, almond milk and nutritional yeast in a mixing bowl. Whisk well. Pour into skillet and continuously stir to scramble eggs while they cook.
- 4 Once eggs are cooked through, stir in the shredded kale. Continue to stir just until kale is wilted and then remove from heat.
- 5 Spoon into bowls and top with avocado, salsa and garnish with cilantro. Enjoy!

Notes

Less ingredients: Skip the toppings (avocado, salsa and cilantro)

CHAPTER III: EPA IS ESSENTIAL

Tips & Tricks to Support a Faster Recovery

Omega-3's are high levels of Essential Fatty acids have been shown to work on the integrity of your skin cells membrane and increase the overall skin cell barrier, in turn helping create hydrated, softer and less inflamed/reactive skin

Omega-3 Sources include:

- Sardines
- Mackerel
- Herring
- Anchovies
- Salmon

Plant based Omega-3 Sources include:

- Chia seeds
- Hemp seeds
- Flax oil

It's important to note reducing Omega-6 it's inflammatory counterpart and a few foods becomes important when looking at acne.

Focusing on reducing these foods high in omega 6 as they really do contribute to inflammation and increased viscosity of oil production.

Foods high in Omega-6 include:

- Dairy
- Canola oil
- Sunflower oil
- Sesame seed oil
- Corn based products
- Peanuts (yes that includes peanut butter!)
- Excess of eggs

Focus:

Increasing fatty fish within your week



HIGH EPA DINNER IDEA



Salmon Florentine

3 servings
30 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
2 Garlic (cloves, sliced)
1/4 cup Shallot (chopped)
8 Cremini Mushrooms (sliced)
1/2 Lemon (juiced)
1 3/4 cups Canned Coconut Milk
2 tsps Thyme (fresh)
Sea Salt & Black Pepper (to taste)
340 grams Salmon Fillet (skinless)
2 cups Baby Spinach

Directions

- 1 Add the oil, garlic, and shallots to a large skillet and sauté until fragrant, about two to three minutes.
- 2 Then, add the mushrooms and continue sautéing until the mushrooms are browned, about five to seven minutes. Add the lemon juice to the pan to deglaze.
- 3 Add the coconut milk, thyme, salt, and pepper. Stir well and bring the sauce to a gentle simmer. Add the salmon pieces, nestling them into the sauce. Cover and cook for five minutes or until the salmon is cooked to your desired doneness.
- 4 Add the spinach to the sauce for a few minutes until wilted. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add capers to the sauce while it cooks.

Additional Toppings: Chopped parsley, dill and/or sliced almonds.

Serve it With: Serve over rice, quinoa, barley, and/or cauliflower rice.

Salmon

Opt for Wild-caught
salmon where possible





**SECTION 2:
SUPPORTIVE
SUPPLEMENTS**

CHAPTER IV

High EPA Support: Omegavail

How does it work?

In 2014, a 10-week, randomised, controlled study was performed on the effects of omega-3's in relation to acne that showed both inflammatory and non-inflammatory acne lesions decreased significantly.

How should I use it?

Take 3 capsules across the day, ideally 1 with each main meal or can be split 1 with breakfast or 2 with dinner.

Where can i buy it:

<https://www.emmagracenaturopathy.com/category/all-products>



Dosage Instructions:

Aiming for
2,000mg of EPA
per day means
taking 3 x capsules
per day

CHAPTER V

RN Labs: Zinc Picolinate

How does it work?

Research has actually showed a really strong correlation between acne sufferers and low serum zinc levels, feeding into the idea that those who are suffering from acne potentially have a zinc deficiency driving that inability to heal or regulate sebum production

How should I use it?

Starting with 1 scoop per day this can be added into water and mixed or added into a smoothie to make life easier. Increase to 2 scoops per day after a week and stay at this dosage for a minimum of 12 weeks for full effects.

Note: Take Zinc supplements AWAY from iron if that is something you are already taking.

Where can i buy it:

<https://www.emmagracenaturopathy.com/category/all-products>

**Dosage Instructions:**

Starting with 25mg per day of Zinc and increasing dosage up to 50mg unless directed by a practitioner that a higher dose is appropriate

ZINC RICH PROTEIN BALLS



Sunbutter Pumpkin Protein Balls

10 servings

10 minutes

Ingredients

1/4 cup Coconut Flour
 2 tbsps Vanilla Protein Powder
 1/4 cup Sunflower Seed Butter
 1/4 cup Pureed Pumpkin
 1 tbsp Oat Milk (unsweetened, plain)
 1/4 cup Hemp Seeds (for coating, optional)

Directions

- 1 In a mixing bowl, combine the coconut flour, protein powder, sunflower seed butter, pumpkin, and oat milk. Mix well until a firm batter forms. Add more oat milk one tablespoon at a time if the mixture is too dry/crumblly.
- 2 Form the dough into one-inch balls. Repeat until all the dough is used up. Firmly roll each ball in a small bowl of hemp seeds to form a coating (optional). Store in the fridge or freezer until ready to enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to seven days, or freeze if longer.
Serving Size: One serving equals one ball, about one inch in diameter.
More Flavor: Add pumpkin pie spice, maple syrup and/or vanilla extract.

Hemp Seeds:

Opt for hulled hemp seeds, the nutrients are more bioavailable for absorption.



CHAPTER VI

Nutra Organics: Collagen Beauty

How does it work?

2019 dermatology systematic review confirmed going through all the recent studies that up to 10g of collagen per day for 8 to 24 weeks grants notable improvement in skin elasticity, hydration, wound healing, improved acne scarring and even cellulite

How should I use it?

Incorporate it daily into your routine, collagen is versatile making it easy to use and easy to add into your morning breakfast smoothie, coffee or mixed into other powdered supplements.

Where can i buy it:

<https://www.emmagracenaturopathy.com/category/all-products>

**Dosage Instructions:**

Aim for 1 TBS per day for a 10g boost of protein.

Top tips: mix it into your morning coffee for an easy addition and protein boost.

CHAPTER VII

Get Glowing Skin Tea

A uniquely blended skin tea formulated by Naturopath Emma Pumfrey. With an overarching minty flavour this skin loving tea combines all the essential herbs needed to support your skin from the inside out.

Working on: Lymphatic System Support, Improving Circulation, Stimulating Liver Detoxification, Anti-inflammatory, Hormone Regulation, Blood Sugar Regulation and Immune System Support.

Containing:

- Spearmint
- Gymnema
- Dandelion
- Echinacea
- Calendula
- Nettle

How should I use it?

Drink 2-3 cups per day for optimal results to decrease acne breakouts.

Where can i buy it:

<https://www.emmagracenaturopathy.com/category/all-products>



A study was completed on spearmint tea consumption in Turkey and what they found was that it holds anti-androgenic properties and can reduce levels of free testosterone and oestrogen in the blood in just 30 days, drinking 2 cups of the tea per day

WRAPPING IT UP

As an ex-acne sufferer I've been there and i know how frustrating having breakouts can be. They're uncomfortable, can be unpredictable and can really be a buzzkill waking up to new ones day after day.

The mental load of having acne is under recognised and if i can help you on your acne journey to improving your skin health, confidence and mood i would love nothing more!

Acne is complex and baselines can work wonders, but if you feel like your acne is deeper with a hormonal, gut or stress based caused it will be worth digging deeper.

Dietary changes can be tough as can sticking to a new supplement regime, if you are struggling with getting these initial recommendations incorporated into your routine start smaller. Start with 1 thing and really master it, if dairy free feels hard start with your breakfast then build it up across the rest of the day.

Doing everything all at once can be overwhelming, let's keep things easy, achievable and fun!

For more personalised recommendations don't hesitate to reach out and book now:

<https://www.halaxy.com/book/emma-pumfrey/location/872761>



MY SERVICES

Are you looking for a naturopath to support your acne healing journey more in depth and to get you some long lasting results?

Areas of health I work with:

- Skin Health (Eczema, Psoriasis, Acne)
- Anxiety and Mental Health Support
- Bloating and Digestive Disorders
- Hormone Balancing (heavy periods, low libido, breakouts)
- Immune Support (Colds, Flu's, Post-Viral Support)
- Postpartum Care

Service Fees:

- Initial Consultation \$165.00
- 45min Follow Up \$110.00
- 30min Follow Up \$90.00

What you get:

- A 1 hour thorough initial consultation via ZOOM reviewing all your symptoms and concerns alongside review of your diet and lifestyle.
- A 2-3 page PDF 48 hours post-appointment outlining all recommendations in regards to diet, lifestyle and supplements.
- Email support between consultations

Book now:

<https://www.halaxy.com/book/emma-pumfrey/location/872761>

COMING SOON: GET GLOWING 6 WEEK COURSE

Are you looking to dive in a little bit deeper into your acne and learn a little bit more?

Meet: Get Glowing - A 6 Module Course

Get Glowing is a holistic skin course created to help you get glowing skin and getting rid of acne from the root cause once and for all, while being educated on the WHY so that you can apply the WHAT you need to get results!

This self-led course is designed to complete 1 module per week, implementing the items discussed and then moving onto the next module. These are small and digestible 15-30minutes modules to keep things simple, interesting, achievable and making sure they are long-term changes.

Get Glowing Covers the following topics:

- Module 1: Understanding Acne & Where to Start
- Module 2: Dietary Changes for Glowing Skin
- Module 3: Nutritional Baseline's for Skin
- Module 4: It Starts with the Gut
- Module 5: Hormonal Acne & Your Liver
- Module 6: Lifestyle Changes for Long-term Results

