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Acne Bootcamp Quicktips

POSSIBLE ACNE TRIGGERS

- DAIRY OF ANY KIND- INCLUDES MILK, YOGURT, ICE CREAM, COFFEE CREAMERS, BUTTER, AND CHEESE
- PROCESSED FOOD
- INFLAMMATORY OILS SUCH AS VEGETABLE AND CANOLA
- GLUTEN-HEAVY FOODS
- PEANUTS AND PEANUT BUTTERS
- CAKES, COOKIES, SWEETS, CANDY

ACNE SAFE OPTIONS

- COCONUT MILK, ALMOND MILK, CASHEW MILK, OAT MILK, GHEE, GOAT'S MILK CHEESES
- EAT MORE WHOLE FOODS!
- USE OLIVE OIL FOR COOKING AND CONSUME OMEGA 3 FOODS LIKE SALMON
- EZEKIEL BREAD, GLUTEN FREE BREADS AND PASTAS
- ALMOND BUTTER, SUNBUTTER, CASHEW BUTTER
- DARK CHOCOLATE, FRUIT

THINK OF THIS AS A DIET EXPERIMENT. IF THIS GIVES YOU AN IMMENSE AMOUNT OF STRESS, TRY ELIMINATING ONE FOOD GROUP OR MAKING ONE CHANGE A MONTH TO SEE HOW YOUR SKIN RESPONDS. THIS DOESN'T MEAN YOU CAN'T EAT CHEESE EVER AGAIN! THE POINT IS TO SEE HOW/IF THESE FOODS IMPACT YOUR SKIN AND THEN DECIDE IF THAT LIFESTYLE CHANGE WOULD BE REASONABLE FOR YOU TO KEEP.



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STARBUCKS SWAPS



ONE COMMON ACNE TRIGGER COULD BE DAIRY PRODUCTS. TRY MAKING THIS QUICK SWAP TO YOUR MORNING COFFEE.

INSTEAD OF THIS...TRY THIS!

- ICED CARAMEL MACCHIATO... ICED BROWN SUGAR OAT MILK SHAKEN ESPRESSO (LINDSEY'S FAVORITE)
- HOT CHAI LATTE... CHAI LATTE WITH ALMOND MILK (JACKIE'S FAVORITE)
- ICED MATCHA GREEN TEA LATTE... ICED MATCHA GREEN TEA LATTE WITH COCONUT MILK (ELIZABETH'S FAVORITE)

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RECIPES 

ACNE SAFE BREAKFAST OPTION- SAUTEED PEPPERS AND ONIONS WITH 2 EGGS ANY STYLE, SERVED WITH EZEKIEL BREAD TOAST

SAUTÉ 1 CHOPPED PEPPER AND ½ CHOPPED ONION IN SMALL PAN WITH 1 TBSP EVOO UNTIL WILTY. COOK 2 EGGS RIGHT ON TOP, OR HOWEVER YOU LIKE. SERVE WITH 2 SLICES TOASTED EZEKIEL BREAD. ADD AVOCADO ON TOP, SALT AND PEPPER TO TASTE, AND SQUEEZE OF FRESH LEMON OVER THE TOAST.



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ACNE SAFE LUNCH OPTION- CHICKEN TACO BOWLS

INGREDIENTS:

3-4 ORGANIC CHICKEN BREASTS

1 CAN CORN, DRAINED

1 CAN BLACK BEANS, DRAINED

1 PINT CHICKEN BROTH

SALSA OF YOUR CHOICE

BROWN OR JASMINE RICE

FRESH CHOPPED CILANTRO FOR GARNISH

RIPE AVOCADO FOR GARNISH

PLACE CHICKEN BROTH, CHICKEN BREASTS, CORN, AND BEANS IN A SLOW COOKER. COOK HIGH 4 HOURS OR LOW 6-8 HOURS. SERVE BOWLS OF RICE TOPPED WITH THE CHICKEN, BEANS, CORN, AVOCADO, SALSA, AND CILANTRO.



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ACNE SAFE DINNER OPTION - BROILED SALMON

INGREDIENTS:

1 LB ATLANTIC WILD SALMON

1 HEAD OF BROCCOLI

LOAF OF RUSTIC BREAD

2 ORANGES OR 6 MANDARIN ORANGES

FETA CHEESE FROM GOAT'S OR SHEEP'S MILK (TZATIKI'S BRAND)

1 CUP FRESH HERBS LIKE DILL OR CILANTRO

EVOO

MINCED GARLIC

SALT AND PEPPER

PREHEAT BROILER TO HIGH. TOSS CHOPPED BROCCOLI AND ORANGE SLICES WITH 3 TBSP EVOO, 1TSP MINCED GARLIC AND ½ TSP SALT. SPREAD MIXTURE IN A SINGLE LAYER SHEET PAN. BROIL FOR 4 MINS. THEN PUSH TO ONE SIDE OF THE PAN, AND ADD FISH TO OTHER SIDE. SALT AND PEPPER OVER ALL AND DRIZZLE EVOO ONTO FISH. PLACE BREAD SLICES OVER EVERYTHING AFTER TOSSING BREAD WITH 3TBSP EVOO, 1 TSP MINCED GARLIC, AND SALT. BROIL 5 MINUTES. SERVE WITH FETA, HERBS, AND A DRIZZLE OF OIL.



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PROBIOTIC-RICH FOODS



WHY ARE THESE IMPORTANT?

PROBIOTICS ARE FOOD OR SUPPLEMENTS WE CAN EAT TO HELP CLEAR ACNE.

STUDIES SHOW THAT PEOPLE WITHOUT ACNE HAVE A MORE DIVERSE PROFILE OF BACTERIA ON THEIR SKIN!

EATING PROBIOTIC RICH FOODS DAILY CAN HELP YOU BRING IN MORE “GOOD” BACTERIA INTO YOUR CELLS AND ONTO YOUR SKIN.

EXAMPLES: KOMBUCHA, YOGURT, SAUERKRAUT, KIMCHI, KEFIR, PICKLES, MISO. MAKE SURE THE LABEL SAYS “LIVE ACTIVE CULTURES” ON STORE BOUGHT ITEMS TO REAP THE BENEFITS.



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SPOTLIGHT ON HYALURONIC ACID SERUM



THE HA SERUM FROM MODERN MED IS NONCOMEDOGENIC (IT WILL NOT CLOG YOUR PORES). THIS PRODUCT IS INCLUDED IN THE ACNE BOOTCAMP BECAUSE THE SKIN NEEDS HYDRATION WHEN TREATING ACNE! THE HYALURONIC ACID MOLECULE CAN HOLD UP TO 1000X IT'S WEIGHT IN WATER!

THIS PRODUCT IS ESSENTIAL IN ANY ROUTINE, BUT ESPECIALLY WHEN THE SKIN BARRIER COULD BE COMPROMISED AS WITH CHEMICAL PEELS AND ACIDS LIKE SALICYLIC ACID BEING INCORPORATED INTO THE SKIN CARE ROUTINE.



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ALL OF THIS AND MORE IS INCLUDED IN THE FULL ACNE
BOOTCAMP PROGRAM!

Sign up now!

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OR

IN CLINIC!