

Did You Know That Milk and Sugar Cause Acne?

It has been suggested that diet can be linked to acne. Until recently, it hasn't been proven in large clinical studies. Dermatologists have been prescribing antibiotics which may contain long-term harmful effects. A study in 2009 which consisted of 21 observational studies and 6 clinical trials proved clear links. Two of the studies showed that cow's milk increased both the number of people with acne and its severity. Other studies showed that people who consumed high amounts of sugar as well as a diet high in sugar (bread, white rice, cereal, pasta and flour products) had significantly more acne.

Sugar and dairy consumption has increased over the past century and so has the number of people with acne. Eighty to ninety percent of teenagers have an acne problem. Recent research is proving that what you put in your mouth matters more than what you put on your skin.

Other causes of acne can also come from nutritional deficiencies such as low levels of healthy omega-3, Vitamin E, zinc and vitamin A.