Plant Based Skin Health – Science Guide

Allergen-Friendly

Clinical studies indicate that [food allergies](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3970830/) may play a role in exacerbating eczema in some people. Eggs, milk, nuts, soy, gluten, and dairy are foods that are commonly linked to eczema flare-ups even in those who are not allergic to them. This program avoids these common food allergens and can be used to help identify potential food triggers.

Low Glycemic Foods

A [high glycemic diet](https://www.jaad.org/article/S0190-9622%2816%2901485-7/fulltext) has been shown to increase [insulin release](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4565837/) and can worsen acne. Shifting your diet to include high fiber, low glycemic foods can improve glycemic control and acne management. This program uses low glycemic foods, provides up to 55 grams of fiber daily, and is sugar-free.

Gut Health

Prebiotics and probiotics are incorporated daily to bring good bacteria back into the gut and create a [synergistic effect](https://jamanetwork.com/journals/jamapediatrics/fullarticle/2481808). [Probiotics](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6639913/) found in cultured products are live bacteria that help boost your immune system and fight off bad bacteria. Prebiotics found in certain fruits, vegetables and legumes, support digestive health by feeding the good bacteria. This program provides coconut yogurt paired with fruit daily to promote good gut health.

Zinc

Zinc levels play an important role in managing both [acne](https://onlinelibrary.wiley.com/doi/abs/10.1111/dth.12576) and [eczema](https://www.liebertpub.com/doi/10.1089/acm.2018.0363?url_ver=Z39.88-2003&rfr_id=ori%3Arid%3Acrossref.org&rfr_dat=cr_pub++0pubmed&). The severity of these skin conditions often increases when there is a zinc deficiency in the diet. Zinc also helps support the immune system, cell growth, and repair. This plan provides zinc from oats, pumpkin seeds, coconut yogurt, and lentils.

Antioxidants

Vitamin A and [vitamin C](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6040229/) are necessary to maintain skin health and are linked to the severity of [acne](https://www.tandfonline.com/doi/abs/10.3109/15569527.2013.808656?journalCode=icot20) and [eczema](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3919411/). Turmeric contains [curcumin](https://www.sciencedirect.com/science/article/abs/pii/S0278691515001878?via%3Dihub), an anti-inflammatory agent which acts synergistically with several antibiotics to inhibit the growth of some [skin bacteria](https://www.sciencedirect.com/science/article/abs/pii/S0944711313000780?via%3Dihub). This plan provides daily antioxidants from [fruits, vegetables](https://www.unboundmedicine.com/medline/citation/11840688/full_citation), and turmeric.