**Acne: lifestyle adjustments that help**

**Try to avoid/reduce:**

Cow's milk

Foods and drinks that are sugary, including fruit juice, soda, iced tea, lemonade, sports drinks, candies, cookies, cakes, pies, frozen desserts

White starches (rice, potato, pasta, bread)

Stress--use healthful coping strategies like meditation, exercise, journaling, art, reading

Alcohol

Smoking (tobacco and marijuana) and vaping

Whey protein supplements/bars

Touching, picking, squeezing, and manipulating acne lesions

Medications that induce or aggravate acne

Excessive “screen time”, especially before bedtime

Oily hair pomades

Skin care products that are not on the prescribed regimen

Avoid waxing for hair removal if you are on a retinoid, like adapalene, tretinoin, tazarotene, or isotretinoin

Prolonged use of oral antibiotics

**Try to increase/include:**

Sleep to at least 8 hrs/night

Fruits and vegetables by 2 servings/day

Whole grains, nuts, seeds, beans, legumes, fruits--plant-based, whole/unprocessed foods Exercise (30-60 minutes/day) to induce healthful sleep

Water, unsweetened herbal tea

Regular use of acne medications

Twice daily face washing

Mineral/physical sunblock products (containing zinc oxide and/or titanium dioxide only as the active ingredients)

Probiotic and prebiotic foods and drinks, and possibly supplements