

Management of Acne and Headache through good diet and nutrition

ACNE	Acne is a skin condition that occurs when your hair follicles become plugged with oil and dead skin cells.	Acne – Papules: Small, discolored bumps Blackheads: Plugged pores with a black top. Whiteheads: Plugged pores with a white top.
Benefits of Fruits	Fruits – Oranges, Citrus Fruits, Kiwi & Avocados	Oranges and other citrus fruits contain antioxidants that detoxify your skin from within by reducing excessive estrogen. The alpha-linolenic acid in avocado is a type of plant-based omega-3 fat which works to suppress inflammatory factors in the body.
Benefits of Vegetables	Beetroot, broccoli, cauliflower, carrot, celery, cucumber, lettuce, onions, peas, peppers and spinach.	Low-glycemic value helps reduce the amount of acne
Benefits of Nuts	Almonds & Walnuts	Almonds are rich in anti-oxidants and vitamins which nourish your skin Walnuts have elevated levels of antimicrobial and anti-inflammatory agents
Consult a Dietician and Nutritionist for more benefits	AVOID - Fried, Oily Food, Cosmetics, Aerated Drinks, Packaged Food, Juice, Sugar, Chocolates, Fast food etc.	Wash your face in Cold water regularly Stop using too many face wash. Timely eating and eating right portion of meal consisting of all sources of food.

Headache	A headache is a pain in your head or face that's often described as a pressure that's throbbing, constant, sharp or dull.	Types of headache A. Migraine B. Tension C. One sided D. Cluster
Benefits of Fruits	Fruits – Oranges, Apples, Water melon, Cherries	A natural anti-inflammatory and statin, quercetin-rich - can help you regulate pain and high blood pressure
Benefits of Pulses and Vegetables	Legumes, Beans, peas and lentils (Pulses), Carrots, Green leafy	Typically low in fat and high in fiber, folate, potassium, iron and magnesium - which can decrease or even prevent migraine
Benefits of Nuts -	Dried apricots, avocados, almonds, cashews and dates	Are full of magnesium - help prevent headaches by relaxing the blood vessels. Dates provide ample sources of iron, Vit C increases haemoglobin levels
Consult a Dietician and Nutritionist for more benefits	AVOID - Fried, Oily Food, Tea, Coffee, Aerated Drinks, Packaged Food, Alcohol, Chocolates, Fast food etc.	Drink lots of water – Dehydration main cause for headache Timely eating and eating right portion of meal consisting of all sources of food.

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50 Years of Traditional Homoeopathy

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