

NEW BEAUTY[®]

NEWBEAUTY.COM / ISSUE WINTER-SPRING 2016

THE BEAUTY AUTHORITY

Khloé
ON BOTOX
AND HER
NEW
BODY!

slim+
SEXY
NOW!

THE
SECRET
THAT WILL
CHANGE
YOUR
LIFE

THE
EASY
WAY TO
GET THICK
SHINY
HAIR

“

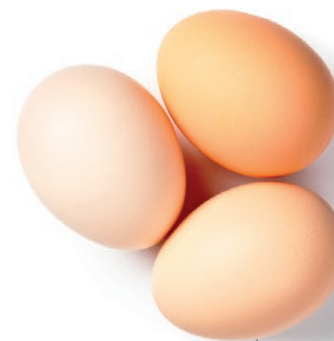
EVEN THOUGH I
HAVE BEEN LABELED
AS FAT OR UGLY,
I NEVER REALLY
FELT THAT WAY.

SPECIAL ISSUE

The Best Makeovers

EXPERTS REVEAL THE FAST AND EASY WAYS YOU
CAN MAKE A DRAMATIC TRANSFORMATION—
GET A WHOLE NEW LOOK THIS YEAR!

A SANDOW PUBLICATION
\$9.95



THE PROBLEMS:
**ACNE AND
BREAKOUTS;
OILY SKIN**

04

WHAT'S CAUSING IT:

Dairy, eggs and
peanuts

WHY IT HAPPENS:

"Dairy can be hard for some people to digest, which in turn slows down their digestion process, leading to inflammation," says Prospect, KY, dermatologist Tami Buss Cassis, MD. "Studies show that the extra hormones being added to dairy products nowadays are increasing the severity of acne in teenagers, and even adults." Celebrity aesthetician Nerida Joy explains that when you consume dairy—think ice cream, butter, cheese, and milk—your body produces unnecessary pimple-producing hormones, which leads to excess oil production and congested skin. If you have problematic skin, Joy says to avoid eggs, too, because egg yolks are a big food

allergen that can provoke acne. "Eggs don't cause painful hormonal pimples, but instead, tiny white bumps under the skin that are commonly seen on the cheeks, right where you'd put on blush." Peanuts and peanut butter should also be omitted from your diet because the oils in them are very tough for the body to break down, which can put strain on the liver, making it difficult for the body to get rid of them naturally. "The liver is the most integral detoxifying organ, and when overworked, it loses its ability to eliminate waste," says Grutman. "When toxins can't get out through the liver, they get expelled through the skin, which leads to acne."

WHAT TO DO ABOUT IT:

If you think dairy may be the reason you're breaking out, cut it out of your diet in all forms for one month. Allow your skin to calm down, and then begin slowly reintroducing dairy to

see if acne redevelops. If there is a connection, switch to a non-dairy milk option like almond, rice, coconut or hemp. "If you need to find other sources of calcium, surprisingly sardines offer a good amount," says San Antonio dermatologist Vivian Bucay, MD. "Also, ultrafiltered milk, which you can buy at many grocery stores, comes from cows that aren't treated with rBST growth hormones and gets processed to filter out the good ingredients from the not-so-good ones." Grutman says that foods like butter lettuce (it has a high chlorophyll content) and dandelion greens (a good liver-cleansing food), can also help clear up congested skin. "When your liver is balanced and functioning as it should, your skin will be more healthy and clear," she adds.



SHUTTERSTOCK (3)

Can certain foods give you cellulite?

"With 85–90 percent of women having cellulite, this is a complex skin issue that has been studied for a long time, but it isn't directly caused by the foods you eat, although they can worsen it," says Dr. Bucay. "Being that cellulite is a structural problem involving fatty connective tissue, it's best to avoid foods that cause fluid retention, like soda, and those that are high in salt, like canned soup, condiments and deli meat. The fluids fill the spaces between the little pockets of fat, making the cellulite appear even worse."

diet.

THE PROBLEMS:
**REDNESS, ACNE
AND PREMATURE
SKIN AGING**

05

WHAT'S CAUSING IT:

Processed foods
and carbs

WHY IT HAPPENS:

"Processed foods (pre-packaged foods with added sugar, salt or fat) are hard for our bodies to digest, and set off inflammation," says Dr. Cassis. "When skin is inflamed, you see redness and breakouts on the body and scalp." Fatty acids in certain foods can make inflammation worse. "Omega-6s (found in salad dressings, chips, processed cheeses, etc.) increase inflammation, while omega-3s (found in walnuts, salmon, flaxseed, etc.) decrease it," says Cohen. "Omega-6s used to be evenly represented in the human diet, but

now we consume roughly 14–16 times more than we should." Foods that contain sugar, especially artificial and refined sugar, can speed up skin aging. "This is due to glycation, a process during which sugar molecules attach to collagen, causing skin to become stiff and lose its suppleness," says Joy.

WHAT TO DO ABOUT IT:

Whether inflammation manifests on your skin or inside your body, making better food choices can help. Cohen recommends trying a Mediterranean diet, which consists of whole grains, fresh fruits and vegetables, fish, and olive oil. "It has a healthy balance of fatty acids, is low in red meat and high in omega-3s." You can also take fish oil supplements for added omega-3 benefits. To combat the effects of glycation on your skin, look for skin-care products that help boost collagen levels.

