



Diet and Lifestyle Changes for Healthy Skin

The following recommendations are helpful for improving your skin health and appearance, reducing acne, eczema, rosacea, and other conditions. Use these diet and lifestyle approaches to keep your skin as healthy as possible.

1. Start with a 30-Day Paleo Reset

- Eliminate vegetable oils, gluten, grains, sugar, and processed foods
- Emphasize whole foods like meat, vegetables, fruit, nuts, and seeds
- Consider eliminating eggs and dairy, which may exacerbate skin conditions
- If you have an autoimmune skin condition, do not reintroduce gluten

2. Eat foods rich in vitamin A

- Vitamin A promotes cell turnover in the skin and improves immune function
- Rough dry skin and keratin plugs are common signs of vitamin A deficiency
- Foods rich in vitamin A include: liver, egg yolks, cod liver oil, grass-fed dairy, kidney

3. Eat foods rich in zinc

- Zinc promotes good skin immunity and wound healing and protects against UV radiation and inflammation
- Best food sources of zinc: kidney, liver, red meat, oysters and other shellfish, scallops, and pumpkin seeds

4. Eat foods rich in vitamin C

- Vitamin C is crucial for production of healthy collagen, protecting against wrinkles and keratinization
- May also defend skin against UV radiation and skin damage
- Best sources of vitamin C: bell peppers, guava, dark leafy greens, broccoli, Brussels sprouts, kiwi, citrus (orange, lemon, etc.), strawberries

5. Eat one pound of fatty fish per week

- Omega-3 fats in fatty fish are anti-inflammatory
- Inadequate intake can impact skin health and worsen inflammatory skin conditions
- Fatty fish include: salmon, sardines, tuna, trout, mackerel, herring, whitefish, sturgeon

6. Include fermented foods regularly*



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- Good gut health is strongly connected to skin health
 - The gut microbiome needs probiotics and prebiotics to thrive
 - Fermented foods contain live organisms as well as prebiotic fibers to help promote gut health
 - *Note that if the patient's skin issues are caused by histamine intolerance, fermented foods could worsen their condition

7. Include bone broth regularly

- Bone broth contains amino acids that help promote skin elasticity and healing
- Use gelatinous bones (e.g., chicken, beef) and cook for eight to 12 hours
- Drink one to two cups per day of homemade bone broth

8. Sleep seven to nine hours per night

- Sleep significantly affects the health and appearance of skin, as well as wound healing
- Practice good sleep hygiene with a cool, dark room, comfortable bed, and nighttime routine

9. Exercise appropriately

- Both too little and too much exercise can affect the health of the skin
- Aim for a mix of cardio and resistance exercises (e.g., walking/jogging and weight lifting) three to five days per week
- Avoid over-exercising, which is a source of stress and can cause hormonal imbalances and skin symptoms

10. Reduce stress

- Stress can worsen or even cause many skin conditions, especially autoimmune-related skin issues
- Commit to regular (even daily) stress management practices such as meditation, deep breathing, yoga, journaling, etc.