ACNE CURABLE

Lessons from Inuit, Okinawa, Kativa

1

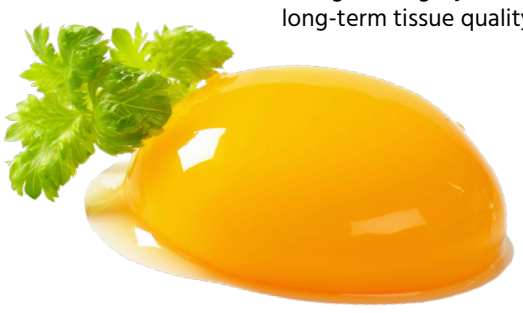
Maillard response



collagen integrity
long-term tissue quality



Cooking protein more than 140°C causes the maillard response. Resulting in oxidative stress, AGEs, collagen becoming less elastic, cell function disrupted, inflammation. All lead to cellulite, acne and aging. Eat raw salmon, white fish, scallops, oysters, minimal beef, middle of the egg yolk only.



2

Low Residual



The 1st long-term low residual diet. Calm skin. Reduce inflammation., fermentation, & histamine. Stabilise IGF-1. Raw fruit peeled with extra virgin olive oil to stablise insulin. Avoid berries. Include botanical fruit e.g. tomato, cucumber, avocado.



2

3

Stable Insuline



minimal nuts. Preferably freshly cracked from their shell. Eat fruit with a little drizzle of extra virgin . No more insulan spikes. No more pimples.

4

Be human

enjoy 100g of either white bread, chips, pasta , or similar simple carbs.

Bodies are complicated, governments recommend medical professionals.