QUIT ACNE

recipes

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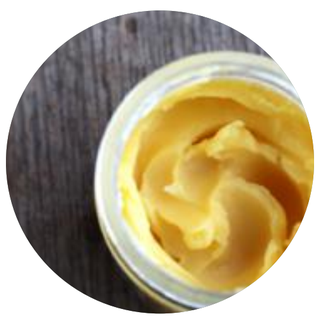

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ABOUT

About Quit Acne Recipes

In Quit Acne: The Nutritional Approach for Clear Skin, I explain the three primary underlying causes of acne and then discus the 7 effective dietary principles to address the roots of acne. As with all stubborn skin conditions, chronic acne originates from foundational health imbalances, which must be addressed dietarily for lasting results. At the same time, targeted skincare works synergistically with the principles in Quit Acne to clear skin quickly.
Like me, you've likely tried the conventional approach for acne skincare. You've tried the harsh cleansers, the aggressive scrubs, the salicylic acid, and the benzoyl peroxide that left your skin dry and peeling. After all the expense, you experienced very little results and much more frustration.

These recipes emphasize two principles: gentleness and balance. In a vicious cycle, aggressive approaches to acne treatment disrupt the skins' ability to maintain balance. Quit Acne Recipes work with your skin, not against it, providing the building blocks for equilibrium.

I've also addressed the question of sunscreen and sun exposure at the end of the book. While the sunscreen industry advocates strict application of sunscreen to protect against melanoma, the benefits of sunlight and the toxicity of most sunscreens must be considered. I share tips for safer sun exposure as well as recommendations for safe SPF options.

About Lauren Geertsen

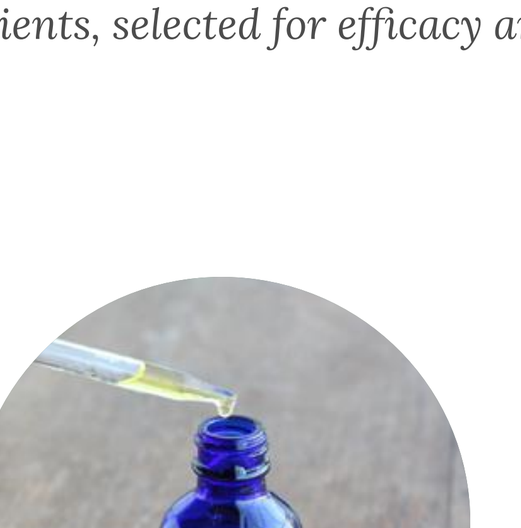
I'm the nutritional therapist (NTP) behind EmpoweredSustenance.com, a destination for grain free recipes and alternative health resources. I wake each morning with the mission to empower others with the tools they need to reach optimal health naturally.

At age 18, doctors told me that the only option to my debilitating autoimmune disease and chronic health issues was invasive surgery and a lifetime of numerous medications. Determined to find a different answer, I dove into research and found the solution by renovating my diet and lifestyle. My other books include **Quit Acne** and **Quit PMS .**

INGREDIENT RESOURCES

The recipes in this book use high-quality ingredients, selected for efficacy and versatility. Click the ingredients below for sources.

Macadamia Oil
Jojoba Oil
Castor Oil
Hemp Seed Oil
Dried Rose Petals
Neem Powder
Herbal Hydrosols
Rhassoul Clay
Frankincense Essential Oil
Carrot Seed Essential Oil
Lavender Essential Oil
Cobalt Glass Bottles with Dropper Top
Clear Glass Salve Jars



I get these ingredients on Amazon:

Kukui Nut Oil
Zinc Oxide
Pearl Powder
Ghee
Matcha Powder
Manuka Honey (Alternatively use any raw/non-pasteurized honey)
Raw Cacao Powder

FACIAL OILS FOR ACNE

Before I found holistic nutrition and skincare to address my acne, I used to frantically raid the isles of drugstores and pricey beauty stores in an effort to find that magic skin-clearing potion. I tried everything that stated "Oil Free" on the package. "After all," I reasoned, "my skin is toogreasy already, why should I put more oil on it?"

Little did I know that my diligent avoidance of oil actually impaired my skins ability to heal. The right combinations of of oils targeted for different skincare needs provide powerful properties to normalize oil production, reduce the signs of aging, and refine the skins texture. When blended according to skin type, natural oils do not cause oily skin or clog pores. Only when we use synthetic oils (like mineral oil) or some heavy (comedogenic) oils do we run into these problems.

Many highly praised skincare oils are not suitable for acne, because they can clog pores. This includes popular options like coconut oil and argan oil. These oils can work wonders for some individuals with acne, but it is safer to try the following oils.

Finding the perfect oil for your skin is often like finding the perfect pair of jeans: you have to try on different options. The following oils may be used alone or combined according to your preference.

Kukui Nut Oil, available here

Treasured as a skin remedy by the indigenous people for hundreds of years, this oil penetrates deeply and leaves no oily finish. Excellent for all skin types, and one of my personal favorites.

Neem Oil, available here

The neem oil from Banyan Botanicals is a combination of anti-bacterial, acnebusting neem oil and a base of cold-pressed sesame oil. I recommend it as a spot treatment or, when mixed half-and-half with another facial oil listed here, an all-over moisturizer.

Hemp Seed Oil, available here

Another favorite of mine, hemp seed oil absorbs fully and leaves a matte but silky finish. Purchase one that comes in a dark glass bottle. Transfer a small amount to a dark dropper jar to keep in your bathroom, and store the remaining oil in the fridge. Refill your smaller jar as necessary. This prolongs the shelf-life of the delicate oil.

Macadamia Oil , available here

I find it more moisturizing than the hemp or kukui oil, but it has a slightly higher tendency to clog pores. If you desire deeper moisture without a heavy feeling on the skin, try macadamia oil.

Jojoba Oil , available here

Since its composition is the closest thing in nature to our own sebum, it creates a quickly absorbing, lightweight moisturizer for all skin types and can penetrate deeply into the skin. If you struggle with oily skin, a jojoba blend is the way to go because it will dissolve excess sebum and allow the pores to breathe. If your skin requires additional moisture, I recommend mixing it with another oil on this list.

Using facial oils:

- Always use a facial oil during the day, but you may not need to use one at night. According to skincare expert Dr. Hauschka (of the Dr. Hauschka products), the skin needs to breathe at night. A heavy application of moisturizer in the evening may interfere with the skin's rejuvenation process.

- Less is more. Just two to three drops per application of facial oil is necessary for face and neck.

- Gently massage the facial oil into your skin after spritzing with a toner. This improves absorption.

ACNE CLEARING *oil cleanser*

Like treats like when it comes to oily skin. This cleanser purifies congested pores, dissolving excess sebum. Most importantly, it introduces reparative moisture into the skin, which helps to balance sebum production. The two oils used in this blend are non-comedogenic, meaning they won't clog pores. Coconut oil is frequently used in oil cleansing, but is not recommended for acne-prone skin as it is comedogenic.

MATERIALS

Glass jar with dropper lid
Castor Oil
Hemp Seed Oil
Essential oils: frankincense or lavender oil

METHOD

Fill your jar 1/3 full with castor oil, then add hemp seed oil to fill the jar (a ratio of 1 part castor oil to two parts hemp seed oil). Optionally, add 2-3 drops of essential oil, such as frankincense or lavender oil. Screw the lid on the jar and shake well.

Use about 1/2 teaspoon of the oil mixture to cleanse your face. Massage the oil well into your skin, focusing on areas prone to blackheads. Then, wet a washcloth under hot water and wring it out. Place the washcloth over your face for 30 seconds, until it cools down.

Gently wipe of any remaining oil with the washcloth.

Do not wash your face after, as the slight trace of oil is balancing and soothing to the skin. If desired, pat on a facial toner or a couple drops of facial oil.

NEEM & ROSE
facial cleanser

Featuring a powerful skin-clearing duo of raw honey and neem powder, this is the most potent anti-bacterial cleanser in this book. Ground rose petals are an astringent and purifying ingredient, and also make this cleanser gently exfoliating.

MATERIALS

Dried Rose Petals
Neem Powder
Raw Honey
Glass jar
Coffee or spice grinder

METHOD

Finely grind 1/4 cup of dried rose petals in a coffee or spice grinder. Combine the ground rose petals, 2 Tbs. neem powder, and 3 Tbs. raw honey. Store in a glass jar.

Apply a small amount all over your face. Let it sit on the skin for at least one minute, and up to 15 minutes. For intensive acne treatment, leave it on for the longer period of time to allow the antibacterial components in the neem and honey to work comprehensively.

Due to the neem and rose petal powder, this cleanser is gently exfoliating. Do no scrub it off, because this is too harsh on the skin. Gently rinse off with a warm wash cloth.

CALENDULA OATMEAL *cleanser*

The gentlest of the cleansers in this book, this cleanser soothes without stripping the skin. It is ideal in the morning since it does not remove makeup. The oatmeal, when moistened, creates a milky, creamy cleanser.

MATERIALS

Calendula
Oatmeal
Rhassoul clay
Coffee grinder, spice grinder or food processor
Glass jar
Optional: Calendula flowers

METHOD

Place 1/2 cup regular oatmeal into a food processor along with 1/4 cup dried calendula and 2 Tbs. Rhassoul clay. Pulse until very finely ground and store in a glass jar.

If using a coffee grinder, you will need to blend the ingredients in smaller batches so it fits into the grinder.

To use the cleansing powder, moisten your face with warm water. Put about 1/2 to 1 teaspoon of the facial cleanser into your palm, and add a few drops of water to moisten it and create a paste. Gently massage it on your face, the rinse. I have had no problems whatsoever with the oat powder clogging my sink drain, but you can run hot water down your skin for a few seconds to help prevent any potential problems.

LAVENDER MAKEUP *remover*

Jojoba oil quickly dissolves even the most stubborn mascara without irritating the eyes. Lavender oil boasts skin-reparative properties. The fragrance also prepares you for bed after a long day.

MATERIALS

Jojoba oil
Lavender essential oil
Glass jar with dropper top

METHOD

In a glass jar, combine the jojoba oil with the lavender oil. Use 3 drops lavender oil for every 2 oz. of jojoba oil. Shake well.

Gently massage about 1/2 teaspoon of makeup remover onto your face to dissolve makeup. Completely moisten fingers with the oil before gently removing eye makeup. Remove the oil with a cotton pad or damp washcloth.

Finish with another facial cleanser in this book.

HONEY CREAM *mask*

This is a DIY hack of May Lindstrom's The Honey Mud. May's skincare features pristine ingredients in luxurious blends, but price tag is steep. Raw honey fights active breakouts, while the castor oil introduces non-comedogenic moisture. Skin feels divinely supple and baby-soft after application.

MATERIALS

Raw Honey
Rhassoul Clay
Castor Oil
Glass Jar

METHOD

In a small bowl, combine 1 Tbs. raw honey, 1 heaping Tbs. rhassoul clay, and and 1/2 tsp. castor oil. Blend until creamy. This makes enough for about three mask applications.

Store in a small glass jar. To use as a mask, apply a small amount to a cleansed face and let sit for 10-20 minutes before rinsing.

Use a warm, dampened cloth to gently remove the mask. If desired, you can use this as a cleanser first: massage a small amount on a makeup-free face, then rinse.

SOOTHING SKIN *Toner*

Hydrosols could be considered steam-distilled active botanical elixirs. This hydrosol combination couples the regenerative properties of helichrysum - to stimulate the healing of old acne marks - with the breakout-fighting herbal components of rose.

MATERIALS

Rose hydrosol
Helichrysum hydrosol
Optional: raw apple cider vinegar
Glass jar with dropper or mister top

METHOD

Combine the hydrosols in equal portions in the glass jar. Shake well.

Optionally, include raw apple cider vinegar in the toner. This helps re-balance the acid mantle of the skin and can reduce old acne marks. Use approximately 1 part apple cider vinegar to 6 parts hydrosol. Do not get this toner into the eyes, as the vinegar will be irritating.

To use, apply after cleansing and immediately before massaging in a facial oil. Spritz on the skin during the day as desired, even over makeup.

BRIGHTENING MATCHA *cocao mask*

Want a vibrant glow, and quickly? Give yourself a facial with this brightening treatment. The lactic acid yogurt very gently exfoliates, as does the anti-oxidant rich cacao powder. Matcha, green tea powder, has long been used in Asian skincare.

MATERIALS

Whole Milk Plain Yogurt
Matcha Powder
Raw Cacao Powder

METHOD

Combine 1 generous Tbs. yogurt with 1 tsp. matcha and 1 tsp. cacao powder. Apply to face and let sit 10 minutes before rinsing.

ZINC SPOT *treatment*

Zinc oxide is a blemish-fighting powerhouse featured in many spot treatments, including Mario Badescu's best-selling Drying Lotion. It quickly dries the blemish, reducing pain, redness and inflammation.

MATERIALS

Zinc Oxide
Moisturizer of choice or raw honey

METHOD

In a small dish, start with 1/2 tsp. of honey/ moisturizer and add 1/4 tsp. zinc oxide. Stir and then apply directly to a blemish or breakout. Let sit for 10 minutes before rinsing.

Gradually work up to a longer spot treatment as drying of the skin may occur. However, the drying action is partially what clears the blemish.

GHEE *balm*

This multi-use skin savior is inspired by my favorite Ayurvedic skincare remedies - Beauty Balm from Banyan Botanicals. While many people know the nutrition benefits of ghee, an ancient medicinal food made from grassfed butter, less known is the topical benefits. Applying butter to the skin may sound off-putting, but understand that ghee is an oil and similar to applying a nut oil to the skin. Unlike plant oils, however, it delivers skin-reparative fat-soluble vitamins. Many people with acne-prone skin reap beautiful results with ghee, however I recommend applying it to a small portion of your face for a couple of days, to gauge your skins' response.

MATERIALS

- Small glass jar
- 1/2 ghee cup
- 2 Tbs. jojoba oil
- 3 drops lavender essential oil
- 2 drops frankincense essential oil

METHOD

Melt the ghee over low head until liquid, but barely warm. Stir in the jojoba oil and the essential oils. Transfer to a glass jar. Apply as a moisturizer to face and body.

CALMING
calendula oil

If you have oily or acne-prone skin and use only oil-free moisturizers, your skin is crying for an oil-based moisturizer. Facial oils - the right facial oils - help balance sebum production and prevent breakouts. Calendula is one of the most popular herbs for soothing irritated skin. While formulated for acne-prone skin, this oil blend also works wonders on eczema.

MATERIALS

Dried Calendula Flowers
Macadamia Oil
Jojoba Oil
Carrot Seed Essential Oil
Small wide-mouth glass jar with lid
Glass jar with dropper top

METHOD

Fill a glass jar with halfway with dried calendula flowers. Use a smaller jar, such as an 8 oz size, to avoid creating a very large batch of facial oil. To the jar with the calendula flowers, add (roughly) 1 part macadamia oil and 1 part jojoba oil. The oil should nearly fill the jar.

Screw the lid on the jar and let it infuse, at room temperature in a cool place, for about a month. Strain out the calendula flowers (discard the flowers) and transfer to a jar with a dropper top.

SAFE SUN & SPF

Like water and food, sunlight is a critical nutrient for the skin. Unfortunately, the cosmetic industry demonizes sunlight as an aging toxin that should never touch an un-sunscreened patch of skin. While excessive sun exposure damages skin, some sun exposure deeply nourishes every cell in your body. Sun provides a highly useable form of vitamin D, without the underdosing and overdosing considerations that arise when taking a vitamin D supplement.

CONSIDER THE FOLLOWING

• Sun exposure is strongly associated with health and longevity in large observational studies. In one study, women who strictly avoided sun exposure were twice as likely to die an early death than women who received normal amounts of sun. In another very large study, sun exposure was associated with a reduced risk of cardiovascular disease.

• Low vitamin D levels are correlated to a higher incidence of cancer. Sunscreen prevents vitamin D synthesis. The toxic sunscreen industry promotes the false simplification that sun exposure causes skin cancer, so sunscreen prevents skin cancer.

• Ironically, though sunscreen is touted as the remedy to prevent skin cancer, most sunscreens contain highly toxic ingredients shown to cause cancer. Common carcinogenic preservatives added to sunscreens include parabens and BHT.

• The active ingredients in chemical sunscreens, such as oxybenzone and octinoxate, are linked in studies to hormone disruption and allergenic effects.

• Many individuals, myself included, notice a significant improvement in acne when they get moderate sun exposure.

• Dietary changes can significantly reduce your susceptibility to sunburn. Many people notice their skin tans instead of burns after they have transitioned to a diet rich in omega-3 fatty acids and lower in inflammatory omega-6 fatty acids. Read Quit Acne for information on optimal fatty acid balance and healthy fat intake.

SPF RECOMMENDATIONS

A rule of thumb for safe sun exposure, without sun protection, is enjoying sunlight for half the time it takes your skin to burn. If, for example, your fair skin burns in 30 minutes, then get 15 minutes of sunshine without protection. If you have much more melanin in your skin, this rule may extend up to an hour or more of sunlight. As an important note, infants under six months lack the protective pigment melanin and likely require limited sun exposure and sun-protective clothing.

For prolonged sun exposure, the prevention of sunburn necessitates safe sun protection. This includes covering up with a sun hat and lightweight clothing and/or a safe sunscreen.

I've tried many non-toxic SPF products, and I recommend the following for acne-prone skin:

• MyChelle Sun Shield absorbs beautifully, with a matte finish. It is pricier, so I use it only on my face rather than my body.

• Badger All Natural Sunscreen is non-toxic and effective. It's my go-to for an all-over sunscreen.

• BeautyCounter Sunscreen, another non-comedogenic option, absorbs well into the skin without leaving the white-skin-effect of some zinc oxide sunscreens.

• Non-Nano Zinc Oxide Powder can be mixed into any moisturizer or facial oil. It requires some experimentation to get the right balance of powder to moisturizer. Increase the powder until you are nearly to the point of a white tint on your face (reduce the amount of powder if it leaves a white tint). I mix it on a "single-serve" basis: I put a few drops of facial oil in my palm, add a pinch of zinc oxide, combine the two, and then apply to my face.

• Halo from MOSS Skincare is a powder which you mix into your moisturizer or facial oil (just a pinch is required for a single use). Although a more pricey option, it is my favorite because I gain full control over the strength of SPF. Plus, it contains additional skin-healing ingredients in the base.

STAY *connected*

Join me at Empowered Sustenance, where I share recipes and resources for vibrant wellness. If you aren't already, sign up for my newsletter so my recipes are delivered right to your inbox.

Additionally, stay connected on Pinterest where I have boards dedicated to natural skin care recipes.

And don't forget to follow me on Facebook and Instagram for additional empowering tips, tricks and tools.

Eat well and heal!™