

INTRODUCTION

Acne is a four-letter word

One minute you have a clear, flawless complexion, and then all of a sudden everything goes crazy! Out of nowhere, spots, lumps, bumps and pimples pop up all over your face—or you realise your skin looks dull, dry and just plain blah—right when you want to look your best. So you squeeze your pimples and try to camouflage them with make-up. You put on creams, toners and lotions, or take antibiotics and other medications that promise to banish blemishes and stop new breakouts in their tracks.

Yet no matter what you do, those zits keep popping up. It's a constant battle—sometimes your acne may get worse, it may get better or it may even disappear for a while. You're not alone, almost nine out of ten teens in the Western world go through the anguish of acne.

No wonder radiant, clear skin is at the top of the typical teen's wish-list. In fact, teenage surveys show that the desire for clear skin is ranked even higher than the desire to be thinner, smarter, taller or more attractive!

This book shows you how you can kiss your blemishes and bad skin goodbye once and for all in three easy steps. It is designed so that you can read it from start to finish or read only the chapters that interest you. Either way, it's a complete guide for getting you from where you are now to where you want to be: having gorgeous, clear skin. And it's surprisingly simple.

Three steps to great skin

Acne, spots, pimples, and dull, dry skin don't have to be a part of your teenage destiny.

Step 1

Say goodbye to skin enemies

Everything you stick in your mouth—or don't, for that matter—affects the health and appearance of your skin. You can probably imagine that day after day, stuff like pies, chips and doughnuts aren't going to be doing your skin, or your body, any favours. You may be shocked at how many everyday foods can aggravate acne and other skin problems and turn your skin into a war zone.

Hormones, too, can affect your skin and kick-start the whole pimple process. Here's how it works: eating skin-enemy food causes certain hormones such as testosterone and insulin-like growth factor (IGF-1) to go crazy, setting off a whole series of reactions that can lead to acne.

Although giving up junk food isn't easy, I promise that the results will be so worth it because you'll look and feel fantastic.

GORGEOUS SKIN FOR TEENS

Step 2

Eat yourself gorgeous

Guess what the coolest beauty tool of all is? Presenting . . . the fork. Use it to eat your way to a brighter, blemish-free complexion. A diet packed with nutrition superstars—good carbohydrates, fabulous fats and perfect protein—can help your face look its absolute best and give you more energy. Good looks come from good health—there’s no way around it!

You won’t have to count kilojoules (calories) or keep track of every snack or portion size and, best of all, you’ll get to eat yummy food. You’ll discover delicious easy menu ideas for all your meals—including power lunches for school—and snacks. Plus, you can totally mix it up and design your own diet around the stuff you love from the foods on the green light list. You’ll also find lots of mouth-watering recipes to keep you going through the day.

Step 3

Add some lifestyle protection

One of the most important parts of a great skin strategy is the all-powerful skin protectors: lots of sleep, exercise and some form of regular relaxation. Each of these protectors has a huge effect on those hormones that are behind acne and other skin problems.

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Remember: if you get seriously stressed out, exhausted or turn into a couch potato, you'll undo all your good nutrition work. Turning down your stress-meter, making sleep a priority (and not just on weekends) and keeping physically active give your skin a fighting chance to look its very best.

Put your best face forward

A great diet, a balanced lifestyle, external skin care and some lifestyle protection will give you healthy, happy skin for life.

Your skin has the amazing ability to rejuvenate and if you follow the food and lifestyle strategies in this book, you'll feel better, have more energy, sleep better, get better grades, and be happier and healthier overall.

You may notice some skin changes within a short amount of time, but results can sometimes take up to four weeks. Hang in there! Pimples don't actually pop up overnight, so getting rid of them takes time. Your skin will improve, and will continue to improve as long as you follow the basic guidelines. And don't worry if it sounds like there's a lot of stuff to keep in mind, the step-by-step, easy-to-read 'Gorgeous Skin Plan' in Chapter 9 puts it all together for you.

So, let's get started.