

## The ABCs of Acne

### D Is for Dairy

Milk does a body good, *amiright?* Well, maybe not -- or at least maybe not your face.

Researchers have noted that acne is virtually nonexistent in non-Western cultures that don't consume milk products. Some experts speculate that dairy consumption stimulates acne by increasing the level of an insulin-like growth factor in the body, mimicking what the body goes through during puberty.

Another possible explanation? "A diet that has a lot of dairy in it is pro-inflammatory," says Dr. Paul Jarrod Frank, M.D., Cosmetic Dermatologist and

Director of the 5th Avenue Dermatology Surgery & Laser Center in New York City, N.Y. "It can exacerbate any condition, like acne, that involves inflammation of tissue."

**Your Rx:** More research needs to be done to prove the link, but in the meantime, consider switching out milk for calcium-enriched, unsweetened almond or coconut milk.