

BEST AND WORST FOODS FOR ACNE

BEST	WORST
Probiotic-Rich Foods	Refined Carbs
Foods High in Omega3s	High GI Foods
Brightly Colored Fruits and Veggies	Inflammatory Fats
High-Fiber Foods	Sugar
Zinc-Rich Foods	Alcohol
Polyphenol-Rich Tea	Dairy

Diets To Help Acne

Christian Drosten



Diets To Help Acne:

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