

Clear Skin Diet Action Plan



Sleep

Allow 7-8 hours of uninterrupted sleep nightly
Unwind 30-45 minutes before sleep- consider a bedtime ritual like a warm bath
Avoid large meals and lots of fluids before bed
Exercise during the day or early evening



Relaxation Response

Organize and prioritize
Manage your time
Let go of perfectionism and be assertive
Laugh and love every day



Exercise

Do something intentional for 10-40 minutes once or twice a day
Be active whenever possible- consider “exercise snacks” throughout the day
Include aerobic and resistance training as well as flexibility exercises
Work with a professional to get started, if needed



Diet

Keep your blood sugar and insulin levels balanced- No Naked Carbs!
Eat nutrient-dense meals and strategic snacks every 3-4 hours
Avoid unhealthy processed, sugary foods
Be mindful of your eating experience; enjoy foods and your dining companions

Source: Logan, Alan & Treloar, Valori, *The Clear Skin Diet*, 2007.