
make up beautician Food does NOT affect Acne!!

Posted by Laura L. Root - 2009/09/09 00:28

People generally see what they want to see. (Btw a good book on that is Carl Sagan: The Demon-haunted world. Science as a candle in the dark . Yes, that's on paper). For centuries the Christian church have told us that everything immediately pleasant must be the work of satan and therefore bad. That, I believe, makes it very simple to understand that it's chocolate, caffeine and the like that must take the blame for things like acne, and not rye bread and lettuce. Lars I believe it may be you who is kidding yourself Lars. Even if you personally find no link between what you eat and acne there is surely no doubt that food directly effects the intensity of acne in so many many many cases. I have been following input to skin-disease/acne newsgroups for a long time. If you think that the link between certain foods is all merely psychological or the result of suggestion, how do explain the fact that numerous first time sufferers have posted messages such as I have been noticing that I get breakouts after drinking a lot of milk.

Can anyone tell me if there is a link between milk and acne? These people are not RESPONDING to something they have heard, neither are they REFLECTING info they have been fed - they have suffered a DIRECT experience of acne breakout after milk (or another food) and are actually SEEKING information where they have NONE. One of the biggest REASONS these people have no information on this and are seeking that info is because so-called 'scientific' mainstream dermatology is failing them by feeding them a misguided dogma, i.e. 'there is no connection between diet and acne'. Now, I suppose it may well be that many influential scientists have found that they are unable to EXPLAIN or DESCRIBE the precise processes whereby certain foods aggravate acne according to their own very precise and comprehensive criteria. BUT LOOK HOW MANY DECADES IT TOOK (at least four) BEFORE MAINSTREAM SCIENCE FINALLY ACCEPTED, DESCRIBED AND EXPLAINED THE LINK BETWEEN SMOKING AND LUNG DISEASE. The scientists should acknowledge that their knowledge, like everyone else's, is incomplete. Rather than drawing an absolute conclusion that 'acne and food are not linked' because they have drawn some conclusion such as 'it takes three weeks for a boil to form'. How can these people be so thick as to think that NO OTHER FACTOR affects the development and intensity of a boil, especially in the face of so much direct experience from so many sufferers? I so much agree with all the other outraged people who have posted here and are having their direct, long-term and continuing experience that food and the intensity of their acne are linked denied. I especially agree with the person who points out that you cannot disprove a negative. Certain so-called scientists are so desperate to defend their pathetic 'no food link' orthodoxy that they are actually resorting to a completely unscientific position. One of the principles of empirical science is that knowledge advances through a dialectical or discursive process whereby theories are posited and then are then investigated and, if possible, disapproved and thereby replaced by better (though not absolutely/ultimately TRUE) theories. Statements which CANNOT be disapproved, (such as acne is caused by etherial elves) have no place in scientific debate. So many devotees of orthodox 'scientific' dermatology dogma seize on the argument that the link between food and acne is 'psychological' simply because it is well nigh impossible to ultimately disapprove - you could, for example, respond to the argument I present in my first paragraph by delving deeper into the vagaries of psychology and suggesting that the people who believe that they have made an A PRIORI observation that milk aggravates acne have been SUBCONSCIOUSLY influenced by, say, widespread debate about diet that is current in many circles. Now it may be ultimately impossible for me to absolutely prove that people (most of whom were not setting out to observe anything in particular) who notice that that they get acne after, say, lots of milk are not somehow subconsciously affected by some subliminal message or other. I would say that its BLOODY STUPID to keep on ignoring SO MUCH circumstantial evidence from sufferers and keep producing abstruse psychological arguments rather than acknowledge that mainstream science and current dermatological orthodoxy may be completely wrong on this issue (and watch the share price in certain drug companies plunge - and, horror of horrors, require medical practitioners to do something other than reach for their prescription pads and shout 'next please'). I am open-minded enough to accept that food may not affect YOUR acne, but please don't play into the hands of lazy medical practitioners, greedy drug businesses and derms who refuse to listen to sufferers, or challenge or modify what they may have read in a text book by denying the experience of so many people.

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Posted by alt15test2603 - 2009/09/09 00:28

Taking accutane w/o controlling my diet reduced my acne only about 50%. Taking accutane w/ a controlled diet reduced it by 90%. Tell me I'm imagining things. Tell me diet has nothing to do w/ breakouts. Sorry to say so, but Accutane is often more effective the second time (IF more than one course is needed). That is what I've read in this NG. Personally I've found no relation what so ever between diet and acne. Lars

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Posted by Bob Wilson - 2009/09/09 00:28

Food does NOT affect acne. It takes about three WEEKS to make an acne bump, and saying Hey, doc, I ate a couple chocolate bars last night and bingo!, I'm broken out this morning! makes no sense at all. Dr. Joe No offense intended, and sorry to disagree, Dr. Joe, but I know from personal experience that specific foods do affect my skin - however, the overnight thing is certainly correct - it does take time to show up and for some it's three weeks, others it can be as little as a week-depends on the metabolism of that person. Lady, your personal experience means nothing statistically. Learn some science.

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Posted by RIP - 2009/09/09 00:28

Lady, your personal experience means nothing statistically. Learn some science. You can take your science and put it where the sun does not shine. I know you are wrong. Millions of other people know you are wrong. I'm OK with that. They are OK with that. SCIENCE once thought the earth was flat. SCIENCE once thought the sun revolved around the earth. SCIENCE once thought that smoking was good for you. SCIENCE once thought that Thalidamide was a great drug. THE GREATEST thing about science is that it can be wrong and still survive quite intact; its principles are sound, but the application of them are what needs to fall under scrutiny. -Rip

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Food does NOT affect acne. It takes about three WEEKS to make an acne bump, and saying Hey, doc, I ate a couple chocolate bars last night and bingo!, I'm broken out this morning! makes no sense at all. Dr. Joe If there is one thing that really pisses me off it is people like you who post the most patently wrong and counter productive information in an area that cannot stand such B.S. FIRST: MY experience. I went through over 10 years of acne. I experimented with a lot of different methods of controlling it. I came to some conclusions which I tested many, many, many (read: many) times. These were theat certain foods can AGGRAVATE (READ: not CAUSE) acne. In other words, though you may be correct in your statement that a comedome (plugged pore) does not happen overnight, it can cause a pore that is plugged and on the verge of becoming a pustule, or a blackhead to take the former route and become inflamed and pustular. Thus, food may not cause ones problem (it may not create the initial problem), but it can cause your acne to `flare up'. To what biological mechanism we owe this, I do not know. Think about this: Some things we KNOW will cause an acne prone person to `break out': Iodine. What is it in iodine that causes a person to break out? We EAT iodine rich foods and we break out, right? This is accepted by even the most ass backwards derms in the world. Wanna see what else we can do to your skin in a matter of days? How about this one: Try taking Anadrol-50. Its a POTENT (the most) androgenic steroid in the world. If you are acne prone you WILL break out in a matter of a day or two. Was the comedome created by the Anadrol-50 in that time? No way! Was the conditions set up by the anadrol ripe for a flare up? ABSOFUCKINGLUTELY. As for the long term effects of a healthy diet, I cannot tell you how important they are to managing your acne. Even if you do JUST one thing, and thats stay away from ALL dairy products, you will most likely notice a difference. Also, how the fuck can you tell the millions of

people that have come to believe that certain foods `cause' them to breakout are wrong? Thats absurd! Do you think that they just made it up? Why arent there people who insist that eating rye bread causes them to break out? How about lettuce? Carrots? No, it just must be a coincidence, eh? B.S. it is. I want to kick your `DR.' pretending ass until you hemorrhage to death so that you dont cause the people here more pain than they already have with their acne. Acne sucks, Ive been there. DONT YOU FUCKING DARE TELL PEOPLE SOMETHING THAT WILL MAKE IT WORSE. If you could learn to speak without cursing, perhaps you should go to medical school and then share your wonderful knowledge and healing gifts with your patients. You could tell them that statistical studies aren't nearly as motherfucking important as your Goddamn motherfucking experience is, and any doctor who dares to disafuckinggree with you is a fucking jerkoff that you may have to motherfucking kill. You could kill any dermatologist who dares to tell his patients anything that does not conform with YOUR experience. And also any researcher who does not give YOUR statements greater weight than than the rest of his data.

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Posted by Hansen - 2009/09/09 00:28

, how do explain the fact that numerous first time sufferers have posted messages such as I have been noticing that I get breakouts after drinking a lot of milk. Can anyone tell me if there is a link between milk and acne? I doubt very much that they are as unbiased as you claim. Even if they are unbiased, the problem with their observations is that they see an effect and are seeking a cause for it. While this is fine for making a theory, it is not fine for validating it; no matter how many people you refer to. You normally just can't seperate all factors in your life. E.g. if you drink/eat alot of something, you're likely to drink/eat less of something else, maybe even making your diet more monotony. You may not notice the latter and therefore (correctly or not) impute the effect to the former. What I would like is if somebody out there know of peer-reviewed articles in medical journals that deals with the correlation (or lack of same) between food and acne. Claiming that the research is out there isn't good enough. Lars

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Posted by Bob Wilson - 2009/09/09 00:28

THATS the kind of posting that I like! Thanks Laura!!!! I had no idea that estheticians knew these sorts of things. What sort of background do you have in medicine, Laura? Well, after battling adult acne in my late 30s, you know the routine, antibiotics (get a yeast infection now if I cross my eyes), topicals, etc. in addition to testing EVERY danged product on the market available to the public with no results and finally Accutane in 92-93 (5 months), I decided to become a skin care expert :) Decided especially since I knew more about skin care (not having been trained) than the dermatologist I was going to (he had no idea in 1991 what glycolic acid was). So...I got my license, and worked, studied some more and sat for the CIDESCO examination, an internationally recognized standardized examination (people compare it to sitting for the bar for lawyers-I was a paralegal for 15 yrs). This course of study encompassed Anatomy & Physiology, biology, chemistry, etc. - which I had never learned in school (public or beauty) so I had to teach myself from books. There are less than 200 CIDESCO Diplomates in the United States - it is a two day exam in Europe/Canada. My philosophy is to always make every effort to be the best you can be, and desire makes you learn more than any parent/teacher ever could. I've been studying nutrition on my own for the last 6 months and am in a PhD program for holistic nutrition now. So I don't have a medical background, but am REALLY into learning about stuff that affects the skin! Doesnt it frustrate the hell out of you when you hear people say that their dermatologist told them that foods do not effect acne? So many medical doctors in this country completely fail to see the bigger picture. They are as much victims of the drug companies as we are. They get most of their info from the drug companies who make no money if people learn how to control their problems more effectively without drugs. Kind of sad. Exactly - one of my posts to another thread indicates that unfortunately, docs get about a days' worth of education on nutrition and that they've been taught to treat diseases with Rx's. Now I have a lot of respect for the docs that take enough time with their patients and get down to the mat with them - lots of times it's a here try this approach - which is all you can do in some cases, since especially acne reacts so very differently from one person to the next - but there are some common threads, i.e., foods (milk, sugar, etc) :) Anyway, I'm glad you didn't find that too technical. It helps me solidify it in my mind, too. Best, Laura Root, CIDESCO Diplomate Body & Soul Esthetic Retreat Scottsdale, AZ I think you're full of shit. You call yourself a skin care expert, but so do Mary Kay salesladies. You aren't a doctor. Like a lawyer, you danced around the subject, but never defined what a CIDESCO Diplomate is. You're about as much of a skin care expert as the women giving facials at the Clinique counter, aren't you? And exactly what univerisity grants phd's in in holistic nutrition? It's a correspondence course, right? Or just some diploma mill. You and your ilk are charlatans. People get mad at dermatologists because their treatments don't always work. Well, that's the way it is. You just sell advice, some good, some bad, and false hope. The fact is, not all cases of acne can be treated successfully. And some people just won't accept that fact. There are even chiropractors

here in my town that claim to be able to cure acne. The only thing they (and you) can cure is fat wallet syndrome.

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Just to get one thing clear: Did you only have one course of Accutane? And changed your diet during that course? If that is the case, then how do you know which did the job? Diet or AC? Lars

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Posted by Laura L. Root - 2009/09/09 00:28

You and your ilk are charlatans. People get mad at dermatologists because their treatments don't always work. Well, that's the way it is. You just sell advice, some good, some bad, and false hope. The fact is, not all cases of acne can be treated successfully. And some people just won't accept that fact. There are even chiropractors here in my town that claim to be able to cure acne. The only thing they (and you) can cure is fat wallet syndrome. I truly resent your attitude, sir. You do not know me. As you state, acne is a disease that varies in treatment - and not all doctors can help, neither can all skin care specialists. I have NEVER been accused of bilking people in the false hope of curing their acne. I have given advice to numerous people, for some it works, others it doesn't - and I'm not charging a darned thing for the information I relate to those on this group. This is the same advice that I would give any client that came in to my office. Unfortunately, many people with severe acne are very desperate to obtain information, advice and treatment. But there is no reason in the world for your behavior towards me and the information that I present. I believe I am owed an apology. Laura Root, CIDESCO Diplomate Body & Soul Esthetic Retreat Scottsdale, AZ

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Posted by Dee - 2009/09/09 00:28

All reputable reasearch is at odds with your conclusion. Like many people, you have misinterpreted your own experience, and have assumed that other people will respond the same way that you think that you have. But double-blind studies do not support your beleif. Acne has been shown, however to respond somewhat to the placebo effect. Why not just take some herbs, pray, sacrifice a chicken, or put some pins in a doll? If you believe strongly enough, it might help. I would love to see these conclusive double-blind studies that show that all foods in all types of people have absolutely no effect on skin whatsoever. Please post! Reputable research from modern science? These are the same people who told women for decades that cramps and PMS were all in their heads. The fact is that modern science's approach to medicine is to automatically disbelieve and distrust any information that does not come from their club. Since men didn't get cramps, women must be making it up! And obviously, entire cultures such as the Chinese and the Indians must have medicated themselves for thousands of years just on the placebo effect alone! <sarcasm off Imagine the strides that medicine could take if, instead of dismissing things that are not understood, like herbs and homeopathy, they were used as starting points for more research. Like how aspirin was developed from white willow bark, and digitalis from foxglove. Think of all the knowledge that is out there, just waiting for someone to discover it. But people and their experiences have to be trusted first. Over the years I have learned that doctors can be wrong, and that I must trust myself and my experiences first. I find it amusing that both you and a doctor of dermatology feel so threatened that you feel the need to defend modern medicine. No one here has attacked! No one has said Don't take Accutane! . No one has said Don't go to a dermatologist, they're all quacks! . So, why so defensive? If food doesn't affect you, don't read the posts. Dee

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Posted by RIP - 2009/09/09 00:28

If you could learn to speak without cursing, perhaps you should go to medical school and then share your wonderful knowledge and healing gifts with your patients. You could tell them that statistical studies aren't nearly as motherfucking important as your Goddamn motherfucking experience is, and any doctor who dares to disafuckinggree

with you is a fucking jerkoff that you may have to motherfucking kill. You could kill any dermatologist who dares to tell his patients anything that does not conform with YOUR experience. And also any researcher who does not give YOUR statements greater weight than than the rest of his data. BoB, Would you care to enlighten those of us that rely on our experience to govern our understanding of the world as to the place that we may find such studies that you seem to take such stock in. May I offer up, to the gods of reason that govern those of us that care, that the problem with `scientific studies' of this nature is that they are non-selective. I could conceive of this scenario: You have 100 acne sufferers, with active cases. You assume that from one spectrum to the other there will be all sorts of diets; both good and bad. So that isnt part of the equation. You tell half of them, who for the most part do not know about the connection between acne and food, that they are not to eat any tuna fish (iodine containing) for 2 months. They all comply strictly. The other you will assume eats a normal amount of Tuna. They all come back into your office and you notice something amazing. Remember, this is science!!!! Are you ready? They are all pretty much the same! Some have gotten better, some worse in both control and test group. Wow. What does that mean? It means Tuna doesnt have any effect, right? Ok. Is that logical? Well, lets test it again with another kind of food. How about Dairy Products? Same scenario. Most people drink lots of dairy anyways, so this one is a real good one. They all comply (you know they do because you TOLD them to) Humans will always listen to the doctor, dont yaknow? But, for the purpose of this argument, lets assume they do. They leave, and come back 2 months later. Same story. No clinical connection found between dairy products and acne, right? Of course. Now, lets put this into perspective. In both cases, both the control and the test group will eat just about everything else that normal people eat while the experiment is going on. During the time that they are supposed to not eat dairy, they are consuming lots shellfish, fried foods with lots of IODIZED salt, peanut butter, and the other culprits in my opinion. Guess what the effect of not eating dairy is going to be? Very little effect at all. Their diets still sucked. You see, unless you literally lock these people up, and feed them under clinical conditions, and control every aspect of their diets in a TRUE scientifically accurate manner, you will come to understand very little about the effects of food on acne. They NEVER did this. I DID! I controlled my diet religiously for years at a time in as close to a scientific manner as a human can out of a laboratory. I was determined to find a connection. I found many connections along the way. None of which were enough to cure my acne, but they were effective in managing it. I eventually took accutane twice and brought it to a near normal state. 7 years after my last course with accutane I am still mostly clear. I can keep my skin looking mostly normal with a good cleansing and otc medication routine AND a careful diet. The diet part comes as a necessity for other reasons. I am a serious (but not competetive) bodybuilder. What I eat in the course of my week would cause most humans to die of boredom and commit suicide. This is not because of my acne, its because of the nutritional needs I have as a bodybuilder. I need massive amounts of protein and tons of calories. Wanna hear what I eat most days? I mean, 90% of what I eat for the past 5 years is this: one loaf of bread, 3 pounds ground turkey, 10 bananas, apple sauce, a quart of rice milk, some salad at least once a day, and a gallon of water. Every once in a while I substitute chicken, maybe some rice. I eat more regular and consistent than most dogs do. NOW, when I eat pizza, peanut butter, tuna fish with mayo (which I love but rarely eat), I will almost invariably break out. I have done this more times in the past 4 or 5 years than I can count. How do you suppose that I came to understand the cause and effect relation between pizza and acne when I was 14 and just starting to get a few zits on occasion? Think I read it somewhere? No chance. I didnt now anything about acne in that sense. I just noticed that when I ate pizza (which I rarely ate because I have always eaten well), I broke out. I'll tell you what. You find some researchers who are willing to put it on the line and I will put myself in a clinical study, under lockand key, where they can monitor every single aspect of my diet and anatomy, and I will prove them wrong as many times as they would like. If i am wrong, they can shoot me and feed me to the hounds, If i am right, they can pay me a few million for my troubles. Hows that for confidence? Like I said before, the problem with MOST people diets is that they dont have one. When they eliminate one of the so called no-no's of acne from their diet there are 10 more to take up the slack and as a result they notice zero improvement. The same thing applies in most clinical studies that I am aware of. You tell me its the placebo effect? Well, how come that same placebo effect did not apply during these so called studies you claim are truth? Did the people know what they were being studied for? Where did they find these people who were so unadulterated by the rest of us acne sufferers to put in their study? If that is the case, then that is bad science on that alone! What was the selection process like? -Rip

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Posted by Bob Wilson - 2009/09/09 00:28

things that are not understood, like herbs and homeopathy, they were used as homeopathy is one of the more egregious forms of quackery. There is absolutely no scientific basis for it. Any benefit claimed for it is solely due to the placebo effect. why not just go to a psychic for your acne?

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medical school and then share your wonderful knowledge and healing gifts with your patients. You could tell them that statistical studies aren't nearly as motherfucking important as your Goddamn motherfucking experience is, and any doctor who dares to disafuckinggree with you is a fucking jerkoff that you may have to motherfucking kill. You could kill any dermatologist who dares to tell his patients anything that does not conform with YOUR experience. And also any researcher who does not give YOUR statements greater weight than the rest of his data. BoB, Would you care to enlighten those of us that rely on our experience to govern our understanding of the world as to the place that we may find such studies that you seem to take such stock in. May I offer up, to the gods of reason that govern those of us that care, that the problem with `scientific studies' of this nature is that they are non-selective. I could conceive of this scenario: You have 100 acne sufferers, with active cases. You assume that from one spectrum to the other there will be all sorts of diets; both good and bad. So that isnt part of the equation. You tell half of them, who for the most part do not know about the connection between acne and food, that they are not to eat any tuna fish (iodine containing) for 2 months. They all comply strictly. The other you will assume eats a normal amount of Tuna. They all come back into your office and you notice something amazing. Remember, this is science!!!! Are you ready? They are all pretty much the same! Some have gotten better, some worse in both control and test group. Wow. What does that mean? It means Tuna doesnt have any effect, right? Ok. Is that logical? Well, lets test it again with another kind of food. How about Dairy Products? Same scenario. Most people drink lots of dairy anyways, so this one is a real good one. They all comply (you know they do because you TOLD them to) Humans will always listen to the doctor, dont yaknow? But, for the purpose of this arguement, lets assume they do. They leave, and come back 2 months later. Same story. No clinical connection found between dairy products and acne, right? Of course. Now, lets put this into perspective. In both cases, both the control and the test group will eat just about everything else that normal people eat while the experiment is going on. During the time that they are supposed to not eat dairy, they are consuming lots shellfish, fried foods with lots of IODIZED salt, peanut butter, and the other culprits in my opinion. Guess what the effect of not eating dairy is going to be? Very little effect at all. Their diets still sucked. You see, unless you literally lock these people up, and feed them under clinical conditions, and control every aspect of their diets in a TRUE scientifically accurate manner, you will come to In the hypothetical studies you describe, you are leaving too many other variables uncontrolled. Remember, acne has a way of simply going away as the patient ages, in the majority of cases. Still, I commend you on your knowledge on how double-blind trials are conducted. You also seem to realize that experimental design is no mean feat, and that no matter how well designed an experiment is, the possibility of uncontrolled variables always exists. Particularly in a case like this, where the researcher is trying to determine the effects of diet on a disease for which the cause is not even known exactly. We're talking humans here, not electrons. It would help to remember here that the Dr. did not say Diet plays no role in in the course of acne . What he said was, that science has not yet found a connection there. Not that there isn't one, period, just that one hasn't been found. There may well be a connection, enough people here believe that there is to make it a worthwhile subject for more intensive study. Most likely, very careful clinical trials, like the ones you describe have never been done, and conventional wisdom rests more on the clinical experience of the majority of dermatologists. But any Dr. would tell a patient who beleives that certain foods are aggravating their acne (or any other disease that they have), to cut that food out. My original argument was with the poster who angrily denounced the Dr. for daring to say that he didn't think diet played a role in treating acne. That poster mistakenly assumes that any benefit he has gotten from a change in diet, (be it real or imagined) is naturally going to work for the next person, too, and how dare that Dr. say otherwise?

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Posted by Bob Wilson - 2009/09/09 00:28

Or just some diploma mill. No, sir, you can check them out on the internet - their web site is www.ccnh.edu You and your ilk are charlatans. People get mad at dermatologists because their treatments don't always work. Well, that's the way it is. You just sell advice, some good, some bad, and false hope. The fact is, not all cases of acne can be treated successfully. And some people just won't accept that fact. There are even chiropractors here in my town that claim to be able to cure acne. The only thing they (and you) can cure is fat wallet syndrome. I truly resent your attitude, sir. Sure you do. I'm on to you. But if all of your credentials were as unimpeachable as you claim, you wouldn't care what I think. But you know quite well that many people will find your phd and CIDESCO affiliation to be a joke. You aren't stupid, you just need to make a living. I apologize. Now if part of what you do as an aesthetician is use treatments to improve the appearance of some one with acne scars, why not at least go to nursing school and become an RN, and get additional training on using the various lasers that dermatologists use? That at least is a proven treatment. I understand the problem of not being able to attend a real university once you have to take care of a family and earn a living. But nowadays many real universities offer online courses. You'd feel much better about holding a degree from an accredited unviersity than that phd that plenty of people are just going to laugh at. If nutritional science is your main interest, I think Texas A&M offers a degree in that. People don't laugh at degrees in science from there. And they don't make you take courses in garbage, either. I really don't know what you meant by that garbage remark, I think maybe you were just being defensive, but degrees in science rarely require any courses that maost people would call garbage. Yes, they do have blow off courses for athletes to take (like theater appreciation), just like any other giant state university. But science students don't have to take them. To sum up

Laura, your posts show you to be intelligent. Although it will be much, much harder to do, get a real education and sport real credentials. In the long run, you'll be much happier than conning people with a phony phd and your membership in a French beautician's society.

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Posted by Laura L. Root - 2009/09/09 00:28

In the long run, you'll be much happier than conning people with a phony phd and your membership in a French beautician's society. I certainly worked my fanny off long and hard enough to know that I'm not conning anyone - and it is based in Zurich, Switzerland, not France, and it isn't a beautician's society - it is an esthetic ACCREDITATION/DIPLOMA. I continue to be... Laura Root, CIDESCO Diplomate Body & Soul Esthetic Retreat Scottsdale, AZ

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Posted by Laura L. Root - 2009/09/09 00:28

It would help to remember here that the Dr. did not say Diet plays no role in in the course of acne. What he said was, that science has not yet found a connection there. Bob - you might go back and check the first post (well, you don't have to, I've copied it verbatim here) - as his exact words were: Food does NOT affect acne. It takes about three WEEKS to make an acne bump, and saying Hey, doc, I ate a couple chocolate bars last night and bingo!, I'm broken out this morning! makes no sense at all. That sounds to me like another interpretation of Diet plays no role in the course of acne :) As ever, Laura Root, CIDESCO Diplomate Body & Soul Esthetic Retreat Scottsdale, AZ

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Posted by Dee - 2009/09/09 00:28

homeopathy is one of the more egregious forms of quackery. There is absolutely no scientific basis for it. Any benefit claimed for it is solely due to the placebo effect. why not just go to a psychic for your acne? It is true that the mechanisms by which homeopathy works are not well understood. The same is true for many modern drugs, including Accutane. Doctors don't know *how* it works, they just see the end results and proclaim that it does work. As for the placebo effect, homeopathy will not work 100% of the time. But guess what? Neither will drugs. Many people have posted here after having taken Accutane 2-3-4 times and the acne still returns. Does that mean that it was the placebo effect that cured all those for whom Accutane worked? No. And so it's the same with homeopathy or herbs or whatever. There is no one treatment or cure that will work on 100% of the people. This is because people are unique individuals, not clones of some medical model. The acne puzzle has multiple parts, and so there are multiple ways of treating it. People are free to pick and choose which ones work best for themselves. Dee

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original argument was with the poster who angrily denounced the Dr. for daring to say that he didn't think diet played a role in treating acne. That poster mistakenly assumes that any benefit he has gotten from a change in diet, (be it real or imagined) is naturally going to work for the next person, too, and how dare that Dr. say otherwise? I don't remember seeing any such assumption stated in this thread to date. Perhaps it is something *you* are assuming? I have made it very clear in my posts on food and nutrition that these are things that work for *me*. I am well aware that other people may not have the same acne triggers as I, and I do not presume to know their bodies better than they do themselves. Dee

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Posted by Bob Wilson - 2009/09/09 00:28

time to get some help concerning my acne. What a waste of time that was. He was big on the old diet plays no part in acne canard. I have horrible scarring on my chest and back when I had acne _really_ bad in my teens. I've always have kept it covered up because I am really self conscious about it. I was trying to relate to this doctor how that acne is really an emotional problem with me because of my appearance. He told me that Well, you've have had this problem for 17 years. Shouldn't you have gotten over it by now? I couldn't believe his attitude about my problem. I mean, this scarring has pretty much ruined any type of social life I have, especially when it comes to getting a wife. I just can't fathom letting people see me like this. I don't know, maybe I am too vain, or something. But his attitude really stunned me. I don't think I'll ever go back to a derm. I am learning much more on this NG. Eating properly has probably been the most important thing in controlling my acne. Food does NOT affect acne. It takes about three WEEKS to make an acne bump, and saying Hey, doc, I ate a couple chocolate bars last night and bingo!, I'm broken out this morning! makes no sense at all. Steve, you need to go back to the dermatologist. You also need to consult a psychiatrist. Your extreme self-consciousness due to your appearance indicates the need for professional help. Good luck.

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Posted by JP - 2009/09/09 00:28

In other words, you're a cosmetologist. In Tx. they have to take examinations, too. But they mainly cut hair here, and give manicures. No, I am not a cosmetologist. I don't do hair, nor give manicures. I work with physicians and assist with preparatory treatments for laser resurfacing and post-laser care to improve the results for the patients. I also assist patients with post-laser camouflage and corrective makeup, in addition to applying permanent makeup (you'd call it a tattoo) for those with alopecia areata, and breast cancer survivors. A community of beauticians, whose expertise regarding skin diseases exceeds that of medical Doctors! Not at all! We do not TREAT skin diseases. Period. However, if a patient/client indicates that they would like help in taking care of their skin, that IS something we are trained in. I checked. This school is not accredited by the State of Alabama, The United States Department of Education, or any of the reputable private Accreditation boards. It is accredited by the World Association of Universities and Colleges. Garbage courses? Like what, biology? Not hardly - I will enjoy the Biology course I take. No, it is the require English 101, or Math 101, or the other classes that pertain not at all to my interest. Your disdain for conventional education is telling. So why do you even want a phd, even a phony one, if you have such low regard for orthodox education and medicine? There are certain things about the U.S. system of education that I disagree with, including the cost thereof. On the contrary, however, I would like an example of my low regard for orthodox medicine??? I believe that doctors, however, are not gods, and that they can be wrong, despite other opinions to the contrary. I truly resent your attitude, sir. Sure you do. I'm on to you. But if all of your credentials were as unimpeachable as you claim, you wouldn't care what I think. There's nothing to be on to. Surprising to you, I'm sure, I care what others think. I have attempted to provide sound information to people who have asked, and despite the fact that you have attempted to discredit me, I believe that what advice I have given to people here on this group is based in truth, experience, and logically sound. But you know quite well that many people will find your phd and CIDESCO affiliation to be a joke. No, there are MANY people both here and in Europe that actually KNOW what a CIDESCO accreditation is. Texas has one of only TWO CIDESCO schools in the US - in Houston - go check it out. I apologize. Accepted. Thank you. Now if part of what you do as an aesthetician is use treatments to improve the appearance of some one with acne scars, why not at least go to nursing school and become an RN, and get additional training on using the various lasers that dermatologists use? That at least is a proven treatment. I really don't care to get into nursing - I LIKE working with the skin, I don't want to give shots, I don't want to work with sick people (i.e., flu, life-threatening diseases, serious stuff-not that acne isn't serious) - I just don't have that calling (or whatever you would call it). I was one of the first aestheticians in the US to have a microdermabrasion machine - and yes, it is also a fantastic TOOL in the armamentarium against acne. I LIKE machines - and in fact in some states a trained person other than an RN can operate a laser!!! You'd feel much better about holding a degree from an accredited university than that phd that plenty of people are just going to laugh at. I'm curious - how do you claim to know how I'd feel about my degree? Do you ask each and every person you meet where they got their degree, whatever it is, from and then laugh at them if it doesn't meet YOUR standards? If so, I would personally think you might be a snob. If someone has really taken the time to study, pass examinations and obtain a diploma, who are you to question how they feel? If you don't wish to have that person consult or treat you, that is certainly a prerogative you should enjoy. However, let me explain something about why I'm doing this coursework and why I did the CIDESCO accreditation. I'm not being defensive, just hoping to enlighten you as to options that others might have to taken, if they haven't been so fortunate as you. I was not fortunate enough to go to college when I graduated from high school. I had to go right to work. I wanted to go to beauty school but my mother refused, allowing that it was not an appropriate profession. So I became a secretary. I found out that legal secretaries made more money than regular secretaries, so I went to work for a law firm (at the time, one of the three largest in the US). I became so good, that while everyone else had 1 or maybe 2 attorneys to work for, I had 5, because I didn't bs in the lunchroom half the day and actually got my work done :) They paid for me to be trained as a paralegal. After retiring in '87, I had my third

child in '89, the family moved to Oregon, where anything grows. Got interested in gardening - enrolled in the OSU Master Gardener course to learn as much as any layman could, took up ballet again (had danced for 18 years as a kid) and did so well the Russian Ballet Master from the Bolshoi thought I was a professional. Spent 14 days in Russia dancing with a ballet company - the pinnacle of any dancer's dream. Blew my knees out again and finally, at 40, became a licensed aesthetician. I'd read where CIDESCO was the most prestigious title an aesthetician could attain - so I decided to go for it. While maintaining my skin care clinic 5 days a week, 10 hours a day, and studying the rest of the time, I managed to obtain my diploma from CIDESCO with the highest scores of all the examinees. As my practice developed, I began working with a physician in town (facial plastics), for whom I developed pre- and post-laser protocols, skin care regimens, AHA treatment protocols, etc. In July last year, we moved to AZ, mainly because my joints couldn't take the cold and damp in OR anymore. During the last 7-8 months, and I bought practically every book I could lay my hands on about diet, nutrition, supplements, metabolism - if Amazon.com had it, I bought it. And read it. And was fascinated at all of the intricate details of nutrition and metabolism and skin health - and how they went together. And I truly know that they do. I am intimately familiar with how certain products work ON the skin, and I wanted to know how to deal with it from within. THAT'S why I'm doing this coursework. Not just to have a phd, necessarily, (the CIDESCO doesn't buy anything in the US either) but to have the knowledge that's available - that's what is important to me. In the long run, you'll be much happier than conning people with a phony phd and your membership in a French beautician's society. I certainly worked my fanny off long and hard enough to know that I'm not conning anyone - and it is based in Zurich, Switzerland, not France, and it isn't a beautician's society - it is an esthetic ACCREDITATION/DIPLOMA. I continue to be... Laura Root, CIDESCO Diplomate Body & Soul Esthetic Retreat Scottsdale, AZ

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Posted by JP - 2009/09/09 00:28

I decided to go to a dermatologist the other week for the first time to get some help concerning my acne. What a waste of time that was. He was big on the old diet plays no part in acne canard. I have horrible scarring on my chest and back when I had acne _really_ bad in my teens. I've always have kept it covered up because I am really self conscious about it. I was trying to relate to this doctor how that acne is really an emotional problem with me because of my appearance. He told me that Well, you've have had this problem for 17 years. Shouldn't you have gotten over it by now? I couldn't believe his attitude about my problem. I mean, this scarring has pretty much ruined any type of social life I have, especially when it comes to getting a wife. I just can't fathom letting people see me like this. I don't know, maybe I am too vain, or something. But his attitude really stunned me. I don't think I'll ever go back to a dermatologist. I am learning much more on this NG. Eating properly has probably been the most important thing in controlling my acne. Food does NOT affect acne. It takes about three WEEKS to make an acne bump, and saying Hey, doc, I ate a couple chocolate bars last night and bingo!, I'm broken out this morning! makes no sense at all.

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Posted by Steve Gold - 2009/09/09 00:28

Laura Root, CIDESCO Diplomate Body & Soul Esthetic Retreat Scottsdale, AZ

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Posted by Laura L. Root - 2009/09/09 00:28

Laura, I just want to thank you for your posts here. You've been a tremendous help to me with your insights. Don't let this Bob Wilson jerk bother you. I hope you and RIP keep on posting here. Thanks, Steve. Steve, Thanks for the

post. I've overcome more obstacles than a single angry person. As my husband said as I was describing Bob and the corresponding thread... I should send a post and tell them that it's futile to argue with her - it's like pissing into the wind. Laura Root

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