

GLOW MEAL PLAN

RECIPES FOR CLEARER, MORE RADIANT SKIN
IN JUST 3 DAYS



glow
by marlowe

DISCLAIMER

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Welcome & What to Expect

Glow — by Marlowe

Welcome to the 3-Day Glow-Up, a guide to clearer, more radiant skin in just 3 days.

You won't have to worry about acne much longer. You see, the experiment you're about to try - this 3-Day Glow Up Meal Plan - may just change your life forever.

It did for me.

For four years I suffered with acne. I eventually had a nervous breakdown, overwhelmed and frustrated by the fact I was doing everything my derm told me to do, and nothing was working. I started with the drug-store stuff, graduated to Proactiv, then prescription topical and oral medications. And nothing worked. For four years.

Then I discovered the power of food as medicine, and began eating foods like those outlined here in this guide. Within 3 days, I experienced a visible reduction in redness and bumps.



My skin looked less 'angry'. I kept up these new-found eating habits, and also focused on repairing my gut, balancing my hormones, and reducing my stress (which it turns out, are all key to banishing acne, for good.) Within 3 months my skin was completely clear, and has remained that way for over a decade.

I was so blown away by the swift improvements and full clearance of my skin that I eventually changed careers to study nutrition and become a Holistic Nutritionist.

I now specialize specifically in nutrition for skin health, and am known as the Acne Nutritionist, after helping hundreds of people clear their skin naturally, through dietary and lifestyle upgrades. In this guide, you have an overview of what it really takes to clear your skin, plus 3-days worth of delish recipes to give you a head start.

You - and your skin - are incredibly resilient. Once you get to the root causes and find the right plan, you can clear your acne, naturally, from within. Never give up!

Cheering you on,

Maria
Your Clear Skin Nutritionist



1.

Acne 101

Acne 101

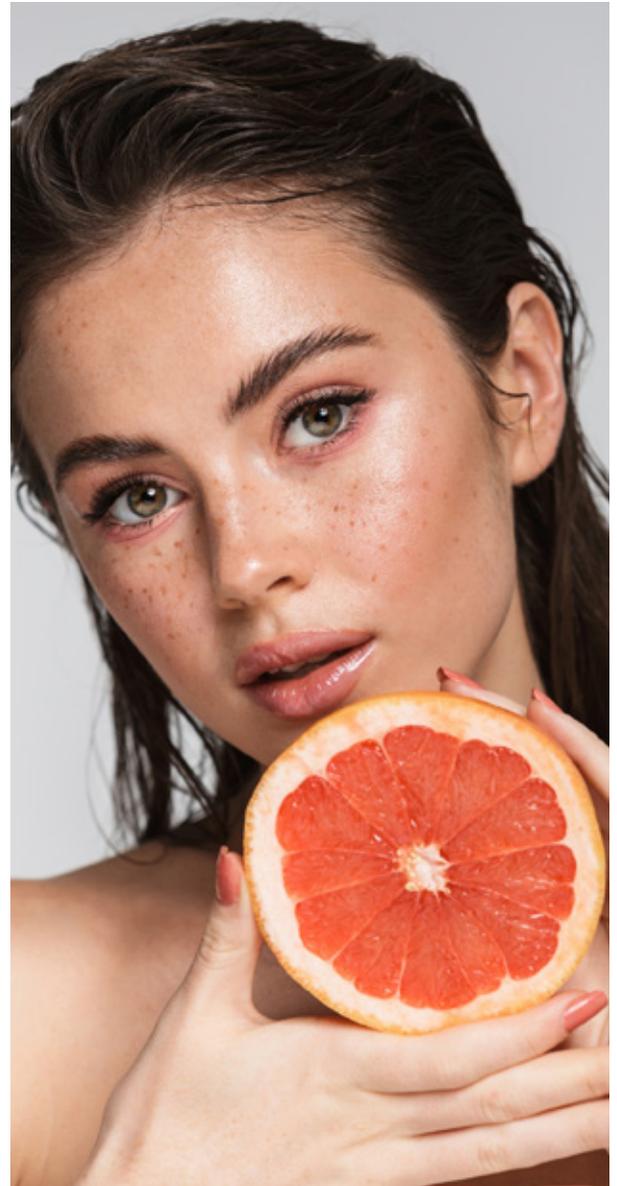
**ACNE ISN'T CAUSED BY BAD SKIN.
IT'S CAUSED BY INFLAMMATION
AND IMBALANCE WITHIN.**

If you're reading this, chances are you've tried just about everything to clear your skin to no avail. That's because most common acne treatments are based on outdated science which only address the symptoms, not the root causes of acne.

TOPICALS TARGET	DIET & LIFESTYLE TARGETS
↳ Bacteria	↳ The underlying reasons you're breaking out
↳ Excess oil	↳ The underlying reasons you're producing excess oil
↳ Clogged pores	↳ The underlying reasons your pores are getting clogged

The latest, cutting-edge research elucidates that nutrient deficiencies, chronic systemic inflammation, hormone imbalances, high glycemic foods, and dysregulation of the gut-brain-skin axis are truly to blame for acne-prone skin. These, ladies and gentlemen, are the true root causes of acne.

Unless you address the root causes, you'll continue to play whack-a-pimple with zit cream, probably for years to come. According to Web MD, teenage acne usually lasts for 5-10 years, while adult acne can persist for decades. That's because conventional treatments never get to the root causes.



When you address the underlying root causes, you'll start to see clearer skin within days or weeks, and full clearance within a few months. Don't waste another year worrying about acne!

**DID YOU KNOW?****YOU DON'T NEED TO KILL BACTERIA
TO CLEAR UP YOUR SKIN**

While acne was once considered an infection, it's now classified as a chronic inflammatory skin condition. The *C. acnes* bacteria has been acne's scapegoat for decades, and the reason dermatologists started using antibiotics to treat acne in the first place.

However, it turns out, whatever meager benefits antibiotics did confer on acne patients, was due primarily to their anti-inflammatory, not anti-microbial, effects. Even healthy, clear skin contains *C. acnes* bacteria. In fact, this bacteria is involved in

maintaining healthy skin, has long been considered a commensal (good) bacteria, and is found in equal amounts in both clear and acne-prone skin.¹

Most of the current mainstream solutions for treating acne are designed to either kill the *C. acnes* bacteria or unclog the pores. That's why they don't work long term. They target the symptoms, instead of going after the root cause: inflammation. Plus, many of them, like antibiotics and other pharmaceuticals, come with the risk of serious side effects.

If you want to clear your skin once and for all, you have to reduce chronic inflammation and correct any underlying imbalances that contribute to chronic inflammation, excess sebum production, and pores prone to clogging, such as nutrient deficiencies, gut issues, hormonal imbalances, and stress.



THE ROOT CAUSES OF ACNE



Nutrient Deficiencies

Those with acne are more likely to be deficient in certain key nutrients.^{2 3 4}



Chronic Inflammation

Acne is an inflammatory condition incited by systemic inflammation.^{5 6}



Hormone Imbalance

Hormone and blood sugar imbalances increase sebum production and acne.^{7 8 9 10}



Gut Imbalance

Dysregulation of the gut-brain-skin axis is a key contributor to acne.^{11 12}



Mental Stress

Mental stress impairs the gut and skin barrier, increases inflammation, and is linked to breakouts.^{13 14 15 16}



Harsh Skincare

Harsh products disrupt the skin barrier and microbiome causing more inflammation.^{17 18 19}

THE CLEAR SKIN PROTOCOL



Replenish Nutrients

A well-nourished body leads to clear, glowy, lit from within skin.^{20 21 22 23}



Reduce Inflammation

Redness and bumps subside as chronic internal inflammation is addressed.^{6 23}



Rebalance Hormones

Balance blood sugar and hormones to reduce the severity and frequency of breakouts.^{2 23 24 25}



Repair Digestion

Address bloating, regularity, and gut health for glowing skin.^{26 27}



Restore Peace

Stress reduction and a calm mind are essential for calm skin.^{28 29 30}



Replace Harsh Skincare

Gentle, natural skincare is soothing and effective.

The recipes in this Glow Up Guide will help you start to replenish nutrients, reduce inflammation, and balance blood sugar. To explore all 6 facets of the 6R protocol, get more personalized recommendations, and 100 delicious clear skin recipes, check out [THE CLEAR SKIN PLAN](#), a proven, science-backed 12-week program and meal plan for reducing acne, holistically.

Can food *really* clear your skin?

ACNE IS *NON-EXISTENT* IN PLACES WHERE A TRADITIONAL, WHOLE FOOD DIET IS CONSUMED.

Researchers studying the aboriginal inhabitants of Kitava Island in Papua New Guinea and the Aché hunter-gathers of Paraguay found acne was completely non-existent.

In 1990, over the course of 7 weeks, researchers visited the homes and examined every single inhabitant of Kitava Island. Of 1,200 Kitavan subjects examined (including 300 aged 15-25 years), not a single papule, pustule, or open comedone was observed in the entire population.

In Paraguay, of 115 Aché subjects examined (including 15 aged 15-25 years), not a single case of active acne was observed over the course of almost 3 years.

While it may seem like they have won the genetic lottery, it is unlikely. The researchers found genetically similar groups of both Pacific Islanders and South Americans whose ethnic backgrounds are similar to the Aché and Kitavans but who live in more westernized settings. These people maintain considerably higher acne incidence rates.³¹

Another telling example is the acne rate in Japan, pre- and post- WWII.

Prior to Japan being opened up to Western influence and restaurants, the Japanese consumed a diet of whole, unprocessed foods, similar to the Kitavans.

According to a well-respected Japanese dermatologist Kasue Ohara, in a commentary published in the Journal of the American Medical Women's Associ-

ation in 1969, "statistical data reported in Japan show a tendency to a gradual increase in incidence [of acne]. The incidence started several years after World War II, namely 1950, when the post-war era was over."

Post-war, the traditional diet gradually shifted as convenience foods became available and fast food joints started popping up. **During the 1960s, the rates of acne in Japan were about 50% lower than the acne rate in the US. Today, they are about equal.**

Acne is not a disease of bad luck, bad genes, or bad skin.

Acne is a disease of Western eating and lifestyle habits.





2.

Glow Meal Plan & Recipes

Foods That Will Make You Glow

The best thing you can do for your skin (and your health) is to switch to a whole-food, plant-centric, unprocessed diet. This doesn't mean you have to be vegan, but you do need to eat lots of plants!

Below on the left is a list of foods that will help you glow, and on the right, a list of foods that will take away your glow by contributing to inflammation, digestive issues, and hormonal imbalance.



GLOW FOODS

- ↪ Vegetables
- ↪ Fruit
- ↪ Whole Grains
- ↪ Legumes
- ↪ Wild Seafood
- ↪ Organic, Pasture-Raised Meat
- ↪ Whole, Unprocessed Foods
- ↪ Unrefined Oils



DIM YOUR GLOW FOODS

- ↪ Dairy
- ↪ Refined Carbohydrates
- ↪ Refined Grains
- ↪ Refined Sugar
- ↪ Conventional Seafood
- ↪ Conventional Meat
- ↪ Processed Foods
- ↪ Refined Oils

On the following pages, you'll find delicious recipes made with *glow food* ingredients and specifically designed to support clear skin from within. Mix and match them as you please, or follow one of the sample 3-day meal plans.

Expert Tip

If you commit to eating this way for just 3 days, you WILL see a reduction in redness and bumps.

It won't clear up acne entirely (that takes time) but you'll definitely move in the clear skin direction. This experiment will show you the impact food has

on your skin, and help you commit to exploring a more holistic path to healing acne.

You can do anything for 3 days, right? Try it, you've got nothing to lose - except your breakouts!

Sample 3-Day Meal Plan — Standard

Feel free to mix, match, and rotate the recipes on the following pages as you wish. Here is a sample 3-day menu to make things easy and quick for you.

	DAY 1	DAY 2	DAY 3
BREAKFAST	<ul style="list-style-type: none"> ↳ Lemon Ginger Mint Tea Or Glow Glo Juice ↳ Blueberry Blemish Blast Smoothie <p><5 min</p>	<ul style="list-style-type: none"> ↳ Lemon Ginger Mint Tea Or Glow Glo Juice ↳ Veggie Scramble With Boosted Avocado Toast <p><15 min</p>	<ul style="list-style-type: none"> ↳ Lemon Ginger Mint Tea Or Glow Glo Juice ↳ Blueberry Blemish Blast Smoothie <p><5 min</p>
LUNCH	<ul style="list-style-type: none"> ↳ Mediterranean Glow Bowl <p>30 min</p>	<ul style="list-style-type: none"> ↳ Mediterranean Glow Bowl <p>Leftovers</p>	<ul style="list-style-type: none"> ↳ Carrot Ginger Soup ↳ Complexion Perfection Salad <p>Leftovers</p>
DINNER	<ul style="list-style-type: none"> ↳ 5-Spice Salmon & Roasted Broccoli <p><25 min</p>	<ul style="list-style-type: none"> ↳ Carrot Ginger Soup ↳ Complexion Perfection Salad <p><40 min</p>	<ul style="list-style-type: none"> ↳ Lemon Pepper Salmon & Roasted Veggies <p><20 min</p>
OPTIONAL	<p>Beverages:</p> <p>In addition to water, sip on either of these beverages throughout the day as you please.</p> <ul style="list-style-type: none"> ↳ Glow Glo Juice ↳ Lemon Ginger Mint Tea 		<p>Desserts:</p> <p>When you want something sweet, choose one of these delicious, healthier upgrades.</p> <ul style="list-style-type: none"> ↳ Chocolate Almond Butter Ice Cream ↳ Zucchini Brownies

Try this menu on a weekend (Saturday - Monday) or if you prefer to meal prep, make the Glow Glo Juice, Mediterranean Glow Bowl, and Carrot Ginger Soup the day before you start.

Shopping list — Standard

PRODUCE

- 2 bananas
- 2 cups frozen blueberries
- 1 pint blueberries
- 1 pint pomegranate arils
- 1 medium red onion
- 1 medium yellow onion
- 1 garlic bulb
- 1 small piece ginger
- 1 pound carrots
- 1 bunch radishes
- 1 small cucumber
- 5 oz baby spinach
- 5 oz baby arugula or mesclun
- 1 bunch basil or parsley
- 1 bell pepper (orange, yellow, or red)
- 2 pints cherry or grape tomatoes
- 2 green zucchini
- 1 bunch broccoli
- 2 avocados
- 2 lemons

SEAFOOD, MEAT & EGGS

- 3 pasture-raised eggs
- 8 oz grass-fed/pasture-raised chopped meat or bison
- 2 wild salmon fillets (4-6 oz each)

PANTRY ITEMS

Double check before you shop. You may already have these on hand.

- 9 Tbsp hemp seeds
- 4 Tbsp ground flaxseed
- 3 Tbsp pumpkin seeds
- 2 Tbsp sunflower seeds
- 2 Tbsp chia seeds
- 2 Tbsp almond butter
- 1 small bottle vanilla extract (*optional*)
- 2 cups chickpeas ~ 2 jars/cans
- 1 loaf gluten-free bread
- 1 box vegetable stock (low or no sodium (about 32 fl oz))
- Olive oil
- Avocado oil (*optional*)
- Kalamata olives (*optional*)

SPICES

- Pink salt
- Black pepper
- Red pepper flakes
- Dried oregano
- Garlic powder
- Turmeric powder
- Cumin powder
- Coriander powder
- Paprika
- Cayenne
- Cinnamon
- Bay leaf (*optional*)

Beverages and desserts are not included in this list, so be sure to add them in if you'd like.

Sample 3-Day Meal Plan — Vegan

Feel free to mix, match, and rotate the recipes on the following pages as you wish. Here is a sample 3-day menu to make things easy and quick for you.

	DAY 1	DAY 2	DAY 3
BREAKFAST	<ul style="list-style-type: none"> ↳ Lemon Ginger Mint Tea Or Glow Glo Juice ↳ Blueberry Blemish Blast Smoothie <p><5 min</p>	<ul style="list-style-type: none"> ↳ Lemon Ginger Mint Tea Or Glow Glo Juice ↳ Blemish Blast Avocado Toast With Chickpeas <p>10 min</p>	<ul style="list-style-type: none"> ↳ Lemon Ginger Mint Tea Or Glow Glo Juice ↳ Blueberry Blemish Blast Smoothie <p><5 min</p>
LUNCH	<ul style="list-style-type: none"> ↳ Mediterranean Glow Bowl With Beans <p>30 min</p>	<ul style="list-style-type: none"> ↳ Mediterranean Glow Bowl With Beans <p>Leftovers</p>	<ul style="list-style-type: none"> ↳ Carrot Ginger Soup ↳ Complexion Perfection Salad <p>Leftovers</p>
DINNER	<ul style="list-style-type: none"> ↳ 5 Spice Tofu & Roasted Broccoli <p><25 min</p>	<ul style="list-style-type: none"> ↳ Carrot Ginger Soup ↳ Complexion Perfection Salad <p><40 min</p>	<ul style="list-style-type: none"> ↳ Greens & Beans ↳ Carrot Ginger Soup (Optional) <p><20 min</p>
OPTIONAL	<p>Beverages:</p> <p>In addition to water, sip on either of these beverages throughout the day as you please.</p> <ul style="list-style-type: none"> ↳ Glow Glo Juice ↳ Lemon Ginger Mint Tea 		<p>Desserts:</p> <p>When you want something sweet, choose one of these delicious, healthier upgrades.</p> <ul style="list-style-type: none"> ↳ Chocolate Almond Butter Ice Cream ↳ Zucchini Brownies

Try this menu on a weekend (Saturday - Monday) or if you prefer to meal prep, make the Glow Glo Juice, Mediterranean Glow Bowl, and Carrot Ginger Soup the day before you start.

Shopping list — Vegan

PRODUCE

- 2 bananas
- 2 cups frozen blueberries
- 1 pint blueberries
- 1 pint pomegranate arils (*optional*)
- 1 medium red onion
- 1 medium yellow onion
- 1 garlic bulb
- 1 small piece ginger
- 1 pound carrots
- 1 bunch radishes
- 1 small cucumber
- 5 oz baby spinach
- 5 oz baby arugula or mesclun
- 1 bunch Swiss chard or kale
- 1 bunch basil or parsley
- 2 bell peppers (orange, yellow, or red)
- 2 pints cherry or grape tomatoes
- 2 green zucchini
- 1 bunch broccoli
- 2 avocados
- 2 lemons

REFRIGERATOR

- 1 block organic tofu, extra firm

PANTRY ITEMS

Double check before you shop. You may already have these on hand.

- 3/4 cup hemp seeds
- Ground flaxseed

- 3 Tbsp pumpkin seeds
- 2 Tbsp sunflower seeds
- 2 Tbsp chia seeds
- 2 Tbsp almond butter
- Arrowroot starch
- Vanilla extract (*optional*)
- 3 cups chickpeas ~ 2-3 jars/cans
- 3 cans/jars cannellini beans
- 1 loaf gluten-free bread
- 24 oz vegetable stock (low or no sodium)
- Olive oil
- Avocado oil (*optional*)
- Kalamata olives (*optional*)

SPICES

- Pink salt
- Black pepper
- Red pepper flakes
- Dried oregano
- Garlic powder
- Turmeric powder
- Cumin powder
- Coriander powder
- Paprika
- Cayenne
- Cinnamon
- Bay leaf (*optional*)

Beverages and desserts are not included in this list, so be sure to add them in if you'd like.

Blueberry Blemish Blast Smoothie

This Blueberry Blemish Blast Smoothie combines antioxidant-rich blueberries with omega-3, protein, and fiber-rich seeds to help clear your skin from within.

SERVINGS:

1

ACTIVE TIME:

<5 MINUTES

TOTAL TIME:

<5 MINUTES

INGREDIENTS:

- ½ CUP WATER
- 3 TBSP HEMP SEEDS
- 1 TBSP FLAX SEEDS
- 1 TBSP ALMOND BUTTER
- 1 TBSP CHIA SEEDS
- 1 BANANA, FROZEN*
- 1 CUP BLUEBERRIES, FROZEN
- ¼ TSP VANILLA EXTRACT

TOPPINGS (OPTIONAL):

- BLUEBERRIES
- COCONUT SHREDS

1. Combine all blueberry smoothie ingredients in a high-speed blender and blend on high until smooth and creamy. If you prefer a thinner consistency simply add more water or ice.
2. Pour smoothie into a glass and top with coconut shreds and blueberries.

**To freeze a banana, when it's ripe, peel it, break it in half, and put it in a freezer-proof bag. Freeze overnight, or for up to one month. I like to freeze a whole bunch of bananas at a time so they are always ready to go.*



Veggie Scramble With Boosted Avocado Toast

If you prefer a warm breakfast try this hearty Veggie Scramble with Boosted Avocado Toast. It's a great way to get in some veggies in the AM, and the flax on the toast offers a nice boost of omega-3s, which help to reduce inflammation.

SERVINGS:

1

ACTIVE TIME:

10 MINUTES

COOK TIME:

5 MINUTES

TOTAL TIME:

15 MINUTES

VEGGIE SCRAMBLE:

- 2-3 TSP AVOCADO OR OLIVE OIL
- ¼ CUP RED ONION, DICED
- 2 CUPS OF BABY SPINACH
- ½ CUP CHERRY TOMATOES, SLICED IN HALF
- 2-3 EGGS, PASTURE-RAISED
- ¼ CUP FRESH HERBS SUCH AS BASIL OR PARSLEY (OPTIONAL)
- PINK SALT & BLACK PEPPER

AVOCADO TOAST:

- 2 SLICES GLUTEN-FREE BREAD*
- 1 TBSP FLAXSEED, MILLED OR GROUND
- ½-1 AVOCADO, SLICED
- PINK SALT & RED PEPPER FLAKES TO TASTE

Note: Use whatever veggies you have on hand. The key to ensuring it always tastes good is to always include onions, garlic, and/or herbs for flavor.

**Gluten-Free Bread Recommendation: Fresh Superseed bread from Le Pain Quotidien or any of the frozen options from the Food for Life brand, available in health food stores.*

1. Heat a pan over medium heat. When it's hot, add the oil, onions, and tomatoes. Cook for 2-3 minutes before adding the spinach, then cook another minute or two, until wilted and everything is soft.
2. Meanwhile, crack the eggs into a small bowl and whisk thoroughly with a fork. Add a pinch of salt and pepper, and fresh herbs, if using.
3. Ensure the veggies are spread evenly throughout the pan, then pour the eggs over them. Stir occasionally until eggs are cooked through.
4. Toast two pieces of gluten-free bread. Spoon ground flaxseed over the bread, and top with sliced avocado, red pepper flakes, and a pinch of salt.



Blemish Blast Toast

Here is a protein-packed and omega-3 boosted avocado toast. Don't skip the beans to ensure you get enough protein, but feel free to swap chickpeas for any other bean.

SERVINGS: 1

ACTIVE TIME: 5 MINUTES

COOK TIME: 5 MINUTES

TOTAL TIME: 10 MINUTES

CHICKPEA TOPPER:

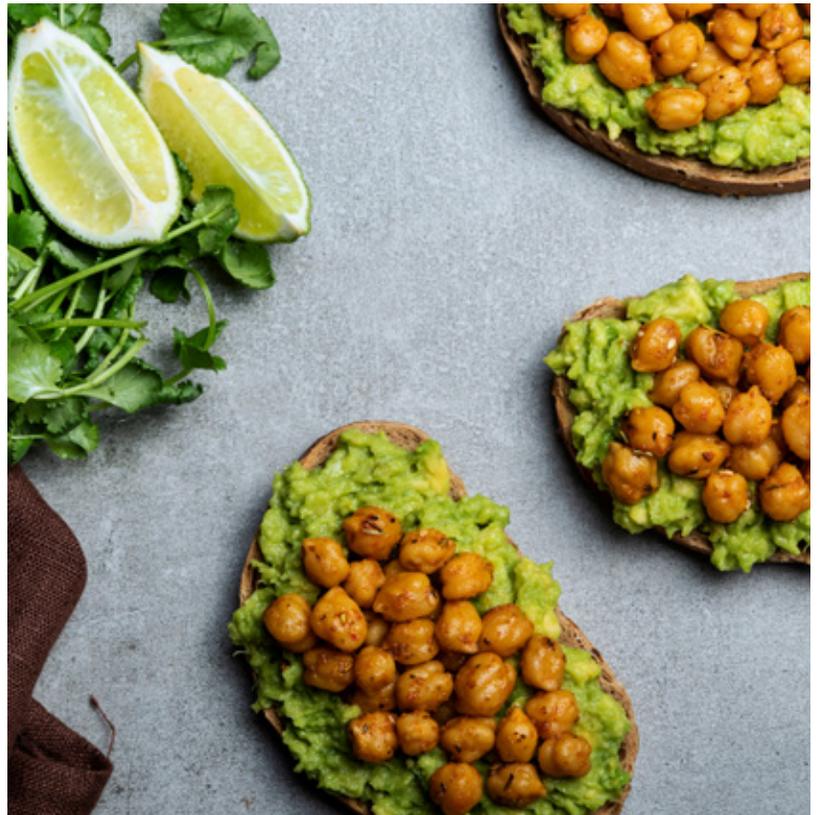
- 2-3 TSP OLIVE OIL
- ¾ TSP TURMERIC
- ½ TSP CUMIN
- 1 CUP CHICKPEAS
- ¼ TSP BLACK PEPPER
- ¼ TSP PINK SALT,
OR TO TASTE

BLEMISH BLAST TOAST:

- 2 SLICES GLUTEN-FREE BREAD*
- TBSP FLAXSEED, MILLED OR GROUND
- ½-1 AVOCADO, SLICED
- 2-3 TSP LEMON OR LIME JUICE
- PINK SALT TO TASTE
- RED PEPPER FLAKES, TO TASTE (OPTIONAL)

1. First, make the chickpeas. Heat a pan over medium heat. Add the oil and spices, cooking until fragrant, about 30-60 seconds. Then add the chickpeas, salt, and pepper. Cook 3-4 minutes, stirring occasionally.
2. Toast two pieces of gluten-free bread. Spoon ground flaxseed over the bread to cover it.
3. In a small bowl, mash sliced avocado with lemon juice, a pinch of salt, and red pepper flakes.
4. Spoon the avocado mixture over the bread. Top with chickpeas.

**Gluten-Free Bread Recommendation: Fresh Superseed bread from Le Pain Quotidien or any of the frozen options from the Food for Life brand, available in health food stores.*



Mediterranean Glow Bowl

This tasty Mediterranean Glow Bowl combines oregano-roasted veggies with protein of choice for a flavor-packed and filling bowl. This makes 2 servings so tomorrow's lunch is done for you.

SERVINGS:

2

ACTIVE TIME:

10 MINUTES

COOK TIME:

20 MINUTES

TOTAL TIME:

30 MINUTES

MEDITERRANEAN VEGGIES:

- 1 BELL PEPPER (ORANGE, YELLOW, OR RED), SLICED THIN
- 1-PINT CHERRY OR GRAPE TOMATOES, SLICED IN HALF

- 1 GREEN ZUCCHINI, SLICED THIN IN HALF-MOONS
- ½ RED ONION, SLICED THIN
- 1 TBSP OLIVE OIL
- 1-2 TSP DRIED OREGANO

- ½ TSP GARLIC POWDER
- ½ TSP PINK SALT
- ½ TSP BLACK PEPPER

PROTEIN (STANDARD):

- 2 TSP OLIVE OIL
- 3 CLOVES GARLIC
- ¼ CUP DICED RED ONION

- ½ TSP TURMERIC POWDER
- ½ TSP CUMIN POWDER
- 8 OZ ORGANIC, GRASS-FED/PASTURE-RAISED CHOPPED MEAT OR BISON*

- PINK SALT & PEPPER

PROTEIN (VEGAN):

- 2 TSP OLIVE OIL
- CLOVES GARLIC, CHOPPED
- ½ TSP OREGANO

- 2 CUPS CANNELLINI BEANS
- PINK SALT & BLACK PEPPER TO TASTE

BASE:

- 2-3 CUPS ARUGULA OR BABY SPINACH

- 2 TSP OLIVE OIL
- PINK SALT & PEPPER TO TASTE

TOPPINGS:

- 1 TBSP PUMPKIN SEEDS

- 1 TBSP SUNFLOWER SEEDS



NOTES: You could swap out meat for two 4 oz pieces of cooked salmon, or grilled organic pasture-raised chicken.

For the vegan version, you can substitute any beans.

1. **Roast the Veggies:** Preheat the oven to 400 F. Slice the bell peppers, cherry tomatoes, zucchini, and red onion. It's important to slice them thin and evenly so they cook evenly and quickly. Then add them to a large parchment-lined baking sheet. Drizzle with olive oil, oregano, garlic powder, salt, and pepper, and toss to coat. Bake for 20 minutes, flipping halfway.
2. **Make your protein:** Heat a skillet over medium heat.
For the vegan version: Add oil, then garlic, and oregano. Let it cook for 30-60 seconds, until fragrant, (but not brown) and then add your beans. Cook for about 5 minutes, season with salt and pepper to taste.
For the standard version: Add oil, then garlic, onion, and spices. Cook for 60 seconds, until fragrant, then add the chopped meat. Spread out evenly on the pan, cook for 4 minutes to brown, then flip and cook an additional 4 minutes or so, until meat is thoroughly cooked through.
3. **Meanwhile, prepare two bowls:** To each, add half the arugula. Add a pinch of olive oil, salt, and pepper, then toss well. Next, add half the roasted veggies and half of the cooked protein and toppings to each.
4. Let the second bowl cool down, then store it in an air-tight container and refrigerate for a later meal.



Whenever you consume meat, be sure to choose organic, grass-fed or pasture-raised. It's more nutritious and higher in omega-3s (which provide anti-inflammatory benefits) compared to conventional meat, which tends to be higher in omega-6 fats (which promote inflammation).



Carrot Ginger Soup

This delicious skin-clearing soup delivers a megadose of Vitamin A (from beta-carotene) and anti-inflammatory benefits. Garnish with pumpkin seeds for some added crunch and skin-clearing zinc.

SERVINGS: 4

ACTIVE TIME: 10 MINUTES

COOK TIME: 25-35 MINUTES

TOTAL TIME: 35-45 MINUTES

CARROT GINGER SOUP:

- 1 TBSP OLIVE OIL
- 1 CUP YELLOW ONION, DICED
- 3 CLOVES GARLIC, CHOPPED
- 2 TBSP FRESH GINGER, PEELED AND CHOPPED
- 1 LB CARROTS, DICED
- 3 CUPS VEGETABLE STOCK, LOW OR NO SODIUM
- ½ TSP CINNAMON
- 1 BAY LEAF (OPTIONAL)
- ½ TSP PINK SALT
- 1½ TSP FRESH LEMON JUICE, OR TO TASTE

GARNISH (OPTIONAL):

- BASIL OR PARSLEY LEAVES
- PUMPKIN SEEDS

1. On the stove-top, heat a large stockpot over medium heat. Add the oil, and then the onion.
2. Cook for 3-5 minutes. Then add the garlic, ginger, and carrots. Cook for an additional 5-8 minutes, stirring occasionally, until soft.
3. Add the broth, cinnamon, bay leaf, and salt. Bring to a boil, then cover and reduce to a simmer for 15-20 minutes, or until carrots are soft. Add the lemon juice.
4. Meanwhile, toast the pumpkin seeds. Heat a small pan over medium, add the pumpkin seeds to the dry pan. Cook for 2-3 minutes, stirring or shaking the pan occasionally. Toasting adds a depth of flavor and crunch.
5. Carefully pour the soup into a blender and blend until you get a smooth, velvety texture. When blending hot liquids, only fill the blender halfway, remove the clear centerpiece in the lid, place a dish towel over the opening and hold it with your hand as you blend to allow the steam to release.
6. Before serving, garnish each bowl with 1-2 tablespoons of fresh herbs and pumpkin seeds.



LUNCH & DINNER

Complexion Perfection Salad

Bursting with antioxidants and vitamin-rich veggies, protein and fiber-rich chickpeas, and zinc-rich seeds, this salad will satisfy your taste buds while helping to clear your skin from within.

SERVINGS: 2

ACTIVE TIME: < 10 MINUTES

TOTAL TIME: < 10 MINUTES

SALAD:

- 3 CUPS ORGANIC BABY ARUGULA OR MESCLUN GREENS
- 1 CUP FRESH BASIL OR PARSLEY LEAVES, CHOPPED
- ¼ CUP RED ONION, DICED
- 4 RADISHES, SLICED THIN
- ½ CUP CUCUMBER, CHOPPED
- 1 CUP ORGANIC BLUEBERRIES
- 2 CUPS CHICKPEAS
- 1 AVOCADO, CHOPPED
- ¼ CUP POMEGRANATE ARILS (OPTIONAL)
- ¼ CUP KALAMATA OLIVES

PROTEIN CRUNCH:

- 1 TBSP GROUND FLAXSEED
- 1 TBSP PUMPKIN SEEDS
- 1 TBSP SUNFLOWER SEEDS
- 3 TBSP HEMP SEEDS

DRESSING:

- 1 TBSP + 1 TSP OLIVE OIL
- JUICE OF ½-1 LEMON
- PINK SALT & BLACK PEPPER TO TASTE

1. Place all salad ingredients and protein crunch ingredients in a large bowl.
2. Top with olive oil, lemon juice, salt and pepper to taste. Toss well.

MEAL PREP ADVICE: Store the salad and dressing separate, so your salad for a later day doesn't get soggy



LUNCH & DINNER

5-Spice Salmon With Roasted Broccoli

5 fragrant, anti-inflammatory spices combine to form a crust on succulent, omega-3 rich wild salmon. This is my favorite salmon recipe. Served with a side of simple, yet tasty, broccoli.

SERVINGS: 2

ACTIVE TIME: < 10 MINUTES

COOK TIME: 25 MINUTES

TOTAL TIME: < 30 MINUTES

ROASTED BROCCOLI:

- 1 BUNCH BROCCOLI FLORETS, CHOPPED
- 2-3 TSP OLIVE OIL
- GARLIC POWDER
- BLACK PEPPER
- PINK SALT

5-SPICE SALMON:

- 1 WILD SALMON FILLET, 4-6 OZ
- ¼ TSP TURMERIC
- ¼ TSP CUMIN
- ¼ TSP CORIANDER
- ½ TSP PAPRIKA
- ½ TSP CAYENNE
- ½ PINK SALT
- ½ BLACK PEPPER
- 1-2 TSP AVOCADO OR OLIVE OIL

1. First make the broccoli. Preheat the oven to 400F. Lay the florets out on a parchment-lined baking sheet. Drizzle with olive oil, and a generous sprinkle of garlic powder, salt, and pepper. Mix well until thoroughly coated. Bake for 20-22 minutes, until the edges are just beginning to brown.
2. Meanwhile, make the salmon. On the stovetop, preheat a small oven-safe skillet over medium heat.
3. In a small bowl, combine all of the spices and mix well. Spoon over the fish, and use the back of the spoon to press it into the flesh, until the pink flesh is entirely coated with spices.
4. Once your pan is hot, add the oil, then place the fillet, coated side down on the pan. Cook for 2-3 minutes, until the spice mixture forms a nicely browned crust. Flip the fillet and cook for another 2 minutes.
5. Then, transfer the pan to the oven to finish cooking for about 5-7 minutes depending on the thickness of the fish.



5-Spice Tofu With Roasted Broccoli

If you're not into seafood, swap in this 5-spice tofu recipe instead. Ground flax is combined with the fragrant and medicinal spices in order to boost the omega-3 content.

SERVINGS: 2

ACTIVE TIME: < 10 MINUTES

COOK TIME: 20 MINUTES

TOTAL TIME: < 30 MINUTES

ROASTED BROCCOLI:

- BUNCH BROCCOLI CUT INTO FLORETS & STEMS, SLICED THIN
- 2-3 TSP OLIVE OIL
- GARLIC POWDER
- BLACK PEPPER
- PINK SALT

5-SPICE TOFU:

- 1 BLOCK ORGANIC EXTRA FIRM OR FIRM TOFU
- 4 TSP FLAX MEAL (GROUND FLAX)
- 2 TBSP ARROWROOT STARCH
- 1 TSP TURMERIC
- 1 TSP CUMIN
- ½ TSP CORIANDER
- ½ TSP GARLIC POWDER
- ½ TSP PINK SALT
- ½ TSP BLACK PEPPER
- ¼ TSP CAYENNE

1. Preheat oven to 400F and turn the fan on.
2. First, make the broccoli. Lay the florets out on a parchment-lined baking sheet. Drizzle with olive oil, and a generous sprinkle of garlic powder, salt, and pepper. Mix well until thoroughly coated. Bake for 20-22 minutes, until the edges are just beginning to brown.
3. Meanwhile, make the tofu. Place the tofu on a clean dish towel and cover, pressing lightly to remove some of the moisture. Slice into 1/2-inch cubes. If it still feels very wet, put the cubes in the dish towel and lightly press to dry it again. It doesn't need to be pressed out bone dry - the slight moisture will help the spices stick.
4. In a medium-sized bowl, mix the flax meal, starch, and spices in a bowl until thoroughly combined.
5. Add the tofu pieces to the bowl and toss well until all pieces are thoroughly coated.
6. Line a baking sheet with parchment paper, lay out the tofu pieces so they are not crowded, and there is space around each. Bake for 15 minutes.

Note: Conversely, you can use 1 Tbsp of curry powder in place of the turmeric, cumin, coriander, and garlic powder.



Lemon Pepper Salmon With Roasted Veggies

A super fast and easy recipe, that tastes restaurant quality. This may become your new weeknight go-to.

SERVINGS: 1-2

ACTIVE TIME: 5 MINUTES

COOK TIME: 20 MINUTES

TOTAL TIME: 25 MINUTES

ROASTED VEGETABLES:

- 2 CUPS ZUCCHINI, SLICED THIN
- ½ RED ONION, SLICED THIN
- 1 CUP CHERRY TOMATOES, SLICED IN HALF
- 1 TSP DRIED OREGANO
- ½ TSP GARLIC POWDER
- PINK SALT
- BLACK PEPPER

LEMON PEPPER SALMON:

- 1 4-OZ PIECE OF WILD SALMON
- LEMON, ORGANIC, UNWAXED
- PINK SALT
- BLACK PEPPER

1. First make the roasted vegetables. Heat the oven to 400 F and line a baking sheet with parchment paper.
2. Add your sliced vegetables to the tray, and toss with olive oil, oregano, garlic powder, salt, and pepper. Lay out flat, and bake for 20 minutes.
3. Meanwhile, make the salmon: Place salmon in a small baking dish or sheet. Squeeze 1/4 of a lemon over it, then add a pinch of salt and pepper. If using organic lemons, use a microplane to zest over the fish for a more intense lemony flavor (and antioxidants!)
4. Bake in the oven for 12-15 minutes. (The exact time will depend on thickness of the fillet. The thicker they are, the longer the cook time.)



Sauteed Beans & Greens

This easy and flavorful recipe makes a nutritious side dish or filling vegan main.

SERVINGS: 1-2

ACTIVE TIME: 5 MINUTES

COOK TIME: <10 MINUTES

TOTAL TIME: <15 MINUTES

INGREDIENTS:

- 1 TBSP OLIVE OIL OR COCONUT OIL
- ½ SMALL RED ONION (ABOUT 2 OZ)
- 2 CLOVES GARLIC, MINCED
- ½ TSP TURMERIC
- 1 BELL PEPPER, DICED
- 1¼ CUP CANNELLINI BEANS OR BEANS OF CHOICE, COOKED
- 1 BUNCH SWISS CHARD OR GREENS OF CHOICE, SLICED INTO RIBBONS, STEM SLICED THIN, KEPT SEPARATE FROM LEAVES
- PINK SALT TO TASTE
- BLACK PEPPER TO TASTE

1. Heat a pan over medium heat. Add oil to coat the bottom.
2. Add the onions, garlic, turmeric, and bell pepper. Cook for 2 minutes, stirring occasionally.
3. Add the Swiss chard stems and beans. Cook for another 2-3 minutes, stirring occasionally, until peppers and stems are soft.
4. Add in the greens, stirring occasionally for 1-2 minutes. They will start to shrink and turn bright green pretty quickly. Don't overcook.
5. Remove from the heat, add salt and black pepper to taste, and serve.

NOTE: You can make this dish with any combination of beans and greens. Try kale and chickpeas, collards and black beans, spinach and kidney beans, etc. The options are endless.

NOTE: I don't recommend using curly kale stems, they are tough to chew.



Lemon Ginger Mint Tea

A warm cup of Lemon Ginger Mint Tea supports clear skin, better digestion, and immune health. Personally, I drink tea even in the summer, but if you want something cold and refreshing, try this over ice. So good!

SERVINGS: 2

ACTIVE TIME: 5 MINUTES

COOK TIME: 5 MINUTES

TOTAL TIME: 10 MINUTES

INGREDIENTS:

- 2 CUPS WATER
- 1-INCH PIECE OF GINGER, SLICED THIN
- 10-20 SPEARMINT OR MINT LEAVES
- JUICE OF ½ LEMON

1. Bring 2 cups of water to a boil. Turn off the heat.
2. Add the ginger and mint leaves. Steep for at least 3-5 minutes.
3. Pour into two mugs, and add a squeeze of lemon into each mug.

Notes: For iced tea, simply let the tea cool to room temperature and then add lemon and pour over ice.

For a more potent, zingier tea, grate the ginger on a microplane instead of slicing it.



Glow Glo Juice

Make a big pitcher of this neon yellow juice and enjoy a cup each morning before breakfast. It is refreshing and tasty, plus delivers a vitamin C and anti-inflammatory boost.

SERVINGS: 8

ACTIVE TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

INGREDIENTS:

- 2 LEMONS, FLESH
- PEEL OF 1 LEMON,
WHITE PITH REMOVED
- 1 ORANGE, FLESH
- 1-2 INCH GINGER, PEELED
- 1.5-2 LTR WATER

1. First slice both lemons into quarters. Pop the flesh out and add it to the blender.
2. Then use a knife to scrape away most of the white pith from the peel of one or both lemons.* Add them to the blender.
3. Next, add the flesh of one orange and a one-inch piece of peeled ginger.
4. Finally add about one and a half liters of water or up until your max fill line.
5. Blend all ingredients for about 10 to 20 seconds. You'll see the color turn from pale yellow to neon once you stop blending.
6. Use a spoon to hold back the foam while you pour through a fine-mesh sieve into glasses or pitchers.
7. Drink as is or chill in the fridge.

*Note: *Don't skip this step as the white pith may add a mild bitterness and mellows the color of this beverage which is supposed to be a bright neon yellow. You don't have to remove all of the white pith, just as much as you can.*

WATCH THE VIDEO TUTORIAL



Chocolate Almond Butter Ice Cream

This simple and fast recipe tastes just like soft serve ice cream - without a drop of added sugar. Make this when you want something sweet.

SERVINGS: 1-2

ACTIVE TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

INGREDIENTS:

- 2 BANANAS FROZEN*
- ¼ TSP VANILLA EXTRACT
- 1 TBSP ALMOND BUTTER
- 2-3 TSP CACAO POWDER

TOPPINGS (OPTIONAL):

- SLICED ALMONDS
- CACAO NIBS

**Peel overripe bananas, break in half, and put in a zip-top freezer bag. Freeze for at least 4 hours or overnight. It's a good idea to leave a big batch of frozen bananas in your freezer, so you have some on hand when the mood strikes.*

1. Place all ice cream ingredients into a high-speed blender and blend on high until soft-serve ice cream consistency is reached, which should be about 30-60 seconds.
2. Spoon into a bowl and top with a handful of nuts or cacao nibs for added crunch, if desired.



Zucchini Brownies

You'll never detect the zucchini in these super fudgy brownies. They taste even better the next day, so feel free to make a batch and keep them on hand for when sugar cravings hit.

SERVINGS: 8

ACTIVE TIME: 10 MINUTES

COOK TIME: 30 MINUTES

TOTAL TIME: 50 MINUTES

INGREDIENTS:

– COCONUT OIL TO GREASE
BAKING DISH

BROWNIES (WET):

– 2 CUPS ZUCCHINI, SHREDDED
IN A BLENDER OR FOOD
PROCESSOR (APPROX 1 LARGE
ZUCCHINI)
– 1 TSP VANILLA EXTRACT
– 1 CUP PITTED DATES (ABOUT 10
LARGE MEDJOL DATES)
– ¼ CUP FLAXSEED

BROWNIES (WET):

– ½ CUP COCOA POWDER
– ¾ CUP OF ALMOND FLOUR
– ¼ TSP SALT

TOPPINGS (OPTIONAL):

– 2 TBSP CHOCOLATE CHIPS
– PINCH FLAKY SEA SALT

CASHEW VANILLA FROSTING:

– 1 TBSP CASHEW BUTTER
– PINCH FLAKY SEA SALT
– 1 TSP COCONUT OIL
(UNREFINED), LIQUIFIED

1. Preheat the oven to 350 F.
2. Blend all wet ingredients together in a blender or food processor until smoothie-like consistency forms. Set aside.
3. Add all dry ingredients to a large mixing bowl and mix well. Add the wet to the dry and mix again.
4. Pour batter into an 8x8 greased pan. Top with chocolate chips for double the chocolate and pinch of flaky sea salt.
5. Bake for 30 minutes. Let cool for 10 minutes before cutting and serving. If desired, add a drizzle of cashew vanilla frosting (whisk all frosting ingredients together in a small bowl with a fork until thoroughly combined).



Congrats, You Did It!

I hope you are signing off from this challenge excited about your clear skin journey, having witnessed what is possible with food.

How does your skin look after just 3 days? Do you notice less redness? A reduction in size and/or number of pimples? How closely did you stick to the plan? I want to hear about it - email me your results at results@mariamarlowe.com.

I am thrilled to have been able to share some info on my 6R protocol with you and this is just the beginning!

Let's continue this journey together. For a proven, science-backed program and meal plan to clear your skin from within, join my **90-DAY CLEAR SKIN PLAN**.

Let's Get Glowing!

#GlowbyMarlowe

To your health & happiness,
Maria

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