

ACNE

Acne vulgaris is a skin condition that occurs when hair follicles become clogged with dead skin cells, bacteria, and sebum. This leads to the formation of pimples, blackheads, whiteheads, and cysts. It is estimated that up to 70% of young people are affected by *acne vulgaris* during puberty or early adulthood. However, acne can occur in any age group.

MAIN SYMPTOMS

- **mild form**
 - <20 blackheads/pimples
- **moderate form**
 - >20 blackheads/pimples
 - papules/pustules severe inflamed pimples
- **severe form**
 - extensive blemishes
 - painful) nodules
- **The most cases occur on the face, chest, back and shoulders**

CAUSES AND PATHOGENESIS

- **excessive sebum production**
- **clogged hair follicles**
- **increased occurrence of Propionibacterium acnes in the sebaceous glands**
- **disturbances of the gastrointestinal tract**
- **inflammation of blackheads**
- **promoting factors**
 - hormonal changes
 - medication
 - greasy or oily substances
 - nutrition
 - stress

THERAPY

- **bowel therapy**
 - probiotics (recording to the report)
 - prebiotics (acacia fibers, 2'FL, scFOS/scGOS)
 - inflammation inhibition (phosphatidylcholine, glutamine)
 - mucosa and milieu stabilizing interventions
- **eliminate nutrient deficiencies**
 - vitamin B6, D
 - selenium, zinc
- **eliminate inflammation and ROS**
 - omega-3 fatty acids, vitamin C, E
- **other interventions**
 - balanced diet rich in fiber
 - reduce monosaccharides, alcohol, fatty food like potato chips or butter
 - avoid oily cremes/lotions
 - reduce/avoid stress

DIAGNOSTICS

SA730A ACNE BASIC PROFILE

Material: Fe, OS, Hep, S

Microbiome alteration

- Microbiome analysis Mini

Inflammation, Low-grade Inflammation (Leaky gut)

- α 1-antitrypsin, calprotectin
- zonulin

Essential minerals

- zinc, selenium

Oxidative stress

- antioxidative capacity

SA730B ACNE MIDI PROFILE

Material: 2Fe, OS, Hep, 2S

In addition to the Basic Profile:

Digestive residues

Relevant vitamins

- vitamin D

Food intolerances

- Pre-Screen B

SA730C ACNE COMPLETE PROFILE

Material: 2Fe, OS, 2EDTA, Hep, 2S

In addition to the Midi Profile:

Mucosal immune system

- sIgA

Relevant vitamins

- vitamin B6, E

Anti-inflammatory factors

- fatty acid profile (ω 3/ ω 6-FS)

ADDITIONAL DIAGNOSTICS

In s/o hormonal influences

- F450 DHEA-S in Serum
- F350 Total Testosterone
- F370 SHBG
- F380 Dihydrotestosterone

In s/o of food intolerances

- B180 Wheat germ agglutinin