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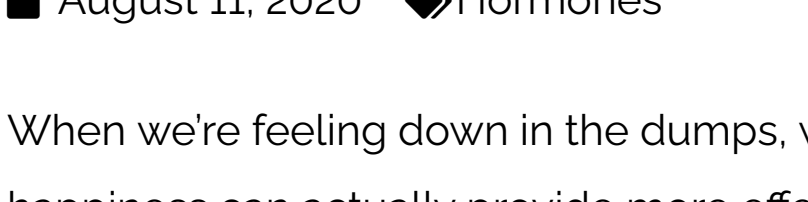
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How Hacking Hormones Can Bring You More Joy

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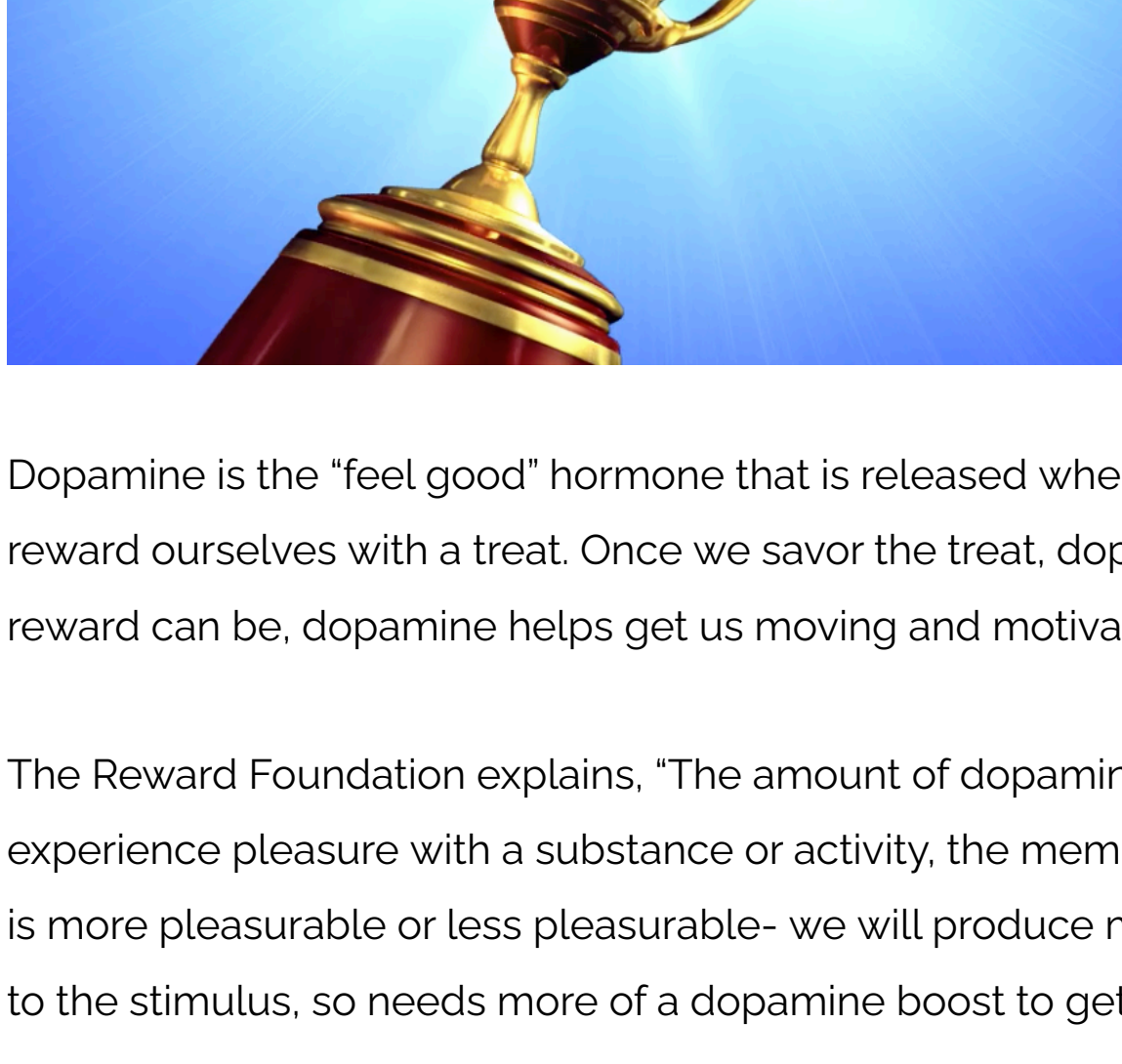


August 11, 2020 Hormones

When we're feeling down in the dumps, we often look outside of ourselves to feel happier. However, looking inside first and understanding the science behind happiness can actually provide more effective results. Hacking hormones can be a mood booster.

Biologically, we experience four different kinds of happiness based on neurotransmitter activity in the brain. The four pleasure hormones are dopamine, serotonin, oxytocin and endorphin. When these hormone levels rise and fall, our mood can be affected. When we understand how our body experiences the full spectrum of joy, we can learn to increase happiness in healthier ways.

Enjoy The Process with Dopamine



Dopamine is the "feel good" hormone that is released when performing an activity and receiving a reward. After accomplishing a project or finishing chores, we reward ourselves with a treat. Once we savor the treat, dopamine is released. Dopamine is closely linked to memory. Because we remember how pleasurable the reward can be, dopamine helps get us moving and motivated.

The Reward Foundation explains, "The amount of dopamine released by the brain prior to a behaviour is proportional to its potential for providing pleasure. If we experience pleasure with a substance or activity, the memory formed means we anticipate that it will be pleasurable again. If the stimulus violates our expectation- is more pleasurable or less pleasurable- we will produce more or less dopamine accordingly next time we encounter the stimulus. After a time the brain gets used to the stimulus, so needs more of a dopamine boost to get a high. Hence the vicious cycle of dependency."

Balance Cravings

Because the "dopamine hit" can become addictive, the key to authentic happiness is to balance out the cravings. If you normally reward yourself with coffee, sugar and alcohol, try to add in healthy rewards. Instead try going for a walk, dancing or listening to music. Your brain will start to correlate more healthy behaviors with rewards and your dopamine levels will rise naturally.

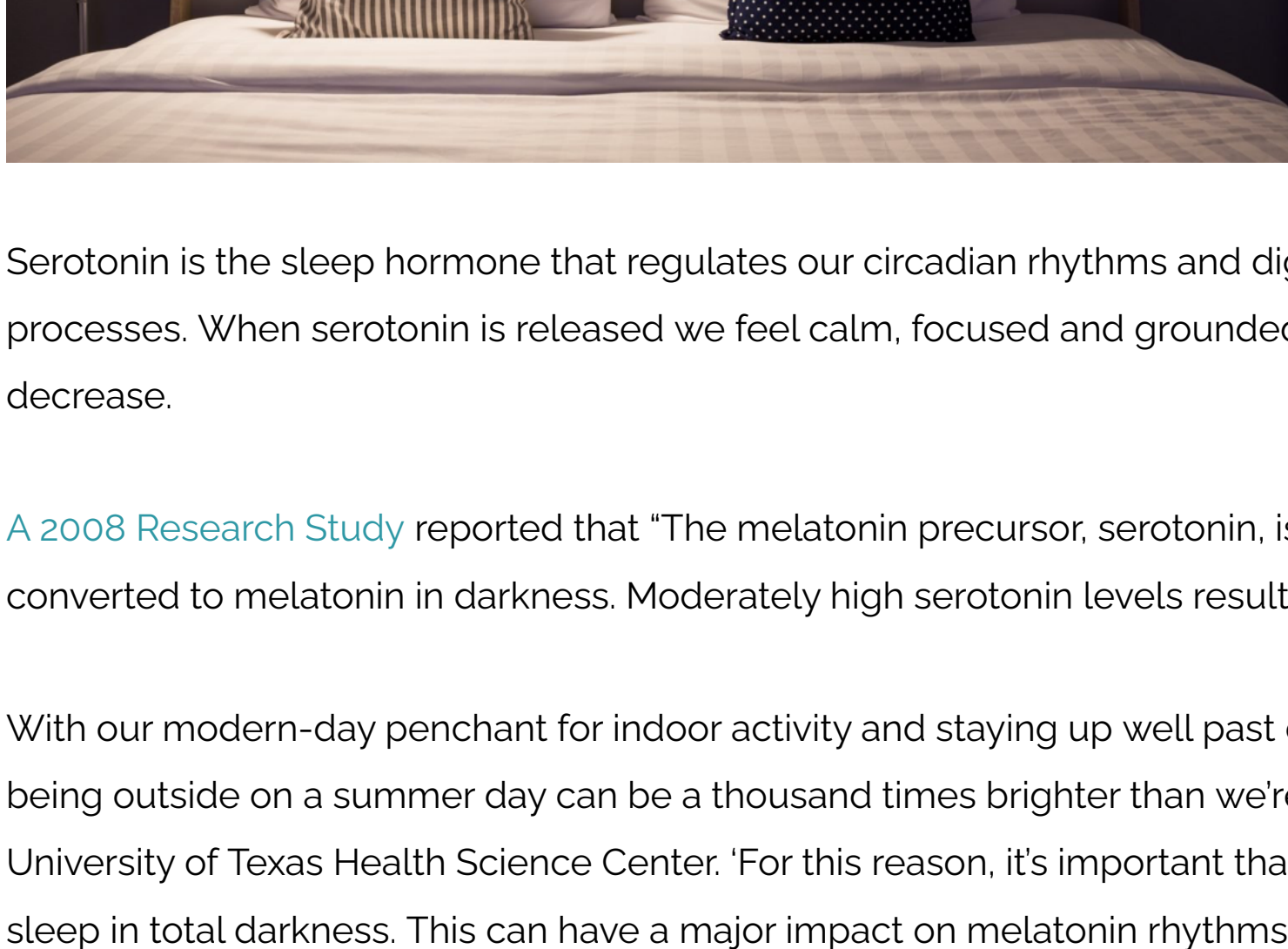
Identify Triggers

Try to find more pleasure in the process itself, not just the reward. Complete your tasks with intention. For instance, if you mindlessly scroll through social media because you're looking for the "hit" of the little red icon notification, try to ask yourself why you opened up Facebook in the first place. Did you want to contact a friend? Or post a question in a group? Take that action and then log off.

Hack Your Memories

If you have a hard time finding motivation to work on a project, try to remember the last time you truly enjoyed your work. Find a photo that reminds of you of that feeling. What inspired you in that moment? Dopamine is a memory hormone. The more you rely on healthy memories, the more you can hack your brain and experience greater levels of accomplishment.

Sleep Well with Serotonin



Serotonin is the sleep hormone that regulates our circadian rhythms and digestive cycles. The brain relies on environmental stimuli such as daylight to regulate the processes. When serotonin is released we feel calm, focused and grounded. When our sleep cycle is disrupted, our serotonin levels and overall happiness decrease.

A 2008 Research Study reported that "The melatonin precursor, serotonin, is affected by exposure to daylight. Normally produced during the day, serotonin is only converted to melatonin in darkness. Moderately high serotonin levels result in more positive moods and a calm yet focused mental outlook.

With our modern-day penchant for indoor activity and staying up well past dusk, nocturnal melatonin production is typically far from robust. "The light we get from being outside on a summer day can be a thousand times brighter than we're ever likely to experience indoors," says melatonin researcher Russel J. Reiter of the University of Texas Health Science Center. "For this reason, it's important that people who work indoors get outside periodically, and moreover that we all try to sleep in total darkness. This can have a major impact on melatonin rhythms and can result in improvements in mood, energy, and sleep quality."

Reduce Blue Light Exposure

Because serotonin is highly affected by daylight, try to avoid exposure to synthetic blue and fluorescent lights one hour before bedtime. Turn off overhead lights and use warm light bulbs. Avoid looking at your phone, computer, or TV at least one hour before bed. If you have to look at a screen, turn down the brightness and wear blue light glasses.

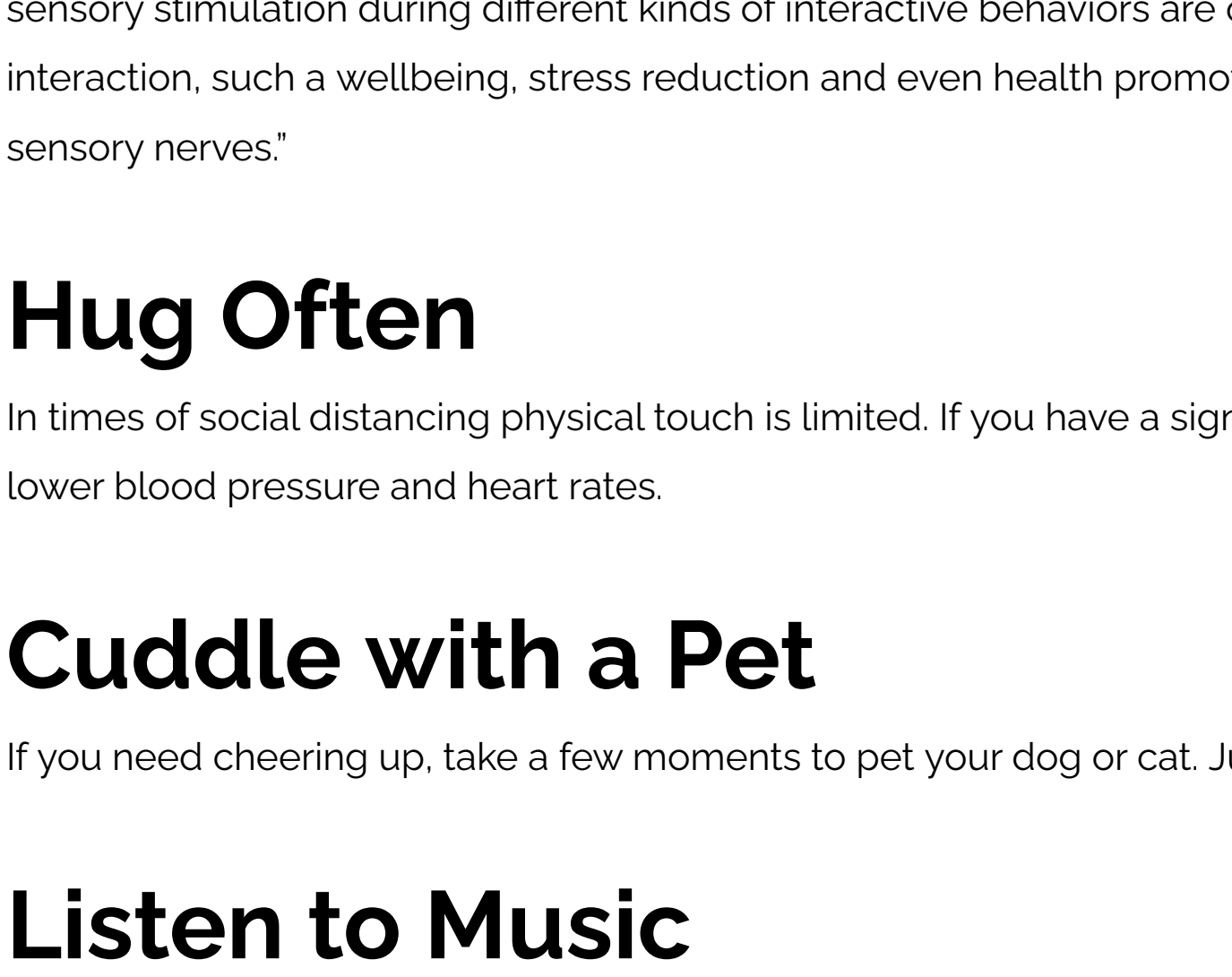
Sleep Consistently

Whether you're an early bird or a night owl, try to keep a consistent sleep schedule. Every night your body releases toxins and repairs cells and tissues. The more consistent you keep your sleep schedule, the more you can regulate your serotonin/melatonin levels and maximize your body repair time.

Nap Consistently

If you're feeling sad, take a nap! Even just a 20-minute nap can help reduce your stress levels. If you enjoy taking naps, try to take a nap at the same time each day.

Cuddle Up with Oxytocin



Oxytocin is the "love hormone" that is released with physical touch. Relationship-building, sensory activities including messages, kissing, cuddling, hugs and sex all release oxytocin. Oxytocin causes a reduction in blood pressure and the stress hormone norepinephrine.

A 2014 study reported that "Oxytocin is linked to increased levels of social interaction, well-being and anti-stress effects. The effects of oxytocin that is released by sensory stimulation during different kinds of interactive behaviors are often underestimated or even forgotten. In fact, many of the positive effects caused during interaction, such as wellbeing, stress reduction and even health promotion, are indeed linked to oxytocin released in response to activation of various types of sensory nerves."

Hug Often

In times of social distancing physical touch is limited. If you have a significant other, try to enjoy at least eight hugs per day. A 2014 study found that 20-second hugs lower blood pressure and heart rates.

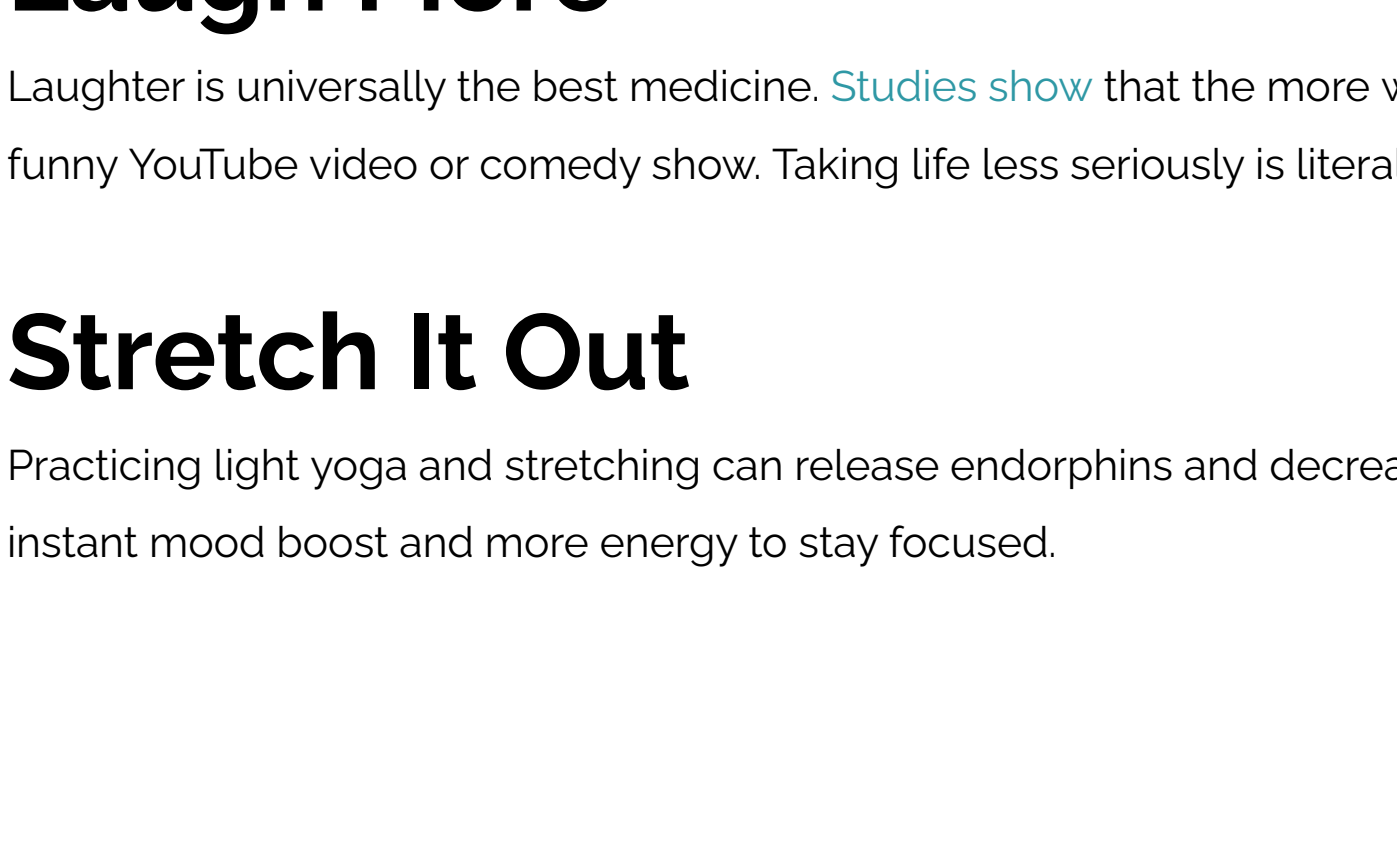
Cuddle with a Pet

If you need cheering up, take a few moments to pet your dog or cat. Just a few minutes of physical touch can increase oxytocin levels.

Listen to Music

If you need a mood boost, listen to music and sing your heart out. Oxytocin is linked to sensory activation and emotional bonding. If you tune into your emotions and the emotional state of the musical artist you listen to, you may increase oxytocin levels. A 2009 study found that open-heart surgery patients' oxytocin levels increased while listening to music.

Let Go with Endorphins



Endorphins are the euphoria hormones that relieve pain, release toxins and amplify pleasure. They are the body's natural opioids and the root of the word "endorphin" has a similar root to "morphine." When athletes experience "runner's high" they are enjoying a flood of endorphins.

A 2011 report explains, "When there is high stress in our mind, this stress stimulates the release of endorphin hormones which calms the brain in stress situations and brings the feeling of happiness. During an accident or injury our body is in high pain and these signals of pain tend to release the endorphins from the pituitary gland. Pain may be of any kind and initiates the release of endorphins."

Exercise Regularly

If you're feeling stuck and stagnant, try to get up and get moving. 30 minutes of physical activity such as walking, running or dancing can increase endorphins. The more often you exercise, the more often you can feel the joy of endorphins.

Laugh More

Laughter is universally the best medicine. Studies show that the more we laugh, the more we can tolerate pain. If you're feeling particularly painful, try watching a funny YouTube video or comedy show. Taking life less seriously is literally good for your health!

Stretch It Out

Practicing light yoga and stretching can release endorphins and decrease pain. If you sit all day at a computer, try taking a stretch break every hour. You'll get an instant mood boost and more energy to stay focused.

Hacking Hormones for Healthier Happinesses

By understanding the chemistry of joy, you can better understand how your body prefers to experience pleasure. True happiness comes from a balance of motivation, rest, affection and release. Next time you're feeling sad, try to recall a fond memory, turn down the lights, listen to music and have a good laugh. Your body will be happy you did.

Contact Natural Bio Health Today

Since 1999, Natural Bio Health has helped thousands of people regain their quality of life, prevent disease and maintain a strong immune system for optimal health. Through a careful review of health history, genetics and lifestyle, our providers are able to create individualized wellness plans to address the root-cause of your underlying health concerns.

Whether your personal struggles are with hormone imbalance, weight, sleep, energy, libido, migraines or depression, Natural Bio Health is committed to help you restore your quality of life and achieve optimal mental and physical health.

Contact Natural Bio Health to start your wellness journey today.

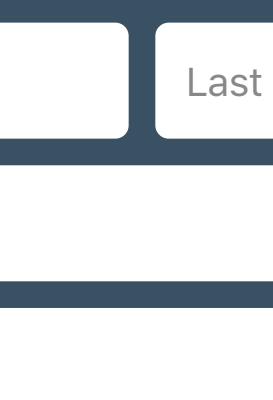
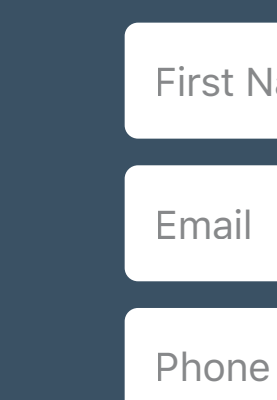
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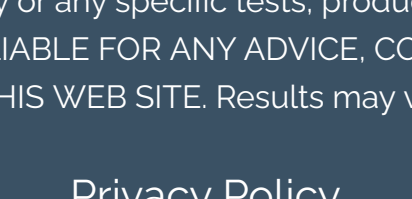


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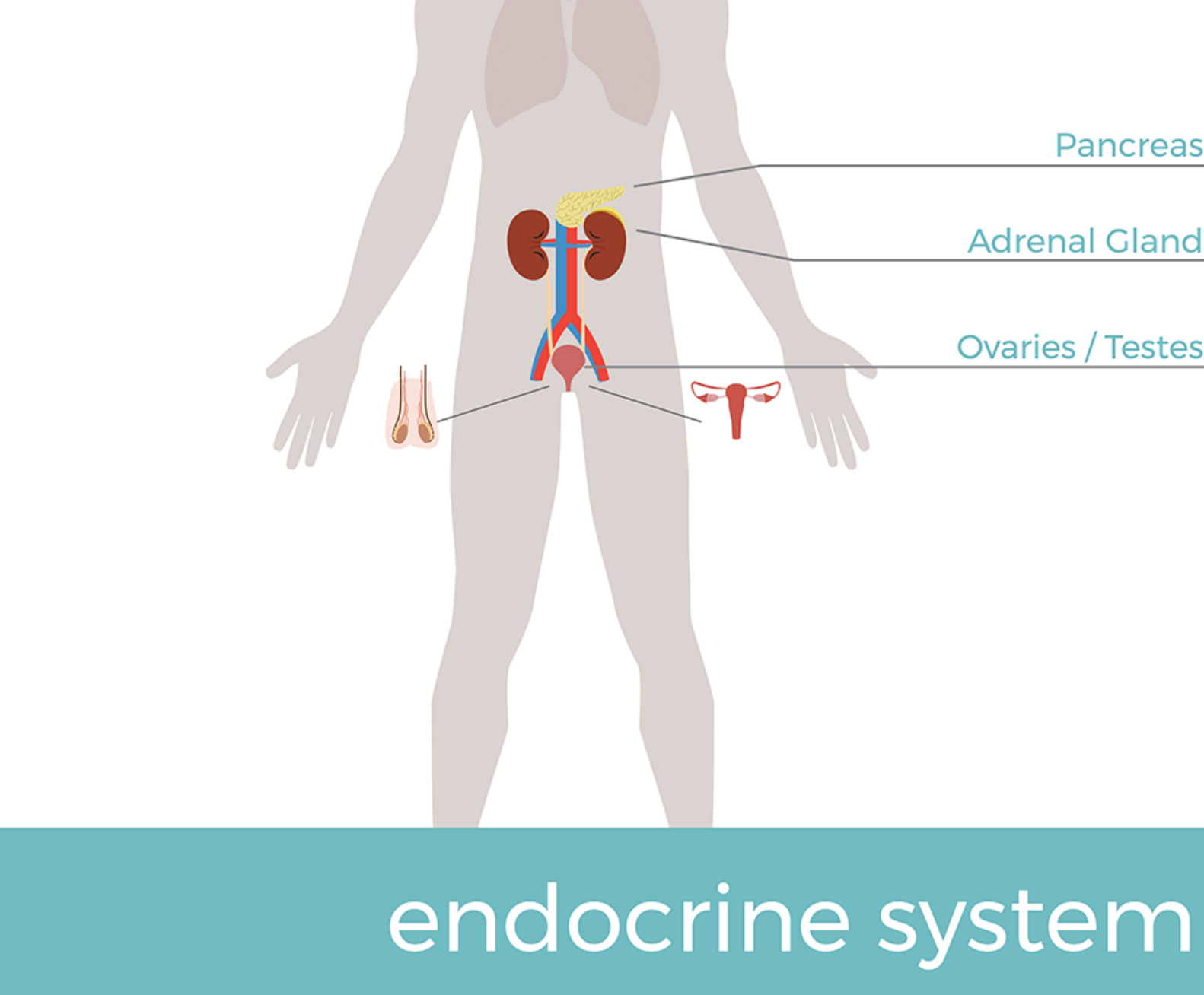
Get To Know Your Endocrine System To Balance Hormones

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September 8, 2020 Blog



endocrine system

The human body is a complex network of systems that work together in harmony. The endocrine system is an example of how the different systems work together to keep us healthy.

The endocrine system includes 9 major glands that produce hormones. Each small organ has a special function and also significant influence over other glands. Think of the each gland as a character in a village. Each villager has a special trade and they all work together to keep the community going.

According to [Empower Your Health](#), "There are up to 40 different hormones circulating in your blood at any time. Once released into the bloodstream, a hormone circulates throughout the body until it reaches its specific target — or targets — to perform its function.

While all these glands normally coordinate with each other exceptionally well in order to regulate various metabolic processes, hormonal function is a balancing act of sorts. Too much or too little of one hormone can have an impact on the release of other hormones. If this hormonal imbalance occurs, some of your body's systems do not work properly. In order to bring the hormones back to their normal levels, your body has built-in mechanisms to keep track and respond to any changes by means of a complex, but highly efficient, feedback system that links some endocrine glands with others."

When it comes to endocrine system communication, it takes a village. Let's meet the lively cast of characters...

Understanding the Endocrine System

Pineal Gland: The Time Keeper

Location: Center of the brain
Regulates: Circadian Rhythms and Sleep

The pineal gland is located in the brain and coordinates functions related to senses. The pineal gland senses the amount of daylight we're exposed to and secretes melatonin accordingly. Melatonin is the hormone that helps us fall asleep. The amount of melatonin varies based on the length of the day. The pineal gland is sometimes referred to as both an endocrine clock and an endocrine calendar.

The Pineal Gland Time Keeper sends the hormone message, "It's time to sleep!"

Hypothalamus : The Stabilizer

Location: Bottom of the brain
Regulates: Homeostasis

The hypothalamus is also located in the brain and responds to both internal and environmental factors such as body temperature, hunger, fullness, blood pressure and sexual arousal. It also responds to stress and changes in cortisol, estrogen and testosterone levels. When it detects that levels are out of balance, the hypothalamus sends hormones to correct these imbalances. For instance, if it detects fullness, it will send a message to the digestive system to curb appetite.

It produces a wide range of hormones including [corticotrophin-releasing hormone](#), dopamine, [growth hormone-releasing hormone](#), [somatostatin](#), [gonadotrophin-releasing hormone](#) and [thyrotrophin-releasing hormone](#).

The Hypothalamus Stabilizer sends the hormone message, "Stay Balanced!"

Pituitary Gland: The Messenger

Location: Bottom of the brain attached to the hypothalamus
Regulates: Hormone Distribution

The pituitary gland is attached to the hypothalamus and secretes hormones directly into the bloodstream. The pituitary gland secretes hormones that act on the [adrenal glands](#), [thyroid gland](#), [ovaries](#) and [testes](#), which in turn produce other hormones. Through secretion of its hormones, the pituitary gland controls [metabolism](#), growth, sexual maturation, reproduction, blood pressure and many other vital physical functions and processes.

The pituitary gland produces adrenocorticotrophic hormone, growth hormone, luteinizing hormone and [follicle stimulating hormone](#), prolactin and thyroid stimulating hormone, antidiuretic hormone, oxytocin and melanocyte-stimulating hormone.

The Pituitary Gland Messenger sends the message, "Keep Communication Going!"

Parathyroids: The Calcium Monitors

Location: Attached to thyroid
Regulates: Calcium levels

Parathyroids are four tiny glands attached to the thyroid in the throat. They release parathyroid hormone (PTH), which controls the level of calcium in the blood with the help of calcitonin. The ONLY purpose of the parathyroid glands is to regulate calcium levels. Calcium is a vital mineral for building strong bones, supporting muscle contraction and maintaining a steady heartbeat.

The body cannot produce its own calcium, but loses it daily through skin, nails, hair, sweat, urine and feces. If calcium levels increase or decrease within the very narrow range, the parathyroid glands recognizes it and releases (PTH) to the bones.

The Parathyroid Calcium Monitor sends the hormone message, "Maintain Calcium Levels!"

Thymus: The Defender

Location: Behind breastbone near heart
Regulates: Immune System

The thymus gland is located behind the breastbone and plays important roles in both the immune system and endocrine system. The thymus essentially "trains" T [lymphocytes](#) (T-cells) to fight infections during puberty. They fight off foreign invaders such as bacteria, viruses and cancer cells. T-cells also help other organs in the immune system grow properly.

The thymus gland produces several hormones including thymopoietin, thymulin, thymosin and thymic humoral factor. In adulthood, the thymus starts to slowly shrink and become replaced by fat.

The Thymus Defender sends the hormone message, "Attack the Threat!"

Pancreas: The Energizer

Location: Alongside the stomach
Regulates: Digestion and Glucose Levels

The pancreas is a large gland that lies on top of the stomach. The pancreas produces digestive juices with powerful enzymes that break down and digest food. It also produces hormones that manage energy levels for physical activity and exercise. The pancreas produces insulin to regulate blood [glucose](#) levels and promotes glucose storage in fat, muscle, and liver tissues.

It also produces [glucagon](#) to help release stored energy into the bloodstream to raise blood sugar levels. Glucagon and insulin work together to balance glucose levels. The pancreas also secretes [pancreatic polypeptide](#) and [somatostatin](#).

The Pancreas Energizer sends the message, "Use Energy Wisely!"

Adrenal Glands: The Emergency Responders

Location: On top of the kidneys
Regulates: Stress Response

The two adrenal glands are located on top of each kidney. While the thymus actively attacks invaders, the adrenal glands help by supporting endurance during stressful times. Adrenal glands produce cortisol (the stress hormone) that gives your body an energy boost to manage stress. Cortisol helps monitor the use of fats, proteins and carbohydrates, reduces inflammation, regulates blood pressure, increases blood sugar, and can also decrease bone formation. Corticosteroids also help control salt and water balance, metabolism, the immune system, and sexual development.

The adrenal glands also produce catecholamines including [adrenaline](#), noradrenaline and small amounts of dopamine. These hormones cause the [physiological](#) characteristics of stress response known as 'fight or flight' mode. The adrenal glands increase blood pressure and heart rate to prepare the body to move quickly.

The Adrenal Gland Emergency Experts send the hormone message, "Take Action!"

Ovaries: The Pregnancy Preparers

Location: On the sides of the uterus
Regulates: Female Reproductive System

In women, the two ovaries are located on both sides of the uterus. Ovaries produce oocytes (eggs) for fertilization and produce the reproductive hormones, estradiol/[estrogen](#) and [progesterone](#). During puberty, progesterone and estrogen stimulate height growth, breast development and fat storage.

By communicating with the [hypothalamus](#) and [pituitary gland](#), the ovaries control the [menstrual cycle](#). The ovaries produce estrogen during the first half of the menstrual cycle before ovulation. They produce progesterone during the second half and trigger the uterus lining to thicken. Both hormones help prepare the uterus for pregnancy. During menopause the ovaries no longer secrete estrogen and progesterone and [menstruation](#) ceases.

The Ovary Pregnancy Preparers send the hormone message, "Prep the Womb!"

Testes: The Growth Promoters

Location: Behind the penis
Regulates: Male Reproductive System

In men, the two testes/ testosterone are located behind the penis in a pouch of skin called the [scrotum](#). The testes produce sperm, [testosterone](#) and androgenic hormone. During puberty, testosterone stimulates hair and height growth, voice deepening and sperm production. Testosterone regulates muscular and skeletal growth and also metabolism. By communicating with the [hypothalamus](#) and [pituitary gland](#), the testes control the male reproductive system.

Both men and women have estradiol, the predominant form of estrogen. Estradiol in men is essential for regulating libido, erectile function, and sperm development. Both men and women also have testosterone. Testosterone contributes to bone health and increased libido in both men and women.

The Testes Growth Promoters send the hormone message, "Grow Stronger!"

How to Keep the Endocrine System Healthy and Balance Hormones

In order for the endocrine system villagers to work together in harmony, every gland needs to operate efficiently. Follow these basic steps to increase overall health and balance hormone levels.

- **Reduce Alcohol:** According to the [National Institute on Alcohol Abuse and Alcoholism](#), alcohol can impair the regulation of blood-sugar levels by interfering with hormones. It can reduce testosterone levels in men by damaging the testes. It can also increase the risk of osteoporosis by imbalancing the parathyroid hormone.
- **Eat a pH-Balanced Diet:** Maintain a balance of both acidic and alkaline foods to balance organ pH.
- **Relax and Have More Fun:** Enjoying nature and laughing more can boost endorphin hormone levels, relieve pain and strengthen immunity.
- **Reduce Stress and Anxiety:** Lower cortisol levels by expressing yourself through art, music and dance.
- **Improve Sleep Habits:** Getting consistent quality sleep can help speed up the healing process and increase serotonin levels.
- **Get More Vitamin D:** Vitamin D has significant influence on the endocrine system, especially in regulating sex hormones.

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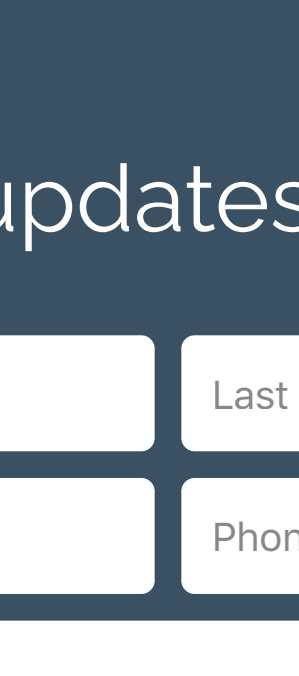
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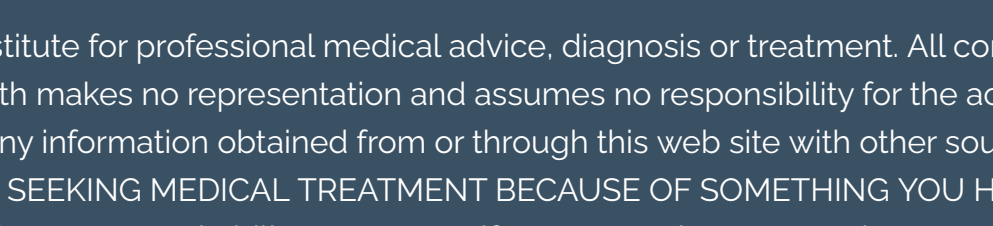
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How to Increase Vitamin D and Boost Immunity

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July 14, 2020 Disease Prevention



Strengthening your immune system may help defend against respiratory viruses and aid in faster recovery. Researchers are currently exploring how Vitamin D may play an important role in reducing respiratory inflammation, boosting immunity and increasing overall health.

The [National Center for Biotechnology](#) recognizes Vitamin D as a prohormone. This means that it's an endocrine hormone that has wide-ranging influence throughout the body. There are Vitamin D receptors in every tissue and organ. The two major forms are D2 and D3. D2 is largely human-made and added to foods. D3 is synthesized in our skin via sunlight and is also consumed through eating animal-based foods.

The [National Academy of Medicine](#) recommends that healthy adults need on average, 600 IU of Vitamin D daily until the age of 71. The [National Health and Nutrition Examination Survey](#) of 2005 to 2006 found that over 40% of adults have a D3 deficiency. A simple blood test can detect whether your levels are healthy or deficient.

Vitamin D Research

Vitamin D has been shown to lower the risk of viral respiratory tract infections such as COVID by lowering the rate of replication. The prohormone also reduces the pro-inflammatory cytokines that damage the lungs and lead to pneumonia.

- [UK Nutritional Immunology Research](#) found that "Inflammation is a key component of the immune response..This could be very important in the context of severe COVID-19 which manifests as uncontrolled inflammation, the so-called cytokine storm."
- [U.K. Researchers also evaluated average Vitamin D levels](#) and the number of COVID-19 cases, as well as the death rates, across 20 European countries. Populations with low average Vitamin D blood levels had higher numbers of COVID-19 cases and deaths.
- [A University of Southeastern Philippines researcher evaluated the Vitamin D](#) blood levels of 212 people diagnosed with COVID-19. He found the D3 blood levels were lowest in those in critical condition and highest in those with a milder infection.

(Take note that as of July 2020, these research studies have not yet been peer-reviewed and randomized controlled trials still need to be conducted.)

Top Sources of Vitamin D

Eat Salmon

Salmon is a popular fatty fish that contains Vitamin D. According to the [USDA Food Composition Database](#), a 3.5-ounce serving of farmed Atlantic salmon contains 526 IU of Vitamin D, or 66% of the recommended daily value.

However, keep in mind that eating more salmon is not a cure-all, comprehensive solution. [Michael Holick, the leading authority on Vitamin D](#) says, "You cannot get an adequate amount of Vitamin D from your diet alone."

Enjoy Sunlight

Vitamin D is nicknamed the 'Sunshine Vitamin' because D3 predominantly uses ultraviolet B (UVB) light to synthesize in the skin. Simply going out for a 15-minute walk in the sunlight twice a week is a sufficient source of D3 for light skin tones. Darker skin tones may need extended exposure to process melanin.

Dr. Holick recommends the following best practices to safely absorb sunlight:

- Always protect your face and the top of your ears. Those are the most sun-exposed skin areas.
- Aim for 10-15 minutes of unprotected sun exposure to your arms, legs, abdomen and back. After that, apply sun protection such as a 30-SPF or higher sunblock.
- Choose the right time of day to go out. If your shadow is longer than your body height, your body can't make D3. Going outside between 10 a.m. to 3 p.m. is the optimal window for significant sun exposure.

Holick helped develop the [dminder app](#) to recommend optimal sun exposure times. The app uses multiple factors including time of day, location and skin type to suggest the best time of day for your unique body type to absorb UVB light. Consider using the app to track your exposure and prevent sunburn.

Take Supplements

Holick also recommends taking Vitamin D supplements in appropriate doses for adults and children. When it's too hot to go outside in the summer, or when sunlight exposure is limited in the winter, supplements are a recommended source of D3.

Increase your immune health with a weekly [50K IU Vitamin D supplement](#).

Contact Natural Bio Health

At Natural Bio Health, we understand the vital role that hormones play in your body. If you would like to learn more about your unique nutrient and hormone levels, we're here to answer your questions.

Our team of specialists understand patient concerns about safety during COVID-19. We are proud to offer telemedicine services through video and phone calls. We also see patients in person at our offices, but are abiding by new, strict safety precautions. To schedule your appointment, contact us [here](#). We serve Texans in Austin, Houston, San Antonio, Round Rock, and College Station.

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 **HORMONAL DISORDERS**


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If you're struggling with adult acne, you're not alone. The [American Academy of Dermatology](#) reports that acne is the most common skin condition in the United States, affecting up to 50 million Americans annually.

One of the leading causes of acne is hormonal imbalance, especially for women. Hormonal acne tends to appear along the T-Zone, nose, chin and jawline. Hormonal acne can range from small whiteheads and blackheads to deep, painful cysts and nodules.

If you want clearer skin without the negative side effects of prescription acne treatments, try naturally balancing hormones to reduce hormonal acne.

Main Causes of Hormonal Acne

Inflammation

Acne forms when bacteria, dead skin and sebum (the body's natural lubricant) build up and clog pores. The build up can cause inflammation which triggers the skin to start swelling and create a bump. Hormonal acne is often caused by additional factors that increase the severity of the inflammation and swelling.

Genetics

A [1999 Study](#) found that an individual is four times more likely to have acne if he or she has a first-degree relative with acne. Genes influence hormone levels, immune system response and skin sensitivity.

Hormone Fluctuations

Hormones regulate sebum production and have a significant effect on skin health. Changes in androgens, testosterone, progesterone and estrogen levels can affect acne severity.

During puberty, the body produces an excess of male hormones called androgens. Androgens stimulate sebum production and excess androgens can cause sebum overproduction. Obesity and insulin resistance are often linked to high androgen levels. [Women tend to experience adult acne more](#) due to hormone fluctuations caused by menstruation, menopause, pregnancy and polycystic ovarian syndrome.

Stress

Feeling overwhelmed, exhausted and anxious can cause hormone levels to fluctuate. Cortisol is known as the stress hormone and high cortisol levels indicate high levels of stress. Acne can also lower self-esteem, increase stress and cause a continual cycle of anxiety.

A [2003 Study](#) found a correlation between stress and acne severity: "Clearly, there are some psychological components to the etiology of acne, because treatments such as biofeedback relaxation and cognitive imagery have been shown to be effective. More specifically, patients with acne often complain of breakouts following the experience of frustrating or stressful events and it has been observed that post-adolescent patients with acne tend to be intense and ambitious people with high-visibility jobs. Another study linking acne exacerbation with emotional factors reported an increase in acne lesion counts days following an interview during which anger was intentionally provoked."

How to Balance Hormones to Reduce Hormonal Acne

Hormonal acne often requires more than just topical creams to see results. If you have hormonal acne, you may consider trying different lifestyle changes and DIY solutions to reduce severity.

1. Maintain a Balanced Skincare Routine

Prevention is the top solution to reduce hormonal acne. Make sure you're following the basic steps to keep your skin clean and nourished every day.

- Wash face in the morning and evening daily with a gentle cleanser.
- Apply a gentle moisturizer and sunscreen daily.
- Use non-comedogenic skincare products to reduce risk of clogged pores.
- Avoid inflammatory ingredients such as synthetic fragrances and dyes in detergents, cosmetics and hair care products.

If your skin is too dry, aim for balanced hydration. Avoid overusing drying topical acne treatments such as benzoyl peroxide, alcohol and salicylic acid. Also don't overdo it with thick moisturizing creams and pore-clogging oils. Balance is key!

If your skin is too oily, again avoid overusing drying topical acne treatments such as benzoyl peroxide, alcohol and salicylic acid. Over-drying can cause a vicious cycle because your skin is trying to overcompensate. Experiment with micro amounts of drying creams. Less is more!

2. Eat a Balanced Diet

A healthy, balanced diet is the key to healthy skin. If your body is not absorbing nutrients, your immune system can suffer and inflammation can increase. If you eat inflammatory foods, you can increase your risk for acne. If your skin is severely dry or oily, it can indicate that your body's pH is out of balance.

- **Aim for a pH-Balanced Diet:** Maintain a balance of both acidic and alkaline foods.
- **Reduce Alcohol:** Alcohol is a diuretic, can dehydrate skin and cause sebum overproduction.
- **Reduce Dairy:** Milk contains androgens that can stimulate the sebaceous glands.
- **Try an Elimination Diet:** Pay more attention to how you feel after you eat. Try keeping a food journal or take photos of your meals. If you feel particularly hot, itchy, irritated or anxious after eating, that could be a sign of inflammation. If you notice a pattern of inflammation, try eliminating that food from your diet for one month. If you notice clearer skin, then try slowly introducing that food back into your diet in limited quantities.

3. Balance Immune System

If your immune system is overactive, your skin may be detecting threats inaccurately and therefore causing excess inflammation. If you have allergies or highly-sensitive skin, calming your threat-response system may help reduce acne.

- **Relax and Have More Fun:** Enjoying nature and laughing more can boost endorphin hormone levels, relieve pain and strengthen immunity.
- **Reduce Stress and Anxiety:** Lower cortisol levels by expressing yourself through art, music and dance.
- **Improve Sleep Habits:** Getting consistent quality sleep can help speed up the healing process and increase serotonin levels.

Hormonal acne can vary from person to person. Listen to your body and pay attention to how it reacts to environmental and internal factors. Proactively balancing hormones can reduce acne severity. Try experimenting with different DIY acne solutions and you may see clearer skin in 8-10 weeks.

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