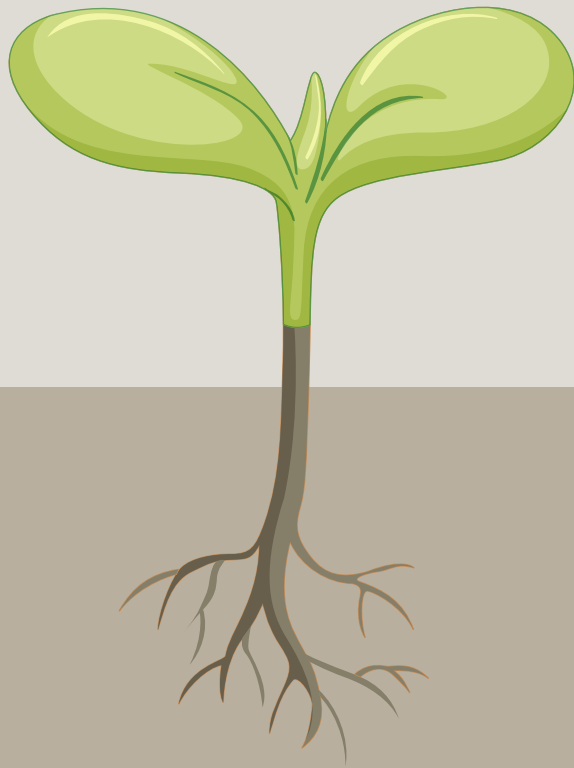


# *underlying your skin: causes vs. triggers*



VISUALIZE THIS PLANT AS YOUR SKIN. BELOW THE SKIN (INTERNALLY) IS WHERE THE CAUSES WILL LAY, OFTEN DORMANT UNTIL EXPOSED TO A TRIGGER.



## CAUSES

ROOT cause, without this, there's no acne. This is also why not everyone gets acne from triggers, because they are missing a root cause.

- Digestive issues / digestive system not working optimally / poor detoxification / liver congestion / constipation / leaky gut syndrome / nutrients moving too quickly through the digestive system / etc
- Insulin resistance
- Chronic inflammation (systemic / whole system inflammation that affects the whole body)
- Nutritional deficiencies (most common = antioxidants and EFAs, but not limited to just those!)

## TRIGGERS

- Incorrect / inappropriate / inadequate skin care routine. Often issues are left unaddressed: congestion, dehydration, bacteria, etc etc etc. (Find out more about this at [Battysbath.ca](http://Battysbath.ca) on our Skin Care 101 page)
- High sugar + high GI diet
- Stress
- Hormonal imbalance
- Allergies (food, seasonal, etc), causing increased inflammation

