Acne According to Traditional Chinese Medicine

Acne is an inflammatory skin disorder. According to traditional Chinese Medicine principles, acne is caused by symptoms of **Heat** and **Damp** in the body.

**Heat** causes inflammation, hyperactivity and over stimulation.

Hormonal activity is stimulated by heat and we all know that when hormones are out of balance they can cause acne. An overstimulating diet causes heat excess in the body. Heat can also be caused by an over-active/hyper-active mind or lifestyle.

**Dampness** – irritates excessive water that is logged in the body’s tissues. This can be caused by water accumulation when the body is unable to rid itself of excess water. Excessive water can be detrimental because bacteria, fungus and viruses thrive in a damp environment.

This manifests in – **swelling, cysts, pimples, pus & fluid discharges**.
An excessive stimulating diet stimulates body processes, which then trigger inflammation, hyperactivity and hormonal abnormalities. This is worsened by consuming foods that are – **hot, stimulating and yang in nature.**

Just to help you understand this more: Yang is stimulating and Ying is calming.

When it comes to food consumption it would be best to increase consumption of calming (yang) foods. Overstimulated people will benefit from foods that are **cool, calming and yin!** The Chinese diet balances yin (wet and moist) and yang (dry and crisp) ingredients. Yin foods like leafy vegetables, fruits, grains & nuts cool the body down, while yang foods such as meat, spicy dishes, wine, and coffee heat it up.

**Below is a guide of Ying, yang and neutral foods.**

**Stimulating and Yang Foods**

Apricots, artichoke, basil, beef, black tea, butter, cayenne, celery, cherries, chestnut, chicken, chilli, cinnamon, chives, coconut, cod, coffee, coriander, dates, egg yolk, garlic, ginger, grapes, green onion, ham, lamb, mustard, nectarines, oats, olives, onions, parsley, peach, pepper, pineapples, pine nuts, plums, sweet potato, turkey, turmeric, vinegar, walnuts and wine.

**Calming and Ying Foods**

Banana, barley, beans, bran, buckwheat, crab, cucumber, eggplant, egg white, lettuce, mango, melon, millet, mushrooms, octopus, oysters, pear, peas, pumpkin, rock salt, seaweed, sesame oil, spirulina, sunflower seeds, green tea, tomato, water chestnut, water cress, watermelon, wheat, wheat germ.

**Neutral**

Almonds, apples, artichoke, kidney beans, bean sprouts, blueberries, cabbage, carrot, cauliflower, carob, cheese, coconut oil, corn, figs, guava, honey, milk, nutmeg, okra, olive oil, papaya, peanuts, pecans, peach, pork, potatoes, raisins, rice, sardines, sesame seeds, shitake, white sugar, strawberries, strung beans, tapioca, vanilla, winter squash, yogurt.

It would be best to decrease yang foods, increase ying foods. Neutral foods pose no issues at all as they are neither stimulating nor calming. This is a great guide to use if you suffer from acne or know of anyone that has been battling with it.