

WELCOME

Nourishing Your Skin From Within

When most people think about nutrition and acne, they immediately think about foods they should avoid.

But healthy skin is about much more than avoiding certain foods.

Your skin is your body's largest organ. Every day, it works hard to protect you, heal itself, and renew its cells. To do that, it needs the right building blocks.

Many people are surprised to learn that they are eating healthy foods, but not necessarily eating enough food, enough protein, enough fibre, or enough nutrients to support healthy skin.

I know this firsthand. I believed I was eating well until I worked with a fitness coach and realized there was more to nutrition than simply choosing wholesome foods. I wasn't always eating enough, balancing my meals properly, or understanding how blood sugar could affect energy, hormones, and overall health.

The goal of this program is not dieting.

The goal is not perfection.

The goal is awareness.

Over the next two weeks, I want you to become curious about your eating habits. Together, we'll look for patterns, identify opportunities for improvement, and build habits that support both your skin and your overall health.

Remember: small changes, practiced consistently, create lasting results.

What Your Skin Needs

Protein/Fibre

Protein provides the building blocks your body needs to repair tissue, produce hormones, and support healthy skin.

Fibre helps support digestion, gut health, blood sugar balance, and hormone regulation.

Protein-rich foods

- ✓ Eggs
- ✓ Chicken
- ✓ Turkey
- ✓ Fish
- ✓ Greek yogurt
- ✓ Cottage cheese
- ✓ Tofu
- ✓ Tempeh
- ✓ Beans and lentils
- Fibre

Fibre-rich foods

- ✓ Vegetables
- ✓ Fruit
- ✓ Beans
- ✓ Lentils
- ✓ Oats
- ✓ Chia seeds
- ✓ Ground flaxseed
- ✓ Whole grains

Enough Food

Many people unintentionally under-eat.

When your body doesn't receive enough energy, it can experience stress, which may affect hormones and skin health.

Ask yourself:

"Did I eat enough today to fuel my body?"

BLOOD SUGAR & GLUCOSE SPIKES

When we eat carbohydrates, our body breaks them down into glucose (sugar), which enters the bloodstream and provides energy.

This is completely normal and something our bodies are designed to do.

The challenge comes when blood sugar rises very quickly. These rapid increases are called glucose spikes.

Frequent glucose spikes can lead to larger insulin responses, which may contribute to inflammation and can be a factor in acne for some individuals.

**The good news? You don't need to avoid carbohydrates.
Instead, focus on building balanced meals.**

These nutrients work together to slow digestion, provide longer-lasting energy, and help keep blood sugar more stable.

- Examples
- Instead of:
 - • Toast
- Try:
 - • Toast + eggs + avocado
- Instead of:
 - • Cereal alone
- Try:
 - • Greek yogurt + berries + high-fibre cereal
- Instead of:
 - • A granola bar
- Try:
 - An apple + cheese or nuts

The goal is not perfection.

The goal is to create balanced meals that nourish your body, support your energy, and help create an environment for healthier skin.

Understanding Blood Sugar

Every time we eat carbohydrates, our blood sugar rises.

Large spikes in blood sugar can contribute to increased insulin levels, which may influence acne in some individuals.

Instead of eliminating carbohydrates, try balancing them.

A balanced meal includes:

- ✓ Protein
- ✓ Fibre
- ✓ Healthy fats
- ✓ Carbohydrates

Example

Instead of:

Toast and jam

Try:

Toast + eggs + berries

The goal is balance, not restriction.

Your Homework

1. Track Your Food

Choose three days before your next appointment.

Record:

✓ Meals

✓ Snacks

✓ Drinks

✓ Approximate times

2. Take Meal Photos

Take a quick photo before eating.

This helps us better understand your eating habits without focusing on calories.

3. Add Protein

Try to include a source of protein at every meal.

4. Add Fibre

Choose one fibre-rich food to add each day.

Examples:

- ✓ Berries
- ✓ Vegetables
- ✓ Chia seeds
- ✓ Ground flaxseed
- ✓ Lentils
- ✓ Beans

5. Become a Sugar Detective

Find five foods in your home that contain added sugar.

- 1.
- 2.
- 3.
- 4.
- 5.

Reflection Questions
Complete before your next visit.

What surprised you most about your eating habits?

Do you think you are eating enough food each day?

How often did you include protein at breakfast?

What changes felt easiest?

What changes felt most difficult?

What is one nutrition goal you would like to work on next?

Congratulations! Awareness is the first step toward healthier skin.

Skincare Routine Templates – Morning & Evening

Simple skincare routine templates to help you stay consistent and confident in your skin journey. Use these daily checklists to track your morning and evening routines.

☀ Morning Routine – Rise & Glow

Goal: Protect, hydrate, and prep your skin for the day ahead.

Step	Product Name	Notes
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"Taking care of your skin is more important than covering it up." – CoslQ

Please log the food you have been eating this week.
Keep it simple and easy

i.e. AM cheerios and milk, Lunch skip, Dinner chicken, veg and white rice

This is simply to help you reflect on what you eat and if it is any beneficial or not supporting your skin.

Bfast	Lunch	Dinner

Consistency: "Beautiful skin requires commitment, not a miracle," — Erno Laszlo.

Why Acne Takes Time (And That's Normal)

Royal Bay Skincare | Clear Acne Method™

Acne does not show up overnight — and it doesn't clear overnight either.

Your skin isn't broken.
You're not doing something wrong.

WHY ACNE TAKES TIME

Skin works in cycles, not quick fixes

When skin starts to respond, changes can be subtle at first

Sometimes skin looks worse before it looks better — this can be normal

New breakouts often started weeks before you see them

Early progress often looks like:

- ✓ Less redness
- ✓ Fewer new breakouts
- ✓ Faster healing

This still counts as progress.

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COMMON MISTAKES THAT SLOW PROGRESS

Changing products too often

Using too many actives at once

Scrubs, harsh spot treatments, or over-cleansing

Trying to “fix” acne by doing more and more

More products ≠ better skin.

THE BEYOND ACNE APPROACH

Instead of fighting the skin, we focus on supporting it.

That means:

Consistency over perfection

Calm, thoughtful care

Giving skin time to respond

Making changes slowly and intentionally

Healthy skin responds best when it feels supported, not stressed.