

Forum:[Hack Forums](#)

Thread: [Acne and Bulking](#)

Present - May 14, 2019, 6:55 pm

So, I started working about about 10 weeks ago (not 100% sure) and I have a few questions.

I've had acne for about 3 years now, I'm on the 4th year. It's never bothered me until I started going Uni, that's when I started getting self-cautious. I don't have serious cystic acne so I'm hopeful and certain it'll go away without any resistance if I eat the right food.

Now here's where it gets tricky for me. I started developing a habit of tracking macros about 3 weeks ago and I'm still going. Basically, I'm eating all the right foods, on a lean bulk and some cheat days. I cut out dairy products such as milk, cheese and butter from my diet and also cut out foods high in processed sugar. Completely stopped eating processed packaged foods and fast food meals. My problem is that only recently I realised that foods with a high glycaemic intake stimulate a super rapid inflammatory response which triggers my acne. That means I'm cutting out on essential carbs such as grains, rice, pasta, some nice fruits, and a hell lot more. How do I balance my diet so that I'm eating enough calories to go on a lean bulk with all the low GI foods as my main source of carbohydrates?

SIM-3205632 - May 15, 2019, 2:56 am

This is a difficult one. Do you clean your skin enough? And do you apply any oils/creams to your skin?

I never had a problem with acne but I do get some acne when I ate bad fats/Chocolate.

AeroBlue - May 15, 2019, 11:39 am

(May 15, 2019 02:56 AM)Traangas. Wrote: [\[CITE\]](#) This is a difficult one. Do you clean your skin enough? And do you apply any oils/creams to your skin?

I never had a problem with acne but I do get some acne when I ate bad fats/Chocolate.
Acne related to foods is largely a myth. Hygienic habits are a lot more important. Op, go see a dermatologist they will tell you what to do and fix it real fast.

SIM-3205632 - May 15, 2019, 11:48 am

(May 15, 2019 11:39 AM)Aero Blue Wrote: [\[CITE\]](#) Acne related to foods is largely a myth. Hygienic habits are a lot more important. Op, go see a dermatologist they will tell you what to do and fix it real fast.

Then I guess I'm a special case because everytime I eat a pizza or a bag of fries with a burger or something I end up getting acne the next few days.

Bossk - May 15, 2019, 12:22 pm

(May 15, 2019 11:39 AM)Aero Blue Wrote: [\[CITE\]](#) Acne related to foods is largely a myth. Hygienic habits are a lot more important. Op, go see a dermatologist they will tell you what to do and fix it real fast.

^^

A+ answer

See a doctor.

Present - May 16, 2019, 10:45 pm

(May 15, 2019 02:56 AM)Traangas. Wrote: [\[CITE\]](#) This is a difficult one. Do you clean your skin enough? And do you apply any oils/creams to your skin?

I never had a problem with acne but I do get some acne when I ate bad fats/Chocolate. Everyday, everytime. I take a cool 5 minute shower after my workout and wash my face with warm water every now and then.

(May 15, 2019 11:39 AM)Aero Blue Wrote: [\[CITE\]](#) Acne related to foods is largely a myth. Hygienic habits are a lot more important. Op, go see a dermatologist they will tell you what to do and fix it real fast.

Will do. But I do believe that food consumption has some degree of relevance to acne.

SIM-3205632 - May 16, 2019, 11:22 pm

Are you on anything then? Because acne can be one of the sideeffects.

Present - May 16, 2019, 11:27 pm

(May 16, 2019 11:22 PM)Traangas. Wrote: [\[CITE\]](#) Are you on anything then? Because acne can be one of the sideeffects.

Currently I'm taking one Vitamin D3 1000UI capsule (every morning) and two 500mg tegretol tablets (morning and night) for my epilepsy. Other than that I've cut out on dairy, high GI carbs and process sugars/foods.

Ella Mai - May 16, 2019, 11:29 pm

(May 15, 2019 11:39 AM)Aero Blue Wrote: [\[CITE\]](#) Acne related to foods is largely a myth. Hygienic habits are a lot more important. Op, go see a dermatologist they will tell you what to do and fix it real fast.

your dumb is you think a diet has nothing to do with how your skin looks.

SIM-3205632 - May 16, 2019, 11:34 pm

(May 16, 2019 11:27 PM)Present Wrote: [\[CITE\]](#) Currently I'm taking one Vitamin D3 1000UI capsule (every morning) and two 500mg tegretol tablets (morning and night) for my epilepsy. Other than that I've cut out on dairy, high GI carbs and process sugars/foods.

I really don't know then man, Sorry.

Rico Dinero - May 17, 2019, 2:43 am

(May 14, 2019 06:55 PM)Present Wrote: [\[CITE\]](#) So, I started working about about 10 weeks ago (not 100% sure) and I have a few questions.

I've had acne for about 3 years now, I'm on the 4th year. It's never bothered me until I started going Uni, that's when I started getting self-cautious. I don't have serious cystic acne so I'm hopeful and certain it'll go away without any resistance if I eat the right food.

Now here's where it gets tricky for me. I started developing a habit of tracking macros about 3 weeks ago and I'm still going. Basically, I'm eating all the right foods, on a lean bulk and some cheat days. I cut out dairy products such as milk, cheese and butter from my diet and also cut out foods high in processed sugar. Completely stopped eating processed packaged foods and fast food meals. My problem is that only recently I realised that foods with a high glycaemic intake stimulate a super rapid inflammatory response which triggers my acne. That means I'm cutting out on essential carbs such as grains, rice, pasta, some nice fruits, and a hell lot more. How do I balance my diet so that I'm eating enough calories to go on a lean bulk with all the low GI foods as my main source of carbohydrates?

I've been struggling to figure this out too. Trying to bulk as well but its hard to do when so many things are considered "bad" for your body in large portions

Roytoy - May 18, 2019, 2:10 am

For me, one tough thing about bulking is consuming too much dairy, which definitely makes my skin break out

Present - May 19, 2019, 3:48 pm

(May 18, 2019 02:10 AM)Roytoy Wrote: [\[CITE\]](#) For me, one tough thing about bulking is consuming too much dairy, which definitely makes my skin break out

Tbh dairy is easy to cut out because there are other alternatives. But the problem is High GI carbs are my main source of carbs. Literally if I switch to low GI carbs I'd have to eat 8 meals a day for the least.

Washasat - May 19, 2019, 3:50 pm

if your skin is oily and sensitive . i can tell you what worked for me . Include your age also.

Meterpreter - May 19, 2019, 3:52 pm

I get a pimple once a year.

Try having hot showers, as soon as you get out put after shave on your face, wait 5 minutes, then splash your face with cold water until your face cools. The hot water and steam opens your pores, the aftershave cleans (sterilizes) your skin, the cold water forces your pores shut.

I don't think foods have too much to do with it tbh. Correct hygiene is key.

Psychedelic. - May 19, 2019, 4:51 pm

(May 19, 2019 03:52 PM)Meterpreter Wrote: [\[CITE\]](#) I get a pimple once a year.

Try having hot showers, as soon as you get out put after shave on your face, wait 5 minutes, then splash your face with cold water until your face cools. The hot water and steam opens your pores, the aftershave cleans (sterilizes) your skin, the cold water forces your pores shut.

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Hygiene is very important. Foods can make it worse though.

Sigma - May 19, 2019, 4:55 pm

I use to have bad acne. My doctor put me on a behind-the-counter oral cream. And, then an oral pill called doxycycline as well. Sometimes minocycline. Those are rough on your digestive, so be aware of that. The last thing is to be sure you are not having any allergic reactions to the food you are eating. That can cause inflammation which will then start acne.

Present - May 19, 2019, 6:27 pm

(May 19, 2019 03:50 PM)Washasat Wrote: [\[CITE\]](#) if your skin is oily and sensitive . i can tell you what worked for me . Include your age also.

Well I wouldn't say it's oily oily, there is some sort of moisture to my skin that annoys me. Age is 18 by the way

(May 19, 2019 03:52 PM)Meterpreter Wrote: [\[CITE\]](#) I get a pimple once a year.

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I have a shower everyday. What I do is I have a nice hot shower and then transition to a short cold shower (all the way up on the cold knob).

Meterpreter - May 19, 2019, 7:09 pm

(May 19, 2019 06:27 PM)Present Wrote: [\[CITE\]](#) Well I wouldn't say it's oily oily, there is some sort of moisture to my skin that annoys me. Age is 18 by the way

I have a shower everyday. What I do is I have a nice hot shower and then transition to a short cold shower (all the way up on the cold knob).

The key thing I said was before you close your pores with cold water, use after shave to completely sterilise your pores.

Washasat - May 19, 2019, 7:29 pm

(May 19, 2019 06:27 PM)Present Wrote: [\[CITE\]](#) Well I wouldn't say it's oily oily, there is some sort of moisture to my skin that annoys me. Age is 18 by the waywell you are still a little young , and i have oily skin which was the cause of my acne , so you may have different type of acne cause. Good luck finding a suitable treatment for your case.

Zher0 - May 19, 2019, 7:58 pm

My suggestion would be to stick to whole wheat and start supplementing black seed oil and a good probiotic to help with the inflammatory response.

Roytoy - May 20, 2019, 5:38 am

(May 19, 2019 03:48 PM)Present Wrote: [\[CITE\]](#) Tbh dairy is easy to cut out because there are other alternatives. But the problem is High GI carbs are my main source of carbs. Literally if I switch to low GI carbs I'd have to eat 8 meals a day for the least.

thats when liquid calories come in, hence the milk

?ystem - May 20, 2019, 7:36 pm

****self-conscious**

Well, there are a lot of things you could do to help lower your acne flare-ups, to which you're doing some. I had acne in my teen years, starting at age 12, and I tried everything conventional medicine offered. From creams, wipes, medication, diet etc. Eventually mine went away as I exited puberty years ago.

But unfortunately, by the sounds of things, you're probably going to be stuck with acne regardless of what you do. It's in your genes and it's just what happens to a lot of people going through puberty. My best advice is to wash your face frequently, avoid touching your hands to your face, cut out all fatty/greasy foods and talk to a specialist about remedies to combat it. But, ultimately, it will eventually go away after puberty has run it's course dude. I'm sorry, it sucks. And don't listen to people about about continuously popping the zits and blackheads. I didn't and I look way younger than I am, and the people who did when I was a kid look awful. Popping them leads to severe facial scarring and it shows.