

Polycystic Ovarian Syndrome (PCOS)

If you have been diagnosed with PCOS you would have most likely noticed changes in your skin. You may be experiencing mild to severe acne along with congestion, sensitivities and even soreness. At Juniper we assist in treating many skin conditions including the symptoms of PCOS, and recommend a calming range of products that may help in reducing the symptoms associated with this condition.

Juniper Australia recommends the following routine after diagnosis of PCOS.

Morning

- Cleanse **Calming Face and Body Wash**
- Tone and balance **Calming Rose Otto Mist**
- Treat **Calming Treatment Serum**
- Moisturise **Ultra Calm Replenishing Cream**
- Protect **Antioxidant Skin Firming Serum**

Evening

- Pre-cleanse **Calming Makeup Remover**
- Cleanse **Calming Face and Body Wash**
- Tone and balance **Calming Rose Otto Mist**
- Treat **Calming Treatment Serum**
- Moisturise **Ultra Calm Replenishing Cream**

Tips

Reduce congestion and calm the skin by applying a **Calming Clay Mask** weekly. This is wonderful to use instead of retinol because it is much gentler on the skin and can help draw out blackheads and other impurities.

Breakouts, apply a dab of **Calming Clay Mask** to the pimple or pustule and leave for 20 mins before removing with the **Calming Makeup Remover**. Spritz your face several times during the day with the **Calming Rose Otto Mist** to calm redness and reduce sensitivities.

Apply **Antioxidant Skin Firming Serum** as a makeup primer by patting on the skin and leaving for a few minutes before applying any sunscreen or makeup. This will assist in protecting the skin and avoid clogging of the pores. The Skin Firming Serum can be applied after makeup to help it stay on longer. It can also be re-applied through the day to smooth lines and wrinkles and tighten the skin.

Thank you for trusting Juniper and we look forward to giving you the gift of healthy skin.

Inflammation

Did you know?

That people with rosacea and acne are at least ten times more likely to have gut issues?

That PCOS affects 10% of reproductive aged women where a diagnostic criterion is the presence of dermatologic manifestations?

Gut inflammation is also linked to premature ageing of the skin, frequently referred to as 'inflammaging'. Rosacea and acne aside, other visible signs of poor gut health include eczema, dullness and dryness which indicate an imbalance that lies deep within your gut. Simply put, where there is gut inflammation, there is commonly skin inflammation, which frequently results from Dysbiosis—an imbalance in your microbiome.

The 'GIT' (Gastro Intestinal Tract / gut) sorts out the good bacteria from the bad bacteria, all while ensuring nutrients from food are optimally absorbed and the nasty toxins successfully excreted. When there is an imbalance of bad bacteria 'Inflammation' damages the precious lining our gut

wall, allowing free radicals to break free into your body and wreak havoc on your immune system resulting in further inflammation.

Several nutrition and lifestyle factors along with diseases states, drive inflammation, impair collagen production and change the quality and integrity of the skin. How can nutrition best support our skin?

The fibre rainbow

The simplest and most beneficial way to reduce inflammation is to fall in love with an array fresh produce that is based on a wholefoods approach. Foods from the earth both provide and support the growth of beneficial bacteria, where ample fibre (30g)/day builds short chain fatty acids which are potent anti-inflammatory compounds. Fibre also provides your gut with prebiotics probiotics. Prebiotics are a food first approach meaning your nutritional approach is essential, even if you are supplementing with a probiotic.

30g over the course of the day looks like:

- 2 pieces of fruit (i.e. apple and pear with skin on)
- 1 cup mixed gluten free wholegrains (i.e. quinoa and brown rice) 1/2 cup mixed pulses (chickpeas and lentils)
- 3 cups of mixed vegetables and salad greens
- 1 tbsp. nut butter
- 1 tbsp. fermented vegetables

Mindful stress management

Excess cortisol (stress response hormone) leads to an increase in ageing free radicals, causing oxidative stress, which also damages the skin matrix and your DNA both, speeding up the ageing process. Further to this, Cortisol also disrupts the natural production of, and breaks-down collagen.

Food tips

Reduce nervous system stimulants such as caffeine, alcohol and processed sugar. Don't meal skip. A skipped meal alters the balance between food and insulin production. This creates a plummet in blood glucose by which we instinctively reach for high/processed sugar foods. This intern spikes blood glucose and stimulates the nervous system.

'Beauty sleep'...it's true!

7-9 hours restful sleep does help you glow! Sleep is an essential player in rest and digest mode (the A game anti-inflammatory response). This process is essential for ample nutrient uptake, cellular repair, blood flow, collagen production and toxin removal.

Food tips

Caffeine flows through your system for 12 hours so mindful caffeine before 10am always. Booze does not help you snooze. Even one glass will disrupt your sleep hormone and hunger hormone production. An early dinner with a focus on non-starchy vegetables will balance your blood glucose and calm the nervous system.

Hormone production

An early dinner with a focus on non-starchy vegetables will balance your blood glucose and calm the nervous system.

A quick look at dairy

Cow's milk contains the A1 protein which stimulates mast cell production that induce inflammation. However, thanks to goat and sheep dairy that contain only the A2 protein, research has found they do not produce the same inflammatory response to that of cow's dairy.

There are many coconut and nut based dairy alternatives. Avoid soy milk, cheese and yoghurt which can suppress thyroid function.

A quick look at gluten

Gluten is a sticky protein (Gliadin) found in grains. An intolerance or sensitivity causes an inflammatory immune response, compromising the integrity of your intestinal wall and driving further inflammation throughout your body.

Opt for gluten free grains and noodles such as brown rice, quinoa, buckwheat, black bean and pulse. Look for breads and crackers that are almond meal, buckwheat, nut and seed based. If you suspect you have a gluten allergy, intolerance or sensitivity you should seek guidance from a registered health practitioner.

Hydrate

Buy yourself a pretty glass water bottle and create healthy drinking habits. 2.5-3L / day.

Secret weapon anti-inflammatory foods for every day

Olive oil *Omega 3 *anti-inflammatory
Green Tea *ECGG *antioxidant
Ginger *gingerol *antioxidant *sulfur-rich *vitamin C *prebiotic
Garlic & onion *quercetin *antioxidant *sulfur-rich *vitamin C *prebiotic
Turmeric *curcuma *antioxidant *vitamin A *vitamin C *prebiotic
Buckwheat *gluten free *anti-inflammatory *protein *fibre *prebiotic
Goji berries *antioxidant *fiber *vitamin C *vitamin A *zinc *prebiotic
Fermented veggies *Antioxidant *fiber *vitamin C *vitamin A *zinc *probiotic

Top supplements & smoothie additions

Hydrolyzed collagen or marine collagen powder *complete protein
Beetroot and pomegranate powder *antioxidant
Queen Garnet plum concentrate *antioxidant
Practitioner approved Zinc, Vitamin C and E supplements
Practitioner approved prebiotics
Lactobacillus Rhamnosus (LGG) (Always consult with your health care professional first)

Radiate and glow, 3 ways

A++ Soothing Smoothie (antioxidant* + anti-inflammatory* + antiseptic*)
2cm knob of ginger

1 tsp coconut oil
1 Scoop of collagen or hemp powder

1 tsp. chia seeds
1 tsp of beetroot or pomegranate powder
1/4 cup frozen raspberries
4 large frozen strawberries

- 1 frozen pear cheek.
- 1 tbsp. soaked goji berries (optional)
- 1 cup of nut or coconut mylk

Place in blender and pulse until smooth.

Tip: the frozen fruit provides a thicker and more satisfying consistency.

- A++ Overnight Oats OR Warming Porridge (antioxidant*+ anti-inflammatory* + antiseptic*) 2cm knob of ginger grated
- 1 tbsp. plain coconut yoghurt
- 1 level tbsp. of vanilla collagen or hemp powder

- 1 tbsp. chia seeds
- 1/3 cup buckinis (activated buckwheat) or wholegrain oats 1/4 cup fresh raspberries
- 4 large fresh strawberries
- 1 tbsp. soaked goji berries
- 1 cup of nut or coconut mylk

To make the overnight oats:

Mix all ingredients evenly in a bowl, place in a jar or airtight container to refrigerate overnight. Eat chilled. To make the porridge:

Place all ingredients (excluding the yoghurt) + an additional 1/3 cup of filtered water in a small saucepan and cook on medium heat for 5-7 minutes.

Serve warm with a generous dollop of coconut yoghurt.

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Resources

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