

## **Heating and Congesting Foods**

*Your diet will have a huge influence on the results you can get for your skin. There are two groups of food in particular which you need to avoid if you struggle with acne, rosacea, dermatitis or dull, congested skin: heating and congealing foods.*

### **What are Heating Foods?**

Certain foods can heat your skin, causing it to appear reddened and sensitised. These foods are called 'vasodilators' and they heat your skin by increasing the blood flow through your fine capillary system. If you suffer from rosacea or flushed cheeks or nose, you will be particularly sensitive to heating foods.

**Common heating foods:** coffee, alcohol, caffeine (energy drinks, etc), chocolate, peanuts, cashews, nut butters containing peanuts or cashews, spicy foods, chilli, paprika, wasabi, hot curries, oranges (including orange juice), strawberries and very hot or cold foods.

### **What are Congesting Foods?**

When the oil (sebum) in your skin is flowing healthily it plays an important role in protecting your skin and keeping it strong, supple and smooth. However, if your skin has a tendency to congest, congealing foods in your diet will cause the sebum to thicken and block your pores, resulting in bumps and breakouts.

**Common congealing foods:** cheese, chocolate (including dark), cream, ice-cream, meat fat, chips, fried foods, powder-based drinks (like milo), protein bars and powders, peanuts and cashews. *Note: non-dairy alternatives to cheese, chocolate, ice-cream etc. are often just as congealing. Avoid these foods altogether and focus on unprocessed, whole-foods instead.*

## **SKIN SMOOTHING + COOLING ALTERNATIVES**

The Bestow way of eating avoids all congealing and heating foods and uses smoothing, cooling whole-foods instead. The range of five Bestow Recipe Books follow skin-friendly principles. Instead of focussing on what you *can't* eat, you can enjoy what you *can* eat - including healthy treats! The recipes are tasty, nourishing and easy to prepare. Bestow Within I contains an education section on heating and congealing foods and provides a list of skin-friendly whole-food alternatives and lots of recipes to show you how to use them

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