



## Food, Sex, Attractiveness—Part 2: The Role of Skin (Color, Oiliness, and Acne) and Body Odor

Excellent health is attractive. Our appearance to others is within our control and largely dependent upon the food choices we make. Last month's newsletter (Part 1: The Role of Body Weight; November 2015) focused on the role of body fatness in attractiveness. The rest of the picture of health involves the appearance of our skin and the odor of our body. Attractiveness is a quality that arouses interest and pleasure. Page 2

### Featured Recipes

This month's recipes were contributed by Emma Roche, a budget-and-health conscious cook who is certified in plant-based nutrition. Since starting [PlantPlate.com](http://PlantPlate.com) in 2013, Emma has been working on recipes and articles to help show others that healthy eating can be both flavourful and affordable.

The following recipes are from Emma's recently released eBook, Whole Food Plant Based on \$5 a Day . The eBook is currently being used by Dr. Craig McDougall and his team at [ZOOM+Prime](http://ZOOM+Prime), a primary health care facility established in 2015 as part of the [ZOOM+](http://ZOOM+) Health Insurance system.

- CINNAMON CRUNCH GRANOLA
- VEGGIE PACKED CHILI WITH CORNBREAD
- MOROCCAN CHICKPEA & CAULIFLOWER STEW

## Food, Sex, and Attractiveness

### Part 2: The Role of Skin (Color, Oiliness, and Acne) and Body Odor

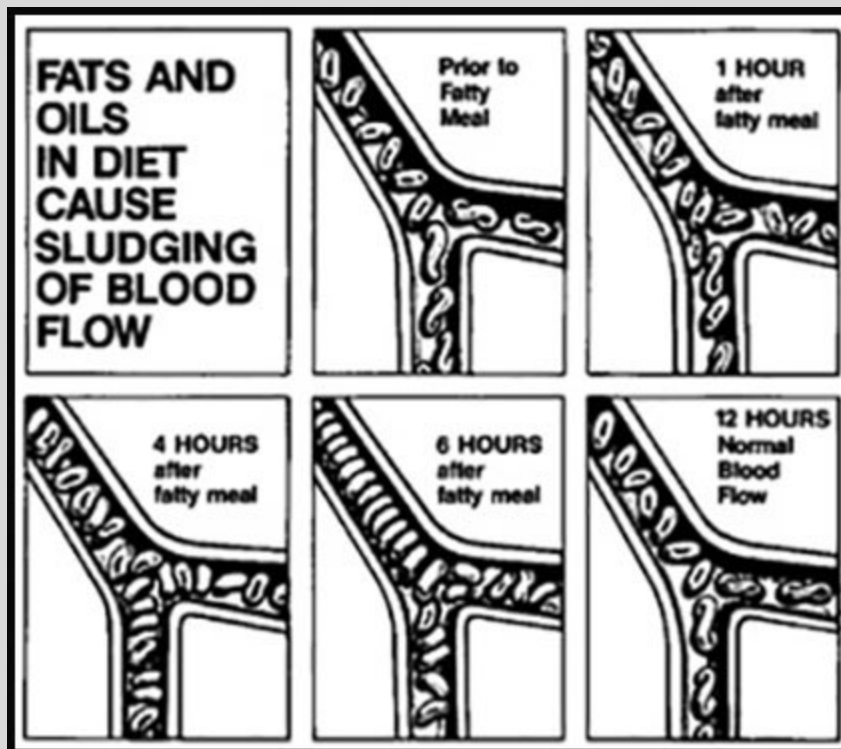
Excellent health is attractive. Our appearance to others is within our control and largely dependent upon the food choices we make. Last month's newsletter (Part 1: The Role of Body Weight; November 2015) focused on the role of body fatness in attractiveness. The rest of the picture of health involves the appearance of our skin and the odor of our body.

#### The Skin's Role in Attractiveness

Beyond the health messages conveyed by the amount of fat carried under the skin, a closer look at the skin itself reveals other fundamental clues to our health. A sick person will often be described as "looking gray." Pallor and blue/gray skin tone is a result of poorly oxygenated blood in the blood vessels close to the skin's surface. When the red blood cells in the arteries and capillaries are rich in oxygen, they are naturally bright red. Red blood cells turn blue in color as they release their oxygen to organs, such as the brain, liver, lungs, and skin. This is why veins, for example those on your forearm that return blood to the lungs for re-oxygenation, are blue.

Impairment of circulation results in the reduction in the actual number of cells present in the capillaries, thereby producing pallor (paleness). With poor circulation, cells also linger in the vessels, allowing time for red cells to turn blue and changing skin to a blue/gray tone. A person may then be described as "not being in the pink." These bloodless signs of poor health are unattractive.

#### Microscopic Examination of Blood Cell Flow Impaired by Dietary Fat



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[Vegetable](#) and [animal](#) fats impair the flow of blood. In fact, vegetable oils cause more severe and prolonged sludging of the blood than do animal fats. Prior to a high-fat meal, red blood cells bounce off of one another and the circulation flows freely. When fat enters the bloodstream it coats the surface of the cells, causing them, within the first hour, to stick together and form clumps; slowing the flow of blood. Six hours after the meal, impairment to the free flow of blood may become so severe as to cause the movement of blood to stop entirely in many small vessels. As a result of these changes, the oxygen content of the blood decreases by 20%. Several hours later, as the fat is removed from the cell surfaces, the clumps break up and the blood flow returns to the tissues. Because most people eat three or more high-fat meals daily, their circulation is compromised all day long. The effects of reduced circulation from dietary fat go far deeper than the skin, causing angina, impaired brain function, high blood pressure, and fatigue.

### Unightly Oily Skin and Acne

The standard dogma that we hear from essentially all medical doctors is that oily skin and acne have nothing to do with the foods we eat. This belief dates back to a [single article](#) published by Dr. James Fulton in the *Journal of the American Medical Association* almost half a century ago (1969). The results of this study have been justifiably criticized and the [conclusion discounted](#) for more than 35 years.

[Dr. Fulton studied](#) 30 adolescents (14 girls and 16 boys) attending an acne clinic and 35 young adult male prisoners with mild to moderate acne. The Chocolate Manufacturers Association of America funded the research and provided two kinds of candy bars: *one with and one without chocolate*. Both bars were made mostly of fat and sugar and had similar amounts of calories (557 to 592 per bar). The subjects added one or the other bar to their usual daily food intake for the next four weeks. Nothing else was changed in their diet during the experiment. Dr. Fulton and colleagues then counted the pimples on their young faces. Forty-six of the 65 subjects stayed the same, 10 were better and 9 were worse. Not unexpectedly, the rate of sebum (a fatty substance) excretion increased by 60% with the addition of either kind of the high-fat, high-sugar candy bar, with or with-

out chocolate, in all subjects. The conclusion from this work, affecting the lives of billions of people for nearly half a century, is that "diet has nothing to do with acne."

[Multiple studies](#) of people living on their traditional native diets, almost all of which are low fat-diets, based on starches, vegetables, and fruits, have found that these people have little or no acne. However, when they start eating the Western diet, acne becomes an epidemic among their population, as do other diseases of modern civilization (obesity, heart disease, diabetes, and prostate and breast cancer). Examples of well-studied populations living without acne include the Kitavan Islanders of Papua New Guinea, who live on a diet of 70% carbohydrate from plant foods (sweet potato, taro, cassava), and the Ache' of Eastern Paraguay, with a diet of about 70% of the calories coming from manioc (cassava, a root vegetable).

Africans eating plant-food-based diets show similar freedom from acne. Southern African Bantu adolescents have an incidence of acne of 16% compared to the whites in Africa with a 45% incidence. The Zulu have been reported to develop acne only after they move from the villages to the cities and adopt a Western diet. People in both Kenya and Zambia have far less acne than do blacks in the USA. People from Malaysia living on rice-based diets have been reported to have no acne problems. A rice-centered diet is also the reason people in rural Japan have had very few skin troubles until recently. Even Europeans following lower-fat diets (Crete, Southern Italy) have less acne compared to those in Western Europe on higher fat diets. The Yemenite Jews following a healthier, lower-fat diet than European Jews report less acne, too.

The Western diet is [clearly the cause](#) of acne, which affects up to 85% of teenagers living in industrialized countries. More importantly, replacing meat, dairy, vegetable oils, and other junk foods with very low-fat, [starch-based](#) foods cures the acne. Please note: Many people following a vegan diet suffer with oily skin and acne, because they consume plentiful amounts of [vegetable oils](#), margarines, soy cheeses, and vegan cheesecakes.

## Nina and Randa Will Tell You About Their Vegan Acne Troubles



[Nina and Randa Story >>>](#)

Blackheads and whiteheads result as dietary fat accumulates in blocked sweat/sebaceous ducts of the skin. Fortunately, with a change to a healthy, low-fat diet the excess oil found on the skin and hair vanishes within about four days, and after a month the unsightly acne pustules, blackheads, and whiteheads are also healed.

### Body Odor's Role in Attractiveness

Chemicals in the air enter our nostrils and then stimulate small nerve endings from a stalk in our brain known as the "olfactory lobe." These nerves directly enter into the emotional centers of our brain called the "limbic system." Here odors stimulate our most intimate emotions, including love, sexual desire, and anger. Billions of dollars are spent on sprays, liquids, creams, and lotions in an attempt to cover up unpleasant body odor, and many scents are specifically intended to increase sexual attractiveness. In reality, no amount of manufactured chemicals in perfumes and deodorants will cover up malodors exuded from the bodies of people eating an animal-food based diet.

The [most offensive smells](#) to human beings are produced by the breakdown of proteins by bacteria into individual amino acids in the intestinal tract. More specifically, the digestion of sulfur-containing amino acids, cysteine and methionine, produce malodorous hydrogen sulfide and methyl mercaptan, respectively. To appreciate the aroma of these volatile sulfur compounds, think of rotten eggs or the sulfur pits at Yellowstone National Park. Foods of animal origin contain far more sulfur-containing amino acids than do plant foods. (A few plants foods like garlic and onions, however, are noted for their high sulfur content and distinct odor.)

### Comparison of Sulpher (Methionine) in Various Foods

(Based on calories consumed):

Beef provides 4 times more than pinto beans  
Eggs have 4 times more than corn  
Cheddar cheese has 5 times more than white potatoes  
Chicken provides 7 times more than rice  
Tuna provides 12 times more than sweet potatoes

The sulfur gasses produced in the gastrointestinal tract next diffuse through the bowel wall into the bloodstream. Traveling to the lungs the circulating sulfur is exhaled, producing bad breath (halitosis). Thoroughly cleaning the mouth by brushing and flossing, will not remove the outward flow of malodorous sulfur vapors that appear with each breath. However, improving breath odor is quickly accomplished by eliminating high-sulfur foods: meat, poultry, cheese, eggs, fish, and all other animal-derived foods from the diet.

Patients attending the McDougall Clinic have been tested at the beginning and the end of the Program for sulfur compounds in their breath with a monitor, called a [Halimeter](#). After seven days of eating starches, vegetables, and fruits, and eliminating all meat, dairy, fish, eggs, and other animal foods, the volatile sulfur compounds found in their breath were cut in half.

Circulating blood also brings the malodorous sulfur compounds from the bowels to the skin, creating repugnant body odors (BO). The effect of diet on body odor [has been tested](#) in a real life experiment: Seventeen male odor donors were tested on a "meat" and a "nonmeat" diet for two weeks. Axillary (armpit) pads were used to collect body odor during each separate period. Thirty women assessed the axillary pads for their pleasantness, attractiveness, masculinity, and intensity. The women reported that the odor of donors when on the non-meat diet was "judged as significantly more attractive, more pleasant, and less intense."

The final destination of this sulfur gas is at the end of the intestinal tract with the flatus and the stool. Attendees of the McDougall Program report a consistent change in their gas from their high-fiber, vegan diet. They joke, "We do make more gas now, but it smells better. Before when we ate meat, poultry, fish, and dairy foods, it smelled like something died."

### **Beyond Intimacy**

Beyond activities related to sexual reproduction, as discussed in Part 1: The Role of Body Weight, attractiveness gained from better health plays important roles in most other interactions between people. Consider the value of health to a business. Unhealthy employees spend valuable work hours worrying about and dealing with their minor and major ailments, from constipation to cancers. Many employees feel so poorly that they dread starting their workday. Poor health in the workplace results in reduced productivity and intellectual capacity, as well as increased absenteeism. Overweight people and those with diabetes have been found to have [fewer opportunities](#) for a higher education and better employment. Because illness contributes to the failure of businesses, everyone involved will be consciously or unconsciously attracted by clues of good health.

It's the food! People spend thousands of dollars buying expensive cars and clothes to distract from their underlying unpleasant appearances. Many suffer the pain of plastic surgery to enhance their desirability, yet most have failed to bring out their real underlying magnetism; at no financial cost at all. After saving the money you once spent on beefsteaks, feta cheese, and potato chips, you will then be able to purchase those outward trappings that were once your only option to superficially enhance your attractiveness.

## Featured Recipes



Emma Roche is a budget-and-health conscious cook who is certified in plant-based nutrition. Since starting [PlantPlate.com](http://PlantPlate.com) in 2013, Emma has been working on recipes and articles to help show others that healthy eating can be both flavourful and affordable.

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The ZOOM+Prime program helps patients prevent and reverse chronic diseases - including diabetes, hypertension, high cholesterol, and heart disease - by using food and movement as medicine. The eBook provides patients with a detailed 28 day program to follow, including recipes, grocery lists, and day-by-day preparation instructions. In other words, it's their 'prescription' for a healthy starch-centred diet, and a healthier future! You can find out more about the eBook, and purchase a copy, here: <https://payhip.com/b/frYi>.

### Cinnamon Crunch Granola

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 8

#### Notes:

When cooking the granola, it's important to make sure that the oats around the edges of the tray don't burn. Keep an eye on it as it cooks, and remove the tray twice during baking to mix the oats if necessary. If you have a small oven, or are using small baking trays, toast the muesli in 2 batches instead of one, to ensure that it cooks evenly.



#### Ingredients:

- 5 cups old-fashioned oats
- 3 tbsp. flax seeds (whole or ground)
- 1/2 cup sunflower seeds
- 1 tsp. ground cinnamon
- 1/2 cup unsweetened applesauce
- 5 tbsp. brown sugar (can sub 4 tbsp. maple syrup)
- 1/3 cup raisins

#### Instructions:

1. Preheat the oven to 170°C / 340°F. Line one extra large, or 2 small, baking trays with baking paper.
2. In a large mixing bowl, combine the oats, flax seeds, sunflower seeds, and

cinnamon. Stir to combine. In a separate bowl, stir together the applesauce and sugar (or syrup), then pour this over the oat mixture. Mix well to ensure that the oats are evenly coated with the applesauce.

3. Spread mixture out over the baking tray(s) in an even layer. Bake for 15 minutes, then remove tray from the oven, and toss the mixture with a spatula to redistribute the ingredients. Return to the oven and bake for a further 10 minutes.

4. Remove granola from the oven, and stir through the raisins. Set aside to cool for 1 hour. (Don't worry if the oats still seem a little wet when you take them out of the oven- they will crisp up as they cool down!) Once cooled, transfer granola to a large container or glass jar, and store in the refrigerator.

## **Veggie-Packed Chili with Cornbread**

Preparation Time: 20 minutes

Cooking Time: 50 minutes

Serves: 6

### **Ingredients:**

#### **For the Cornbread:**

- 2 cups cornmeal
- 1 cup whole wheat flour
- 4 tsp. baking powder
- 3 tbsp. brown or raw sugar
- 1/4 tsp. salt
- 1 tbsp. flax seed (whole or ground)
- 1/2 cup water
- 1 cup soy or almond milk
- 1/2 cup unsweetened applesauce

#### **For the Chili:**

- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 medium carrots, diced
- 2/3 cup low sodium vegetable broth (or water)
- 1 tsp. chili powder
- 2 tsp. ground cumin
- 1 tsp. sweet (regular) paprika
- 2 x 15 oz. cans diced tomatoes
- 1/2 tsp. dried oregano
- 1/2 tsp. liquid smoke or smoked paprika
- 10-12 oz. frozen spinach
- 2.5 cups cooked kidney or pinto beans (or 2 x 15 oz. cans, drained and rinsed)
- 1 cup frozen corn
- 1/2 cup low sodium vegetable broth, extra (or water)
- 1/4 tsp. ground black pepper
- Salt, to taste (optional)



**Instructions:**

1. Preheat the oven to 190°C / 375°F. Line a medium-sized (7-9 inch) cake tin or baking dish with baking paper.
  2. Prepare the cornbread. Combine the cornmeal, flour, baking powder, sugar and salt in a large mixing bowl, and stir to combine. In a separate bowl, combine the flaxseed, water, milk and applesauce, and whisk to combine. Add the wet ingredients to the dry, and mix gently with a fork until just combined. Be careful not to overmix the batter as this can result in a tough cornbread. Pour batter into the lined tin, and bake for 25 minutes until firm.
  3. While the cornbread bakes, make the chilli. Combine the onion, garlic, carrots, and 2/3 cup of vegetable broth in a large pot. Sauté over a high heat for 5-6 minutes until the onions are soft. Reduce heat to medium, and add the chilli powder, cumin, and sweet paprika. Cook, while stirring, for 1-2 minutes until the spices become fragrant. Add a little more water if necessary to prevent sticking.
  4. Add all remaining 'chili' ingredients, except for the salt, and stir to combine. Cover the pot with a lid, and leave to simmer for 20 minutes.
  5. Once the cornbread is done, remove it from the oven. Leave to cool for 10 minutes before turning out on a wire rack, and slicing into 6 even pieces.
  6. When the chilli has finished cooking, remove it from the heat. Serve immediately, with a piece of cornbread on the side.
- You can season your chili with salt and/or hot sauce to taste, if desired. It is best to do this at the table rather than during cooking.

**Moroccan Chickpea and Cauliflower Stew**

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Serves: 4-6

**Ingredients:**

- 1 medium onion, diced
- 2 cloves garlic, minced
- 1/2 cup low sodium vegetable broth (or water)
- 1/2 tsp. chilli powder
- 3 tsp. ground cumin
- 1 tsp. sweet (regular) paprika
- 2.5 cups cooked chickpeas (or 2 x 15 oz. cans, drained and rinsed)
- 1 x 14.5 oz. can chopped tomatoes
- 1/4 tsp. cinnamon
- 1/2 cup low sodium vegetable broth, extra (or water)
- 3 tablespoons raisins
- 16 oz. frozen cauliflower florets
- 8 oz. frozen green beans
- 2 tbsp. apricot preserves
- 1/4 tsp. ground black pepper
- Salt to taste (optional)
- 4-6 cups of cooked brown rice, to serve



**Instructions:**

1. Combine the onion, garlic, and 1/2 cup of vegetable broth in a large pot. Sauté over a high heat for 5-6 minutes until the onion is soft. Add the chilli powder, ground cumin, and sweet paprika. Cook, while stirring, for 2 minutes until the spices become fragrant. Add more water if necessary to prevent sticking.
2. Reduce the heat to medium, then add the chickpeas, tomatoes, cinnamon, extra 1/2 cup of vegetable broth, and raisins. Stir to combine. Cover and allow to cook for 15 minutes.
3. Remove the lid. Add the cauliflower, green beans, and apricot preserves. Stir to combine. Return the lid to the pot and cook for a further 10 minutes.
4. Remove stew from the heat, stir through the black pepper, and season with salt to taste. Serve immediately on a bed of brown rice.