

**Skin milk** Got pimples? Drinking milk could be aggravating the problem. Dermatologists know there's a link between acne and iodine, which is found in foods such as shellfish. But the element is also found in high levels in dairy products, as cows are fed iodine-enriched feed to prevent infection, the *Journal of the American Academy of Dermatology* notes. You don't have to give up milk for good skin; **switch to an organic version of the beverage, which contains less iodine.**