

Tratamento Natural e Caseiro para Acne



ADEUS ACNE

Um sistema holístico passo a passo garantido
para eliminar Acne de dentro para fora e
manter sua pele limpa para sempre

Tratamento caseiro para acne com água de arroz



O tratamento caseiro para acne com água de arroz é bastante conhecido por este mundo fora. São vários os depoimentos de pessoas que já usaram este tratamento e que obtiveram bons resultados ao nível das borbulhas (espinhos) e manchas na pele.

O tratatamento caseiro para acne com água de arroz actua sobre as glândulas sebáceas que produzem o sebo ou gordura em excesso, impedindo a obstrução dos poros, que quando obstruídos, causam uma inflamação que origina a borbulha (espinho) ou acne.

O tratamento caseiro para acne com água de arroz também é um óptimo clareador de pele, serve para clarear manchas de acne ou outros tipos de manchas na pele.

Ingredientes do tratamento caseiro para acne com água de arroz:

- Arroz
- Água

Não existe uma quantidade de arroz e água exacta, mas é recomendável usar uma quantidade que no final permita obter um aspecto concentrado.

Como preparar o tratamento caseiro para acne com água de arroz:

Pegue no arroz e misture com água. Lave bem o arroz até a água ficar branca.

Depois coe a água do arroz num recipiente limpo. Deixe a água repousar durante algum tempo até o pó branco do arroz ficar concentrado no fundo do recipiente.

Como aplicar o tratamento caseiro para acne com água de arroz:

Retire a água que está em cima, use o produto concentrado que se encontra no fundo do recipiente, aplique no rosto e deixe secar. Depois de alguns minutos, lave o rosto com água.

Conselhos sobre o tratamento caseiro para acne com água de arroz:

Este tratamento deve ser feito diariamente, para obter bons resultados. Poderá aproveitar a água do arroz que é usada para a refeição em sua casa.

A água do arroz deve ser usada apenas uma vez, não guarde a água para usar posteriormente, pois, não terá as mesmas propriedades.

Este tratamento pode não ser suficiente para tratar a sua acne. Se a sua acne for de um grau muito elevado, é recomendável procurar um dermatologista para escolher o melhor tratamento da acne para o seu caso.

Tratamento natural e caseiro para acne com Vitamina C

A vitamina C é um potente aliado contra a acne e ajuda a melhorar o aspecto da pele.

Benefícios da Vitamina C para a acne:

Várias pesquisas comprovam que a Vitamina C apresenta inúmeros benefícios para a pele, especialmente para as que apresentam acne.

A vitamina C fortalece o sistema imunitário, protege a pele contra raios solares, tem efeito anti-inflamatório, ajuda na cicatrização, tem efeito calmante sobre a pele, ajuda no processo de produção de colágeno (colagénio), que é responsável pela firmeza e hidratação da pele.



Ação da Vitamina C em cicatrizes de acne:

A Vitamina C ajuda a cicatrizar rapidamente as zonas afectadas com acne, o que fará com que as cicatrizes ou machas não sejam muito profundas. Isto é possível porque a Vitamina C acelera o processo de cicatrização, logo, a pele recupera mais facilmente das cicatrizes ou manchas, visto que elas estão à superfície.

Ação antioxidante da Vitamina C:

É amplamente conhecido que a Vitamina C é um antioxidante muito benéfico para a pele. O efeito antioxidante permite curar e reparar a pele afectada pela acne, dando-lhe um aspecto mais bonito e jovem.

Alimentos ricos em Vitamina C:

Frutas: Abacaxi, Limão, Tangerina, Acerola, Cajú, Mamão papaia, Laranja, Kiwi, Morango, Goiaba, etc.

Legumes e vegetais: Pimentão, Tomate, Agrião, Salsa, Couve, Rúcula, etc.

Conselhos sobre a Vitamina C:

O consumo de alimentos ricos em Vitamina C é recomendado para pessoas com problemas de acne. Entretanto, é recomendável consultar um nutricionista ou um especialista em suplementos alimentares, para poder orientá-lo.

Tratamento natural para acne com framboesa, melão e maçã



O sumo natural de framboesa, melão e maçã pode ser um excelente tratamento natural para acne. Aconselha-se a tomar diariamente 1 copo de sumo natural destas frutas. A framboesa é muito rica em zinco, mineral importante para o processo de eliminação de borbulhas (melhora o equilíbrio hormonal e a actividade das glândulas sebáceas). O melão ajuda a desintoxicar o sangue, e a maçã reduz a inflamação da acne, segundo depoimento de várias pessoas.

Ingredientes:

- 150 g de framboesas
- 200 g de melão
- 1 maçã com casca

Modo de preparação:

Misture bem os ingredientes num liquidificador até ficarem completamente diluídos e beba a seguir. Não é necessário adicionar água.

Este sumo não tem efeitos secundários e deve ser tomado diariamente.



Acne No More™

*The Secrets To Curing
Your **Acne** Holistically*



**A Unique Step By Step Holistic Acne
System Guaranteed To Eliminate
Your Acne From The Inside Out
Giving You Lasting Clear Skin**

Acne No More™

**Unique step-by-step acne system guaranteed to
eliminate your acne from the inside out, giving you
lasting clear skin**

By Mike Walden

www.acnenomore.com

www.adeusacne.com.br

Disclaimer

While all attempts have been made to verify information provided in this publication, neither the Author nor the Publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples or organizations are unintentional. The Author neither makes nor attempts to make any diagnosis or cure or prevent any disease.

This publication is an informational product based on my own experience and research, and has not been evaluated by either the FDA or the medical profession and is not aimed to replace any advice you may receive from your medical practitioner or a qualified dermatology professional. The Author and Publisher assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. The author is not a doctor, nor does he claim to be. Please consult your primary care physician before beginning any program of nutrition, exercise, or remedy. By consulting your primary care physician, you will have a better opportunity to understand and address your particular symptoms and situation in the most effective ways possible.

As always, before applying any treatment or attempting anything mentioned in this book, or if you are in doubt, you should consult your physician and use your best judgment. If you fail to do so, you are acting at your own risk. You, the buyer or reader of this book, alone assume all risk for anything you may learn from this book. AcneNoMore.com, Higher Ways Publishing INC, the Publisher and Mike Walden are not liable or responsible for any increase in severity of your acne or for any health problem you may encounter in case you give up medical treatment.

By choosing to use the information made available on the Acne No More website and in this book, you agree to indemnify, defend, and hold harmless Higher Ways Publishing Inc. and AcneNoMore.com from all claims (whether valid or invalid), suits, judgment, proceedings, losses, damages, costs and expenses, of any nature whatsoever (including reasonable attorney's fees) for which Higher Ways Publishing Inc. and AcneNoMore.com may become liable resulting from the use or misuse of any products sold through the AcneNoMore.com website.

**Dedicated To My Wife Lauren,
To You And All Acne Sufferers Who
Take Their Fate Into Their Own Hands
& To Elisha Levi “The Man On The Hill”**

Table of Contents

Chapter 1—Introduction	7
Welcome.....	7
Ten Facts About The Acne No More™ System.....	8
My Story.....	11
How to Get the Most From the Book.....	15
Preparing Mental Ground.....	19
Get Rid Of Acne Holistically.....	23
Chapter 2—The Truth About Acne	25
The Skin.....	25
Acne and The Immediate Causes.....	27
Types of Acne.....	29
Natural Medicine vs. Conventional Medicine (The Crucial Differences).....	30
The Holistic Medicine Way.....	35
The Acne Equation—The Theoretical Path To Acne-Free Skin.....	37
Causes For Hormonal Imbalances And Toxic Buildup.....	43
Simple Home Test To Discover The Severity Of Your Candida.....	47
The Acne Equation—Summary.....	51
Chapter 3—The Acne No More™ System	52
The Five Pillars Of The Acne No More™ System.....	53
The Acne No More™ Quick Results Mini Program.....	61
Introduction To The Acne No More™ System.....	63
The Basic Step-By-Step Acne No More™ System.....	65
The Advanced Step-By-Step Acne No More™ System.....	67
The Acne No More™ Maintenance Plan.....	69
Chapter 4—Cleansing And Flushing	70
Introduction To Cleansing.....	70
Three-Day Juice Cleanse.....	78
The Holy Grail Of The Acne No More™ Juicing Plan.....	80
Helping The Organs Of Elimination Remove Toxins.....	88
Preventing Re-Absorption Of Toxins Into The Blood Stream.....	91
Choosing A Juicer.....	96
Colonics.....	97
Water Fasting.....	99
The Healing Crisis and How To Survive It.....	101
Liver And Gallbladder Flush.....	103
Chapter 5—Detoxing For Clear Skin	113
What Is Detoxing?.....	113
Symptoms While Detoxing.....	114
Daily Guidelines During Clear Skin Detoxing.....	115
What To Eat During Clear Skin Detoxing.....	116
What To Avoid During Clear Skin Detoxing.....	117
Suggested Two-Day Clear Skin Detoxing.....	118
Detoxification Program According to the Ayurveda.....	123
Chapter 6—The NSC Plan—The Secret Weapon Of Nutrition, Supplementation & Candida Eradication	129
Introduction.....	129
(1)Balancing Your Diet Using The Right Building Materials.....	131

Carbohydrates.....	131
Protein.....	132
Fiber.....	133
Fats.....	134
Why Daily Fat Consumption Should Be Limited.....	137
(2)Eliminating Allergenic Foods.....	139
(3)Minimizing Toxic Foods Or Foods That Contribute To Hormonal Imbalance (Acne-Aggravators).....	143
(4)Consuming Lots Of Cleansing And Hormone-Balancing Foods (Skin Savers).....	151
(5)Maintaining A Healthy Alkaline/Acid Balance.....	158
(6)Consuming At Least 75% Raw Food.....	160
(7)Cultivating The Friendly Bacteria.....	164
(8)Building A Candida-Free Environment.....	167
(9)Optimizing Digestion By Adopting Correct Eating Habits.....	171
(10)Taking Complimentary Skin and Hormone Balancing Supplements.....	174
Summary Of The NSC Plan.....	185
Chapter 7—Stress Control, Exercising, Sleep Optimization, Sunlight and Fresh Air	187
Stress and Acne.....	187
The Wonders Of Meditation And Correct Breathing.....	188
The Importance Of Laughter.....	196
The Magical Power Of Exercise.....	197
The Exciting World Of Photography.....	199
Stress Control Through Mind Techniques.....	200
Sleep Optimization Plan.....	205
Sunshine and Fresh Air.....	209
Chapter 8—External Skin Care Secrets— The Hidden Key To Beautiful Clear Skin	211
Introduction.....	211
Daily Skin Care Protocols.....	213
Natural Cleansers, Exfoliants And Moisturizers.....	214
Secret Skin Care Treatments Revealed.....	218
Facial Steam And Cleansing.....	218
Skin Brushing.....	220
Skin Moisturizing.....	221
Treating Blemishes And Blackheads.....	221
Homemade Facials And Masks (For Acne-Prone Skin).....	226
Unique Skin Treatments.....	229
Skin Care Tips—General, Men, Women And Hygiene.....	231
Conclusion	234
Appendix I—How To Eliminate Scars	236
Introduction.....	236
Types Of Acne Scars.....	237
Acne Scar Treatments—Factors To Consider.....	238
Conventional Scar Treatments.....	239
Natural Solutions For Scar Elimination.....	241

Chapter 1—Introduction

Welcome

Hello, fellow acne sufferer, and welcome to the life-changing system that will permanently cure your acne and give you the lasting acne-free skin you deserve—the Acne No More™ System.

No matter how your acne condition manifests itself, the methods contained within the Acne No More™ System are the only practical answer. These methods are the only way that you will completely rid yourself of all types of acne, in all levels of severity, in the same way that many other people have.

I just want to assure you that you made the right decision when you ordered the Acne No More™ System package. Regardless of what dermatologists or other western medicine followers may have told you, acne can be cured, naturally and permanently. Yes, you can do it!

My only goal in writing this book was to help you reach your goal—to eliminate your acne permanently and clear up all your confusion about the steps you are required to take to achieve that goal. If this book helps you succeed in eliminating your acne, then this book is a success with or without the accolades.

By following the Acne No More™ System, the vicious and destructive cycle of drugs, creams, over-the-counters and futile costs is stopped. Now is the time to exercise your natural right and open the door to an acne-free life.

Ten Facts About The Acne No More™ System

Before we get into the heart of the program where I reveal my personal story, let me share with you the ten reasons as to why this system might just be the most powerful acne system ever developed.

1. Acne No More™ provides you with a tested step-by-step plan to success.

It is a fact that no other acne system will provide you with the exact steps you need to follow in order to be acne free. Most acne programs will merely give you vague guidelines as to what needs to be done. With the Acne No More™ System you get all the specifics. You are told exactly what to do, exactly how to do it, exactly when to do it and why.

2. Acne No More™ was written by a real acne sufferer.

This program was not written by some science geek who never had acne in his life. Instead, it was written with the blood and sweat of a real person who suffered from the disease for more than 13 years and is the result of thousands of dollars spent on trial and error and 4 years of extensive research.

3. Acne No More™ is based on real world results.

This system is based on real world results, not textbooks or classroom lectures. Thousands of acne sufferers, including the author himself, have already cured themselves completely using the same principles contained in this program.

4. Acne No More™ is truthful and unbiased.

I have devoted the last 7 years of my life to helping acne sufferers win the war against deceptive advertising, false claims and other marketing scams in the acne industry. The Acne No More™ program is straightforward, providing you with the facts of how to eliminate acne, with honesty and integrity. I have never been involved with any skin care, beauty or supplement magazine, and I will never try to sell you an “all natural” acne cure package.

5. Acne No More™ is not just about cosmetic improvement; it is about your health and inner balance.

Clearing acne from the root can never be achieved as long as your body is in a state of imbalance. Acne is not a cosmetic problem, no matter what your doctor tells you. It is not about clearing the skin. It is about taking responsibility over your body and about restoring it back into a state of balance where *no* disease can exist, not only acne.

6. Acne No More™ is not just a special nutrition program.

It merges nutrition with a comprehensive cleansing program and plans to rebuild your organs of elimination, dietary, mental and lifestyle, and offers plans aimed at regulating your hormonal activity and unique skin care protocols. In short, it is the perfect holistic acne solution.

7. Acne No More™ does not confuse skin care with an acne cure.

Taking care of your acne externally and fixing the root cause of your acne are completely different things. Yes, skin care for acne-prone skin is obligatory if you have acne because you have to maintain a balanced pH level (more on that later), prevent infection, tighten the pores, remove blackheads and prevent the formation of a certain substance that encourages acne. The Acne No More™ System handles all these issues using unique daily skincare protocols. However, in order to permanently cure acne, you must neutralize the “acne environment” (more on that later). The Acne No More™ System ensures this acne environment will cease to exist in your body.

8. Acne No More™ is not a temporary quick fix.

It offers a permanent solution and one that you can maintain as a lifestyle. The whole concept of curing acne by killing the acne bacteria is flawed. The whole concept of curing acne using various skin treatments is also flawed. When you say that you are going to clear your skin, the implication is that it is temporary and that at some point (when your acne is cleared) you will continue with your bad nutritional and destructive lifestyle habits. That line of thought gave birth to many gimmicks exploited by hungry marketers such as “acne free in x days,” “x days to free skin or your money back.” The truth is that the only way you’ll ever get rid of your acne permanently is to adopt new habits and keep them. It may feel a bit uncomfortable in the beginning, but it

will soon become entrenched into your daily routine and become easy, natural and even enjoyable.

9. Acne No More™ is simple.

With the information overload provided by the Internet, it is only natural that you will feel overwhelmed by conflicting theories and mind-boggling misinformation. My goal in creating this program was to clear up the confusion and make the process as simple as possible. The simpler the strategies are, the easier you will find them to apply, and the better your results will be.

10. Acne No More™ offers 24-hour FREE e-mail counseling.

The Acne No More™ System is the only acne program that comes with an exclusive 24-hour quality counseling service. I challenge you to find similar offers on the Internet. The Acne No More™ System is the perfect solution for acne, but the real value of the program comes from the personal guidance and support that I offer my customers. I am devoted to your success, and I will do anything in my power and in my knowledge to enable you to eliminate your acne in the least amount of time in a way that suits your individual needs and personal limitations. Most of my customers who chose to exploit this exclusive offer are in constant daily correspondence with me. It takes time and energy to answer all those e-mails on a daily basis; that is why I chose to provide this service only to people who bought the program. If you ordered the Acne No More™ System, I urge you to use this service too. I would love to hear from you.

<mailto:support@acnenomore.com>

My Story

My name is Mike Walden, and I suffered from severe acne for more than 13 years. Being a former acne sufferer and experiencing acne in such an intense way gives me the special privilege to tell you personally that I truly and deeply understand the situation you are in today, and I honestly feel your pain.

Much like you, I have also gone through all the hopelessness, frustration, embarrassment, pain and even guilt that every acne sufferer experiences on a daily basis.

The type of acne I have suffered from was a severe form of acne vulgaris. When it was at its worst my cheeks were covered with large painful nodules, which are hard bumps that lie under the skin surface. I had cysts on my neck, on the sides of my nose and several more spread unevenly on the top of my back. People who have not had these nasty huge bumps under their skin can ever understand how physically painful that can be, not to say how emotionally and mentally discouraging.

I was consistently prone to unpredictable breakouts, which had a deep psychological effect on my life. For as long as I can remember, because of my acne condition, I never had what you could call a "normal" childhood. Through most of my youth I was consistently bullied for being different than other children.

I spent most of my teenage and post-teenage life staying at home. I avoided social encounters, and I was always ready for the cynical remark or the rude stare I would receive as I stood in line to buy groceries at the supermarket.

I had only a couple of good friends, who were supportive and understanding, wise and sensitive enough to see who I was beyond the layer of my skin. They were encouraging, but that encouragement didn't help my already destroyed self-image and ever-growing insecurity.

I have taken every prescription, drug, ointment or acne lotion known to Western medicine. I have been on tetracycline, doxycycline and minocycline, have taken extra vitamin B-5, been on Accutane, Zenmed, Proactive, applied benzoyl peroxide, used AHA cleansers and used more prescription medications and over-the-counters than I can remember.

Later I'll share my experiences with conventional medicine in more detail, but for now let's just say that it has not been pretty. Not only did it drained my pockets (conventional acne treatment can add up to significant sums of money), but I also experienced a great deal of frustration and disappointment from witnessing short-term or little to no results at all. In some cases my acne was even aggravated significantly.

When Western medicine failed to help me, I tried different kinds of diets, various types of nutritional approaches, homeopathic therapies, light therapies and even hypnosis. Some of these methods did have a positive effect on my acne, but again, it was only for a short time. Unfortunately, nothing dramatic happened, and it appeared that my acne was here to stay.

There were many times when I honestly felt I would never get rid of it. I began to believe that my acne was an essential part of my life like the color of my eyes or my height. But deep inside I knew I could never accept it—that giving up was not an option and that acne is in fact a disease that should not be accepted as a natural part of living. I knew there must be a cure -- only I had not found it yet.

It was only obvious that something had to be done.

The Old Man On The Hill

It was when I was on one of my trips overseas visiting my friends in Israel that I first heard of the 84-year-old man, who I now think of as the man who gave me my life back. The man's name was Elisha Levi, and I first heard him speak on a late night radio talk show. As I recall, he was speaking of the miracles of holistic approaches to healing and of their powerful impact on the human body. Elisha spoke in length, getting into many specifics including his own personal experience as a man suffering from severe skin diseases and digestive disorders. He also claimed that he had completely cured himself from all these afflictions simply by maintaining and incorporating the right combination of natural methods into his daily routines.

Obviously, I was intrigued, and I consider it pure fate that on my last night in Israel I heard Elisha Levi again, but this time he was on TV. It was a late night

broadcast on natural approaches to health and well-being. Seeing 84-year-old Elisha on that show was a real shocker. He was a tall, handsome man with an upright posture and hardly any wrinkles on his face. He was well-built, wore no eyeglasses, spoke fluently and appeared to have a clear mind and very sharp senses. He was living in a house at the northern part of Israel located at the top of a hill.

“Acne is a warning sign of a major imbalance in your system.”

Once again, Elisha spoke with great enthusiasm about the miracles of holistic methods, emphasizing that the real secret to curing almost any disease, acne in particular, is applying a certain combination of these methods in a specific order. Elisha claimed he had practiced these methods for decades, and this was the reason why he hadn't experienced any illness symptoms for the last 35 years. He also said he was jogging 5 miles each morning and working in his organic garden for approximately 10 hours a day.

As I recall, there were two intriguing sentences he repeated over and over when he spoke about acne. They went something like this: “Acne is a warning sign of a major imbalance in your system,” and “Acne is a message from your body that something is wrong inside.”

At the end of the interview, Elisha was asked what his plans were for the future. He smiled and then whispered, "I have lots of plans, but basically I intend to live forever."

The short, overwhelming interview with Elisha -- the inspiring old man who spoke with such passion and looked so young and vital -- and the two disturbing sentences he repeated over and over again were the major trigger for my long and fruitful quest for a lasting acne cure.

Success Is Yours

I am 33 years old and I have been acne-free for over seven years now. I realized my dreams. I'm married to a beautiful woman and have two lovely sons who are my life. My skin is practically perfect, and I lead a full, rich and normal life.

A significant number of individuals who have either read this book or are associated with me and have implemented the methods outlined in the book

are living proof that acne can be banished. They are the living proof that getting rid of acne, even highly severe cases of acne, is not science fiction. It doesn't have to cost thousands of dollars, and it doesn't have to involve swallowing enormous amounts of pills or vitamins or spend unrealistic amounts of dollars on all sorts of lotions and ointments, which only mask the symptoms. Acne is in fact a disease, a very tormenting and horrible disease—but not an untreatable or uncontrollable one.

The treatment offered in this book is the result of more than four years of intensive holistic research and is based on my own personal experience as well as that of many readers who kindly volunteered to give their own feedback and comments. Getting rid of acne and clearing your skin is something that can be naturally achieved. It can be accomplished, but like anything worthwhile, it requires dedication, persistence and patience.

My personal research yielded the Acne No More™ System, which is at the heart of this book. If there was one important thing that I learned in regards to acne, it is that it cannot be cured using a single-dimension protocol. A long-term solution for acne has to be a certain combination of steps that together lead to its elimination and ultimate prevention.

The Acne No More™ System is simple to comprehend and may consist of several methods and approaches you may have heard of before, but the key lies in how to conduct each step and in the right order and combination of steps. The program is simple, yet revolutionary. Often, great things come in simple forms.

This program works. I know this for a fact as I live by it, and the results speak for themselves. I haven't yet met the person who followed the Acne No More™ System without experiencing a remarkable change in his or her acne condition. Moreover, many report a dramatic, positive impact over their mental and emotional well-being. I sincerely encourage you to become one of those people. I invite you to give my method a chance so that I can offer you a better life -- an acne-free life.

How to Get the Most From the Book

This book offers a comprehensive natural approach to the treatment of acne. It is aimed at you, my fellow acne sufferer -- you who are fed up with conventional treatments and their horrible side effects, you who are willing to try a natural, long-term and practical way to get rid of acne.

This book is aimed at people with all types of acne of all levels of severity. It is aimed at individuals with different types of skin, different acne conditions or at people who only wish to improve the appearance of their skin and to look and feel younger and more vibrant.

This book will take you on a voyage that leads to acne-free skin through a holistic approach by treating the body as a whole, having it cleansed from the inside, helping it return to normal levels of functionality, thus allowing the skin to heal itself from the inside out.

I truly believe this book will change your life. If you are reading these lines, you are truly blessed beyond belief.

By following the Acne No More™ System to the letter, you will be able to achieve more than just healthy looking skin—clear from spots and pustules. You will feel younger, healthier and vibrant. You will be able to overcome many illnesses and dysfunctions you may have had before the treatment such as constipation, obesity, rashes and Candida. You will achieve all that without the horrible side effects. The Acne No More™ System eliminates the root factors leading to acne, thus achieving real long-term success.

I spent more than 4 years researching, probing and analyzing information concerning acne as well as experimenting every available natural solution. During this time I eliminated what did not work and put aside what was effective. I later combined all the knowledge I learned with other holistic methods for the purpose of building the complete Acne No More™ System.

As mentioned earlier, treating acne is not a short process. It requires persistence and patience. Results may only appear visible after 4 or even 6 weeks. Moreover, each person is unique in the way he or she adapts and reacts to the treatments. Results may vary among different people with different skin types, levels of acne severity and sensitivity to certain foods.

Keep in mind that it takes time for the body to heal itself and some level of maintenance to keep things under control.

Persistence and belief are vital if you wish to achieve success in clearing your skin. However, to complete the plan and maintain the results you are required to follow all the steps outlined in the program as they are written. You must understand that following each step alone will yield only short-term results. The combination of all the steps in the Acne No More™ System is the only key to lasting acne-free skin.

This book is divided into 8 chapters and an appendix.

Chapters 1-2 are the general section of the book aimed to build a foundation of knowledge regarding acne and a holistic approach. This is where I discuss my personal experience with acne treatments, proper mental motivation, the crucial differences between conventional and natural medicine and the acne equation (the actual factors involved in the formation of acne).

Chapter 3 reveals the **complete step-by-step holistic solution to acne—the Acne No More™ System** with each of the chronological steps explained in general.

Recently added is the **Quick Results Mini-Program (page 66)**. It is designed especially for busy folk that don't have much time on their hands but wish to **see results ASAP** and for people with very light acne. It is not a quick fix approach, but it is practical and extremely easy to follow.

In **Chapters 4-8** I discuss and reveal the specifics for each practical step of the Acne No More™ System with all the nitty gritty details of why, when and how to successfully accomplish each individual step.

The **appendix** reveals all you need to know and practice in order to successfully reduce or eliminate acne scars you may have after the spots, blemishes and cysts are gone.

The Acne No More™ Quick Fix mini program consists of **only the principles that need to be followed to achieve clear skin**. It is aimed at people with extremely tight schedules who prefer to get rid of their acne at their own pace instead of having to follow a strict step-by-step program.

The Acne No More™ System book also contains lots of valuable theoretical as well as practical information as a means of providing the reader with the most clear, sharp and coherent picture of the disease and what needs to be done in order to eliminate its symptoms. By following this, you will become more “acne educated,” more motivated and more focused on achieving your goal, which is eliminating the factors leading to acne formation and having clear skin with all its positive implications.

Be patient at the beginning. All the information in early chapters will come together in the end. As you begin reading you may feel overwhelmed by the amount of information. Don't be. The chapters were built in that order for a reason. That is why I urge you to read the book in its entirety first before you start acting on the plan. This way you will gain a complete picture of things as they slowly fall into place and finally fit together in the end. It will ensure you won't get too confused (as to why you are required to do this or that and in a certain order) or miss essential information required to successfully complete the plan and achieve your goals.

Much has been done to keep this book as straightforward, simple and direct as possible. Whenever I could I kept words to a minimum, and strived to use conversational language and layman's terms to make reading easier, fun and understandable. Also, the book contains many links to other parts inside the book as well as to useful resources, so stay connected to the Internet while reading.

It is important that you commit to take action and set deadlines for your goals if you wish to succeed. Without the will, a deadline and proper motivation and dedication to eliminating your acne, you will achieve only poor or short-term results. It is advisable to adhere to the Acne No More™ System as it was especially designed to make your acne a part of your past history. For that purpose I have included the “preparing mental ground” section below just to fuel your mental engine before jumping into the waters.

Before you start the program, take a photograph of your skin and keep it throughout the process. I would even suggest starting a personal “acne diary” so you could record the progress on your skin's appearance as well as your general emotions. At the beginning or end of each week you can take another photograph of your skin. Note that in cases where intoxication and imbalance are severe, the skin might get a little worse instead of better in the

beginning. Don't be discouraged. Be patient. It will be worth the wait. I guarantee it!

Preparing Mental Ground

At this stage you must ask yourself: **How important is it for you to get your face clear? Are you willing to make the effort and achieve this once and for all?**

As you go through the book, you will notice that eliminating your acne is temporarily a demanding process, which requires some level of persistence and change. You will have to alter your eating habits, replacing old and familiar routines with new ones, minimizing or giving up foods that are harmful but gave you lots of satisfaction at the same time. This may not be easy, but is it worth it? My answer is absolutely, positively yes!

The truth is that from where you are probably standing right now, it will be hard to blame you for thinking (as you go through the book), “What is he talking about? Giving up on sugar completely? He must have gone mad. I'm not going to give up my life for clear skin!” Well, that is just how every addictive person would react when offered a way out. Yes, including myself. We are all chained by addiction to fat, sugar and all sorts of junk foods and eating habits that promise great fulfillment and satisfaction, making us believe we are helpless or emotionally empty without them. Only when you pass these addiction obstacles and alter your ways can you see from a distance how futile the whole thing was ... how meaningless. Yes, you will minimize the consumption of white sugar, and you will eat a lot of raw, fresh vegetables and fruits instead. And guess what, **nothing will change**. You still find happiness, fulfillment and satisfaction, and it does not concern food! You have achieved something. You are a far more balanced and in control human being. You are free, and best of all, your skin looks fantastic.

Going to that place of freedom from acne and from mental slavery to food and eating habits requires a certain mental change. You have to prepare the mental ground that will help you overcome your fixations. To adjust to this new lifestyle you may need to adapt in order to lead you successfully through the process.

Besides having willpower, which is the most vital tool you will need as you go through the plan, there are other mental tools you should take with you on this journey to clear skin.

No, I am not expecting you to change your behavior dramatically because of what you are about to read, but I want you to be open and at least give it a try.

Let's begin.

1. Set clear, compelling and positive goals that will charge you up with powerful motivation.

Setting your goals is a simple procedure that you must complete before you begin any program that requires some level of change. You cannot ignore goal-setting. It is a crucial step. You have to clearly define your goals. Goals are the only bridge between knowing what to do and actually doing it. A good example of goal-setting in our case is having lasting acne-free skin and looking more attractive. To achieve your goals you must program your subconscious mind with clear and vivid pictures of these goals. Only then will your mind work in your favor, and you will achieve your targets. Additionally, you must have positive thoughts about your goals. Otherwise your subconscious mind will work against you instead of with you.

After your goals have been set, replace the negative thoughts you might have and attach positive thoughts to your goals. Instead of thinking "I can't lose this stubborn acne no matter what I do," say "How can I clear my skin and enjoy the process?" Instead of thinking "It's not my fault I have acne. It's my genetics," say "I am 100% responsible for my skin and my health." Instead of thinking "I can't get myself to change things for my skin," say "I have time for anything I am committed to." Instead of "I hate my cystic acne face," say "I like myself." And instead of "I can't," say "I can do whatever I set my mind to do."

2. Make a list of what you desire to be changed and the reasons for it.

You will succeed only if you create a vivid vision of what you want to be accomplished and **why** you need it to be done. Your mind needs justification and cause to go in a certain direction. A reason for what you desire adds emotion to it. Getting emotionally involved with your goal will affect your subconscious that will help you materialize that goal.

Make a long list of all the convincing reasons for achieving clear skin, and the methods will become much easier to follow.

3. You have to alter your beliefs in order to change your behavior.

If you try to alter the way you behave without changing your beliefs (the way you think and feel about what needs to be done in order to eliminate your acne), then your beliefs will always "suck" you back to where you started from, and you will go back to doing things you did before the change. You must alter your perceptions and beliefs in order to consistently follow different behavior patterns.

So before you adopt the advice and guidelines in this book and incorporate them into your life, try to change your perceptions first. The best practice is simply to forget everything you have been told about acne and about your health in general.

Yes, that's right. It is a fact that most of what you have heard not only about acne but about your body in general (your body is not fragile), what is healthy and what is not (milk will give you strong bones—the opposite is true) is mostly a misconception and often a big fat lie.

Almost everyone in Western society was or still is a victim of some sort of hypnosis. The truth is you are fed with lies every single day by a system that doesn't give a damn about your health and feeds you with mental and physical poison on a daily basis.

The Acne No More™ System offers you the liquid of life, but in order to drink it, you must empty your glass of poison (your older beliefs and misconceptions) first. For example, I know for a fact that acne can be managed and permanently cured without conventional medicinal intervention and without creams and over-the-counters.

Doctors will prescribe a drug only to mask the symptoms of acne and then another drug to mask the side effects of the first drug ... and so on. The truth is that the more we rely on drugs to alleviate the symptoms, the more we become dependent on them, and the vicious cycle continues. The point is that some people simply cannot overcome their fixation about drugs. They find it hard to believe that acne can be cured without any medications—that the solution for acne must come from within by changing their own habits.

You have to change your perceptions in order to adopt a new behavior. If you had a broken leg, would you insist that you keep the plaster casts indefinitely even after your bones were mended? Would you do this just to avoid the

discomfort of taking them off and feeling temporary weakness and maybe experiencing some difficulties in walking?

It is time to realize that drugs are not the answer. It is time to take off the plaster cast of old perceptions and destructive habits. It is time to take off the plaster cast of fear to make an effort for your body, health and inner balance, to do more than just put creams on your acne and swallow poisonous, useless pills because some very educated dermatologist told you to do so. It is time to listen to your body and take responsibility.

It's time to start walking.

4. Educate yourself.

Only if you understand the reasons as to why the change is necessary, both mentally and emotionally, will it become much easier to make the change. If you become educated as to why it is so harmful to consume fried, overcooked foods, refined carbohydrates and hydrogenated oils, what happens to your hormonal levels and your digestive system when you are consuming dairy products, why it is obligatory to cleanse and what happens to your body during a cleanse, why it is so important to listen to what your body is trying to tell you, why acne is a message from an unbalanced body that you cannot afford to ignore, then your mind will provide the necessary justification for you to naturally make an effort toward a change.

If you visit an industrial meat factory and observe the cows and chickens being slaughtered without mercy, stuffed with antibiotics and steroids and inhabiting a filthy environment only to become your favorite meal, the emotions invoked in you from this experience would make you more conscious of your food.

Only if you learn the truth, dig deeper and get emotionally attached with the facts will it be natural for you to make the change.

Get Rid Of Acne Holistically

You really can get rid of acne—naturally and holistically. How?

By learning what an “acne environment” is, by learning exactly what conditions are needed for an acne environment to exist, and how to neutralize these conditions so that acne will vanish forever.

By learning the connection between acne and inner imbalance and how to quickly restore the body back into balance.

By understanding that acne is primarily a Western problem and that there is in fact a connection between Western diet, Western lifestyle and acne -- in spite of what modern medicine and the media want you to believe. Researchers have clearly shown that in non-Western societies where people don't eat Western food, they also don't have acne.

By learning the evident link between stressful lifestyle, inadequate sleep and lack of exercise and the aggravation of acne.

By realizing that dehydration and applying unnatural harsh chemicals to the skin can actually aggravate the skin's natural oil production and make acne worse.

To get rid of acne permanently, equip yourself with information about toxic elimination, external and internal cleansing, hormonal balancing, diet, stress control, sleep optimization, natural skin care routines, Candida eradication, the yeast link, antibiotics, probiotics and prebiotics.

The Acne No More™ System will provide you with all of the above invaluable information. But this is not just an informational book. It is a complete step-by-step system that will take you from where you are now to where you want to be—to have permanent, beautiful acne-free skin.

Everything you need to succeed is contained in these pages. Apply it! Knowledge applied is extremely powerful, but knowledge unused is worthless. Begin using this information immediately. The sooner you start, the quicker you will see results on your acne condition.

Start today. Start now. If you need any further assistance, I am easy to reach, and you will have all my knowledge and expertise at your disposal.

My e-mail is: support@acnenomore.com

Chapter 2—The Truth About Acne

The Skin

The skin is the largest organ of our body and one of the seven channels of elimination containing about 70% water, 25% protein and 2% lipids. It helps the main organs of elimination (liver, kidneys, intestines) get rid of waste build-up.

The uppermost layer of the skin is called the epidermis. The deeper layer is called the dermis, and this contains collagen and elastin which keep the skin flexible and firm. The dermis also contains sebaceous glands, sweat glands, lymph vessels, hair follicles and nerves.

Beneath the dermis lies a tissue of fat cells.

Infection can occur when the exfoliation process (the renewal of cells when they shed to make room for new ones) slows down and your skin pores get blocked.

When toxins (usually stored in the deepest layer of fat cells) find their way to a blocked skin surface, it can lead to acne.

Infection can also occur when one damages the acidic layer of the skin using harsh products or over-abrasive cleansing. This acidic layer of the skin, often referred to as the acid mantle, contains sweat and sebum (oil) and should have a normal pH of 4-5. When you use harsh products like soaps (with a pH of more than 4-5), this acid mantle is destroyed, making the skin more prone to infection.

However, infection alone is not the cause of acne. The skin, the reflection of our inner system and our health, becomes prone to acne because of a deeper combination of factors.

The truth is that the body has an amazing natural ability to cleanse and heal itself. Our task is to allow this to happen, but not through external and temporary methods that only mask the symptoms.

In order to get rid of acne we need to take a more revolutionary approach. We must help the skin to heal itself from the inside out.

No matter what you have been led to believe, acne can be eliminated naturally. It can be done if we understand the main factors that lead to acne formation and neutralize them once and for all.

Acne and The Immediate Causes

Acne is usually described as an inflammatory skin disease. The inflammatory response is influenced by many “on-the-surface” factors such as the over-production of sebum (oil) and keratin by the sebaceous glands. This over-production of oil clogs the hair follicle and leads to bacterial growth. The bacteria multiplies and causes inflammation, and the result can appear in the form of what is known as a blackhead (an open comedo) or a whitehead (if it's below the surface).

The Immediate Causes of Acne

Basically, the process of acne formation can be divided into 4 major external causes:

1)Blockage of the pore

This occurs when the epithelial cells lining the pore mature and die. The epithelial cells turn from keratinocytes to corneocytes and become flatter and tougher. These scaly, rough corneocytes block the pore.

2)Too much skin oil (sebum)

This is caused when there is a large presence of male hormones that circulate in the blood stream. These hormones trigger the oil glands to produce excessive amounts of sebum.

3)Bacterial colonization

Clogged pores, extra amounts of sebum and certain blood toxins create the perfect environment for acne bacteria to multiply and thrive inside the microcomedo.

4)Infection and inflammation of the comedo and surrounding tissue.

Certain substances found within the cell walls, where the bacteria multiply, stimulate the immune system to produce localized pro-inflammatory hormones

called cytokines. The immune system then produces an inflamed comedo inside the pilosebaceous unit.

The above 4 causes are only the immediate causes of acne. The questions that need to be asked are: **Why** is there a hyperproliferation of keratinocytes in the first place that makes corneocytes become overly adherent and block the pore? **Why** are there excessive androgens in the bloodstream in the first place that trigger overproduction of sebum? **Why** is there an excessive immune response in the first place?

Most conventional treatments are aimed at reducing the sebum oil production, killing the acne bacteria or lowering the frequency of dead cell buildup—all for the purpose of reducing inflammation. By doing so, these treatments merely touch the surface and completely ignore the real factors.

An effective, long-term acne solution must focus on the **deeper** causes triggering the overproduction of sebum that leads to bacteria growth—resulting in acne formation.

Acne is more than skin deep. Beyond inflammation, beyond your skin type (oily, dry, rigid), beyond the overproduction of sebum, beyond inflammation triggers, beyond blocked pores and beyond the acne bacteria, there are hidden factors that play a major role in the formation of an “acne environment.”

Tackle these factors, and your freedom from acne is guaranteed.

Types of Acne

When we define types of acne, we usually refer to whether it is inflammatory or not and the size and shape of the lesion.

There are the microscopic small **comedonal** acne that can be in the form of **whiteheads** (closed comedo) or **blackheads** (open comedo).

A more serious formation of acne is **nodules and pustules**. Nodules are large and firm and exist below the skin, whereas pustules are yellowish bumps that are pus-filled.

There are acne forms which are non-inflammatory, carry no pus but only appear as red spots. These are commonly referred to as **pimples**.

Of all acne cases, **cysts** are the worst. Cysts are sac-like formations filled with pus that is spread under the skin tissue in a diameter of 5 mm or more across. The pus runs deep below the skin's surface, which often results in serious pain. Not all cysts are caused by inner factors. Some may be the result of squeezing small pus-filled acne, causing the pus to run even deeper into the skin and aggravating the infection.

Acne vulgaris is the most common form of acne, containing both whiteheads and blackheads.

Acne rosacea is characterized by a flushed appearance of the face due to the enlargement of blood vessels which is caused by inflammatory bumps. The most common places acne rosacea appears are on the chin and forehead.

Perioral dermatitis is the form of acne which young women suffer from. The common places where these tiny papules appear are around the mouth and on the chin.

Acne conglobata is another severe form of acne that affects the chest, back and the face. This is an intensive form of acne vulgaris where multiple cysts and nodules are spread in large areas. Acne conglobata is more common among men.

Natural Medicine vs. Conventional Medicine (The Crucial Differences)

Conventional Medicine

While natural medicine perceives the human body as a complete holistic system at one with nature, conventional medicine treats the body as separate physical organs.

Conventional medicine has failed to acknowledge the truth that man, along with all living creatures, will never be compatible with artificial chemicals, no matter how identical these chemicals may look, feel and smell compared to the natural varieties (e.g., an orange-flavored beverage vs. a freshly squeezed orange).

Synthetic chemicals cannot be completely absorbed by the body. Because of their artificial form, synthetic chemicals of any kind are incompatible with the body. This is why these chemicals cannot enter your system without creating some level of imbalance.

While holistic medicine's intention is mainly to restore the body back to a state of inner balance, to increase optimal genetic function and to help the body cleanse and heal itself, conventional medicine focuses its efforts entirely on "making the patient comfortable," by calming the pain with drugs and ointments, which in most cases function as patches to the symptoms of the disease.

What Acne Treatment Does Conventional Medicine Offer?

The following is a list of several treatments conventional medicine offers as a way of dealing with acne. I have used all of them, but unfortunately none has been able to effectively make my skin clear in the long run. This is mainly because these treatments are focused on the symptoms of the disease (blocked follicles, excessive production of sebum, reducing pain caused by cysts etc.) as they provide "patches" rather than addressing the root factors.

1. Using Antibiotics Such As Tetracycline Or Benzoyl Peroxide Over-The-Counters To Kill The Bacteria Harbored In The Blocked Follicles

It is not only that antibiotics such as tetracyclines simply do not work in the long run as a treatment for acne bacteria and not the acne disease itself; antibiotics are extremely destructive to your overall health as well as your acne condition (see antibiotics, probiotics and prebiotics). Over-the-counter creams and ointments such as benzoyl peroxide are aimed at treating the acne-affected areas by killing the bacteria. The problem here is that killing the bacteria does not eliminate the problem that caused the excessive production of sebum oil, for instance. The treated acne spots may vanish, but others will follow.

Another problem with this treatment is that some people may be allergic to penicillin or benzoyl peroxide, and it may cause extreme rashes, swelling of the face or even result in abnormal breakouts.

Moreover, using benzoyl peroxide will dry out the upper layers of the skin and make it peel and redden. More peeling of skin can either block pores or let the bacteria thrive and multiply or stimulate the oil glands. This produces more sebum to compensate for the dryness, which can lead to more acne breakouts.

That is why those who recommend using benzoyl peroxide on a daily basis also recommend the use of a moisturizer afterwards.

Some researchers claim that benzoyl peroxide can cause premature skin aging, slow healing and can increase skin cancer risk.

Did you know that in 1995 the FDA issued a warning regarding the use of benzoyl peroxide and changed its status from safe to uncertain?

By using benzoyl peroxide, you are not eliminating your acne; you are only killing the bacteria. Once you stop using it, acne will return with a vengeance. As you will see later, you have acne for a reason. Acne is a message from your body you should not ignore.

Acne is like someone constantly knocking on your door. He won't go away if you put in earplugs or pump up the music volume. Only if you open the door and confront this guy will you have a chance to make him go away.

Note About The Acne Bacteria

While many skin diseases are contagious, acne is not one of them. The acne bacterium is not contagious, and it is not the cause of your acne. The acne bacteria will encourage acne formation only if there is an excessive production of sebum oil from your skin (caused by deeper factors as you will see later).

These bacteria are essential for keeping the skin flexible. Completely destroying these bacteria can damage the skin's natural flexibility and make you look older. Acne bacteria exist in everyone, whether you are an acne sufferer or not. If you put all your efforts toward killing acne bacteria, you will win only in the short term.

2. The Daily Intake Of Vitamin A Derivatives (Such As Accutane In The USA And Roaccutane In Europe) For A Period Of A Few Months

This is known to effectively treat over 80% of acne patients as it dramatically reduces the production of oil from the glands. However, the treatment requires the patient to take medical tests and examinations due to severe known side effects of the drug.

Accutane is a poison that (almost) completely eliminates the production of sebum by the oil glands. Again, the production of sebum oil is only the symptom, not the cause of acne.

It is a fact that it takes several months for Accutane to become effective. Your acne will get worse initially, and in most cases it will come back as soon as you stop taking Accutane.

But that is not the real issue with Accutane, It also has some dark side effects that should not be ignored.

Here is a partial list of the side effects: dry skin, dandruff, headaches, hair loss, liver damage, bleeding from the nose, decreased night vision, birth defects and even arthritis or complete loss of vision, The list goes on.

My experience with Accutane was disastrous, to say the least. At the beginning my skin got extremely dry, and I suffered from additional acne breakouts (which is natural at the beginning). One of the blood tests I had taken as part of the Accutane treatment routine had shown a dramatic increase of lymphocytes and I had to stop the treatment. After 3 months I went on the vicious 22-week Accutane cycle again. This time Accutane did clear most of my acne.

For 6 months I was almost clear, but then it came back, and this time it got even worse. Moreover, I started getting severe pain in my elbows and the knee area, and I still suffer from spontaneous pain attacks in those areas. A very close friend of mine, who is also an experienced naturopath, told me it was probably due to my use of Accutane.

So my advice to you is that if you are taking Accutane, stop it right now. If you are considering taking Accutane, don't do it. It is simply too dangerous.

3. Using Cloth Or Mechanical Tools Or Chemicals To Peel Off By Scrubbing The External Layer Of The Skin With The Help Of Salicylic Acid And Glycolic Acid

Needless to say, this is another on-the-surface patchwork treatment typical of Western medicine. The surface may be clear at first and scar depth can be reduced, but the disease stays.

4. Oral Contraceptives

Oral contraceptives—taking hormones to decrease the overproduction of male hormones, such as testosterone—can lower the production of acne at best. In extreme cases it can lead to a severe hormonal imbalance, which can

aggravate acne. Also, the body identifies it as another toxin to be eliminated, putting more burden on your system, causing more acne instead of eliminating it.

5. Proactive Solutions

Proactive solutions—the 3-product kit (cleanser, toner and lotion for repairing) containing the active ingredient benzoyl peroxide and glycolic acid—do exactly what is expected of an unnatural, external Western medical product. It only kills the bacteria by drying the skin (benzoyl peroxide) and exfoliating the dryness (glycolic acid).

Proactive solutions, as well as benzoyl peroxide alone, have helped to reduce the acne formation in some people, but they do not solve the problem. Furthermore, they cause more dryness and irritation.

Proactive solutions only reduce acne symptoms in the short run by putting patches on the symptoms. In the long run they are practically useless—and pricey.

The Holistic Medicine Way

Natural medicine, or holistic medicine, yields to nature and its everlasting laws. It is not preoccupied with diagnosis or cures as it is based on the belief that what causes a disease to exist in the human body is the body itself being incomplete. The laws responsible for illness cannot exist in a healthy and complete body. A good allegory to that perception is that darkness cannot exist in the presence of light.

Holistic medicine perceives the body as a whole (body, mind and spirit) and not as the sum of its organs. According to holistic medicine, everything you absorb—attitudes, beliefs, chemicals or food—directly affects your system as a whole in a negative or positive way.

For that reason, holistic medicine aims to avoid any intrusive approach to healing, but rather nourishes the approach of building a strong immune system, increasing the body functionality and enhancing spiritual and mental strength.

Natural medicine yields to nature and recognizes the individual obligation to cleanse the body of any unnatural residues. A body that is cleansed from any unnatural elements is more harmonized with nature and thus more rejuvenated and vitalized. Unnatural elements include synthetic foods, polluted air and water, inadequate exercise, accumulations of toxins in your body and any extreme activity that does not yield to the laws of nature.

A disease occurs every time the body is in an imbalanced state or disharmony due to excessive toxicity or inadequate nutrition (deficiency of force). The symptoms of the disease indicate that something is wrong. Most illnesses occur when the body's cleansing organs cannot remove the excessive amounts of toxins that get into the cell walls, bones, hormone receptors, tissues and even cell surfaces. In most cases when toxins enter your system, disease begins. When symptoms occur, it is often too late as something has already been damaged.

Natural medicine is based on the belief that by allowing the body to conduct its internal cleansing process of removing toxins, also known as detoxification, along with restoring it to a state of balance with the right nutrition, it can result in more than 90% of illnesses being healed by the body itself.

Acne is a warning sign of something very wrong inside your body.

Acne is in fact a cure, not only a disease. The body is trying to cure itself, and it manifests in acne. Your body is desperately trying to tell you something. It is warning you that you are in fact in a state of imbalance, that you are in danger (from toxins, distorted hormone levels), and it can lead to more dangerous diseases such as heart disease, stroke and cancer.

Ironically, you are lucky in comparison to people who do not have acne. They are probably over-toxic too and also in a state of danger. But their body does not communicate with them using acne as it does with you (because of a certain major difference—see the acne equation).

Every type of blemish you have acts as a messenger from the body. It is suggesting changes to your diet and lifestyle that will only benefit you in the long run.

Acne can suggest that you are too tense and need to manage your stress more effectively. It can suggest that you are in the wrong job and you should consider a new one. It may suggest that you over-consume harmful foods and that your system is loaded with toxins. It may suggest that you misuse skin products, taking too many medications or over-the-counters, hardly exercising or not having enough quality sleep. It is your obligation to use this information for your own good so it will not only improve your skin condition but also your well-being. It is time to wake up and get your system into natural balance again.

The Acne Equation—The Theoretical Path To Acne-Free Skin

Introduction

It may sound strange to you, but it took me years of study and research to reach the following simple yet highly effective approach to the treatment of acne. There are literally thousands of theories as to what causes acne and what doesn't. They all sound very convincing up until the point where you put those theories to the test.

The ideal approach to the treatment of acne is that there are no simple, one-dimensional causes for acne. There are, however, certain conditions that lead to acne formation.

It is the same healthy approach you must take when facing almost any conflict or problematic situation in your life. The older you get and the more experience you gain, you will find out that when it comes to practically solving a problem, this approach by far outlasts all others. Suppose you are driving your car on one of those busy Monday mornings, and you suddenly realize you've slightly hit the rear end of the car in front of you. Now think about it for a second. Was it 100% your fault because you should have looked ahead instead of daydreaming? Or maybe it was the other driver's fault because he pushed the brakes too suddenly as he saw a cat passing by and wanted to avoid a road kill? Or maybe it was your fault for not keeping the required distance between your car and his? Or maybe it was the cat's fault?

You see what I mean? The more you dig the more you find out that there are almost never any direct causes for a situation to occur, and surely not one. There are, however, certain conditions that are required in order to make something happen. The same principle should be applied when we try to find a solution to a problem. **There can never be a single one-step solution that will completely solve a problem from the root**, certainly not in the long run.

You may ask why I am so hooked up on semantics. To make a long story short, your acne didn't just happen, and it was certainly not caused by one major factor such as bacteria or viruses, bad diet, B-5 deficiency, weak liver function or any genetic tendency. In order for acne to happen, certain conditions must exist (or a combination of certain active factors must take

place). To solve a problem like acne from the root, you must change the environment that encourages it and disable the conditions that lead to the formation of it. There is no magic pill that someone may prescribe for you which will eliminate your acne because there is no single definitive cause.

Since 1993 I have been studying the subject of acne, experimenting, reading and gathering any information that may lead to a reasonable, comprehensive yet practical solution. I have talked to authors, dermatologists, healers and well-established researchers, and when I finally put the pieces together, the conclusions seemed a bit odd at first, but the results are in. No matter what any dermatologist would say about this theory, there is one thing that is definite — it works. It works completely, and everyone who has experimented with this plan has found the results to be truly remarkable. Not only that: it is by far the most practical, simple, natural and safe acne solution available today.

The Theory

There are three main factors that create the environment in which acne can exist:

1. **Hormone Irregularities**
2. **Toxic Buildup**
3. **Genetic Tendencies**

The following equation best describes the possible combination of the above factors leading to acne formation. Do not panic, no one despises math like I do. You might as well treat this equation as a simple logic illustration if it helps.

(Hormone Irregularities Combined With Toxic Buildup) x (Genetic Tendencies) = Acne

I will later explain in detail about each of these factors and what can be done about them, but in the meanwhile let me say a few words about the acne equation in general.

The acne equation illustrates all the possible factor combinations that lead to the formation of acne. In order for you to have acne, the following conditions must exist: You must have **a combination of hormone irregularities and toxic buildup in your system**. However, these factors are not enough. In order to have acne, you must also be **prone to certain genetic tendencies** (more on that later). Only that combination can lead to acne.

Before we continue, let's explain all the factors in detail.

Hormonal Irregularities

Hormonal irregularities are a major factor in the formation of acne. Hormones stimulate your oil glands to produce sebum to moisturize your skin naturally.

Androgens are hormones the body produces when we are in puberty; they are known to stimulate the production of more oil. That is also why acne in pregnancy is so common. In the first three months of pregnancy the levels of progesterone are increasing and also causing more oil to be produced by the

oil glands, resulting in acne. It is also common that after the first three months of pregnancy, acne usually vanishes.

Excessive hormone production or excessive amounts of used hormones that are not eliminated properly cause the over-stimulation of your oil glands, which means that your skin will become more oily. But that is not enough to cause acne. In order for acne to appear, the acne bacteria (passive in every person) have to be fed with blood toxins to develop into acne.

However, this scenario is not true for every individual simply because there is a third factor involved in the formation of acne, which I have referred to as genetic tendencies (more on that later).

Pro-inflammatory, Anti-Inflammatory Hormones, Prostaglandins and Acne

Acne, from the external point of view, is an inflammatory condition triggered by the production of excessive amounts of sebum by the oil glands.

Researchers have found that the presence of certain Androgen hormones such as Dihydro Testosterone (DHT) and Insulin make the oil glands go into overdrive causing the excess sebum to block the pores. Insulin was also found to advocate inflammation in the cellular levels.

Fortunately, in the same way that there are pro-inflammatory hormones (Prostaglandin E2), there are also quite a few anti-inflammatory hormones (Prostaglandin E1 and Prostaglandin E3), that help your body fight the process of inflammation in the cellular level.

Therefore, by reducing pro-inflammatory hormones and taking large amounts of anti-inflammatory hormones, you will significantly neutralize the inflammation factor that triggers acne formation.

Prostaglandin E1, Prostaglandin E2 and Prostaglandin E3

Prostaglandins are biochemicals that communicate with hormones and cells and trigger cells into action. Prostaglandins work inside the cells and help regulate the function of cells and organs through the communication of cells and hormones.

Among their many functions Prostaglandins activate inflammatory responses in the body, help clotting, aid reproduction processes, increase mucus production to protect inflammation and increase blood flow in the kidneys.

With regards to acne, Prostaglandins make sure your androgen hormones are in balance as they regulate your hormones so that just the right amount of sebum will be produced by your skin oil glands and thus prevent excess amounts of sebum production that leads to acne.

In order for hormones to be regulated properly and regain balance, your body needs to produce sufficient amount of Prostaglandins. The only way your body will be able to produce the required amount is if you provide your body with certain important nutrients, such as essential fatty acids. You also need to provide your body with these nutrients from quality sources and in a correct ratio, otherwise the production of Prostaglandins will not be executed properly.

Additionally you have to provide your body with extra supplements that will help the absorption of these Prostaglandins. By doing so your body will produce the right amount of Prostaglandins that will help regulate your hormones, making your hormones work in precise balance, not only preventing the formation of acne but also preventing other health conditions associated with hormonal regulation problems such as hair loss, excess body fat and PMS symptoms.

Prostaglandin E1 is a powerful anti-inflammatory hormone that has the ability to enhance immunity, reduce clotting, lower cholesterol and elevate mood. It can also significantly inhibit the production of a pro-inflammatory hormone called Prostaglandin E2, a hormone that depresses immunity and promotes inflammatory reaction.

Therefore, taking specific supplements (see the supplementation section in the NSC plan) along with making dietary changes that promote the production of Prostaglandin E1 while inhibiting the production of Prostaglandin E2, can have an enormously positive impact on your acne condition.

GLA (Gamma-Linolenic Acid - found in Borage or Evening Primrose oil).

GLA for example, is one of the most effective supplements that help the body produce the vital Prostaglandin E1. Taken along with certain other supplements such as Lecithin, Antioxidants, Zinc and Vitamin B complex it will

help protect the oils from oxidizing and also help GLA convert into DGLA and then into the Prostaglandin E1.

Prostaglandin E3 or Omega 3 is another anti-inflammatory hormone that depresses the pro-inflammatory hormone Prostaglandin E2.

There are also certain foods such as wheat and milk that inhibit the production of Prostaglandin E1 in your body and even promote the creation of the pro-inflammatory hormone Prostaglandin E2.

Conclusion

Reducing pro-inflammatory hormones and creating anti-inflammatory hormones can be achieved by: **making dietary changes** (thus minimizing the production of pro-inflammatory hormones from food and creating the ideal environment for the body to produce anti-inflammatory hormones- see the NSC plan), **taking anti-inflammatory supplements** (or supplements that help the body produce anti-inflammatory hormones- see the supplementation section in the NSC plan) and by **killing candida** (that promotes the production of pro-inflammatory hormones).

This will help create an internally anti-inflammatory environment that is proven to dramatically reduce acne formation.

Toxic Buildup

Toxic buildup is another major factor in the acne equation and, just like the hormone irregularities factor, they alone cannot create acne. It is only the combination of the two that ultimately "opens the door" for acne formation. However, as stated earlier, the combination of both hormone irregularities and toxic buildup can lead to the formation of acne only if a certain genetic factor is involved (more on that in a minute; be patient).

Toxic buildup in your blood, bowels and liver can occur if your primary organs of elimination (intestines, liver and kidneys) cannot deal with the extreme quantities of toxic waste, either because they are clogged or are overloaded

with toxins themselves. Thus, they are unable to properly filter and eliminate the toxins via the conventional primary routes of elimination—your bowels and kidneys. When this happens, toxins are expelled via your lungs and skin.

Causes For Hormonal Imbalances And Toxic Buildup

1. Congested Liver, Clogged And Sluggish Bowels

Hormone irregularities can occur if your liver is congested with either too many toxins or stones that disrupt it (and the gallbladder) from either deactivating used hormones or expelling them via your bowels or both.

Hormone irregularities can also occur when your bowels and kidneys fail to eliminate deactivated hormones, causing these hormones to be reabsorbed into the blood and becoming active again. This can happen for various reasons, one of which can be that your bowels are also congested with toxins. Your bowels could be clogged, filled with mucus that stimulates the growth of parasites and candida.

Your liver is the main blood filtration organ that neutralizes and eliminates toxins from the body. When your liver is overloaded with toxins and stones, dangerous toxins from bad food, cell waste, parasites, candida and so on, are not being expelled properly, they are reabsorbed into your blood. These toxins can also be reabsorbed if your bowels are clogged or sluggish and cannot handle the blood toxicity overload.

2. Nutrition Deficiencies And Dietary Factors

Nutritional deficiencies or “deficiency of force” is the major cause of most diseases and dysfunctions. If your body does not have enough energy or building materials to properly eliminate toxins and keep your system balanced, a disease occurs.

This disease is simply your weak body’s reaction to the high levels of toxins that are threatening it. Your body is just trying to cure itself, and it manifests in a symptom of a disease such as acne.

Again, why is the body lacking energy? Because we feed it with poison instead of real food loaded with nutrients and energy.

The natural approach is based on the belief that there are many types of food that can cause acne to appear. Foods with high levels of toxins as well as acid-forming foods, refined carbohydrates, dairy products and hydrogenated fats are direct causes for a dysfunctional digestive system (clogging and toxic accumulation). A dysfunctional digestive system usually fails to evacuate toxic waste, resulting in the elimination of waste via the skin pores.

A study that investigated the connection between diet and acne supported these claims when it showed that non-Western populations (Kitavan Islanders in Papua New Guinea and hunter-gatherers in Paraguay) had low blood insulin levels and hardly any cases of acne and other typical Western maladies (obesity and diabetes) compared to Western populations, who had high blood insulin levels and suffered from all these illnesses including acne.

The difference between the populations was rooted in the eating habits of each population. While Western populations were consuming refined and simple carbohydrates including all sorts of toxic foods, processed and dairy products (potato chips, chocolate and other snack foods), the hunters were maintaining a diet consisting of fruits, vegetables, roots, nuts and fish.

The high insulin levels in the blood were in fact the direct result of the Western diet producing excessive amounts of insulin, which stimulated the overproduction of sebum in the skin—the same sebum that encourages the growth of bacteria that cause the formation of acne.

Fluctuations in blood sugar level (due to consumption of foods with high glycemic load—GL), cause insulin levels to become elevated, thus lowering IGFBP-3, a beneficial hormone that promotes normal skin cell death (apoptosis) which prevents the pore from getting blocked.

When insulin is elevated, it also increases IGF-1, a hormone that stimulates excessive skin cell growth. Elevated IGF-1 prevents IGFBP-3 from doing its job.

Another cause of hormonal irregularity can simply be that your body has a certain deficiency in prostaglandins, which are hormone stabilizers that the body produces using a balanced supply of essential fatty acids. Without this balance you will likely suffer from a chronic hormone imbalance that leads to acne.

3. Food Allergy

An allergic reaction to food happens when your body identifies a certain food as an invader in your system. Your immune system is then sent to attack the invader and neutralize it for the purpose of eventually having it removed from your body, thus causing the allergy symptoms. The body's reaction process results in extra toxins that have to be filtered and expelled via your liver, intestines and kidneys, thus putting extra stress on these organs of elimination. This results in the expulsion of these toxins via the secondary channels—your lungs and skin.

4. Candida Albicans

Candida is a microorganism (a vicious yeast) that dwells inside the digestive system and can transform from yeast to a fungus as it seeks the opportunity to propagate. When candida starts to flourish it can negatively affect the colon, bladder, liver and vagina.

The most destructive aspect of candida growth results mainly from its waste product (mycotoxins) that can affect the brain, the immune system, joints, muscles, tissues and especially damaging the functionality of the liver.

The following are the common symptoms associated with severe candida overgrowth:

- Recurrent vaginal infections
- Recurrent urinary infections
- Cramps, menstrual problems, PMS
- Anxiety attacks, paranoia
- Feeling dreamy, forgetful
- Heart palpitations
- Fatigue, a drained feeling
- Depression
- Muscle aches or weakness
- Stiffness in joints
- Headaches and backaches
- Abdominal discomfort
- Food cravings, frequent eating

- Constipation or diarrhea
- Bloating, belching, gas
- Irritable bowel, pre-ulcer
- Tightness in the chest
- Hypothyroidism (low thyroid)
- Immune problems, frequent colds
- Prostate problems
- Nausea or shaking when hungry
- Irritability
- Drowsiness
- Dizziness
- Insomnia, sleep disturbances
- Watery eyes
- Dry skin, psoriasis or rashes
- Nasal congestion or drip
- Urinary frequency
- Burning on urination
- Cracks at corners of the mouth
- Indigestion or heartburn
- Sensitivity to milk or wheat
- Rectal itching
- Vaginal itching
- Mouth rashes, dry mouth
- Bad breath, even after brushing

If you recognize four or more of these symptoms it may indicate that you have severe candida overgrowth.

Candida albicans, stimulated by antibiotics and refined carbohydrates (such as sugar and white flour), can grow to a plant-like form, break through the intestinal walls and help the yeast drive through the bloodstream and feed toxins into it.

Candida thrives when the blood pH becomes acid. This usually happens when we consume less alkaline foods and more acid foods. (for more info on blood pH, see the NSC plan). When the blood pH becomes more acid, candida overgrows (as it adapts to the new acid environment) secreting more mycotoxins that put a burden on your liver and intestines as well as other organs of elimination.

Needless to say, damaging the liver can have a negative impact on your acne. In fact, most acne sufferers in my opinion have an overgrown candida in their system that once eliminated will result in a remarkable improvement on their skin and health condition in general. Controlling candida has proven to be a great influence in significantly reducing acne breakouts.

Simple Home Test To Discover The Severity Of Your Candida

Since conventional medical tests for yeast infection are not always accurate, the best advice is to combine a solid medical diagnosis with a reliable self-diagnosis. The following is a simple and easy-to-use home test for candida:

First thing in the morning and on an empty stomach (no food or liquids allowed), find a clear glass and fill it with mineral or reverse osmosis water. Next, work out a generous amount of saliva and spit into the glass.

Leave the glass of water aside for a period of up to an hour. If you have a mild case of candida yeast infection, you will see strings in the form of legs that travel down into the water.

If you have an advanced case of candida yeast infection, you will see your saliva sink to the bottom of the glass.

Bear in mind that most people fail the test. (I failed it when I first applied this self-diagnosis test.) Only in rare cases, or after you have eliminated your candida, will the saliva remain floating on the water.

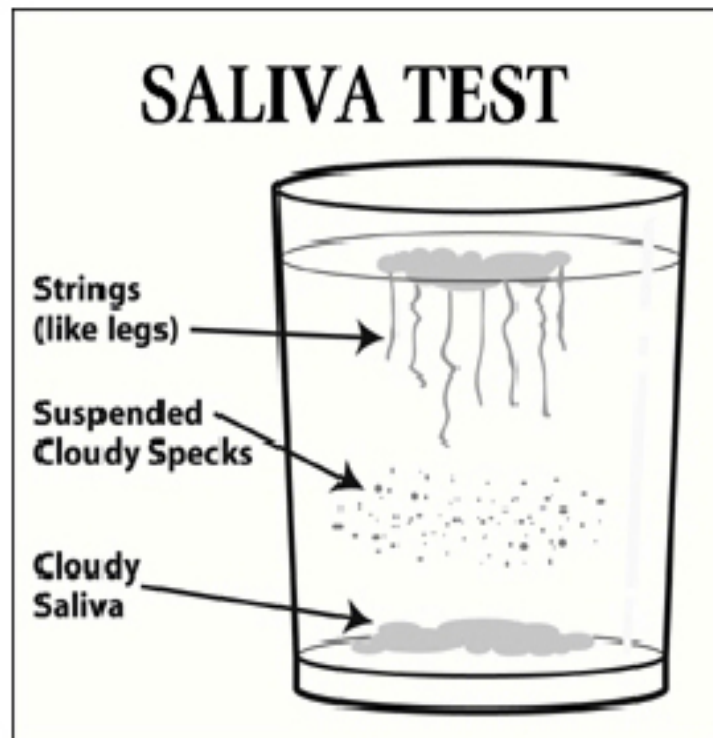


Figure 1: The Saliva Test - Checking The Severity of Candida Infection.

5. Stress

Although many conventional doctors claim that there is no direct connection between the state of stress or anxiety and acne breakouts, it has been tested and proven that stress causes the production of hormones (such as cortisol) and the weakening of the immune system that indirectly cause acne to aggravate.

Furthermore, when you are in a state of stress, your body depletes various essential vitamins and minerals such as vitamin C, potassium, vitamin B and magnesium that are essential for hormonal balance.

People inflicted with acne already suffer from abnormalities in hormone regulations, so stress can only aggravate it. Moreover, in a state of anxiety the digestive system seems to work more slowly due to lack of blood. A state of insufficient blood in the stomach is the result of the body trying to survive by rushing blood from "less" important organs to more survival-dependent organs like your muscles.

Stress can also put a burden on your liver, the same as other negative feelings can, such as hate, envy and jealousy. This weakens the liver, decreasing its ability to regulate your hormones that have gone out of balance, and it also kills the friendly bacteria in your intestines and makes your blood more acid. The weakened liver and immune system cannot handle the over-acidity.

Thus the ideal acne conditions are being built.

6. Sleep Disorders

The natural way regards insufficient sleep as one of the secondary causes for acne breakouts. When we do not get much sleep, there is an increase in hormone levels, which can indirectly lead to acne breakouts. Sleep is a mini-detoxification period needed for the liver to eliminate toxins from your blood that otherwise would be reabsorbed into your system to be expelled later through your skin.

Genetic Tendencies

The last factor in the acne equation is genetic tendencies. This is by far the most important factor leading to the formation of acne. Unfortunately **most** genetic factors cannot be controlled or deactivated.

Genetic tendencies are merely individual tendencies of the body to act or react in a certain way that is not common to everyone. Genetic tendencies are the missing link that explains the difference between people who have acne and those who do not.

Some researchers have claimed that people who have acne suffer from either weak and sluggish digestion systems or from having weak liver functions. This is one explanation as to why two people can eat the same food (leading to over-blood toxicity) and be the same age (such as puberty when there are elevated androgen levels) and yet one suffers from acne and the other does not. However, medical studies trying to establish the cause of acne have shown that acne sufferers and non-sufferers, have **no difference in liver function**. Some acne sufferers can have a weak liver capacity, but so do people who have never suffered from acne in their lives.

The only genetic difference between acne sufferers and non-sufferers is that acne sufferers seem to have oil glands that are sensitive to even the slightest elevation in androgen levels.

This over-sensitivity of the oil gland receptors is the third most important yet uncontrollable factor in the acne equation. Note that there could be other genetic factors that differentiate acne sufferers from non-sufferers such as the size of the oil gland, the skin type and other, unknown hereditary factors. At present, the most prominent genetic component in the formation of acne seems to be the over sensitivity of oil gland receptors.

The Acne Equation—Summary

Only the combination of the three above factors can lead to the formation of acne. If you have acne, then most certainly you have sensitive oil gland receptors, and unfortunately you cannot change that.

However there are two other main factors involved in the formation of acne—hormone irregularities and toxic buildup. So logically, "deactivating" these two factors by taking the necessary means (more on that later), you practically ensure the elimination of acne symptoms.

On the other hand, by compromising the other factors, you practically open the way for the formation of acne. It is as simple as that. It goes even further; the more you compromise the controllable factors, the more you aggravate your acne. And the more you operate to deactivate these factors, the less you will suffer from the symptoms of acne.

If you follow the Acne No More™ System, fortify your body with energy (force), purify your system from toxins, balance your hormones and strengthen the organs of elimination, then no matter how genetically acne-prone your system may be, you will never experience any symptoms of acne.

Chapter 3—The Acne No More™ System

Introduction

My Acne No More™ System is a proven system that has been developed, polished and perfected over 4 years of intensive research through my own personal voyage and speaking with countless acne sufferers, naturopaths, nutritionists, herbalists and homeopaths.

The Acne No More™ System is a very thorough acne elimination plan aimed at deactivating the root factors that create the environment in which acne can thrive. This plan addresses the controllable root factors (hormone irregularities and toxic buildup) that lead to acne, using a certain combination of protocols required to deactivate them.

Bear in mind that applying a single step of this plan will not guarantee a successful elimination of the acne symptoms.

The cleansing, rejuvenating and building of the liver functions as well as cleansing and regenerating the bowel and digestive system are the building stones of the Acne No More™ System.

The liver, our most important and primary detoxifying organ is also responsible for regulating hormonal activity, can be rejuvenated and strengthened only if the digestive system is not compromised. In order to properly build liver function, we must ensure the bowels are cleansed, have optimal transient time and are free from mucus and bad bacteria. If the digestive system is sluggish, toxins will not be expelled properly, placing stress on the liver and weakening it.

That is why only a dedicated efforts towards combining all of the essential acne-clear steps will ensure the complete eradication of these acne-causing factors, resulting in the elimination of acne.

The Five Pillars Of The Acne No More™ System

Pillar 1

Cleansing And Flushing—Cleansing And Rebuilding The Organs Of Elimination

Fasting is an intensive detoxification process that relieves the body of stored toxics and allows it to strengthen, heal and fortify itself. The main purposes of the cleansing and flushing program are to cleanse, rebuild and regenerate the main organs of elimination and lay the foundation for eradicating candida.

By conducting a series of juice fasts, accumulated toxins will be expelled from your body, eliminating acne inflammation, revitalizing your oil glands and normalizing hormone production while supporting your body with a variety of nutrients that supply energy and vitality.

Juice fasting combined with various methods of colon cleansing (including the introduction of toxin-absorbing materials) will ensure your bowels are free of mucus, accumulated toxins and bad bacteria and also help regenerate the bowel lining.

This will clear the way for re-establishing friendly bacteria, regenerating the digestive system, ensuring toxins are properly expelled through the revitalized and cleansed organs of elimination, and nutrition absorption is restored to normal (also responsible for hormonal balance).

Various herb teas taken during juice fasting, along with certain manipulation techniques and exercises, will help your organs of elimination detoxify themselves.

Fasting restricted only to water, or in our case low-sugar vegetable juices, combined with the re-establishment of friendly bacteria (with the aid of colon irrigation methods) will be the first step for eradicating candida—the same candida that pollutes your blood and stresses your liver.

The liver flush plan that comes after an apple juice fast and a parasite eradication plan will rejuvenate, cleanse and purge the liver and gallbladder from stones and other debris and toxic residue, resulting in a dramatic

improvement of liver function and a remarkable improvement of your skin condition.

Pillar 2

Nutrition, Supplementation And Candida Eradication Plan (NSC Plan)—Supplying The Body With “Force”, Maintaining A Balanced Clean System And Final Elimination Of Candida

Your skin will respond favorably when you support your body's detoxification organs with the proper nutrition and supplementation plan. Adhering to the optimized NSC plan while following the eating for optimal digestion rules is another action step you must incorporate into your daily routine.

The NSC plan alone will not eliminate your acne. It is, however, an important part that needs to be combined with the fasting sessions in order to eliminate the condition that leads to the formation of acne.

The main purpose of the NSC plan is to ensure your system will stay toxin-free while maintaining a proper function of the organs of elimination.

Furthermore, by including the intake of essential supplements (vitamins, minerals and herbs), the dietary routine will give your body the “force” (energy) it needs to properly get rid of toxins and help the skin heal itself, maintain hormonal balance and re-establish the friendly bacteria. These supplements should be combined with anti-fungal agents which are herbal supplements that will help your body in its final battle against candida.

The NSC plan will ensure you are not consuming the wrong foods that can poison your blood and disrupt your hormonal balance while depriving the body of the energy it needs. The NSC plan encourages the consumption of cleansing, hormone-balancing and preferably raw, alkaline-forming foods that help keep the blood clean, maintain the proper blood pH, aid digestion, enhance nutrition absorption and help the body discharge waste while preventing the accumulation of destructive poisons.

As part of the NSC plan you will also perform a food elimination diet and food allergy tests. The purpose of the elimination diet is to expand your menu with foods that are not known as extreme aggravators while the allergy tests will eliminate foods that trigger allergies.

The allergy test is highly important simply because some foods that you may be allergic to may lead to acne **regardless** of how devoted you are to the Acne No More™ System. All your efforts will be in vain unless you eliminate these foods from your diet.

Pillar 3

Detoxification Diet Plan—Gradual Toxic Discharge Prior To Juicing

In a detox diet we simply eliminate foods that are known to be toxic or acne-aggravating and consume mostly cleansing foods.

The purpose of a detox diet is practically the same as in juice cleansing, only the process will be much slower. The detox diet helps the body discharge toxic waste accumulated in the tissues, vital organs and cells by expelling them through the skin, intestines, liver, lungs, kidneys and lymphatic system.

A detoxification program will generally be conducted prior to the juice cleansing plan since it provides a more natural entry into the fast, making the juice fast cleansing process less overwhelming. Two days prior to a juice-water fasting session, I usually prefer a more intense "no-protein" detoxification diet limited to raw fruits and vegetables.

For moderate to severe cases of acne, I recommend alternating between the **Two Day Detox Diet** and the **7 day Detoxification Program According to the Ayurveda**.

Pillar 4

Stress Control And Sleep Optimization Plan—Preventing Hormonal Imbalance And Toxic Buildup

Similar to diet and fasting, reducing stress alone will not make your acne go away. The stress reduction plan should also be incorporated into your daily routine and should be combined with the fasting sessions and optimized dietary guidelines.

The stress reduction plan aims at controlling stress using various relaxation techniques such as exercise, meditating, breathing, laughing, photography and mind control exercises. The purpose of these exercises is to lower hormonal levels and to eliminate other stress-related symptoms such as blood intoxication and a weakened immune system that play a major role in the formation of acne.

The sleep optimization plan, using proven techniques, will ensure that you will enjoy a sufficient amount of sleep each night, thus preventing hormonal irregularities proven to be caused by sleep deprivation.

Pillar 5

Natural Skin Care Plan—Dealing With External Acne Factors And Nourishing The Skin

Acne breakouts can also be triggered by secondary factors such as improper or lack of external skin care, which should not be underestimated.

There are two main external factors that may lead to the formation of acne or the aggravation of it.

1. Clogged Skin Pores And Dehydrated Skin

Due to the use of harsh acne products like Benzoyl Peroxide, the use of inadequate moisturizers and mineral oils, taking too many hot showers, an excessive intake of table salt or using scrubs excessively, a dehydration process of the skin can occur where the natural renewal of skin cells (exfoliation) slows down, leading to blocked pores. Aggressive cleansing of facial skin can also trigger the body to produce more sebum to make up for the loss. Most cosmetic products are loaded with chemical toxins being absorbed into your blood through your skin.

2. Squeezing And Picking The Skin

Squeezing and picking the skin to remove blackheads or whiteheads, when done unprofessionally and without proper hygiene, can cause infection to spread deeper into the skin and may eventually turn into large cysts.

The external skin care plan will provide healthy guidelines, tips and daily techniques essential for keeping your skin clean from bacteria, removing dead cells and accelerating the healing process. In addition, it will provide proper methods on how to eliminate blackheads and nourish the skin naturally and safely. The external care plan will help the skin become more vibrant, even toned and pH-balanced without the risk of damaging it by using improper techniques or unnatural cosmetic products that can worsen, rather than improve, your skin's condition.

The external skin care plan will provide valuable information on the most effective natural skin care ingredients and products tested to be safe, antibacterial and antiseptic. Among these products you will find highly effective natural cleansers, exfoliators and toxin attractors, all beneficial to acne-prone skin.

The Acne No More™ System—Putting it All Together

The only surefire way to get rid of your acne is by completely dedicating yourself to the Acne No More™ System—the ideal combination guaranteed to deactivate the controllable factors that lead to acne.

Each program alone will not do it, and will not guarantee lasting acne-clear skin. The programs are designed to work in perfect harmony with each other leading to an acne-free environment.

While the **cleansing program** will aggressively cleanse and regenerate your elimination organs and start the eradication process of candida, **flushing** will rebuild your liver and gallbladder functions, which can only be done after your bowels are balanced and cleansed.

The **NSC plan** will further help in the eradication of Candida as it maintains a balanced and relatively toxic-free system.

The **stress control, sleep optimization and skin care programs** are aimed at preventing toxic buildup and hormonal irregularities that encourage acne formation while keeping your system balanced and your skin nourished and healthy.

The Acne No More™ System is a powerful and rewarding yet very practical program that requires devotion and discipline. Cheating here and there and cutting a few corners are acceptable and will not have much effect on the final outcome.

However, you must keep in mind that too much "creativity" on your part may simply yield poor results, so try to stay as **focused as possible on the plan**. After all, it is the labor of many hours of intensive research aimed at eliminating acne at the root in the most complete and effective way.

Keep in mind that you can e-mail me at anytime if you are facing any trouble or in need of any kind of emotional or educational support. I would love to hear from you.

I am positive that this program can be very effective to anyone with mild to moderate and even highly severe cases of acne.

This program has been proven to work and show substantial results within approximately 7-8 weeks.

Regardless of any doubts you may have or how simple it may seem, as long as you stay loyal to the principles of the Acne No More™ System and follow it closely, I promise you it will have a dramatic impact on your skin condition, it will totally prevent any new breakouts, blackheads and scarring, and have an immense positive effect on your overall health, appearance and the way you feel.

Some of my readers have found the program to be a little demanding, and it is only natural that they feel that way when we are surrounded with endless online and offline slogans promising a quick fix in 3 days with “let’s-take-your-money-and-run” acne cures. However demanding this program may be, I know one thing for sure—**it works**, and most importantly, it is simple and practical.

You may not believe it now, but it really does get easier as time passes by and even becomes enjoyable.

I urge you to give this program a chance. I promise that you will never regret it.

Introduction To The Acne No More™ Quick Results Mini-Program

The Acne No More™ System is aimed at individuals who suffer from mild to very severe forms of acne. As you already know, the main purpose of the program is to eliminate the root factors that lead to acne rather than put patches on the symptoms.

As such, the Acne No More™ System takes time, patience and persistence to complete. After years of compromise (eating the wrong foods, depriving the body of its nutritional requirements, conducting the wrong lifestyle, taking harsh and harmful medications, etc.), it is only logical that it will take time for the skin to heal itself and for the body to cleanse, rebuild its organs of elimination and get into natural balance again (an environment where acne cannot exist).

Having said that, I constantly get e-mails either from individuals with light acne or people with relatively stressful and demanding schedules (such as work-at-home moms, dot-com people, brokers, etc.) asking for a lighter, more convenient program that would better fit their busy lives.

So if you are extremely busy and cannot afford to follow all the clear skin protocols mentioned in the Acne No More™ program or if you have very light acne (no cysts, bumps or extreme inflammation and your acne covers only small areas of your face), here is a “Quick Results Mini-Program” I have created especially to suit your needs.

It is relatively short, extremely practical and easy, and if followed correctly can yield significant results on your acne condition.

Note: Although this plan is based on the same principles of the full Acne No More™ System, in most cases it won't fix the root cause of acne, and it won't clear your acne permanently. However, it will give you short-term and immediate results that you will be proud of and will hopefully give you a desire to go for the full Acne No More™ System when you have more time in the future.

End of Free Chapters...
Obtain the Complete Version NOW



in English:

em Português:

