

*Your Ultimate Guide
To Winning Your
War On Acne*



End Acne FOREVER



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CONTENTS

INTRODUCTION

ONE: HOMEMADE ACNE MASKS

TWO: VITAMIN TREATMENTS FOR ACNE

THREE: THE TOP FIVE SUPER FOODS

FOUR: GARLIC FOR ACNE

ALLICIN - WHAT IS IT GOOD FOR?

SIX: TEA TREE OIL AND GINSENG

THE WESTERN WORLD

SEVEN: SOME HOME REMEDIES

ACNE AND SELF CONFIDENCE

EIGHT: THE MIND, SKIN CONNECTION

NINE: ESSENTIAL OILS

TEN: TEENAGERS AND ACNE

CONCLUSION

INTRODUCTION

Acne is actually the most common skin disorder with over 10% of people aged 25-44 suffering and 85% of people aged 12-15 getting acne. It affects literally millions of people each year but in most cases is worse in teenagers, pregnant women and menopausal women. Acne is a disease that is called seborrhea or dermatitis. It happens when the sebaceous glands under the skin get clogged with dirt, dead skin, sebum oil, acid waste, bacteria and toxins. Acne can erupt on the face, chest, neck, shoulders, upper arms, back and scalp. It is a result of many issues that are going on in our bodies. Acne happens when the body's immune system weakens, so it is important to get the right amounts of B complex, Vitamin E, Vitamin A and minerals. I'll show you some sources for those later. Many teenagers are affected with acne. I remember that as a teenager, I had my share of acne outbreaks and it made me feel horrible.

The problem is that having acne especially when you are younger can really make you feel self-conscious. I think girls are probably more self conscious then boys. I certainly remember spending hours in front of the bathroom mirror and examining, washing and cleaning my face. Of course we all have had those times when we have broken and squeezed our pimples to try and get rid of them. The problem is that is not the right thing to do, because it can lead to permanent scarring and marks.

Acne is actually quite complex and could point to problems in your body like a toxic colon, poor digestion, a weak liver and blood toxins. Most acne treatments involve lowering the body's hormones, attacking the bacteria or unclogging the pores. Many people think that the only way to get rid of acne is to go the medical way with creams, pills and potions. However, in this book we will attempt to inform you about secret tips to treat your acne that your medical doctor hasn't necessarily told you. Learn how to treat your acne in a less traditional and more natural way.

ONE: Homemade Acne Masks

Tip: You can make your own acne masks for your face, right at home using things you have in your cupboards and fridge.

Salt Mask

This is one of the easiest acne masks you can make at home. All you need is sea salt or cooking salt and some water. Simply put the salt in water for 20 minutes and then apply the mask to the acne spots and leave it on for 10-30 minutes. The salt will clean the skin and dry out the acne and works on scars too. Another way to get the benefits of salt on your skin is simply to take a swim in the ocean.

Baking Soda



Another easy acne mask to make is one made of baking soda. In fact, it can work miracles on acne. All you need is baking soda and water. You have to clean your face first and then mix the water and baking soda to make a paste and apply to the acne spots. Leave the mixture on for a while to dry while you do some other chores and rinse it off. The results here can vary with some people seeing great results and others not seeing any results. It depends on your skin type. However, if you do see results then continue with it for several weeks.

Yogurt Mask

This mask contains yogurt and honey. It is very easy to make. Take one teaspoon of honey and heat it up so it becomes soft. Then mix the honey with one tablespoon of natural yogurt with medium fat content. Mix the ingredients at room temperature and then apply it to your acne spots. Leave it on for 20-30 minutes and then wash it off with a cloth. If this works then use it several times a week.

Oatmeal and Onion Mask



This mask is a little more complicated but it seems to be very one that works. However, the smell of the onion could turn you off. Just remember that you will get results. Simply peel one medium sized onion and shred it until you get a puree. Cook a ½ cup of plain Oatmeal and then set it aside to cool and add the puree. Then when it is cool apply it to your face and leave it on for 5-15 minutes. If the mask is not thick enough to stay on your face then add honey. Then slowly rinse it off. If you don't use the whole mixture store it in the fridge. It is good for 5-7 days.

Egg White Mask



With this mask you remove the yolk from the egg whites. Then you simply use the egg whites and whip them until you have a dense paste. If you have oily skin you should add some lemon juice and mix it with a paste to get a better effect. Clean your face and apply the mask. Leave it on for 15-20 minutes and then wash it off with warm water and a cloth. You will see that your skin is tighter and the red spots are clear. I have tried this mask myself and it does work!

TWO: Vitamin Treatments for Acne

Tip: You must maintain a good diet and have the proper nutrition to have clear skin. It is very important to get the proper vitamins, minerals and nutrients.

It is estimated that 39.5 percent of Americans eat less than the recommended three to five servings of fruit and vegetables a day. These vitamin and mineral deficiencies can affect the bodies' ability to function. You can take these vitamin and minerals in pill form when your food consumption is lacking. Just remember that multivitamins should not be taken as a substitute for healthy foods. If you take too many vitamins and minerals it could be toxic and dangerous. Here are the recommended vitamins and minerals:



Vitamin E and C – These are some of the greatest vitamins for skin health and it can fight acne. You can take capsules that come in a gel coating. You can also apply the liquid in the capsules directly to your skin. The American Academy of Dermatology recommends daily oral dosages of the vitamins C and E to protect your body and for their antioxidant properties that are important to your skin. Vitamin C is the most important adult acne fighting vitamin. The vitamin E acts as an antioxidant.

Vitamin B- If you have inflamed skin you probably have a B6 deficiency. Alcoholics and aging adults are the highest risk for B6 deficiencies because of their poor dietary lives.

Vitamin A- These are the retinoid used to treat acne and other skin disorders. You can get them both topically and orally. This vitamin stimulates growth and is vital to the health of your skin and eyes. Some good foods containing vitamin A are citrus fruits, carrots, tomatoes, yellow squash and pumpkin. It can be applied topically with creams to promote cell growth.

If you take vitamins E and A you should also take a zinc supplement. It will help the absorption of the Vitamin A and keep the Vitamin blood levels stable. If you put zinc ointment on an acne lesion it can reduce the appearance overnight.

Zinc- the National Library of Science and the Department of Dermatology at SUNY Downstate Medical Center in New York have recognized zinc as a treatment for acne. However, there needs to be additional studies to clearly understand the benefits. Zinc has proven to be important to

skin health and protect against UV and improves wound healing. It contributes to immune and neuropsychiatric function and decreases the risk of cancer and cardiovascular diseases.

Omega 3 Fatty Acids- These come from fish oils, chromium, zinc and selenium. They can have both anti-acne and mood regulating properties.

Any deficiency in a vitamin can cause an acne breakout. You should always take a vitamin supplement with any acne vitamins and take them with meals. Remember, to eat some healthy (unsaturated) fats and a glass of water to help the body to absorb them properly.

You should also be aware that Selenium and Magnesium are trace elements the body needs to fight acne. The effects of these two minerals are not wholly understood yet but it seems that selenium improves the skins elasticity. That can really help when you are constantly drying your skin with acne treatments. It can also help to boost the effect of the Vitamins E and A which you should also be ingesting. Taking magnesium can help to balance out the hormones which in turn reduce the impact of hormonal cycles on acne.

THREE: The Top Five Super Foods

Tip: There are a few super foods that you should be aware to stay acne free. Top nutrients, oils, raw foods, seeds, zinc and water are all important to maintain clear skin.

When it comes to keeping your skin healthy nutrition beats out cosmetics every time. If you want radiant, glowing and youthful skin you have to concentrate on what you put in your body. Covering your skin in makeup will not fix the issue. However, which super foods are the best for getting that healthy skin?

1. Astaxanthin

Astaxanthin is a deep red microalgae that is a fat soluble antioxidant. That meant it can be delivered to the fat molecules of your body and that includes the skin which is made of fat and water. This is one of the top nutrients of all time and protects the skin from sunburns. It can also protect the brain from Alzheimer's and your eyes from UV light damage. It protects the whole nervous system from oxidative damage. The best way to take it is with a source of healthy fats so that it can bind to the fat and travel through the body to protect the organs and cells from free radicals. It is probably the strongest fat soluble antioxidant in the world!

2. Ocean Derived Omega 3- Oils

These oils are legendary for their ability to support the body during inflammations and are safer, natural and more affordable than NSAIDS and anti-inflammatory drugs. The ocean omega 3's are more potent than the plant derived like flaxseed oil or chia seeds. The marine omega 3 oils support healthy skin, boost the nervous system, cardiovascular system, respiratory system and other bodily functions, including moods and brain function.

3. Raw Foods and Fresh Juice

The fact is that raw vegetable juice does wonders for healthy skin. If you want radiant and glowing youthful skin then drink vegetable juices. Live foods support living vibrant skin while dead foods age and kill the skin causing acne, eczema and rashes. If you drink it daily you will see a difference in a month.

4. Shellfish, Pumpkin Seeds and Zinc

Zinc is one of the essential nutrients for skin repair and injuries. If you are deficient your skin will never look good. Zinc gives your cells the ability to construct and hold their physical integrity and speeds skins regeneration from scrapes, scratches and cuts.

5. Clean Water

We all know and have heard how beneficial it is to drink 8 glasses of water a day. The fact is that hydration is very important to skin health. Many people are dehydrated and look older with wrinkled and marked skin. However, you have to drink clean water to get the best results. The cleanest water is natural spring water. You can always get a water filter and bottle your own water to keep in the fridge.

Foods to Avoid

- milk and dairy products (including chocolate!)
- fried foods
- avoid pharmaceuticals
- avoid dead foods that are processed and manufactured

FOUR: Garlic for Acne

Tip: Garlic holds many properties and has been used for centuries as an antibiotic and healing agent. One of which is allicin which can benefit your skin and acne by boosting your immune system.



Most cultures in the world use garlic. However, they are not all aware that it is Nature's potent antibiotic and a lot more than that. The book, "The Heart of Garlic" is the first by a scientist on the benefits and extracts of garlic.

He writes that garlic has many beneficial components. Over the last 10-15 years there has been an enormous amount of research published on the properties and components that are formed when fresh garlic is cut, crushed, chopped and processed.

One of the strongest sulphur containing chemicals is allicin. Now with new technology it is possible to stabilize allicin for commercial use. This has led to the discovery of it on problems like bacteria, viral and fungal infections and micro organisms that have plagued the world for centuries. Garlic's benefits include:

- boosting the immune system
- fighting yeast and fungal overgrowths
- killing parasites and viruses
- reducing cholesterol

Allicin - What is it Good For?

There has been a lot of hype lately in the Alternative communities about the substance Allicin. The list of allicins benefits is extensive. Allicin is the best anti bacterial agent in nature. It is found in garlic which is used for its medicinal properties. It is released when garlic is chopped or crushed.

When you eat garlic the bloodstream starts to carry allicin throughout your body. That is what brings on the strong smell after you eat it no matter how many mints you eat to cover it. The Medical establishment shuns the natural methods and diets to prevent and cure acne.

Instead they like to give patients drugs that regulate, inhibit and kill rather than work on restoring and balancing the body. However, allicin is definitely all natural and found in the garlic which when eaten gets into your body and sweat, The sweat then carries the Allicin which means it is antibacterial! So when you sweat the garlic helps to treat your acne all day long.

Allicin will help to kill the bacteria that cause the acne to get red and inflamed and it is better for young teen's bodies then prescription and over the counter ointments that have strong chemicals. Here is a recipe you may want to try if you can't get up the courage to chew on raw garlic:

-Simply chop 2-3 garlic cloves and add them to a bottle of water. Lemon juice may help to lessen the taste. Then just drink from the bottle all day long and your acne will disappear!

SIX: Tea Tree Oil and Ginseng

Tea Tree Oil contains something called terpinen-4-ol that is thought to be an antimicrobial. It can kill bacteria so when you apply it topically to lesion it can kill acne and bacteria that causes acne. The nice thing about it is that it has fewer side effects than benzoyl peroxide which can itch, burn, sting and make your skin dry.

Tea tree oil is a popular remedy for acne but in a trial of 124 people it took longer to work but there were fewer side effects. 79% of people that tried the benzoyl had side effects. It is not recommended to apply undiluted tea tree oil directly to your skin because it could cause skin irritations, redness, blistering, over drying and itching. The recommended amount to apply is 5 percent. There are many new topical acne products that contain tea tree oil. Check your local health food store.

There are some acne conditions that are caused by hormone imbalances. Siberian Ginseng can really help when it is consumed daily. It can help to balance out the body as an adaptogenic herbal treatment. This herb has been used in the past to rebalance hormonal issues that cause acne eruptions. This herb can also help with the immune system which helps to prevent acne. You can find Siberian Ginseng in your local health food store, usually in a pill form.

The Western World

In countries like Kenya, Zambia, Malaysia and Japan there is far less acne than in our Western World. If there is any doubt about the diet and acne connection it was erased by the research paper published in the Archives of Dermatology in 2002 for the Natural Prescription Acne Paleo Diet. This diet consists of no grains, dairy, beans or soy and is high in proteins like fish, vegetables, fruits, nuts and omega fats. Acne could be an allergic reaction to dairy products and the fat content could make the acne worse.

In fact many dairy and animal products contain hormones and steroids that upset the bodies' hormonal balance. Remember that this sounds weird, but your skin is an organ! It excretes waste and acne is one way your body is getting rid of toxins through your skin. The number one cause is the consumption of milk from cows and dairy products like cheese, butter and ice cream.

Processed foods can also cause acne and that includes junk foods, refined foods, processed meats, unsaturated fats, margarine and fake food. In some cases just avoiding junk and processed foods will prevent acne. However, if you have hormonal issues then this will not help in healing your acne.



SEVEN: Some Home Remedies

Tip: Use 1 part Apple Cider Vinegar and 3 parts of water to dab on your pimples. Using the vinegar full strength will work but can irritate and inflame your skin. You can try 2 part of water instead. It will smell awful but start to take effect in a few minutes.

Just by changing your pillowcase frequently can make a big difference to acne sufferers. If you don't change your pillowcase frequently then dirt, bacteria and oils can build up and that is not good for your face. If you have acne you should be changing your pillow case once or twice a week and it will make a real difference over time.

One thing we all do when we have a pimple is to keep touching it! It is impossible not to touch our pimples, but you should limit it. You should be cleaning out your whiteheads before you go out in public. However, once you do that then don't touch them until you have to clean your face again.

Simple and perhaps weird as it might sound, sleeping on your back can cut down on acne breakouts. If you tend to sleep on your stomach then your face is always in the pillow. You should try sleeping on your back or on your side. This way your face is not smashed into the pillow and getting all sweaty.

Acne and Self Confidence

Remember: Having acne can wreak havoc on ones self-confidence and cause them to hide and avoid social situations. However, acne can be treated naturally with willpower and commitment.



The thought of having to deal with serious acne problems can drive a person to develop anxiety and people of all ages are forced to cope with agony of serious acne in their daily lives. Many people feel judged by their peers or those who have authority. This can really deliver a blow to a person's self confidence. After all, no one wants others staring at them, or whispering behind their backs. In some cases the acne could be so bad the person just refuses to look in the mirror.

There are always times in our lives when we want to look perfect. It could be that first big date, job or social situation. I am sure we all remember what high school was like, especially for someone suffering from acne.

Those kids were called, "pizza face", "crater face" and worse. The teen years are especially devastating on ones psyche. These teens could start to show social withdrawal and have no self esteem or confidence to form relationships. Some people may choose to isolate themselves rather than run the risk of shame in social activities like parties, holiday gatherings and more. Then other people don't want to date for fear of intimacy.

People with acne will isolate themselves from family and friends that could offer them support and encouragement. When isolation like this occurs depression usually follows. With prolonged loneliness and low self esteem come other issues like hygiene and routine tasks. Of course that can make the acne worse and in a weird twist make them now too depressed to groom or dress nicely. Just remember that treating and curing your acne will take time, willpower and commitment.

You must remember that if you do suffer from acne you are not alone, and there are many natural ways you can fight it. You can begin with the topical treatments and if they don't work, you may want to try detoxing and colon cleansing. Many people have had permanent results with these methods and not only are they acne free but their liver, kidneys and digestive systems all work optimally.

EIGHT: The Mind, Skin Connection

Tip: Treat the mind as well as the body. Our physical appearance tends to be how people first judge us. Acne sufferers sometimes have psychological issues like stress that go unnoticed. When treated their acne improves.



Many skin problems are rooted to the psyche rather than in the body. Acne is one of those skin problems where one affects the other. The fact is that our physical appearance is one of the ways other tend to judge us and acne can really lower self esteem and even cause depression.

Stress can start the acne or acne can lead to stress and each can build in relation to the other. When we are tense our bodies release stress hormones including cortisol that increases the skins oil

production making the skin break out. Through research science is learning the connection between the mind and body and slowly learning to deal with it and to improve the lives of those that suffer from moderate to severe acne. Studies have shown that at least 30% of all acne suffers have some sort of psychological problem that has gone unnoticed. However, when it is addressed their acne improves.

There is a name for the brain and skin connection. It is called Psycho dermatology. So how can we help the mind and skin connection? People that suffer from acne need to bring down their stress levels through mind and body relaxation and stress reducing techniques. Another technique you can use is visualization. If you imagine sitting in front of a fire you may feel warmer! In this case you can imagine sunlight or cool moisture on your skin to relieve symptoms.

Another way acne suffers can get relief is through regular exercise to keep their stress down especially before any big events. Those with acne can also try meditation, biofeedback, yoga and tai chi to reduce the flow of neuropeptides that lead to skin reactions and acne flare ups. There was a study done in the States that improved the mood, stress and skin in children using massage therapy. It will not be easy at first to control your emotions and stresses. You have to reach inside yourself and know that you have control.

NINE: Essential Oils

Tip: There are essential oils that have been around for centuries that can help acne sufferers. They are soluble so the skin can absorb them quickly. There are some more popular oils that you can try to clear mild to moderate acne.

A natural way to deal with acne is with essential oils. They are great in acne treatments because they are soluble through the lipids in the skin and are easily absorbed. They can dissolve the sebum, kill bacteria and preserve the acid mantle of the skin. You may find that you have to dilute them with V6 Oil Complex or grape seed oil to keep your skin moister. They can be applied to relieve mild and moderate acne. When you are choosing an essential oil for your skin you have to think about your skin type and if the oil needs diluting. Some of the more popular oils to use for acne treatment and some that could help your skin are:

Clary Sage

This contains plant chemicals that are similar to human hormones and act as precursors. The body can convert them to whatever it needs especially if the sufferer has a hormonal imbalance.

Eucalyptus

This oil is well known for its ability to clear up blackheads, blemishes and acne and give the user clearer skin.

Lavender

This is called the “universal oil” because it is good for everything and not harmful. Lavender will sooth and calm the skin and has huge healing properties for blemishes. The good news is that it is not drying.

Lemon

Citrus oils are healing and restore the skin. Just one dab of lemon oil can clear up acne. Just stay out of the sun because it could discolor your skin.

Myrrh

This was used in ancient times to treat almost everything. It is thick and treats blemishes and bacteria. Just be careful where you get it. Some is unsafe to use on your skin because of solvents and chemicals.

Patchouli

This is excellent for treating rashes and scarring and used as a moisturizer and has a great fragrance. This is great for acne scarring.

Sandalwood

This oil is very moistening and is ancient healing oil. It was used for skin in Biblical times and removes wrinkles, scars and renews tired looking skin. It will also work on acne.

TEN: Teenagers and Acne

Tip: It is hard enough to be a teenager without having to deal with acne. Luckily, there are many natural ways and ingredients that can be found right at home in which teens can control their acne outbreaks and feel better about themselves.

The teen years are the most prevalent years in a young Child's life. How they look and portray themselves is very important. If they feel they doesn't measure up it can lead to depression, eating disorders, isolation and anxiety. The problem is that puberty brings about many changes in the body. Many teens today, especially boys tend to have longer hair which can bring on oil buildup in the hair. When the hair touches the face the teen gets acne. It is important to keep the hair clean and shampoo it regularly. Many teens wear baseball caps as well.

This can cause a buildup of oils around the hat line which causes acne. Many teens use gels, hairsprays and other products that can clog their pores and cause acne. It is important to keep these products away from the skin. However, there are ways that teenagers can deal with acne is a more natural way.

The fact is that more teenagers are turning to natural acne treatments and they are becoming more popular for many reasons. One reason is that natural acne treatments are hypoallergenic and usually made from herbal and plant extracts that will visibly reduce the redness and inflammation from acne. These treatments can be used on extremely sensitive skin which some teenagers are blessed with.

Finding these natural treatments is easy because they can be found over the counter in pharmacies and health food stores at half the price of the chemical applications. Remember to wash your face with a mild, acidic all natural soap. Use alcohol free all natural toners because alcohol will dry the skin and cause the oil glands to produce more sebum.

Toner can also help in reducing the bacterial growth and the number of bacteria in the pores. You can moisturize with a cream free of petroleum. Creams with beeswax are good because they won't clog the pores. Once a week exfoliate to remove dead skin cells which can lead to acne. A mud mask once every few week will help to pull out the oils in the pores and absorb them.

Teenagers should be careful of their diets if they suffer from acne and increase their fruit, grain and vegetable intake. The weather can play a big part in teenager acne. Make sure to moisturize and cleanse regularly in dry, humid or polluted conditions. We all know how teen girls love their makeup. However, it can trigger outbreaks too. You want to find makeup that is all natural so it won't cause flare ups. If you have a teen or know one that is suffering from acne you can look on

the internet for natural treatments. You can make these treatments right at home from natural ingredients like honey and oatmeal. Here are some ways to use those natural ingredients:

- Mix a paste of oatmeal and water and rub it on your face. Let it set for 15 minutes and then rinse it off. Oatmeal is a natural astringent and will help to dry the skin.
- You can dab your face with white vinegar or apple cider vinegar which will return your skin back to its natural pH levels. It may smell at first, but that will fade away along with your zits.
- After that you can dab on some hydrogen peroxide. You can use it for any pimples that you have scratched and that are open or infected.
- Milk of Magnesia can be used as a facial mask and will help dry oils, reduce redness and speed healing.
- Before you go to bed, rub some real Lemon on your acne. Wash it off in the morning with cold water. Repeat it for several nights and you should see a huge improvement in your acne. You can also dab it on a few times a day.
- If you really break out you can mix 1 tsp of Corn Starch with 1 tsp of Real Lemon and make a paste. Apply that to your face and let it dry. This will get rid of the redness and help to dry up the pimples faster.

Here are some other masks that teens can use to help with acne:

Carrot Mask: Cook two carrots until they are soft enough to be mashed. Spread the mask over your face and let dry. Rinse with warm water. This is good for most skin types.

Cucumber Mask: Mash some cucumber and apply it over the face. It will hydrate and refresh. Leave it on for at least twenty minutes and then rinse it off.

Green Tea Mask: This is good for sensitive skin. Steep two to four tea bags and then saturate a cloth with the liquid. Leave the cloth on the face for 15 to 20 minutes and then rinse.

For really sensitive skin you can also try mashed peach, banana and yogurt.

Conclusion

Thank you so much for taking the time to download and read this report.

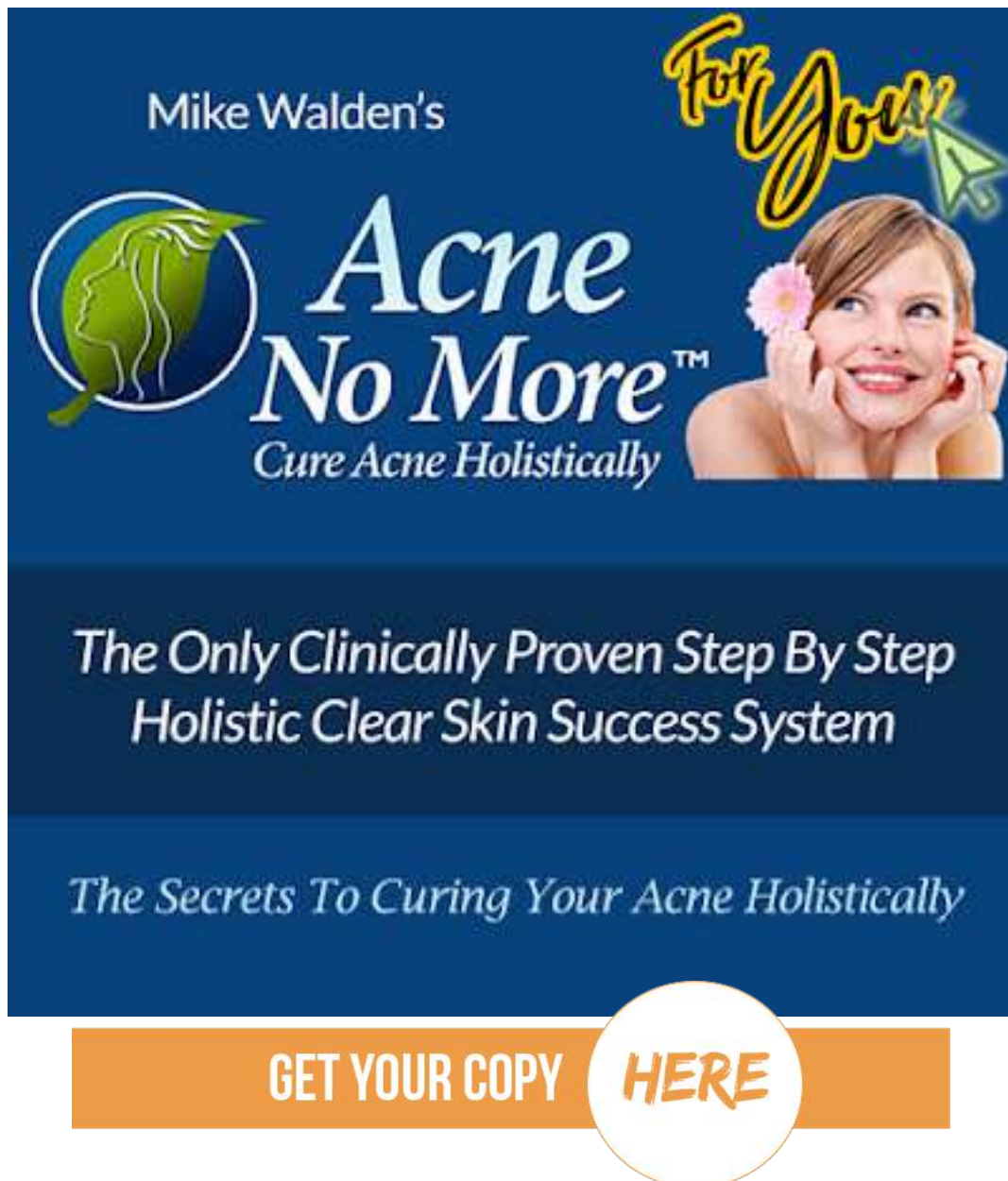
I know that the information in it will give you a way to begin the journey towards having the skin and the life that you want.

The crucial thing is that you actually do something with it and put this information into action. Start using this powerful information and you'll see changes.

But, here's the key thing:

You need a **Complete System** that will take you by the hand and give you the plan and the tools to succeed and finally get the skin you want.

So, I've got something for you that works:



The advertisement features a dark blue background. At the top left, it says "Mike Walden's" in white. Below this is a logo of a green leaf with a white outline of a face inside a circle. To the right of the logo, the text "Acne No More™" is written in large white letters, with "Cure Acne Holistically" in smaller white letters below it. In the top right corner, there is a yellow "For You" text with a green mouse cursor arrow pointing at it. Below this is a photo of a smiling woman with a pink flower in her hair. In the center, the text "The Only Clinically Proven Step By Step Holistic Clear Skin Success System" is written in white. At the bottom, "The Secrets To Curing Your Acne Holistically" is written in white. At the very bottom, there is an orange banner with the text "GET YOUR COPY" in white, followed by a white circle containing the word "HERE" in orange.

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