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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
Chapter 1—Introduction

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.
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.
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 (cleanse, 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.

This is a sneak preview of full version and it will help you to understand and decide if you want to buy the book. Hope this book helps you.

Top Secret Acne Cure Remedy is Next ...
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.