

The Quick Simple Tip Sheet on How to Help Acne

Acne usually does not have one cause so enact these simple suggestions to combat pimples

Take L-Carnitine and Pantothenic Acid

Pantothenic Acid is used in the body to create Coenzyme for less oil. And less acne. L-Carnitine is added to direct oil to the Coenzyme-A glands.

Drink Hot Lemon Water

Take first thing in the morning, it alkalizes and detoxifies the body. Packed full of Vitamin C for wound healing.

Balance Your Hormones

Lower testosterone, adrenaline or PCOS through decreasing dairy and acidic food consumption.

Limit Coffee

Although a mental stimulant, can raise stress hormones including adrenaline, cortisol and norepinephrine.

Squeeze or Pop Pimple

Squeezing pimples pushes the infection deeper into the skin causing scarring. Also, allows more infection into broken skin.

Dead Sea Mask

Exfoliant for blocked pores. Moisturizer to rehydrate the skin. Absorber to leach out toxins and excess oil. Nutritional value with vitamins and minerals.

3 Day Apple Fast

Fasting gives your internal organs and entire system a break and cleanse. Apple has pectin, a carbohydrate that excels at removing toxins.

Take a Probiotic

Creates a bacterial balance in the system and inhibit harmful bacterial growth. They also regulate sebum production.

Don't Take These Vitamins

Expired fish oil. Watch intake of Vitamins B12 and B7, daily food already meets RDI.

Scrub Your Face

Strips away oil on face and the body immediately overcompensates by mass producing sebum.

Flaxseed Oil or Fish Oil

Full of Omega 3. Omega 3 have anti-inflammatory properties. Plus, promotes a healthier of Omega 6 to Omega 3. A healthy ratio is about 5:1.

Choose the Right Shampoo

Shampoos containing Sulfate and Silicon leave a residue on your face and block pores

Avoid Your Allergies

Eating allergen causing foods is a continuous toxic reaction causing the immune system to fight invading like organisms, leading to inflammation and acne.

Avoid Touching Your Face

Your hands have excess dirt and oil, repeated touching of the face can cause blocked pores.

Don't Stare in the Mirror

Constantly looking the mirror destroys confidence. It also makes you touch your face more and want to pop pimples.

Vitamin D

Getting Vitamin D from sunlight is the best way. Sunshine kills bacteria on the face and helps the immune system. Vitamin D tablets may help.

Change Your Sheet Regularly

Dirt, skin and oil are left on your sheets each night. A clean environment makes a difference. Change every 1 -3 nights.

Take Milk Thistle Supplements

The liver detoxes your body. Milk Thistle is amazing for liver support

Reduce Stress

Cortisone is a stress hormone. Higher levels of sebum are produced during stressful times because of cortisone.

Drink as Much Alcohol

Alcohol dehydrates the skin and affects detoxification. Drinks are full of sugar which spikes insulin causing hormone imbalances and skin inflammation.

Want to Know More About the Above Recommendations?

[The Secrets to Permanent Acne Freedom](#) is a book full of secrets to quickly, and permanently clear your skin!

[The 6 Week Naturally Clear Skin Bootcamp](#) is a premier course based on the Naturally Clear Skin Book!

[The Naturally Clear Skin Academy](#) is everything you will ever need to create beautiful, clear skin from the inside out!