

# 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!