

The Quick & Simple Sheet to Help Acne

1. Balance Your Hormones - Lower testosterone, adrenaline or PCOS through decreasing dairy and acidic food consumption. [Read More](#)

2. Take Pantothenic Acid - Pantothenic Acid is used in the body to create Co-enzyme for less oil. And less acne. [Read More](#)

3. 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. [Read More](#)

4. 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. [Read More](#)

5. 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. [Read More](#)

6. Choose the Right Shampoo - Shampoos containing Sulfate and Silicon leave a residue on your face and block pores. [Read More](#)

7. Reduce Stress- Cortisone is a stress hormone. Higher levels of sebum are produced during stressful times because of cortisone. [Read More](#)

8. Take a Probiotic - Creates a bacterial balance in the system and inhibit harmful bacterial growth. They also regulate sebum production. [Read More](#)

10. Dead Sea Mask - Exfoliant for blocked pores. Moisturizer to rehydrate the skin, also absorbs toxins and excess oil. Nutritional value with vitamins and minerals [Read More](#)

11. Take Milk Thistle Supplements - The liver detoxes your body. Milk Thistle is amazing for liver support. [Read More](#)

12. Squeeze or Pop Pimple - Squeezing pimples pushes the infection deeper into the skin causing scarring. Also, allows more infection into broken skin. [Read More](#)

Want to Know More About the Above Recommendations?

Read the reviews on the top rated products for Adult Acne – [Read More](#)

Check out the best products to make the best skin care regime – [Read More](#)