



## 10 Things Every Acne Sufferer Must Know for Clear Skin



*What is the Acne Free Diet?*

*What foods should I avoid if I have acne?*

*What should I eat for breakfast if I have acne?*

*How do I clear my acne if I've tried everything else and they haven't worked?*

***“If You’ve Tried Everything Else and Nothing Worked, I Have the Solution To Curing You Acne...”***

Ray J. Wang

How To Clear Your Acne



my **AcneCoach**  
HOW TO CLEAR YOUR ACNE

**Presents**

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**by**

**RAY J. WANG**

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***For Nien, Julia, and Allison  
My Family  
Who Helped Me To Become  
Who I Am Today***



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## Foreword

Hi, I'm Ray. Several years ago, I was still suffering from horrible, scarring acne on my face and struggling to clear my face. For more than 10 years before, I tried everything from ProActiv, creams, antibiotics, herbs, and even flying out to a foreign country to visit a famous dermatologist. None of it worked for me. You can imagine the devastation I felt in my heart... and in my pockets.

I was so desperate to clear my acne that I made a decision that I was going to do whatever it took for me to figure this out. I tried everything, listened to every audio program on acne and nutrition, entered in to graduate school for Dietetics, put on every product on clearing skin, documented my results, and tried whatever I could get my hands on.

I spent the next several years getting to know, experimenting on myself, and really studying how to clear acne naturally through diet. And I did things and I learned things that I

could not have imagined. well, after I learned these things, I created a regimen. I taught myself how to successfully clear my acne through taking care of my body. And the things that I learned taught me how to cure acne no matter what the severity, where it was located, and how often I washed my face. I learned how to make acne disappear naturally without taking any prescription antibiotics and topical creams. I learned to get rid of acne naturally so that breakouts would automatically go away. And since then, I've also counseled hundreds of people to clear their acne from all around the world.

And that's what I'm about to teach you to do. I'm going to teach you about the Acne Free Diet. I'm going to teach you what mistakes most acne sufferers are making and why they still have pimples. I'm going to teach you what all acne sufferers should be eating for breakfast, lunch, and dinner. I'm going to teach you the difference between today's approach to acne treatments and what really works. I'm going to show you 10 things that you can start

doing today to guarantee you results that you will like, nay... *love*. And I'm going to teach you how to think of acne as a blessing and heal those acne scars on the inside of your body, in your heart.

After reading this book, you'll know what took it used to take me years to figure out. I'm going to teach you easy things that you can do right now so that you can stop breaking out. And I'm going to show the best ways to clear your acne no matter what age you are, where you're from, or how severe your acne condition is.

I've been in your shoes and I understand that suffering from acne was not an easy thing. I remember when I used to have acne all over my face. When I woke up every day, the first thing I used to do is walk into the bathroom and check out my face.

Did I have a new pimple? Did my face look better? How red was my face? Did the new product or method that I was trying work?

Up and down, sometimes I would be very curious about whether or not my face improved and other times I would try to avoid looking in the mirror as long as possible because I just didn't want to be reminded of how disgusting I thought I looked.

I was just so tired of being constantly reminded that I had imperfections on my face. I was tired and I wanted it to end. A decade of acne was enough for me. I was willing to do anything for it to end and I was desperate to move on from this part of my life.

At that time, I would've given just about anything to clear my acne. And though it wasn't an easy path, I've finally gotten to where I've wanted to go. I finally have clear skin. Indeed, it did take quite a bit of time, effort, and energy for me to get the clear skin that I wanted. But it was worth it and I learned so much more about skin and health than I ever expected.

By this point, you've probably suffered more than just from acne, I know that your self-image and confidence has suffered also.

I know you want to get this “issue” handled as soon as possible. I’ve been in your shoes, and I’m glad you’ve made the choice to find someone you can “communicate” with and who really *gets* what you’re talking about.

That’s why I created [www.HowToClearYourAcne.com](http://www.HowToClearYourAcne.com). This website contain more than a decade’s worth of experience in articles, pictures, videos, reviews and anything that you could ask for on how I cleared my acne, things that I tried that worked and didn’t work, and how to clear your acne.

From one acne sufferer to another, I promise that there exists a natural way to stop breakouts and have the smooth skin that your friends have. So let me teach you how to cure your acne so you can finally have the clear skin you’ve always dreamed about.