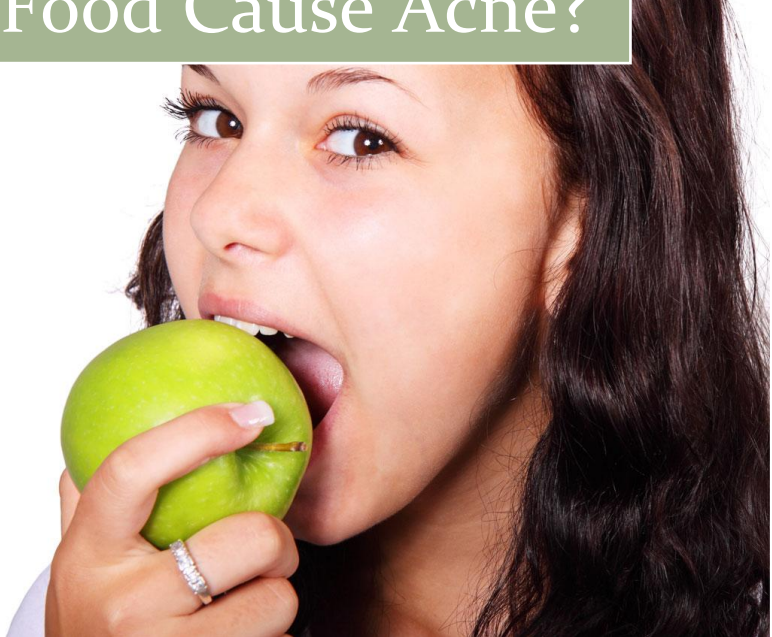




my **AcneCoach**
HOW TO CLEAR YOUR ACNE

2011

Does Food Cause Acne?



Does Chocolate Cause Acne?

Can Kefir Cure My Acne?

*What Should I Eat for Breakfast if I
Have Acne?*

*What Can I eat That's Good for
Acne?*

Does working out affect acne?

*Dozens of
Answers to the
Acne Questions
You've ALWAYS
Wanted to
Know...*

By Ray J. Wang

How To Clear Your Acne



my **Acne**Coach
HOW TO CLEAR YOUR ACNE

Presents

Does Food Cause Acne?

Does Food Cause Acne?

by

RAY J. WANG

Copyright © 2011 by Ray J. Wang

All rights reserved. No part of this book may be reproduced, stored, or transmitted by any means—whether auditory, graphic, mechanical, or electronic—without written permission of both publisher and author, except in the case of brief excerpts used in critical articles and reviews. Unauthorized reproduction of any part of this work is illegal and is punishable by law.

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

Table of Contents

- Read Me FIRST!!! 18
- Acne Free Diet20
 - Does Food Cause Acne?..... 21
 - I never had a problem with food and acne in the past, what are your thoughts?22
 - Does food relate to acne for everyone?22
- A Simple Step-By-Step Regimen Guide25
 - Could you send me a simple step-by-step guide of the How To Clear Your Acne Regimen?26
- Questions about Kefir.....28
 - Where can I get kefir grains?.....29
 - Can you buy kefir grains online or from a local kefir group?.29
 - Can I use raw goat’s milk to make kefir?.....29
- Chocolate.....30
 - How can I eat chocolate without breaking out?31
- Milk, Dairy, & Kefir37
 - Is rice milk bad for acne?.....38
 - Are all the nutrients stripped away when making rice milk?.38
 - Is whole grain rice used in rice milk?.....38
 - Is rice milk better than white rice?.....38
 - Is rice milk a good substitute for cow’s milk when making kefir?38

Which would be better: buying Lifeway kefir, kefir made with rice milk, made with almond milk, or made with coconut milk?	38
Should eating in the Acne Free Diet be simple?	38
Cutting Out Grains & Frozen Vegetables	39
Can cutting out grains temporarily hurt my body?	40
How important are grains to my body?	40
What is the difference between carbohydrates and grains? .	40
Can I eat microwavable frozen vegetables while on the HTCYA Regimen?	40
If I microwave vegetables, does that cause them to lose vitamin content?	40
Limes, Lemons, & Avocados	42
Are limes and lemons safe to eat?	43
Do avocados affect my acne?	43
What to Eat for Breakfast	44
What would you recommend for breakfast while on the How To Clear Your Acne Regimen?	45
What should I replace caffeine while on the HTCYA Regimen?	45
What To Eat	46
What can I eat that's good for acne?	47
Eating Bad Foods	49
Is the Acne Free Diet all about staying away from carbohydrates?	50

What if you somehow “have” to eat bad foods?.....	50
How bad is partying, drinking, and candy for acne?	50
Brown Rice	53
Does brown rice cause acne?	54
Fruits.....	56
What fruits can I eat while on the How To Clear Your Acne Regimen?	57
Daily Sugar Consumption.....	58
How much sugar are you consuming daily, Ray?	60
Olives, Peppers, & Cinnamon.....	62
Do eating olives and peppers cause acne?	63
Does cinnamon help reduce blood sugar? How does that affect my acne?	63
Midnight Snacks: Fruits & Watermelon	65
Do fruits have a lot of sugar?	66
Are fruits good for acne while on the How To Clear Your Acne Regimen?	66
Strawberry Kefir vs. Plain Kefir	68
Should I get flavored kefir or plain kefir?	69
Is the strawberry kefir bad because of all the added sugar?..	69
Fiber: Chia Seed	70
If MILA made from Chia seed has a lot of fiber, should I eat it separately with my kefir?	71
Kombucha	72

What is Kombucha?	73
Can I use Kombucha in the How To Clear Your Acne Regimen?	73
Eating Sauerkraut	75
Does sauerkraut have too much salt?	76
How should I eat sauerkraut?.....	76
Should I take my vitamins before or after eating sauerkraut?	76
Nuts & Fish.....	78
Do cashews cause acne?.....	79
Does salmon help with acne?	79
Kefir & Vitamins.....	80
Is it better to get plain flavored kefir or flavored kefir?	81
Is a multivitamin, omega 3-6-9, and kefir enough to clear my acne?	81
Do I need the other things you talk about in your Acne Free Diet?.....	81
What to Eat While on Antibiotics & in Recovery.....	83
What can I eat while on antibiotics, in recovery and still clear my acne naturally?	84
How to Get Kefir Grains	85
Where and how can I get kefir grains?.....	86
Kefir vs. Yogurt.....	87
Is it okay to eat kefir from cow's milk?.....	88

Is it okay to eat regular yogurt on the Acne Free Diet that you recommend?.....	88
What is the difference between kefir and yogurt?.....	88
Is it okay to replace kefir with yogurt?.....	88
Kefir & Sugar	90
Does kefir made with whole goat’s milk have too much sugar?	91
How can I work with having to consume the 5.5 grams of sugar a day?	91
Carbohydrates & Subway.....	93
Is shredded wheat cereal okay to eat during the How To Clear Your Acne Regimen?.....	94
Is it okay to eat Subway sandwiches during the How To Clear Your Acne Regimen?.....	94
Vegetarian Acne Free Diet.....	96
Can you design a sample vegetarian acne free diet according to the How To Clear Your Acne Regimen?	97
Vegetarian Diets & EFAs.....	99
How can I get essential fatty acids in my diet if I’m a vegetarian?.....	100
What else can I eat other than salads on the HTCYA Regimen?	102
Err... Acne “Pills?”	104
Accutane.....	105
Should you take Accutane?.....	107

Birth Control	110
How does birth control relate to acne?.....	111
Why isn't birth control working anymore?.....	111
Multivitamin vs. Individual Vitamins	113
Should I buy a multivitamin or buy vitamins individually?..	114
All in One Acne Supplement.....	115
What should I do if nothing else works?	116
Are there any all in one supplements?.....	116
Multivitamin vs. Individual Vitamins (Part 2).....	118
Do you recommend taking multivitamins or individual vitamins?	119
Soft Gels vs. Liquid Supplements	121
Which is better, essential fatty acid supplementation in gel form or in liquid form?	122
Essential Fatty Acids	124
Should I get my EFAs through supplements?.....	125
What if I'm getting omega-3s only?	125
Primrose Oil & Fish Oil.....	127
Can I take evening primrose and fish oil for my acne?	128
Lecithin.....	129
Do we need to take lecithin supplements?	131
Have you tried taking out lecithin out of the regimen?	131
Coconut Oil.....	133
Is the amount of coconut oil you recommend safe to eat? ...	134

Digestive Enzymes	135
What are digestive enzymes?	137
How are they important to acne?	137
When you eat them, don't those get broken down and rendered useless in our stomach, or do they (like our own digestive enzymes) work best in highly acidic environments?	137
Do you take digestive enzymes to break down carbs, proteins or fats, or all three?	137
If it's for carbs or fats, how do they survive the HCl and digestive enzymes of the stomach?	137
Too Many Vitamins	139
Do I really need to take all those vitamins in order to clear my acne?	140
Common Acne Questions	142
The Biggest Sweet Tooth Ever	143
How can I eat less sweets to help my body and reduce my acne?	144
Humid & Hot Environments	146
How do humidity, heat, and a harsher diet affect acne?	147
Is there a difference between living in a less humid environment, like California, and a more humid environment, like China, and how does that influence my acne?	147
Cetaphil Face Wash	149
Is Cetaphil the only thing to use to take care of your face when you have acne?	150

Back & Chest Acne	151
Have you, Ray, ever had problems with back acne and chest acne?	152
Will the How To Clear Your Acne Regimen help with back and chest acne?	152
Do you have any other recommendations for chest and back acne?	152
Reducing Acne Scars.....	153
Are there any quick methods on reducing acne scarring? ...	154
Fade Facial Scars & Pore Marks.....	155
What can I do to help fade my acne scars and shrink my pores?.....	156
Exfoliating	157
I'm still breaking out a little bit, what should I do?	158
What exfoliating agent do you recommend?.....	158
Do you recommend whitening agents?	158
Rosacea & Rosy Cheeks.....	161
How are their improvements on my forehead and chin but not my cheeks?.....	163
Is it possible to suffer from Rosacea at an early age?.....	163
Is it possible to suffer from Rosacea and Acne Vulgaris at the same time?.....	163
Should I eat 5 oranges a day like how my dad cleared up his acne?	163
Will acne eventually go away by itself?.....	163

What causes red cheeks?	163
Working Out.....	167
How can I maintain my weight while on the Acne Free Diet?	168
Does working out affect acne?.....	168
How can I start weight training without breaking out?	168
Trying to Gain Weight.....	171
How do I maintain weight and not lose weight while on the Acne Free Diet?	172
Rain.....	174
Does rain cause acne?	175
Loopholes	176
Can I cheat once in a while without breaking out when I'm on the How To Clear Your Acne Regimen?.....	177
Candida: The Culprit	178
Is Candida the main villain behind the cause of acne?	179
Returning Back to “Normal” Again & Acne Scars.....	181
Will I ever be able to return to eating whatever I want?.....	182
Will being cleared of acne also heal the indented and pit scars on my face?.....	182
What Should I Eat?.....	184
Could you simplify the regimen for me?.....	186
What time should I take the Supplement?	186
What should I take at the same meal?	186

What should I take on an empty stomach?	186
Can you tell me about Kefir?	186
How difficult is to get the kefir materials?.....	186
Can I use soy milk to milk?.....	186
Afterword	188
About the Author.....	190
The Next Step in Clearing Your Acne	193
THE SOLUTION TO YOUR ACNE	193

Read Me FIRST!!!

This is what the How To Clear Your Acne Regimen is all about. When people suffer from acne, many people seem to focus on clearing their acne from the outside. What they end up doing is spending a lot of money facial washes, creams, moisturizers. Some take it further than others and go through quite a chunk of change cycling through brand after brand, store after store.

And when that doesn't work, most people's next moves are to visit a dermatologist. They say, "I've tried everything, but I still am getting pimples. What should I do?"

And you know what the dermatologist says?

Most of the time, they reply with, "Here, take this medication 2 times a day."

But if you're lucky, you might even get from him, "You should think about [insert new laser scar therapy here that costs an arm and a leg]."

And the sad thing is that most people just spend more and more money while getting the same results. Break out, get sad, try new treatment, temporary success, then another break out, get sad, try even newer treatment, and the cycle goes on forever. Meanwhile, the acne sufferers self esteem just gets lower and lower, their pockets get emptier and emptier, and the dermatologists and ProActiv facial wash companies of the world get richer and richer.

If you've suffered from acne for a while and have really tried to do something about it, most likely, you know exactly what I'm talking about