



Secrets Dermatologists Will Never Tell You About Acne



How To Clear Your Acne is a website dedicated to acne sufferers who have tried everything else. Learn how to REALLY cure your acne, stop breakouts, and get rid of acne scars naturally with the Acne Free Diet.

*Want To Know
the Answers to
the Acne
Questions That
Nobody Ever
Talks About?*

By Ray J. Wang

How To Clear Your Acne



my **AcneCoach**
HOW TO CLEAR YOUR ACNE

Presents

**Secrets Dermatologists Will
Never Tell You About Acne**

Secrets Dermatologists Will Never Tell You About Acne

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. 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.

I've Also Suffered From Acne: My Acne Story

I used to have pimples all over my forehead, on my nose and on my cheeks. I had it around my jaw line on my neck. I had a little bit on my back and chest. But now, I actually have the clear skin I've always wanted. When I wake up in the morning I never have to worry about my acne and my skin. In fact, the only real thing that I do to take care of my face in the morning is wash it with some ice cold water and shave. That's it.

My face doesn't really bother me anymore or get in the way of my life. But the best part of it all is that I can finally move on and do all the things that I wanted to do without thinking about my face. Another great thing is that when the lighting is just right or "just wrong" as I used to think of it as, it's not an issue anymore. I can be like those friends that I used to be so jealous of where they were almost oblivious to this disease "acne" because they never really had this problem before.

For me, acne started in 6th grade when I got my first pimple. My first pimple was a pretty big one, it was on top of my nose, sort of like that of a unicorn. And I didn't really think much of it because eventually pimples go away.

In junior high, 7th grade, my acne got a little bit more severe, it was mostly on my nose. My acne, at that stage in my life, mostly took place on my nose. I remember at the time, getting a little bit more insecure about my acne. But it still wasn't something that consumed my life, it was just a little blemish here or there. Acne still wasn't a very serious problem, it didn't really affect my self esteem to that extent yet. But I started noticing it. My parents told me though, that it would go

away soon so I wasn't too worried about it. I thought, "okay, not a big deal. It'll probably go away soon."

Then came early high school and I started noticing that my acne was getting a lot worse. It was at this time that I became a lot more aware of my face and my complexion. And becoming a little bit more self-conscious. Many nights I would actually ask my mom for help and she would actually have me lie down and use this pimple popping tool to pop each one of my pimples. This tool had a needle on one side and this hook ring on the other side. It was extremely painful and looking back I'm not so sure that she really knew exactly what she was doing because I now have quite a few acne scars from that time.

None the less, I really appreciate that she tried her best to calm her son's worries. So I wanted to take the time here in this book to thank her for all the help that she gave me during that time in my life.

Around late high school, 11th and 12th grade, things were just getting a lot worse. I really started hating my complexion. This is around the time that I started standing in front of the mirror in the

morning and just really wishing that my acne would go away because I didn't want to go to school looking like I had a disease on my face. This is also around the time that I started buying a lot of acne products because I was a little bit older now and I had worked a bit and had made some money. Most of my money was invested in buying the acne creams, going to the dermatologist, buying the antibiotics that were prescribed to me, buying ProActiv, trying facemasks, and doing the laser procedures.

I was really trying to figure out what was going on at this point because I was getting near to the end of what should be "puberty" and I was thinking to myself, "Acne should be going away soon but it seems like it's getting worse. I should probably take matters into my own hands and find out once and for all what's really going on."

Tired of watching from the sidelines as my high school experience passed by being that I was so self-conscious because of my acne. I figured it was about time that I cleared my skin by myself. This is also around the time that I really started thinking about why my friends didn't have acne but I did. I started trying to learn from them.

However, eventually I found out that there was a big piece of the puzzle missing because these guys aren't doing anything to really clear their skin. And here's me, trying all these things and working so hard but still breaking out.

Things didn't get better. Soon, I entered college and I still had acne. It seemed like I was investing even more money in acne now because I thought, "Oh man, if I don't clear my skin up before college is over, I might actually end up missing out on college just like I missed out on high school because I'm going to still self-conscious about acne, I'm going to be still disgusted with my own face. I don't want to miss out on college, I want to go out and have a social life. I want to be free from this and have fun. I want to be confident! I want to get out of my head and I want to get rid of my acne."

But the thing was that my self esteem was going down the drain. And I was really beginning to lose hope. I really didn't know what to do anymore. I was running out of options. I had tried all the conventional methods and it seemed like there wasn't really much more that I could do.

During college, I did date some girls that were very attractive and actually liked me a lot. But after a while, I ended up screwing a lot of those relationships up very quickly because of my own insecurities. I blamed it on my acne. Acne was something that really got to me and I really wanted to move on. I was desperate to just move on.

I felt very alone during this time. I think it was freshmen or sophomore year. I think acne was really causing myself to separate myself from my friends and the people around me. I didn't want to get close to anybody because I was really afraid that they would get grossed out by how my face looked. Heck, I was grossed out by how my face looked.

Around the end of college was when I started figuring things out when it came to acne. I was probably around my early 20's and I had done a lot of online research and read a ton of books. I would often read some of these books many two or three times so that I could fully integrate what I read into my life and my routine. I really wanted to absorb this information. I started keeping track of what I ate and experimenting on myself and documenting my findings. I compared all

the new things that I learned with my old experiences of having acne for more than 10 years by this point. I would jot down different theories and compare the results. It did help a bit that I did my undergrad studies in electrical engineering and computer science in that it helped me organize my thoughts and the information that I now had into a easily understandable form for me to analyze.

I continued to read more books, do more research, experiment on myself some more so that I could take things to the next level. And of course, I started noticing really solid skin and acne results. Fast forward a couple years and we have what you see today as www.HowToClearYourAcne.com.

When How To Clear Your Acne became pretty successful in, not only my life, but other people's lives, and I realized that this is something that I really wanted to pursue. Acne was a really big part of my life, not only on the surface of my skin but also deep inside. And that's when I decided to enter graduate school in dietetics and nutrition.

For those of you who aren't too familiar with what a dietitian does, a dietitian is sort of like a food doctor. He or she concentrates on more preventative medicine and treatments rather than our current medical model which focuses more on how to treat patients "after" they get sick. I wanted to take things to the next level and I wanted to spread the word about my findings with acne.

What This Book is *NOT*

So how do I know exactly what you felt and what you were thinking? It's because I've been through the same thing you're going through. I've done the creams, the antibiotics, tried all sorts of products, I've spent the time and the money. I've done the worrying, and I've gone through the self confidence and self-esteem issues. I've even flown out to a foreign country to get the several thousand dollar laser surgeries.

This is not a quick fix. This is not acne free in 3 days. This is nothing like ProActiv or a Clearasil magic eraser marker. I'm not

promising that you're going to be able to take a blue pill and all your problems are going to go away.

To tell you what, those things don't work anyhow. Anybody who tells you that you can clear your acne in 3 days probably has a trick or two up their sleeve. If you've really tried everything and really have a serious acne problem like I used to, any acne product is not going to work. This is because acne doesn't work like that.

After finishing this book, you'll know how to solve this problem and why conventional acne treatments are scams.

This is not a fake promise. This is not something that you're going to be trying out for a weekend and notice nothing. You're not going to get disappointed and lose hope. You're definitely going to see results but it's going to take hard work.

This is not something that's unnatural. It's not going to cause you problems in the long run. There's no manmade chemicals that you apply on your face that temporarily clear your acne on a superficial level but

later on you find out that it gives you skin cancer or liver damage like some acne products do.

This is not something that's going to harm your body if you do it long term like antibiotics, Benzoyl Peroxide, Accutane. The goal here is go as natural as possible.

And this is not something that's going to cost you thousands of dollars. There's no laser procedure. We don't need a fancy ten thousand dollar machine to clear your skin. We're going to be focusing on why acne happens at a core level and how to solve that problem so that acne naturally goes away.

What This Book *IS* About

This is a lifestyle change. When you want to have clear skin and cure your acne, it's not about a quick fix, a facial product, or a pill that you can take. This is about changing your way of living so that you can become healthy and give your body that combination of secret ingredients it needs to maintain healthy smooth skin.

This is about also commitment and hard work. I know a lot of people want the instant gratification. They want to pop in a pill and just get it done already. I've had friends in the past who are still using face washes and acne products and still breaking out because they don't want to put in the effort to learn how their bodies really work. I've

known people who I've tried offering help to but they would much rather do it their way. So this book isn't for everyone.

If you don't want put in the time and effort to learn about your whole body and how everything is tied together, your skin to your diet to your lifestyle to your thoughts to your sleep to your liver, then this isn't for you. If you want to keep trying different acne products and sometimes have it work and sometimes end up breaking out for no reason, then this book isn't for you.

However, if you are ready for real reason why acne happens and you're ready to learn, then now we can talk. And I know that you all have been very patient already, you've tried so many things and none of them worked. You've waited long enough for clear skin and this book is designed to finally give you something that works. What's even better than that though is that, you will not only clear your skin, you're also going to take every aspect of your health to the next level.

This book is designed for people who have tried everything else and still have acne. This book is about people who have struggled with

acne for years and they are finally ready to do whatever it takes to figuring how to clear their acne.

This book is about the truth, it's about what dermatologists are not telling you. It's about what's going on behind the scenes. It's about why those get clear quick schemes didn't work.

This is about exposing those other acne companies. So who knows, I could be shut down any time by those large companies and How To Clear Your Acne could be no more, so learn as much here as you can because you never know when you're going to turn on the computer tomorrow and HowToClearYourAcne.com is no more.

It's already happened to me once actually. As of writing this book right now, a couple years ago, I had a blog, HowIClearedMyAcne.Blogspot.com, that it was suddenly shut down from Google one day. Much of the content was very similar to my current site where I was trying to promote learning about our bodies to clear acne. I lost a lot of my hard work and articles that I had written without any warning because Google suddenly decided to call my website "spam."

To this day, I still don't really understand why I was shut down so suddenly. But many of my readers suspected certain "activities." Either way, it was a very sad day for me and many acne sufferers.

It's taken many more hours and hard work to build another website, HowToClearYourAcne.com. But it wasn't easy starting from scratch all over again. None the less, it had to be done. I wanted to make sure that what I went through with acne, people don't have to go through that kind of suffering.

We're not going to be just focusing on skin. We're going to be talking about your body on a holistic level and how your skin ties in with GI tract ties in your eating habits ties in with your lifestyle ties in with even your MENTALITY. This is health and wellness. This is about naturopathic sciences and holistic sciences. It's about the principles of dietetics, nutrition, and the incorporation of Eastern and Western medicine into one practice. And it's about results. Results that you will look in the mirror and *love*.

Acne Affects More Than Just Your Face

Have you ever felt like people were staring at you because of your acne? Have you ever felt self-conscious or hated bright lights because of your acne?

I remember a time when I preferred my room to be as dark as possible and I pulled down all my curtains because of how much I hated lights. I didn't want to be around lights because I didn't want to see myself in the mirror. And if I did go out and had to talk to people I was usually conscious and aware of which direction the light was coming from. Most of the time, it was hard to really enjoy myself because the

back of my mind was so focused on what kind of impression my acne scars were giving.

One time, I actually wanted to physically reach up and tear my skin off. I was standing in front of the mirror and wished I could reach up and just tear away the acne that covered my cheeks. I hated my acne. No, more than hated. I had moments where I looked at my face, and I was disgusted. I thought I looked like I had a disease. I hated my acne so much and I just wanted it to be over. And I wanted it to be over so bad that I wanted to reach up and tear away the pimple covered cheeks on my face.

I would imagine that maybe underneath it would be one consistent solid color because these red blemishes and patches popping up here and there were such a displeasing sight. However, since I couldn't do actually reach into my face and tear off this excess layer, the next best possible thing I did was use my imagine.

Maybe if I concentrated hard enough I could see what I would look like without acne? It was probably both a sad and funny thing,

when I look back at myself now that I'm clear, but I would take both my hands and cover my cheeks. Then I'd remove them and cover them up again. And I'd do this over and over again until I was satisfied with the image that I had constructed in my head of what I could look like without acne. To any other person I probably looked crazy, but to anybody who's really suffered from acne, you probably know exactly what I'm talking about.

Now, what some people would deem "all this craziness" didn't happen immediately. It was a slow and gradual process. What started as a pimple in grade school spiraled into a vortex of a depression. At the time, I didn't think much about what was going on. However, it was about 5 years later from that first insidious red bump on my nose that most of these ludicrous behaviors and thoughts started creeping into my head.

Friendship and Acne

If I had been locked up in a room and never had to see another face, maybe acne wouldn't have been so bad. Who cares about acne when you don't have to socialize with anybody? Nevertheless, my

parents decided to choose buying a house in the heart of suburbia. So not going out and not seeing people wasn't an easy thing. Plus, it wasn't all their fault, it probably didn't help either that deep down inside I there was a social butterfly waiting to bloom from its cocoon and I wanted desperately to have the confidence to go out and make new friends. So I guess it had nothing to do with my parents choosing where we lived at all and everything to do with me. That being said, the acne covered teenager within me now still feels the need to blame them for something and err... they shouldn't have given me such a visible mirror in my bathroom.

Jokes aside, if you have acne, you probably know what I'm talking about. You've probably tried to talk to somebody about what you were going through because of acne but felt like nobody understood, right? Have you ever said to your friend, "I got another pimple today, and it sucks." And to your surprise, their response was, "You got another pimple? I didn't even *notice*."

Or maybe it some variation of that. Your friend might have said, "Don't worry, it's not that bad." Yet deep down inside, you still thought,

“Okay... Does that just mean I have so many pimples that you didn’t notice that I got another pimple or is it really not that big of a deal? And if it really isn’t that big of a deal, then how come it’s such a big deal to me?”

A few times of this back and forth and a few years later, I started to think that maybe there was something wrong with me. Maybe I just cared too much about my looks? And to make matters worse, I was a man and I wasn’t *supposed to care* what I looked like. So why did I? Maybe it had to do with the fact that I was still in junior high and high school when a lot of this was happening to me. Maybe it had to do with all my friends who got so much more attention than me because they were considered “cute” and “handsome” and I never got that attention. Or maybe it was just girls. I cared about my acne because I wanted to be popular too. I didn’t want to be that kid in the back of the crowd that nobody noticed or cared about. I didn’t want to be a nobody. I didn’t want to be ugly. Hell, I didn’t even care about being actually known as “good looking.” I just wanted to be “normal.” I just wanted to be NOT disgusting to look at. And when I realized that many years

later and after having talked to so many other acne sufferers, I realized that maybe I wasn't so *crazy*. And if you've ever had these thoughts, you're not so *crazy* either.

Popping That Zit

It's 11 PM on a Tuesday night and I've been standing in front of that blasted mirror, leaning over the sink with my face 1 inch from pressing my oily face into that reflective surface for 45 minutes already. I'm thinking to myself, "Okay, if I pop my pimple today, maybe it'll heal enough by the weekend so that I cannot be so red for once."

5 minutes and a slip of a finger later, I have a gapping gash on my nose. Crap. My plans for semi-clearness have just "cleared." I might have to cancel going out completely. There's no way I'm meeting

that pretty girl from class at that party with this scar on the tip of my nose.

How many nights have you spent leaning over your sink trying to pop a pimple that you had? But that's part of the story, have you ever tried to pop a pimple but ended up making it worse? If you're like me, the bathroom was probably the second most popular area for you in your entire house. It brought both a curiosity and a alluring masochistic dread. I hated going in there and looking at how bad my acne was, yet I couldn't stop but want to look at myself again. As if pimples would miraculously disappear one morning if I just checked on myself enough.

Spending all that time in the bathroom tending to my pimple wounds resulted in a pretty sore lower back. We're talking 15 minutes to sometimes a couple hours of getting as close to that mirror as possible. I'd just from place to place on my face with whatever zit seemed to stand on the most on my face. I'd work here and there on cleaning my face of blackheads, whiteheads, pustules, and pimples. The goal was to get as clear as possible for the next few days so that I could relax and not be so self-conscious. I'd spend hours trying to pop

each and every one of those inflamed pustules. And if the mission was successfully accomplished (which it never really was), I'd wrap it up with various combinations of pimple creams, topical creams, aloe vera gels, needles, sterilizing the needles. The ironic thing was, despite all my effort, sometimes it seemed like it only made things worse.

Looking back now, I had no idea what I was doing when I was trying to pop my pimples and it usually just things look a lot worse. I was always good with my hands, but I guess building Lego towers as a child didn't really help in the cosmetology department. I would either end up tearing my skin or leaving a giant red mark that was even more conspicuous than the original pimple. On top of that, sometimes the pimple didn't even really pop and would come back even after I created the mess on my face.

And to add insult to injury, it seemed like the pimple Gods usually loved to bestow upon me this "gift" of nasty scar-hood on the important areas of my face like on the tip of my nose or in the middle of my forehead. When this would happen, I'd be even less inclined to go out. I'd stay indoors as much as possible for at least a week or so to

make sure that the wound healed itself before I went back outside
again.

Am I Getting More Pimples Every Day?!

It was usually on the most important nights that I've gone to sleep praying that I don't get a pimple the next day. If I ever had to meet my friends the next day or had a party where a girl that I liked was going to be there, this always seemed to be one of the last thoughts before I went to sleep. And most of the time, the pimple Gods didn't answer my prayers.

The first thing I used to do the next morning was go into the bathroom and check my face for new pimples. Don't get me wrong, there were those occasional acne miracles when I wouldn't have a new

pimple the next day. But when you really think about it, it's odd that we appreciate so much what other people take for granted. To NOT get a pimple is something that's "supposed" to happen for most people. But it wasn't a life that I was familiar with.

There are many times when I felt really frustrated because I could feel a new pimple forming on my chin, on my cheek, or on the tip of my nose. Most of the time, as soon as I could feel a new zit making its way to the surface of my skin, I would try to squeeze or pop it. But I was no cosmetologist. I'd get anxious and frustrated. And most of the time, I would make it worse than regret that I did anything at all. Maybe I should have played with Legos more...

Never the less, I was really frustrated with my acne. And towards the end of high school, I was ready to do just about anything to get rid of it, well... short of selling my Lego set.

Why Don't These Acne Products Work?!

Have you ever watched those acne infomercials and immediately got on the phone because you thought that you had finally found the thing that was going to cure your acne? If you were like me, you probably went through this mistake over few months. You've probably felt the excitement of waiting for your package to arrive in the mail like ProActiv, or Murad, or that "one of a kind, new technology" topical cream and thought, "This is gonna be it! This is gonna be the product that finally cures me of my acne. I'm finally going to have clear skin!"

When that box arrived, it wouldn't be 30 seconds before I was up in my room and tearing open the packaging to discover the 3 oz. solution that held my future in its hands. I would carefully read the instructions very carefully (that's right, I purposely used carefully twice because that's how "carefully" I wanted to get it right "this time") to make sure I was doing it right. Most of the time, these acne products promised results in a minimum of 2-3 weeks. And I remember sitting on my bed with these products nearly bursting with excitement, "I can't wait 3 weeks from now when I'm clear! I can't wait to be the me that I'm finally going to be. I can't wait to see myself!" My imagination would run wild! When other teenagers were dreaming of girls, I was dreaming of clear skin. It's kind of funny, but kind of sad. But hey, if you're reading this, you just might have been in the same boat.

Don't feel bad though, if you've ever done something like this, I know exactly how you feel down to the very last thought-drop. I remember when I first got ProActiv, I thought to myself, "When ProActiv finally clears my skin, I'm going to go do this... and I'm going to go to that... I'm going to look like this... Finally, I can move on with my life!"

Disappointment Over and Over Again

The sad thing was, eventually 2 weeks came and passed, then 3 weeks came and passed. Still, my acne didn't seem to improve. I was still getting pimples. I would even give most of these products the benefit of the doubt and hold judgment for another week or so. And it was usually around after the 4th or 5th week that I would start to doubt things, "Am I doing this right? Maybe I missed a step? Maybe I'm doing this wrong?" Eventually, I would start creating all sorts of ridiculous excuses and reasons that ProActiv might have not been working.

Maybe the mailman left it in the sun too long and the ingredients went bad? Maybe I got bad package and I just need to exchange my set for a new one...? Maybe I should keep going? Maybe for me it just takes a little bit longer than 2-3 weeks? Maybe it's because that my body's different?"

It took me years with these acne products before I came to the realization that it was NOT the products. At least, according to the TV infomercials, they seemed to working for everyone else. Consequently, the only other alternative was that it was probably me. Somehow,

ProActiv, Murad, Benzoyl peroxide, Acne.org, as great solutions as they were for everyone else on the big screen, they didn't work for me. I'd fall into another spiral of depression and lose hope again, only to watch the next infomercial and think, "Maybe this time, I have to try. What if I didn't try and miss out on the one product that might end up curing my acne..." It's amazing how I still clung on even after so many times these acne products didn't work.

Nevertheless, failure after failure of trying the next product and the next product, I started to think that maybe I would never have clear skin, that maybe I'd never be able to cure my acne. Maybe if I was lucky, I might have acne scar covered "clear skin" when I was in my 30s or in my 40s, when my body finally decided to just magically transform on its own. But somehow, I just didn't accept that I was going to live another 10, 15, 25 years with this disgusting disease on my face. And I wasn't going to settle for giving up.

Why You're Friends are Clear But You Aren't

Growing up, I had this friend that used to only have a can of coke for breakfast. Every morning, as we walked to school, he'd always have that soda can in his hand. I couldn't believe that he was drinking this for breakfast. He didn't take care of his skin or body and he had the smoothest skin ever. I was so jealous.

Have you ever envied a friend because of their skin? Have you ever wondered why your friends don't have acne? Isn't it amazing that they eat whatever they want, they drink whatever they want, they party, and some of them don't even care about being healthy. But it

doesn't matter because they still have clear skin. And they're still acne free without a single pimple. In high school, I had friends that did what they wanted, didn't work out, weren't very health conscious and they had flawless skin.

Throughout high school, it seemed like I was surrounded by a sea of perfect skin complexions and I was the only one with the acne problem. It didn't take long for me to wonder if they were holding out the acne free secret on me. I remember asking one of my friends for advice, "What is that you use to wash your face anyway? What's the secret, man?"

He gave me that puzzled look, "What do you mean what do I use? I just wash my face. Soap and water."

"Oh... I see. Soap and water, eh?" It was around this point I started to get a little excited because on my side, I had tried soap and water. So I automatically assumed that this was probably a secret kind of "soap and water." For all I knew, my friend was probably about to say holy water or something.

I'd go on to ask him, "Yeah okay, what kind of soap? Because I'm using this... and this..." and I would start to name off whatever product that I was trying at the time.

He look at me confused, "I just use regular bar soap." But I didn't believe him and continued to press forward, "Like bar soap?"

His response was probably what most acne sufferers who went to their friends who had clear skin have heard before. And if you guessed that it was just regular soap and water, you're completely right.

It wasn't just him either. After asking so many of my friends for advice, I found that most of them didn't really do anything special. In fact, they *tried* to use special products but when they didn't do anything either, they still had clear skin. I couldn't believe it. Me, on the other hand, it didn't matter if I was using facial scrubs with 14k diamonds embedded in it or not using anything at all, I was still going to break out no matter what. And I was going through product after product because nothing worked. A few times, I even thought they were holding out on me because there was no way they were just using regular soap and

water! But now that I understand how acne really works, I can believe that they were, indeed, just using plain soap and water.

Because now that I'm clear, these days, sometimes I only use soap and water too. And it's all I need.

But before I found the cure to acne, I was incredulous so I'd continue to pry. I'd ask them, "What about if you have oily skin, dry skin, and how do you deal with your T-Zone?" It didn't matter, soap and water. And for those that weren't using soap and water, their skin probably still would've been better than me anyway.

Some of my friends slept late and at odd times. They didn't take of their bodies. A funny thing was that they didn't even think about these things. It wasn't even on their radar of things to be concerned about. But how could they still have such flawless skin? I'd argue to say just about every acne sufferer has wondered this with their peers or colleagues. Maybe it could've been because I cared too much. Maybe acne was a mental thing?

Maybe I was worrying too much. Was it counter-productive to want clear skin? But how was it that even when I took my mind off of my face the best I could, even when I didn't try to think about breaking out, I'd still break out?

This didn't make any sense.

The funny thing was, not having clear skin in high school, affected more than just my face. It really affected my self-esteem. If you're still in high school and reading this, you probably know how much it's affecting you right now. Acne affects how you see yourself. Acne affects how you think your friends see you. Acne because acne affects how you see yourself, it also affects how your friends see you. When you're less confident, it does show through. In the same way, when you're proud of yourself, that shows through too. So if you're feeling down about yourself, it's important that we change that for the better. And if you're reading this book and beyond high school, looking back, you probably know much it really tore a gaping hole into your confidence.

How Long Will It Take To Clear My Acne?

Let's fast forward to today. It took a lot of work for me to get here, but I'm proud to say that after years and years of trial and error, I've finally cleared my own acne. It was a long and lonely journey getting here, but now that I've finally arrived, my goal is to turn around and spread the knowledge. I've counseled acne sufferers from Europe, Canada, Australia, all around the United States, and all around the world helping them learn how to escape the grips of conventional acne treatments to really cure their skin naturally. It's because so many years of my life have gone by, and if I only had someone who was able to

give me some direction before, I could've saved so much pain and suffering. So that's what I want to give you today.

Be that as it may, I can't promise you results overnight. The *real* acne cure is not something that happens immediately. And anybody who promises you that you can clear your acne is probably just trying to make a buck. The truth behind clearing your acne is a path of nutrition, biology and dietetics. You may not need to understand everything that you're doing, just like you don't have to fully understand how electricity works to use a light switch. But if you did have an electrician background, it would sure help if things started going wrong with that light switch, especially if it started breaking out with acne.

If you're reading this right now, you probably already know that once you have clear skin, you can finally stop worrying about acne and move on with your life. If you're a guy, girl's will be more attracted to you and if you're a girl, guys will be far more attracted to you. But if you don't know what you're doing, I can completely understand that this can be very, very frustrating. And you'll probably end up spending thousands of dollars on treatments that don't work. Been there, done

that. Many times my clients will ask me, “How do I stop a breakout? Why am I not seeing results even though I’m eating a *healthy* diet or trying this product? Or how can I clear my acne right now?”

Do You *Really* KNOW About Acne?

Okay, young grass hopper, now we begin your training in acne kung fu. In order to have you know everything about acne, you must first know nothing about acne. Our first mission, to wipe away those evil thoughts about pimples a breakouts that you might have developed over the years.

Ask yourself, “What are the causes of acne?”

There are several misconceptions that I wanted to go through about how people think they know what they're cause of acne is. Some

people might know that they hold such a belief about acne, while other people don't even know that they subconsciously hold such a belief.

“I'm getting acne because I'm not sleeping enough. If I just sleep enough, my acne will go away.”

“I'm getting acne because I'm stressed out and it's exams time. Once examinations pass, then my acne will go away.”

I want you to pay attention to whether or not you've had these misconceptions or had these thoughts because to understand what's really going on with acne, you also have to understand what is not happening with acne. This is important because the more that you understand acne, the more you can deal with it no matter where you're breaking out, when you're breaking out, at what age, and why you're breaking out.

One of the first misconception about acne is dirty skin. A lot of people think it's because of the fact that they have bacteria, dirt, or oil. Most of the time, people believe that dirty skin comes from our pillows, touching our faces, or just sweat. And the common thought process is that

because of this dirty pillow or sweat, that's why I'm getting acne. But that's not the whole picture. And it's not the true cause of your acne. If it were, then everybody who sweat or had a pillow that was dirty would have acne. And there are thousands of people who have dirty pillows and sweat that don't break out.

Most people focus on the external and they focus on creams on face washes thinking that if their face is "clean", then they won't get pimples anymore. Most of the time, people who have this belief are very careful about hats, their hair, sweat, hands touching their face, etc...

Because the real cause of acne is inside the body, it's less effective when people don't fully understand acne and attribute the cause of their acne to external factors and outside things.

Another big misconception is genetics. I used to think this one a lot, "I have pimples because I was born this way. That's just the way it is, I'm different from everyone else, and that's just the way it is."

Or, maybe you think, "My mom has acne and that's why I have acne" or "My dad has acne and that's why I have acne." But this isn't

the whole story either. If your parents had acne, it could be one of the reasons that you're more PRONE to having acne, but it doesn't mean that you will definitely have acne if one of them have it. In fact, in my family my parents didn't have acne. This actually got me even more confused because I couldn't figure out why they didn't have it but I was unlucky enough to have it. And on top of that, I thought it was even more unfair because I didn't just have a little acne, I had a lot of acne!

You don't want to get into the mentality of thinking that you were just "born" like this. The reality of the situation is that you *ARE* given a choice. And later on in this book, I will teach you exactly how to take control over your own genetics and make sure that you stop breaking out and get that clear skin you've always wanted.

Many people think that acne also is caused by lack of sleep. I think the reason for this is because it's one of the easiest things for people to see. When people don't get enough sleep and they start noticing more pimples, it's easier to assume that it's because of not getting enough sleep that they're getting pimples. What's counter-intuitive, what most people don't automatically think, is that it may be

because of their lack of sleep combined with the fact that they're not properly caring for their bodies that suddenly their acne is flaring up.

So it's not just because of sleep, though sleep may play a part, it's not ultimately the real cause of acne. To give you an example, there are days when I don't sleep very much because of so many things that I have to do, but I still don't get pimples the next day. In the past though, before I learned about the How To Clear Your Acne Regimen, if I didn't sleep well, I might break out the next day. And this was due largely in part because my body was in a very weakened state and in a state that was very acne prone.

Some people think that acne has a lot to do with stress. And while there is a connection between being stressed out and breaking out, there are many people that are stressed out all the time but don't have acne. I'm sure we all know people like that in our lives.

Another misconception that I've been asked about is the connection between sex, masturbation and acne. Some people believe that if they have a lot of sex or they masturbate a lot that this is the

reason why they have acne. While there is a connection between sex, masturbation, and acne, luckily, guys and gals, this isn't the main cause of acne either. Believe it or not, there are people in this world who never masturbate or have sex yet still have acne. And vice versa, there are people in this world who masturbate and have lots of sex yet have no acne whatsoever.

The last misconception that I'd like to mention is between food and acne. This idea between acne and diet, while there is a very strong tie here, I also think it's also a misconception because people usually don't fully understand entirely the reason why certain kinds of foods aggravate their acne. So I'm putting it down in this section of misconception because the beliefs that people usually have about food and acne is one that may need a little adjustment.

In reality, it's actually a lot more complicated than simply not eating fried foods or spicy foods. And to understand how that works, we need to look into the first cause of acne.

What Is The Cause of Acne?

I learned a while back from Leo Kiesen's that the two basic causes of acne are excessive toxins and hormonal instability. In this section, we're going to be going over how to clear to your acne and deal with these two basic causes.

When I learned this I thought, "Okay, so if I'm eating healthy and dealing with these two basic causes then I'll have clear skin?" Sort of, but not in the way that you may think. Most people eat a *healthy* diet and think that they know what they're doing. But in reality, our bodies are a lot more complicated than just eating salad instead of sweet potato fries. Getting clear is about understanding what your body needs and

giving it just that. So let's go into a more in-depth discussion about excessive toxins and hormonal instability and deficiency.

The First Cause of Acne

Excessive toxins deals with your primary and secondary channels of elimination. What are primary and secondary channels of elimination?

Let's just say you're going about your daily activity and you're eating. If your body is doing what it's supposed to, then it's pretty efficient and it's using its primary channel of elimination. You eat food, you extract the nutrients that you need from the food, and then your body expels what it doesn't need. The end result is that it takes what it needs and then it gets rid of what it doesn't need when you go to the restroom. The primary channels of elimination are through your urinary tract and through your colon.

But imagine you start taking things to a more "intense" level. You start partying, you don't sleep much, you start drinking heavy amounts of alcohol and sodas, and you're having a heyday with junk foods. In the

short run, your body can probably handle a little bit of this overload. On the other hand, if this continues for a long period of time, (and this “long period of time” varies from person to person depending on genetics and how they have previously cared for their body) your body may start to lose its vitality. If this point ever comes, your body will probably become overwhelmed because it’s having trouble getting rid of as much toxin as you’re putting in. This doesn’t usually happen overnight though, this usually takes place gradually over years and years of people not knowing about what their bodies need and how to care for their bodies. The eventual wear and tear becomes too much, sooner or later, you’ll start seeing weird things happen. Weird things being defined as things that are “not supposed” to happen. Sometimes, these “weird things” can manifest themselves in your body as becoming overweight, other times they can come out as acne, and sometimes they can even turn into tumors or cancers.

So to review, when you put more toxins than your body can get rid of, your body will become overwhelmed. When it becomes overwhelmed it automatically tries to figure out a way to stay alive.

And by doing so, it now activates your secondary channels of elimination, which are your lungs and skin. The use of these secondary channels elimination allow you to expel these overflowing poisons so you don't end up "over-toxifying" yourself from the inside.

In your day to day activity, you might wake up in the morning and notice that you have more phlegm in your lungs. The phlegm is your body getting rid of these extra toxins through your secondary channel of elimination, your lungs. Or maybe you start noticing that you have more whiteheads, blackheads, or acne. This is because your body is using your skin, another secondary channel of elimination, to get rid of these excess toxins. And the faster and better your body can get rid of these toxins, the less likely of a chance you will end up keeping these poisons inside your body and "over-toxify" yourself.

Unfortunately, our bodies aren't invincible. We can't hold waste inside our bodies forever. In fact, the sooner we get rid of waste the better. If you've ever had something dirty, infectious, or just a downright dangerous chemical sit on your skin for a period of time longer than it was supposed to, you probably know what I'm talking about when I say

that your skin will react. And the way it reacts probably won't be a pretty picture. Our bodies weren't designed to be impenetrable solid fortresses for chemical waste and cleaner you keep it, the healthier it will be. And the healthier it is, the less acne you'll have.

The Second Cause of Acne

The second of the two of the two basic causes of acne is hormonal instability and deficiency. So what I want to you do is think of the times in our lives that most people have acne. Got it?

If you're thinking of teenagers and pregnant women, you're right. In the case of teenage boys, an amazing amount of change happens in a short period of time including the Adam's apple, growing taller, growing stronger, and developing a deeper voice. For teenage girls, their bodies also transform dramatically including internal birthing systems developing if she ever gets pregnant, larger breasts, wider hips, and losing her baby fat. It's fairly obvious that a boy and a girl going through puberty are going through a lot physiologically in a short period of time. For pregnant women, her body will change with her breasts

enlarging, the blood output of her heart will increase, her blood volume will increase, she may gain 30 to 50 pounds for the baby, etc...

Often times, if the body is not prepared for the dramatic kind of changes that are about to take place within the body such as puberty and pregnancy, some awkward things might happen. And I refer to “awkward things” I’m talking about a range of things from gestational diabetes in pregnant women to acne in teenagers.

An example from real life that we might be able to relate this back to could be John Smith moving out of his current home. John Smith and his entire family of 8 people need to leave their house and move everything from one Los Angeles, California to the other end of the New York, New York. He and his family need to do this in a very short period of time and for the sake of this example, it’s within one weekend. But John Smith and his wife haven’t taken the time to fully plan out and understand the move just like most acne sufferers don’t understand or have taken the time to really fully understand their bodies.

Now when that weekend comes along, chances are, things are going to get a little bit hectic and uncoordinated. Things might get a little bit messy. John Smith and his wife may not be able to find the kids, somehow the keys get lost, why is the baby missing again, and things might start getting out of control.

Sometimes things don't just automatically work out in life. The move for John Smith could go perfectly even though John Smith and his family don't have a plan, but the move could also go disastrous. In the same way, sometimes the body isn't very good at executing things by itself. In other words, we're given a certain set of genetics that come with a set of strengths and weaknesses. If you don't have a "plan of action" or know how to use those genetic strengths and weaknesses, it's kind of like just relying on whatever happens happens. In the same way, if you don't fully understand your genetics and what you were given at birth, it's very difficult to maximize your gifts. In fact, even worse, you could end up destroying your entire being. That's why, sometimes puberty or pregnancy can overwhelm the body and bring to light all sorts of health issues. The body doesn't always choose acne as it's way

of manifesting problems though, it's different for everybody. However, in our case, it happens to be acne.

You might asking at this point, "I'm not going through pregnancy or puberty, then why am I still breaking out?" You're still getting pimples because you're probably overwhelmed with toxins and your body is having trouble expelling them all. At the same time, while you may not be experiencing puberty or pregnancy, your body is going through a similar level of instability because you're not giving it the resources so that it balance itself. Our goal by the end of this book is for you to maximize stability and minimize all the factors of toxicity.

Nevertheless, I want you to really understand that it's not your fault that you're suffering from acne. I mean, conventional acne approaches don't really treat the core cause of acne. It seems that no matter where you go, everyone's telling you the same thing. They're saying things like you'll grow out of it, you're probably just not getting enough sleep, or it's just the way you were born.

It's very frustrating when it seems like nobody really knows what they're talking about. And it can lead to years and years of walking down the wrong path of trying to clear up acne.

That's why it's crucially important to learn about the principles that I'm going to teach you if you really want clear skin for good and not have to deal with acne anymore. If you've ever wondered why other people have such great, clear skin then you need to understand how their bodies have handled these two basic causes of acne.

Here's What *NOT* To Do

The first thing that you need to NOT do is continue using acne products. That's right, I said it. Don't use acne products. They simply focus on the wrong reason for the cause of acne. Conventional acne products concentrate on acne as an outside issue and it leads to short term results.

What you're really aiming for are long term results that tackle acne from the inside of your body. Most of the time, these conventional acne products such as lotions, scrubs, facial washes, exfoliants don't really work well. And if they do, the results of these products don't last.

Do not rely on a cosmetologist because they also focus on the external. For a while, I was very dependent on a cosmetologist who was very skilled at what she did for a living. This was all before I found out about the How To Clear Your Acne Regimen and clearing my acne naturally, of course. I really started relying on her to clean my face out, squeeze out my blackheads and whiteheads. If I had any pimples, I started looking to her to get rid of all them. Gradually, I started focusing more on the outside and less on the inside. Not only was it incredibly expensive, it was also very, very painful. She did a great job extracting every last whitehead and blackhead on my face.

However, the problem was that I was left with these squeeze marks all over my face that took weeks to heal. When it really came down to it, my face was probably “clearer” only 1 week out of every 4 weeks. Somewhere along the line, about a year into doing this, I realized that this isn’t something that I could go on doing the rest of my life. This was not a long term solution that I wanted to stick to.

Most dermatologists are also a bad idea. Dermatologists just love to recommend shots, laser treatments, antibiotics, topical creams,

derma rollers, dermabrasion, and chemical peels. These treatments, not only are not the true solution to acne, they also cost quite a lot of money! I've tried many different kind of dermatologists ranging from prescription antibiotics to laser treatments and the one that stands out the most is the one that gave me shots in my face. At first, I wasn't quite sure what the shots were, but I figured that the doctor had my best interest in mind so I didn't want to question his judgment too much for fear of offending him. I thought that if he thought it was the best thing to do, it was probably the best thing to do. After all, it worked like a charm, he would give me a shot just underneath the problem area that I was having and the very next day that pimple was gone! It was like a miracle cure, and I didn't care how much it cost me, I wanted that zit gone. It wasn't until one day, out of curiosity, that I asked him what the shot was: steroids.

“Um... what do you mean steroids? You mean... ‘steroids’ steroids?” The question didn't come out quite right but I had to make sure that he was talking about the steroids that was talking about. You know, the kind that human beings usually aren't supposed to take. Plus,

there was also a factor of disbelief that he even said it the first time. When he answered again that it was “steroids” steroids, it... didn’t sit very well with me.

Steroids can damage your liver severely and have terrible side effects. They put your body on overdrive that’s why athletes can win gold medals and defy normal human physical capabilities when they’re on steroids. That’s why my body was able to heal my pimple literally overnight. But I wasn’t about to risk having man breasts, heart palpitations, elevated levels of cholesterol and risk atherosclerosis just to get rid of a pimple. I knew that must be another way. And I was going to find it. This dermatologist was not looking out for my best interest. He just wanted to get rid of my pimple so that I was happy *today*. But what about tomorrow? What about when I come back and with more serious problems? He was just a dermatologist, he wasn’t going to solve my possibility of having a heart attack or high blood pressure too. Maybe he didn’t know or he didn’t care. Either way, I was paying him a lot of money out of my hard earned high school wallet and that was the

last time I visited his office. Do yourself a favor and learn from my experience. Don't do that to yourself and don't do that to your wallet.

And just in case you're curious, steroids in women can cause hirsutism and growth of male characteristics, such as deepening of voice, reduction of breasts, and growth of Adam's apple. Hirsutism is the excessive growth of hair where women don't normally get hair such as a beard or chest hair.

Now I'm not saying that you should never take steroids in your life. There are some life threatening illnesses and diseases that call for such measures. But what I am saying is that though I wanted to clear my acne, I didn't want to be acne free and have the added bonus of boobs.

The best way to clear your acne is naturally. And even better is that it's not going to cost you an arm, leg, or man breasts either.

Do not blindly listen to all the suggestions that everyone else makes. I think many times we've all heard about how a friend of a friend uses X product and it really helped them. I can even begin to recall all the times that I wanted X product because it helped Y friend

clear their acne. And don't me wrong, while I think it was your mentality of try new things that led you to read this book, I also think that this is a double edged sword. Be careful who you trust. There are some good people out there, but most people aren't. Ever and again, we're often caught up in so much he said she said stuff that it's hard to decipher who really knows what they're talking about. And even harder to know whether they're looking out for us.

Now I'm not saying that these acne treatments are things you should never try again if you have pimples. They won't cure your acne. However, at best, they may temporarily make things better for a bit. What I am saying is that I don't want you to rely on these methods to heavily because the truth in having clear skin lies in curing acne from the inside. You can use some of today's conventional acne treatments in conjunction with what I teach but if you are relying heavily any of these options, I want you to start thinking of how we can find a more realistic and better solution where it doesn't hurt so much, doesn't cost so much, a lot easier, and gives you the acne free clear skin you've always wanted.

Today's Acne Treatments Are All Wrong

Today's approach to acne can be good once you've already solved your acne problem. Tools like scrubs, facial washes, exfoliants, chemical peels can be helpful ways to maintain a clear complexion once you've really dealt with the core reason of why you're still breaking out.

Alternatively, if you still have acne, treatments such as face washes and chemical peels are, at best, only scratching the surface because they're never really going to cure your acne. In my opinion, it's because acne sufferers are looking for the fastest results in the shortest amount of time with the least amount of effort. Especially in America,

instant gratification is something we're addicted to and the practice of hard work and long term investment has become a stranger in our homes.

If you've ever driven on the freeways in California, there's a recent popular weight loss procedure called the Lap Band. As of writing this book, these Lap Band billboards are everywhere. A lot of people who are overweight are very attracted to this concept of the Lap Band because they think that it will change their life. And the interesting thing is that, in the short term, it probably will.

However, what most people don't realize is that it's not really a band around the waist which is what many of these billboards look like. It's really just stomach stapling, a risky procedure. Stomach stapling has many risks ranging from suture tears, leaks to pulmonary embolisms, pneumonia and infections. It's something that many physicians do not recommend for people who want to lose weight. In fact, it's actually the last option on the list because of how dangerous this operation can be.

But in America, we want instant gratification. Procedures such as the Lap Band, or stomach stapling, can lead to fast weight loss because the stomach is a lot smaller than it used to be after the procedure. Most people aren't thinking about the whole picture and weighing the benefits and the risks, they're only seeing the benefits. They want what they want and that's it. This can be dangerous and most of the time, we don't even realize that these solutions really won't bring us the weight loss or clear skin that we want. Due to the fact that the Lap Band just shrinks the stomach for a time, most people don't know that the stomach can re-expand and people can gain their weight back. Or those sutures made in the stomach can break and even worse than gaining the weight back, you can die.

In the same way, while conventional acne remedies may improve your complexion slightly, these treatments will usually give your acne a chance to come back. And when acne comes back, it usually comes back with quite a bite. As I grew older, my acne got worse. The health of my body wore down more and my acne grew stronger. And so continued

the cycle. The only way to really break this vicious circle is to promote the strengths of my body while simultaneously weakening acne.

So if you're suffering from acne and you use antibiotics or these creams, your acne might come back even more severe than it was before. Or if you got your stomach stapled from the Lap Band, you might gain even more weight the second time around but this time around you have more health problems because of the complications of unnaturally shrinking your stomach through surgery.

When it really comes down to it, I am a firm believer in doing things the right way and doing them once. It's pretty bothersome when you put a partial amount of effort into something and you end up having to do it again and again because it keeps failing. We've all had those times when we didn't really try or tried to take a shortcut and things turned out terribly. Then, finally, towards the end we shape up and do it one final time slowly, carefully, and with intense concentration and finally, we get it. It feels good when we work hard for something and it turns out the way we want it to.

When it comes to my health and clearing my skin, I really believe in doing things right and naturally. I don't want to wake up one, two, or five years from now regretting that I didn't take things seriously and having to deal with acne again. And even worse, what if I wake up 5 or 10 years from now with liver cirrhosis because I really damaged my body taking the powerful acne medication, Accutane or something. That would be a horrifically painful way to die.

When I do something, I want real results that are here to last. And that's what I'm going to be teaching you in this book.

Most people generally agree with my perspective and opinion on this approach in theory. They want to do things naturally too.

Be that as it may, what I find is the biggest problem for most people I counsel is that they tend to not want to put forth the effort to learn. Effort takes a lot of, well... effort. And I think that's probably the biggest hurdle for most people.

If given the choice between taking the magic pill for instant results or to take the time to learn how our bodies work, most people

are going to want to take this magic pill. In fact, it's counter-intuitive for most people to admit that they would probably take this pill so quickly that they won't even think to ask whether or not there are regrettable side effects. And even if there are potentially harmful side effects, the amazing thing is that most people either don't think that it will happen to them or don't care.

Most people just want results and don't care about what happens afterwards.

But the sad thing is that this magic pill isn't going to give you the results that you want. Just like in life, and with acne too, you get what you pay, or put in the effort, for. And, if you're unlucky enough to have also paid a lot of money for that magic acne pill, then ... ouch.

Another unfortunate issue in our society today is that we focus on using outside products. Modern advertisements try to get people to buy gels and creams to make them look younger and more youthful. Instead, the correct model of health and wellness we should be advertising is eating a nutritious diet full of fruits and vegetables. But that's not

lucrative for these makeup and fashion industries. They want to get you to buy the newest and latest style of clothing and hairspray.

When it comes to carrying all these products along in your bag, I think that's a really difficult thing to have to worry about. On top of all the packing, you have to take into consideration whether or not you can mix which treatments on your face. Which order should you put these gels on? What is the best way to carry all these acne products with you when you go traveling? Or maybe you forgot one of the 7 face washes and creams so now your acne clearing "system" is incomplete and you're worried about breaking out.

The best part about what I teach is that you CAN be like your friends and just use regular soap and water! No more packing all these products with you when you go somewhere. Are you staying one night, two nights, three nights? Well... it doesn't matter because you don't need any acne products.

As a matter of fact, being someone who used to use 4-5 products every night before going to sleep, I don't use anything before sleeping

now. I'm simply just make sure my face is clean like a "normal" person and that's enough. Soap and water is enough for me. I do like to use a lighter face wash that isn't as harsh as regular soap but the point is that I don't need all those acne products like I used to. As a matter of fact, there have been quite a few times when I've gone on vacation and forgotten to bring my face "maintenance kit" and it didn't matter because I didn't need it. I wasn't dependent on it.

There have also been times, when I've experimented on myself, I don't take very good care of my skin for a few days (just to test out my regimen) and I'm fine. Not a single pimple. But this is only because I've gotten my body to a point where I CAN do this. It took time and effort to learn about the How To Clear Your Acne Regimen that I now teach.

However, the great part is that once you finish, rest assured, you never have to use another acne product again.

Among all the money hungry companies and dermatologists out there in today's society, I do believe that there exists some good. Having said that, I think a lot of them don't really care so much about

whether or not you actually clear your acne. They'd much rather have another client that comes back week after week so they can continue to make money. So they give you those pills, encourage you to get these laser procedures, or prescribe these medications that don't work and give you short term solutions.

The end result is just like the experience that I've had with the dermatologists that I've been to and the acne products that I've tried: more money, more pain and suffering, and more acne.

I was tired of all the products. I was tired of having to put on 4 different gels and creams each night before I went to sleep and each morning before I went out. I was tired of having acne and missing out my life.

And I know you are too.

So if you're going through or have gone through what I talk about in this book, please believe me when I say that you don't have to go through this suffering. You don't have to wake up every morning and hate your face. Do you don't have to walk through a room filled with

people and be self conscious. You don't have to wash your face with ProActiv, Clearasil, or other acne products that don't work. And you don't have to stand on the sidelines of life watching everyone with clear skin have fun.

The First Step in Clearing Your Acne *TODAY*

The solution to curing your acne is to not focus on improving your health in the commonly accepted way. Now, what I'm NOT saying is to not work out, not eat healthy, and not wash your skin. That is NOT what I'm saying. However, what I am saying is that what we believe now to be "taking care" of our bodies needs to be tweaked a little bit, especially if you have acne. And that "tweak" that you're looking for is exactly what How To Clear Your Acne is about.

What every acne sufferer must learn, especially the ones that are really fit and health conscious yet still can't figure out why they still have acne, is that there is a DIFFERENT KIND OF TAKING CARE OF YOUR BODY ROUTINE for us. Our bodies are different than the "average" person who eats whatever they want and just gains weight. Sometimes our bodies, which you've probably already noticed, doesn't even gain weight. Sometimes, when we neglect our bodies, we just end up breaking out instead. And it sucks.

It doesn't make any sense that we're working out, getting a good sweat, going to a sauna, washing our face, and then doing a facial mask yet we STILL breakout. WHY?!

So whatever you do, don't just keep working out and trying to eat "healthy" thinking that something's going to change and that your acne is suddenly going to start clearing up if you just try harder.

I know this doesn't work. Because that's what I used to do. I would just redouble my efforts thinking that I wasn't trying hard enough. But that's not the answer and it's not going to cure your acne.

You need to stop and think. Reformulate a new plan. Really try and understand what's going on. Figure out the WHY.

It's questions just like these that I racked my brain for years! I've been in your shoes before and it's hard to really know what works and what doesn't. It just seems like there are so many acne products out there, it's hard to really find out with ones are telling the truth and which ones are lying. I've bought a lot of them too, Clearasil, Murad, ProActiv, those are just to name a few that I've tried. I used to have use a lot of acne products such as aloe vera, benzoyl peroxide, face creams, masks, etc... But these days, I barely even wash my face once a day sometimes, and I'm still clear. I'm proof that clearing your acne the healthy and natural way works. And it's permanent too, I still have clear skin and I have no problems maintaining acne free, clear skin.

And I finally figured out the perfect routine and way to care for our bodies and our skin if you have acne. The true causes of acne are really dirty blood and an overwhelmed system. And I talk a lot about these two causes in my website and more in detail about how to deal with them in my products.

For anybody reading this article, if you're serious about clearing your acne for good, the logical next step for you would be to learn about your body. It doesn't matter if you choose me or someone else, I would highly recommend you to start learning about how to clear your acne from the inside instead of concentrating on the outside. Make sure you know that outside acne treatments are only short term, and that you really want to focus on clearing acne from the inside out.

I don't hold back in this program, I'm telling you all of my experience, my stories, what I went through, what I learned, how I cleared my acne, and I'm teaching you exactly as if I were standing right next to you coaching you through the way. I WISH that I had something like this when I had acne. It would've saved me so much TIME, MONEY, and ENERGY.

I, and thousands of other people, have spent years of our lives suffering from acne. And I mean REALLY SUFFERING from having acne. And it's just a handful of us that finally found the secret to be able to free ourselves from those dark days when we hated the reflections of ourselves in the mirror.

There are those people out there that look at their old pictures and remember the days when they USED TO HAVE acne.

Some of them now have moved on with their lives and forgotten about the nights that they were ashamed of meeting new people because of their acne.

The question I have for you is...

WILL THAT BE YOU?

Or are you going to just be another one of the dozens and hundreds and thousands of people that just stand and wait... or hopes that you're acne will magically just disappear as you get older?

If you want to know all the steps, top to bottom and front to back for how to clear your acne once in for all, then I have a hint for you ...

Go get my eBook "The Acne Free Diet", which you can download and be reading in just a few minutes...

It's time for you to stop sitting on the sidelines and missing out on the acne free life you should be living. I'll show you how.

For details: [10 Things Every Acne Sufferer Must Know For Clearing Acne](#)

For More Information

To continue your journey in clearing your acne, please visit:

Websites by Ray

www.HowToClearYourAcne.com

www.AcneCD.com

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About the Author

I guess when you've tried everything else, you understand that most "quick fixes" are one more way to suck your pockets dry and not give you any results. But I think the one thing that I was most tired of was that sinking feeling I got deep in my chest every time I realized that "this" wasn't working.

One day, I said to myself, "I will do whatever it takes to clear my skin." I think it was about then that things began to turn around. I wanted to learn everything there was about acne and how to conquer it. I read books, researched online, talked to specialists, visited dermatologists, made logs, experimented on myself, and labored over the topic until I really understood. No exaggeration, I wanted to absorb EVERY drop of everything. I was a mad scientist.

I've tried Daniel Kern's Acne.org regimen, I've read Leo Kiesen's Acne Yoda eBook, The Maker's Diet by Jordan S. Rubin, went through cookbooks for Type 2 Diabetes, tried random things on the internet, smeared aloe vera on my face and even ate the plant raw... I'm not

trying to reinvent the wheel, my knowledge is not anything new that probably hasn't already been published by someone else, written in some scientific manual, or mentioned elsewhere.

That's not the point of this website. Hershey's didn't invent chocolate, Sony wasn't the one who invented the television, and Tony Robbins's didn't create the concept of self motivation and self esteem. What they did was take something and make it even better.

The How To Clear Your Acne "regimen" is not something that I created. In fact, a lot of what I know comes from multiple sources including Leo Keisen's eBook, the Body Ecology Diet by Donna Gates, and many others (which I recommend that you all go out and read by the way, these books have changed my life) but a lot of it also comes from my own experience. And I want to expand this knowledge even further as recently I've enrolled into a Masters program at a California State University to study Dietetics, Nutrition, and Preventive Medicine.

Having suffered from acne for the last 10 years of my life, I have my own opinion about things. Some treatments and acne plans I

have like more than others, I put in this website. Others that I like less have either been excluded completely or have been commented about in some way. So again, you may recognize little things here and there, maybe even large things. I'm simply spreading the knowledge and experience of others and my own.

In the back of my head, I knew that people like me who were suffering from acne, would kill for this information. And I wanted to give it to them.

I'm an ex-acne sufferer of 10 years and I've created this website in order to help bring about the knowledge of how the body functions holistically, specifically in relation to acne.

I've tried everything from commercial acne products such as ProActiv Solutions & topical creams to the more extreme acne treatments, like ultraviolet electric laser therapy and steroidal injections. None of that stuff worked for me.

I'm now a graduate student of Dietetics and Nutrition Master's Program, manager of a Contracting Company, real estate licensee, and

an avid psychology enthusiast. Acne led me onto a new path in my life, and I'm glad to be a part of something bigger than myself.

I'm here today to be your "personal" coach and to guide you through your acne struggles and how to clear your face exactly like how I wished someone would've helped me when I was struggling with acne. I know what you're going through because at that time in my life, I too, would've given anything and everything just to "move on" with my life.

HowToClearYourAcne.com & MyAcneCoach.com are the stories of how I battled with acne... and won.