



# 10 Things Every Acne Sufferer MUST Know



*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 Your Acne..."***

Ray J. Wang

How To Clear Your Acne



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

**Presents**

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

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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. I did things and I learned things that I could

never have imagined. After I learned these things, I created a regimen for my acne. I taught myself how to successfully clear my acne naturally 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 own acne naturally 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 acne may be a blessing, about how to 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 a pleasant experience. I remember the days when I used to have pimples all over. When I woke up every morning, the first thing I used to do would be to walk into the bathroom and check out if I had any new problem areas.

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

Up and down, up and down, my pimples came and went. 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 these giant holes, gaps, scars, bumps, and red marks on my face. I was physically and emotionally exhausted. I wanted it to end more than anything. I was desperate to move on from this part of my life. A decade of acne was enough for me.

At that time, I would've given just about anything to clear my acne. There were many times that I hit "rock bottom" emotionally and in terms of my self esteem. It seemed like each time I looked in the mirror, I'd create depression for myself.

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 looking back on everything, I learned so much more about skin and health than I could have 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 who really *gets* what you're talking about on all levels.

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 keep reading, lend me your ears, and let me teach you how to cure your acne so you can finally have the clear skin you've always dreamed about. Because for all of us, it's about time we moved on from this "little problem" that we've been having...



# I've Also Suffered From Acne: My Acne Story

I used to have pimples all over my forehead, on my nose and 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 6<sup>th</sup> 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, 7<sup>th</sup> 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 become 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, 11<sup>th</sup> and 12<sup>th</sup> 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](http://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 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.

# How To Normalize Hormonal Activity

What's really going on stems back to the first basic cause of acne. Just to recap, the two basic cause of acne are excessive toxins and hormonal instability and efficiency.

In the first step in clearing your acne, were going to be concentrating on stabilizing your hormones. Now if you're a guy you may not think that you have hormones but I'm telling you right now, yes even guys have hormones. Hormones direct how tall we

grow, how deep our voices are, what shape our bodies end up taking, and they run the show behind the scenes. Everybody has hormones and they are the chemicals which are running our bodies. Think of a well put together company. There are the employees, the managers, their managers, and the higher-ups such as the president, vice president, etc... of the company.

Hormones are like the management orders that the president gives in order to run and coordinate the rest of the company. Hormones are the actual messages and communication that get passed along from the president down to the rest of the company in order to properly run it to achieve success. So in this case, “hormones” might be the verbal orders, emails, or directions that the president gives to his people, which pass it down to their people and so on. If somehow the orders of the president are

misconstrued or miscommunicated the future of the company could become quite chaotic.

For a healthy and “normal” individual, our hormones are chemical messages passed down from our brains to help the rest of our bodies grow and function. These hormonal messages are relayed through the endocrine system of our bodies and passed to our organs in order to direct them of what to do. If everything goes as it should, the body grows and functions normally. You get tired when you’re supposed to rest, you have energy when you’re supposed to be energetic, your happy when you’re supposed to be happy, and so on.

It’s when sometimes these messages don’t turn out right, get lost in translation, or don’t come out at all that we start having problems and certainly inflammatory or swollen pimples appear on your face.

Breakouts could happen for a number of reasons. Your body could be inefficient with the coordination of your hormones because of your diet, your lack of sleep, your genetics, or your nutrition or a combination of all of the above.



# Sleep and Acne

I'm sure, growing up, you've heard from your parents many times to go to bed early because it's good for you or that you have pimples because you're not getting enough sleep. I've heard the same too from my mom, "Ray, I'll tell you why you have pimples, it's because you're not going to bed early enough, that's why you should sleep early tonight."

Looking back now, she probably would've said anything to get me to sleep early so she wouldn't have to deal with the child in

the morning who was too tired to go to school from lack of sleep. As children and young teenagers, we believe practically anything our parents say because we look at them as the authority.

My mom was so convinced that sleep was the cause of acne, I was too for the longest time. Now that I have finally figured out the cause of my acne, I sometimes still jokingly say to my mom, “See mom? I told you it wasn’t sleep.” Looking back now, my mom may have known as much as she claimed, but we can’t blame them for wanting the best for us.

How you sleep at night can affect your skin and your acne if you already have acne. HOWEVER, if you don't have an acne problem how you sleep at night is not going to suddenly cause you to break out. This is because in terms of acne, while sleep does play a major part in our bodies and our recovery sleep is not as closely connected to acne as you might think. Will cover more about sleep in the later part of this book but for now understand that while

sleep is important it will not make or break how often you break out.

So if it's not about how I sleep, then it's probably because I was just born this way, right?

# Are Some People Just Born to Have Acne?

A lot of people blame their genetics for the reason behind their acne. This is usually because we try everything else and when nothing else has worked, we figure that acne is an unsolvable issue. And then, on top of that, we look around us and see all the people who are not doing *ANYTHING* but still have clear skin.

They don't use any special face washes, they don't care when they sweat, they eat unhealthy diets and fried foods, some of don't

wash their faces at all and *STILL* have clear skin! By this point, we usually figure, “I guess I’m just born like this and I have no choice but to deal with it until it’s over.”

I’ve also thought like this before. And while I still continued to try my best in certain parts of my life such as wash my face, make sure I didn’t sweat too much, and be physically active, a certain part of me gave up with my acne for a long time.

The problem with this is that when you start thinking that genetics is the reason why you have acne then you give up and ultimately leave it up to “fate” to clear skin. Luckily for acne sufferers everywhere, I have good news.

We ARE in control. That being said, while this is true to a certain extent it's not the entire picture. What we're missing from this equation is that while genetics play a part in our heights, our skin, the color of eyes, the kind of diseases that were prone to, and

even our acne, we still can have a certain amount of control over what happens to each of these factors in our bodies.

How am I so sure? Well, we owe this revelation to a science called epigenetics.

After entering the Masters book of dietetics and nutrition I met a professor who was fascinated by epigenetics, the study of how we care for our bodies can ultimately change our genetic fate. We spent hours in class talking about what and how we care for our bodies does play a factor in the outcome. The end conclusion? Our genetics are not our destiny. After doing some more research I found that there were many case studies of twins were born at relatively the same time, genetics, height, skin tone, and prone to the same diseases often times did not experience the same health problems. And this had a lot to do with how they cared for their bodies.

There was this one particular case study that stood out in my mind about two women who were born identical twins. Now in their late 40s and early 50s, one of the women was diagnosed with cancer. But the other twin was healthy. This really intrigued scientists and upon further analysis, they found that the two had lived quite different lifestyles. One ate whatever she wanted she didn't do much exercise and generally didn't take very good care of her body. The other ate much healthier and also liked to go on walks quite often.

In general she treated her body better than her twin. What epigenetics concluded was that while genetics can influence our bodies, we ultimately are the ones in control.

The same can be said for acne. Can you think of anybody in your family who has had acne before? Or maybe there is no one in your family who has had acne before? There are some people in your family who have acne and some that don't, have you ever

stopped to think about why? It's not necessarily that their particular diet is perfect to cure acne. But it may have a lot to do with the fact that their particular diet is right for THEM not to have acne.

Which brings me to the question, so what diet is right for you not to have acne?



# Difference between Diet and Nutrition

Before we go on there is an important difference I need to point out. Did you notice that I said it could be diet or nutrition? This is because there is a difference, in the way that I use the two words, diet and nutrition. When I refer to diet, I'm talking about what you eat or the foods that you put into your mouth. Do you eat hamburgers for lunch or do you have a chicken salads? Instead of having steak dinner with mashed potatoes do you have salmon with blanched broccoli and fresh tomatoes?

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When I refer to the word “nutrition”, I am talking about the kinds of vitamins are you getting. Are you getting the necessary vitamin B-6 that you need from your daily meals? Do you have enough magnesium and calcium in your food? Are you taking in the minerals that your body is calling out for?

It’s important to recognize the difference between diet and nutrition because a lot of people think that they’re eating healthy therefore they should have clear skin. But there’s a difference between the food you put in your mouth, diet, and the vitamins you’re getting, nutrition.

Just think, have you ever tried an acne diet or followed a particular diets to try and clear skin but still didn't get the results that you wanted? I've had a lot of clients and people that I talk to come up with the same frustration. They always asked me, “but Ray I've already tried eating healthy and it didn't help my acne or my breakouts.” I could hear in their voices that they've already

decided that food didn't really help with their acne and that they were therefore skeptical of the connection between food and acne. If you've ever had this thought, we're not too different because I actually had the same belief when I was in college.

Remember that song that my friend wrote about me and my acne in college? In that song my friend also mentioned how I always try to eat healthy. I didn't put dressings on my salad, I ate fresh vegetables every day for every meal, I stayed away from fried foods, I stayed away from any kinds of foods that would make me hot and sweaty or make me appear flushed because I thought that this brought out my acne even more. They would always asked me, "why are you eating so healthy?" I actually ate so healthy that it became a joke among my friends.

Often times I was embarrassed to tell them I was, as they called me, a "health nut" it was because of my skin. But I couldn't figure out why, In the end, I still had acne even though I was eating

so healthy. What I did notice was that eating certain foods made my acne worse but eating the right foods didn't make my acne too much better. And that sucked.

Basically, to me it meant that I couldn't enjoy all the good foods and that even if I ate the nasty tasting healthy foods, I would still have acne. Therefore, eventually I figured that eating right wasn't going to cure my acne.

What I didn't realize was that even though I was eating a relatively healthy diet, I wasn't getting the right nutrition. And that was the key piece that I was missing.

# Proper Acne Nutrition

So what is the right nutrition to help clear your acne? In our case of acne, what is considered the right kind of food is the kind that will help give you the nutrients that you need in order to clear your acne. We're going to be talking about foods that contain the right kind of nutrition to help hormonal and chemical efficiency.

Omega-3, omega-6, and omega-9 essential fatty acids are naturally occurring nutrients within our foods and within nature.

You're probably eating foods all day, every day with various ratios of these three essential fatty acids without you even knowing!

Our job is to find foods that contain the right amounts of ***omega-3 acids***. This is so that we can give the enzymes in your body the opportunity to break Omega-3 acids down to Eicosapentaenoic Acid(EPA) and Docosahexaenoic Acid (DHA). These two fatty acids then change into prostaglandins.

What Prostaglandin do is they act as regulatory molecules and are responsible for the cell's inflammatory and anti-inflammatory responses. Their purpose is to help regulate every function of our cells, organs, and also keep our androgen hormones in control so that excess sebum won't be produced resulting in acne. When our androgen hormonal levels are not in control, the body sometimes starts producing excess sebum oil which ends up clogging our pores. If our pores become clogged and then become infected, we have a pimple.

So if you can find foods that contain the right amount of omega-3 acids, then you can give your body the chance to break it down to become Prostaglandins. If you can supply your body Prostaglandins, then you give it a shot at regulating androgen hormones, your inflammatory and anti-inflammatory responses. And if you can get your androgen hormones, inflammatory and anti-inflammatory responses under control, then you have a very good chance at stopping breakouts and acne. Make sense?

In other words, foods with the right amounts of omega-3 acids equal the first step to acne free, clear skin.

However, it's just all about omega-3 essential fatty acids. Eating too much omega-3 fatty acids alone may actually end up hurting you in the long run. This is because it's not about how much omega-3 essential fatty acids you eat as much as how much you eat in **comparison** to how much omega-6 and omega-9 acids you eat. the **RATIO** of omega 3, 6, and 9 acids that you eat is what

matters, and it's the **RATIO** that will bring you acne free clear skin and stop breakouts. If you have acne, it may be a prime indicator that you do not have the correct ratio of omega 3, 6, and 9 acids.

A lot of people don't believe that just by adjusting this ratio, they can dramatically improve their skin immediately! This is because this is something that many dermatologists aren't taught in school when it comes to acne. The notion that food is somehow connected to acne is still a blur to Western Medicine. So you've just learned a very important secret in the first step to clearing your acne. And if you can get this ratio right, you will see a dramatic improvement in your skin.

You're going to want to aim for a diet which contains a ratio somewhere in between 1 part omega 3 to 1 part omega 6 to 2 parts omega 3 to 1 part omega 6. Depending on how severe your acne is, your omega 3 to omega 6 ratio may be grossly off and you have a lot more omega 6 than you realize. Chances are, if you do have acne,



you're going to need to increase how much omega 3 essential fatty acid you're taking in to match the ratio somewhere in between 1 part omega 3 to 1 part omega 6 to 2 parts omega 3 to 1 part omega 6.

If you live in the United States and eat anything close to the typical American diet, you're probably going to have a harder time finding foods rich in omega-3 due to the fact that most of our foods are loaded with omega 6. In fact, there are studies showing that those of us who live in the United States actually have a diet something close to 1:15 to 1:32 ratio of omega-3 to omega-6 when the goal is actually 1:1 to 2:1.

The University of Maryland Medical Center found that too much omega-6 can actually lead to other health conditions such as diabetic neuropathy, rheumatoid arthritis, allergies, Attention deficit disorder, breast cancer, eczema, high blood pressure, multiple sclerosis, osteoporosis, and the list goes on. Now you

probably know a little bit more about why so many Americans and their poor diet suffer from acne among other various diseases and disorders.

By now, you must be asking yourself, “what foods contain the right amounts of omega-3 acids for that proper ratio?”

Foods that are great sources of omega-3 are:

- Flaxseeds
- Walnuts
- Salmon
- Sardines
- Cooked soybeans
- Halibut
- Snapper
- Scallops
- Any green leafy vegetable
- Lettuce

- Broccoli
- Kale
- Spinach
- Legumes
- Citrus fruits
- Raw tofu

But the problem isn't about eating these foods, it's about how to incorporate omega-3 rich foods that into your diet so that you eat them on a regular basis. Because let's be realistic, are you going to be able to eat flaxseeds, salmon and say... Raw tofu every day for the rest of your life? Chances are, unless you make a drastic change to your diet, it doesn't sound too appetizing and that makes it difficult for the average person to make a change like this happen. And if you live in the United States and have a eating routine that's similar to the typical hamburger, fries and a soft drink, your chances are even slimmer.

This is because us in the United States are surrounded by foods that are usually very high in omega-6 thereby upsetting the proper ratio that you're aiming for in order to achieve clear skin. Most of us, when we think about a typical Wednesday afternoon lunch may think about a hamburger with some fries and a soda. Dinner might be some chicken mashed potatoes greens and soup.

The problem with that is, foods that we eat here in the states that are much higher in omega-6 than omega-3. Most of the foods that we eat are cooked in omega-6 such as corn oil, soy, sunflower oil, and safflower oil. Other foods that are high in omega-6 are chicken, almonds, pecans, peanuts, avocado, pork, duck, turkey, salad dressings and the list goes on. The bottom line is, a lot of the foods that we are currently eating are contributing to your acne.

# How To *Guarantee* The Change You Want

But wait, “You’re not the average person and you’re going to make this happen” you say?

I like that confidence. But willpower can only take us so far. Chances are, when you’re out with your friends, you guys are hungry and one of them is determined to have Mexican food, flaxseed, salmon and raw tofu may not happen. And chances are, when you’re feeling lazy and you just want to eat something, you’re

not going to want to spend time making sure that you go out of your way to cook salmon and then eat tofu with your flaxseed. Trust me on this one.

But don't worry, I have found a great solution for you.

However, to make sure that this solution works, you first have to understand that we, humans, are creatures of habit and routine. As Eben Pagan put it, "willpower is a scarce resource." Willpower is overrated and we have a very limited amount of it. I know a lot of people are going to be opposed to the next things I'm going to say but before you tell me how wrong I am, I just want you to think about how many times in your life you've decided that you wanted to change a behavior or attitude. Whether it was I'm going to start eating healthier, or I'm going to start Tennis lessons next week, or I'm going to stop watching so much TV, I want you to think about those times.

Did you change just because you exerted willpower in that moment and you wanted to? Most likely, that willpower didn't do much.

This is because human beings are creatures of habit. As much as people don't like to admit it, we get up and do close to the same things every day, eat relatively the same meals week by week, and fall into the same structure that we have been following month after month, year after year. Therefore, the best way to make a dietary change and to make sure it absolutely works is to build a routine and slowly incorporate it into your lifestyle.

An easy way to make the shift right now is to introduce yogurt into your diet. You've probably already heard of all the great benefits of yogurt on TV, in the grocery store, and from your friends. Well the rumors are true, yogurt is definitely a must have for any person, especially if there's acne in the picture. But I'm here to tell you about something even better than yogurt.

# The Snowy White, Magical, Healing Food

Once upon a time, there as a man who was very sick. Legend has it that he traveled all over the world looking for a cure to his illness but he could find no one that could help him and nothing that could heal him. Finally, he traveled far up into the mountains in Asia and found a group of monks. The monks took him in and promised to heal him. They introduced him to a special snowy white food which miraculously healed all of his diseases after a few months.



Eventually, the man grew stronger and decided it was time to go home. He wanted to take this magical snowy white food with him, back to his country, to share with them. The monks agreed on one condition, that this magical food must never be tainted with money or corruption. That it never be sold, used for greed, and only be given to others through kindness and love. The man agreed and took it back home. Many years later, as the magical food was passed along, it eventually fell into the hands of greed, money, and power. Unfortunately or fortunately, however you look at it, today, it's sold on the shelves of many grocery stores. So you can just walk in and purchase it whenever you want.

For me, personally, I got my kefir from a family friend because I wanted to honor the tradition of the snowy white magical food. But... these days, a lot of things are different.

Anyway, that magical food introduced to us from Eastern monks is called Kefir, k-e-f-i-r. Some pronounce it *kefer*. None the

less, kefir is a kind of yogurt with many health benefits. It not only contains the live active cultures that make yogurt such a great food, it also contains the ability to create an environment in your body suitable to harness those live active cultures. Get your hands on kefir and add it into your daily routine as a snack through the day. If you can incorporate kefir into your diet, you will see dramatic improvements in your health.

# The Secret Ingredient

Kefir isn't the key piece of the puzzle. While Kefir has amazing properties and can be used for many other things that I cover in my other books, in this book we're going to focus on enhancing your absorption of omega-3 essential fatty acids. I took upon interest in Leo Keisen's thought of combining omega-3 into your yogurt. In this case, your yogurt is going to be the kefir that you're eating. While you can take them separately, essential fatty acids taste pretty gross by itself.

In order to do this, you're going to have to do a little bit of grocery shopping and buy some Kefir yogurt and essential fatty acids. And the amount of kefir that you want to eat is 6 to 8 ounces, 1 to 2 times a day. Those 1 to 2 times a day should take place generally a little bit before lunch and a little bit after lunch. They work as great snacks when you're feeling hungry and it's not quite time for lunch or dinner yet. For example, you wake up at 7 AM to get ready for school or work. By about 9 to 10 AM, you're getting a little hungry but it's not quite time for lunch yet. Now's a great time to take your first batch of kefir, 6-8 oz. depending on your acne severity. Then 12 o'clock rolls around and you have lunch. Maybe around 3 or 4 PM in the afternoon, you get a little bit hungry again. Now's a great time to have your second batch of kefir.

If your acne is more severe, I would recommend starting off with 8 oz of kefir, if your acne is less severe, 6 oz should suffice.

Again, each individual is different, so try the different amounts and scale accordingly.

For those of you who aren't really sure how much 6 to 8 ounces of Kefir really is, just know that 8 ounces is about 1 cup of water. It's about the size of a regular mug. So what you want to do is eat about 1 mug's worth of kefir. And for those of you who aren't really sure what a mug is, it's that ceramic cup that people normally use when they drink coffee.

Now for the important part, mixing in your essential fatty acids, or EFAs, with your kefir. The kind of EFAs that you're looking for at the store are ones that in proper ratio of omega-3, 6, and 9. You can find how what the ratio is by looking at the back label. You should be looking at, for example, omega-3 5000 mg, omega-6 2500 mg, and omega-9 2500 mg. It doesn't have to be exact, but the most important thing is that the omega-3 and omega-6 are approximately in the 1:1 or 2:1 ratio.

Now, when you get your hands on those EFAs, every time you have your Kefir, take the essential fatty acids that you bought and mix in roughly 1 to 2 ½ tablespoons of essential fatty acid oil's to your Kefir. How much essential fatty acid oils you add into your Kefir depends on your current acne condition.

What I mean by that is, if your acne is more severe you may want to lean more towards the 2.5 tablespoons of essential fatty acid oils. However, if your acne condition is less severe, then you may want to lean more towards 1 tablespoon of essential fatty acids in your Kefir. After you add the oils into your key for, Make sure you stir the concoction well.

If you can properly coordinate and make sure you absorb the omega-3 that you're eating every day, you will definitely see results within one to three weeks. Many of the people that I help actually start seeing results within just a few days. But don't be

disappointed if you don't. Chances are, you will definitely start improving very soon.

Once again, just to recap, you're going to want to be taking yogurt on a daily basis. In particular, that kind of yogurt is going to be Kefir. You going to be having 6 to 8 ounces of Kefir twice a day, preferably around or close to lunchtime. When you're having Kefir, mix in 1 to 2.5 tablespoons of the essential fatty acid oils that you bought to your Kefir depending on your acne condition.

So why is this combination of Kefir and omega-3 essential fatty acids so important?

This is because the Kefir aids the further absorption of the omega-3 in your body. You could eat them separately, but the omega-3 not only tastes pretty horrendous by itself but also this is a great way to kill two birds with one stone. On top of that, the Kefir has many other amazing healthy and healing benefits due to the fact that it has so many live active cultures.

Taking Omega 3 essential fatty acids with your kefir is only the first step to clearing your acne though. And while you will be able to see very real results within the first couple of weeks, in order to STAY clear, you're going to have to learn about the Acne Free Diet that I cover in the next section.

## **Important Things to Remember About Acne**

Now there are certain things to remember when going through this process. One of the first things that you need to remember is that you're going to want to get plain Kefir from the store. One of the biggest mistakes that most people make is buying flavored Kefir. This is a mistake because flavored kefir is very high in sugar. In the later part of this book I will talk about how detrimental sugar is to your health, your skin, and your acne, but for now, try your best to stay away from flavored kefir.

The second thing to remember is that the essential fatty acid oils that you're combining with the Kefir should be improper



omega-3, omega-6, and omega-9 ratio. The preferable ratio that you're looking for again between omega-3 and omega-6 is somewhere in between 1:1 to 2:1.

The third thing to know is that is it okay if you miss a day or two. You don't have to eat it at the same time every day. As long as you give your body "enough" then it can do its job and you can complete the first step of clearing your acne. What is "enough" is different from individual to individual so it's up to you to calibrate. So don't worry, if you miss a day or two, you don't have to start over, just try and get back on track as soon as possible.

The last thing to remember is that more isn't always better. Too much of anything can be bad. Just like the ratio of omega-3 to omega-6. If you have too much of omega-6 you can get acne among other problems, but if you have too much of omega-3, then the ratio will lack omega-6 and you can have another set of health problems. In the same way, you don't want too much EFAs in your kefir.

Having too much kefir or adding too much EFAs into your diet in one day can actually make you sick. So take it slow, add a little bit at a time and slowly take it up a notch if you don't see any improvement. Or, add your EFAs and slowly take it down a notch until at a lower dosage of EFAs and kefir but you're still maintaining clear skin. The trick is all about listening and learning what **YOUR** body needs.

# The Acne Free Diet

For the average person, their body needs food. So the brain tells it to get something to eat. This person eats the food and his body extracts the nutrients from the food and gets rid of the rest. Everything turns out great and now this person has energy again. Rinse and repeat.

For the average acne sufferer this usually isn't the case hence the acne. What is most likely going on right now in your body is that there is an overflow of toxins, gunk, and build up. Most

likely what is going on in your body is that your body is experiencing a problem with one of the two basic causes of acne.

One of the most important things to mastering your acne is to first master the control of your body. If you are able to build your body up and optimize the state of your health to a point where you are able to understand what's going on and give it what it needs, you will be able to fight acne and win.

Anthelme Brillat-Savari, Author of the *Physiology of Taste*, once said, "Tell me what you eat, and I will tell you what you are." And I truly believe that it starts with what we put into our bodies. If you put in unhealthy foods, you will get unhealthy results. Or even worse, if you don't know about the kinds of food you're eating but are only eating it because it tastes good, is convenient or because other people are eating it, then don't expect to know about the kind of health results that you're going to be getting.

On the other hand, if you understand what you need and give your body what it is yearning for, be prepared to bring your body to its maximum potential. And I promise you that, when you are able to achieve that, you will be able to beat acne. In fact, you'll probably be able to overcome a lot more than just acne.

In this part of the book, we're going to be talking about dealing with that basic cause of acne, the 10 principles that you should become familiar with in order to deal with that basic cause of acne, and how to best implement those 10 principles. So sit back, relax and get ready to listen. Or... if you want, you can lean forward, sharpen up, and get ready to take some notes... here we go.

## Principle #1: Eat Less Carbs & More Veges

When you think of carbohydrates or as some people know them “carbs,” what kinds of foods do you think of? If you’re into diets and working out, you might automatically think, “Oh, the bad food that you’re supposed to stay away from.” Most people think of breads, noodles, rice, subway sandwiches, hamburgers, and the list goes on. Is this what you think of too?

If you do think of those foods, then you’re absolutely right. Those are carbohydrates which are very valuable in our diets. Unfortunately, what we’ve done in our society today is strip many of the carbohydrates that we eat down to its bare minimum, where this food now not only does not serve much of a purpose, it can actually hurt our bodies and in turn, hurt our skin and our acne.

So my first piece of advice is to significantly lower, or if possible, eliminate bad carbohydrates from what you’re eating and replace them with a different form of carbohydrates: vegetables.

“Whoa, whoa, whoa...” A lot of you may be thinking at this point, “Wait. Does that mean you want me to stop eating rice, breads, noodles, hamburgers... *wwwwhat?!*”

And before we get into that, allow me to explain myself. First of all, you’re not going to have to stop eating carbs forever. But I would like you to cut back on the carbs that you are eating for now because it will give your body a chance to breathe. By cutting down on the carbs that you’re eating, you’re limiting the growth of bad acne bacteria, yeast infections and fungus that could be living in your Gastrointestinal tract responsible for the aggravation of your acne.

You’re also reducing acidity that we’re going to cover later, and you’re taking the first step towards testing your ability to change. If you can take this step, I promise you that you’re on the right track towards clearing your acne and that it will happen.

But don't worry, you're still going to be getting another form of carbohydrates and giving your body the nutrients it needs. This is because low carbohydrate vegetables including asparagus, broccoli, brussel sprouts, cabbage, and carrots are also forms of carbohydrates. They just take a different form and are filled with higher values of nutrients and fiber. And if you knew that already, then you're ahead of the average person in terms of dietary knowledge. However, the reality of the situation is that most people are not too knowledgeable about what they are eating.

The great thing about the low carbohydrate vegetables that I'm about to tell you is that they are not only generally good for you but they're also going to play a key role in clearing your acne. And the reason for this is because this list of vegetables are also alkalizing vegetables.

Alkalizing is the opposite of acidic, in other words alkalizing is synonymous with basic. Do you remember the pH scale that was



taught in high school chemistry? Remember how 0 was extremely acidic and 14 was extremely basic? In a way, we could also say that zero is extremely acidic and 14 is extremely alkalizing.

With the exception of the internal fluids and the digestive system in our bodies, healthy human beings blood is slightly more alkaline, about 7.3 - 7.4 on the pH scale. Our goal is to eat foods that help maintain that level of on the pH scale. If you eat foods that are too acidic, you may end up upsetting the pH level of your blood and therefore tip the 7.3 – 7.4 scale.

In fact, this is a major problem in today's society when it comes to food. Most people are eating foods that are too acidic and they're eating it too often. Doing so for long periods of time will eventually change their bodies to become very acidic and tip the healthy pH scale. Having your blood too acidic can lead to blood cell deformities which can further lead to more health problems, such as but not limited to acne.

Therefore, you're going to want to stick to alkalizing foods in order to avoid too much acidity in the body to avoid acne and breakouts.

A good list to start off with when it comes to incorporating more fresh vegetables into your diet are squash, radishes, parsley, garlic, red onions, white onions, okra, kale, spinach, iceberg lettuce, romaine lettuce, red leaf lettuce, green peppers, red peppers, eggplant, cucumbers, tomatoes, green onions, cilantro, green beans cucumbers, celery, broccoli, cauliflower, carrots, bean sprouts, brussels sprouts, and asparagus.

A good general rule to follow is to try and have about 80% of what's on your plate for every meal throughout the day be fresh, raw, alkalizing vegetables. And if you also want to include some complex carbohydrates such as whole wheat bread or oat bran on that plate, try to not have them exceed more than 20% of your diet.

Another way to look at what your plate should look like is to imagine two thirds of it being fresh, raw, alkalizing vegetables. 1/6 of your plate can be meats and the final 1/6 of your meal can be complex carbohydrates such as buckwheat or barley.

By following this principle, you'll significantly help alkalize your body and create an environment where acne bacteria will not be able to thrive. I can't stress how important this principle is and that's why it's also the 1<sup>st</sup> principle. If there's anything else you remember from this section of the book, remember the 1<sup>st</sup> principle: alkalizing vegetables will lead to, not only acne free skin, but also a healthier body and life.

## Principle #2: Stick to LIVE Vegetables

When you do eat alkalizing vegetables, try and make sure that most of the time they are live and fresh instead of cooked or fried. This is because fresh vegetables, as well as fruits, contain living enzymes that better help you break down the food after you eat them. If a food is improbably broken down when you eat it, your body will not be able to fully utilize all the nutrients of the food. In other words, you won't be able to harness all the "powers" of that healthy food and that food will most likely go unused. So you're going to want to stick to vegetables that are as alive as possible to increase the potential of them being properly used by your body.

Live and fresh fruits or vegetables also contain more nutrients than cooked or dried and vegetables. More nutrients for you mean more power your body has to fight off acne and heal the acne wounds that you have.

When it comes to living vegetables, it's important to know that the nutrient and enzymes within the fruits and vegetables gradually degrade over time.

Did you know that many of the fruits sitting on top of the shelves in the grocery store may not be fresh? Sometimes fruit or vegetables may be days to weeks old by the time they get to the grocery store.

Think about it like this, after a fruit or vegetable is picked off the tree it may sometimes sit in a warehouse for some period of time. When shipment is ready, the fruit or vegetable is then transported to the grocery store. This sometimes may take days. Then the fruit or vegetable reaches its destination and is put on to the shelves of the grocery store where it sits and waits patiently to be bought by you and me. By this point it may have already been a couple of weeks.

There have been some studies that show *little to no nutrient* content in some of the fruits tested on top of grocery shelves. Therefore, remember to pick your fruits and vegetables as fresh as possible to your knowledge, because this will allow you to maximize their nutrient and enzyme potential.

If you do decide to cook them, know that nutrients and enzymes are usually completely destroyed and denatured by heat. This renders the fruits or vegetables pretty much useless. Yes, the fruits or vegetable still contain fiber, but if you have acne, you're going to want more than just fiber when eating fruits and vegetables.

Therefore, if possible, remember: when eating fruits and vegetables try your best to make sure that their live and fresh. Eat plenty of these kinds of vegetables and stay away from acidifying foods.

### Principle #3: Avoid Acidifying Foods

Now that you know about the importance of alkalinity in your diet, it's time we covered what foods are bad for your acne so that you can learn to stay away from them.

You're probably going to hate me for saying this next thing, but I'm going to have to say it anyway: you're going to have to control how much meat you eat. When I say meats, I'm referring to all sorts of meats and poultry including chicken, turkey, pork, fish, crustaceans, beef, steak, even eggs.

Think about how much meat you normally consume through the day. Can you remember about how much you had yesterday for lunch and dinner? What did you have the day before that for lunch? What did you have for dinner that day? How much seafood, meat, or poultry was in those meals? The right amount for an acne free diet is **about 1/6 of your plate.**

If you're eating anything close to the American diet, you're probably having a lot more than 1/6 of your diet as meat and poultry. Too much meat can acidify your body and therefore alter that delicate alkaline pH balance that we don't want to tamper with.

Another great way to measure if you're eating too much meat is to use what is called the Zimbabwe hand technique. This is a really interesting method that was created by a man who was helping shape the eating habits of a tribe in Zimbabwe.

What he found was that these tribe members didn't have measuring utensils so he could not advise them to measure their foods and control portion sizes by telling them 1 ounce or 2 pounds. So instead, he came up with what we know as the Zimbabwe hand technique.

This technique is really easy. All you have to do is form your hand into a fist. Now imagine how much half of your fist is in substance. And whatever the size of half your fist is, that's how



much meat or poultry you're allowed to eat in one particular sitting. So for example, my half fist is about 3-4 oz of steak. Therefore, I'm allowed to eat about 3-4 oz of steak for lunch or dinner. This, not only is a great way to estimate how much you should be able to eat if you're not too familiar with all the measurements of cooking, it also helps you regulate portion control so that you don't overeat too much in any one particular sitting.

If you do happen to overdo it with eating meat during one meal, it actually makes it harder for your body to fully digest all that protein because protein takes longer for your body to break down.

When you overeat protein during a meal, that food that's hard to break down ends up creating a byproduct of fermented sugars in your stomach which can end up breeding unwanted acne bacteria, yeasts, or fungi. The end result is your acne being aggravated. And although you may not see the break out immediately, it could occur over the next couple of days.

Therefore, it's in your favor that you know how much meat you should be eating with every meal and to try not to go over that amount. When you're able to do this, you allow your body to maintain a slightly alkaline pH level of roughly 7.3 to 7.4. If your body is offset to a pH level that is more acidic than 7.3, you may run the risk of having some weird things happen ranging anywhere from stomach pains, to acne, and sometimes even to various forms of tumors and cancer.

Now I'm not trying to scare you, I'm merely just trying to bring to the table the knowledge and awareness of what's going on with your body when follow or don't follow certain dietary rules. Sir Francis Bacon, English author and philosopher believed that, "knowledge is power" and I'm a firm advocate of that statement.

What this kind of knowledge does is give you options. It's not going to be easy, but at least now you know that you have the

choice to be healthy and acne free. Whereas before, it might have been like shooting in the dark.

And I guarantee you, that if you follow my advice and put the right kinds of foods into your body and give your body the right kind of nutrients, your body will automatically take care of the acne situation that you have.

## Principle #4: Avoid White Processed Foods

If you love Asians foods or grew up in an Asian household and you're listening to this part of the book, you might be slightly taken back because this next part of the book may completely alter your what you eat. None the less, if you're not Asian, this next part is also going to affect your diet and lifestyle in many ways.

But before I go on, I want you to remember that, even though we may not be used to them, these acne free food principles are actually making your body healthier. And my goal here is to teach you about how we've been misled down the wrong path of eating all these years. That's why we've seen more cases of acne, diseases, and cancer than we have 50 or a 100 years ago.

So let's just say it's Friday night and you and your friends decide to go out to an Italian restaurant because your friend loves Italian food. So you sit down at your table and the menu comes and your order your favorite: spaghetti... or lasagna... or even fettuccini,

it's okay, feel free to use your imagination =) You're even really proud of yourself after you remember to tell the waiter to make sure to bring you a side dish of small salad because Ray said to eat more vegetables.

After a little wait, the food comes and it smells and looks delicious. You gobble it all up and it was indeed amazing. Then you talk with your friend for a bit, go home, wash your face with your special acne facial wash, put on your acne cream and go to sleep. The next morning you notice a few white heads starting to form on your face. But it's not until later that day that you find a pimple or two coming out and you wonder to yourself, "What? But I washed my face, I didn't touch it, I went to bed early, and even put on my acne cream last night, how am I still breaking out?!"

You think to yourself, it must be the acne cream, maybe it's not working. But it's not the acne cream. Then you think to yourself, maybe I didn't make sure my face was completely clean

when I went to sleep? But it's not about washing your face. "Was my pillow dirty?" Many times, when people really don't know what's going on, it's possible that all sorts of ideas start popping into their heads. And it's my job, here today, to clarify what actually happened and why the person in this story was beginning to breakout.

By now, you probably already know that I'm going to point to the food as the culprit behind this situation. I'm sorry to say that it was probably the Italian food from last night that caused these pimples to come out the next day.

The same would've been true if you and your friend were eating at a Chinese restaurant and maybe you decide to order fried rice or noodles. The same would've been true if you had gone to most fast food places and ordered off their standard menu. Also the same for American restaurants.

What's going on? What's the real story here and why are you still breaking out?

Unfortunately, in today's society, many food manufacturers and companies have one goal in mind: to make a profit. I'm not saying that all food producers are evil and are out to make a buck, but there are enough companies running the market to make a difference in what we eat and, as an acne sufferer, how our skin breakouts flare up. And what these food companies want to do is make their food look better so you'll want to eat it, less expensive so you'll want to buy it, and taste better so you'll want to keep eating it.

The problem is that some of their methods for achieving these goals end up hurting our bodies, and as you may have experienced just like the example above, also end up also causing a lot of stress over the acne we end up having to deal with.

The problem is that most of these dishes and foods that you're eating are made with processed, bleached, white flour. In fact, many restaurants use processed, bleached, white flour to make most of the favorite foods that you love including: sandwiches, burgers, pastas, rice dishes, cake, cookies, crackers, pretzels, doughnuts, bagels, and muffins.

The truth is, with the most nutritious part of the grain removed, processed, bleached, white flour essentially converts into a form of sugar when inside the body. Here's what the normal flour that we eat loses after going through the refining process and turning into processed, bleached, white flour:

- Half of the beneficial unsaturated fatty acids
- Virtually all of the vitamin E
- 50% of the calcium
- 70% of the phosphorus
- 80% of the iron



- 98% of the magnesium
- 50% to 80% of the B vitamins

But that's not the worst part, due to the fact that today's flour mills are designed for mass-production, today's flour is actually covered in chemicals such as nitrogen, nitrosyl, Benzoyl Peroxide, and chlorine oxide. Just to give you a little idea of how deadly these chemicals are... The Environmental Protection Agency defines chlorine gas dangerous to inhale, a powerful irritant, and pretty much lethal to our health and our bodies.

To make matters worse, a poisonous byproduct is created during the flour bleaching process that can cause diabetes and free radicals in the body. Free radicals are responsible for tumors, polyps, and cancers in the body. Which, in my opinion, are WAY worse than acne. And if a food can cause such unstable reactions such as tumors and cancers, it can definitely also do something like mess with your skin and acne.

The effect is basically that these white, processed, and bleached foods are not only void of nutrients and covered in harmful chemicals, they also end up spiking our blood sugar levels due to the fact the processed, bleached, white flour is mostly only the starchy part of the wheat with the other parts removed. Spikes in blood sugar level can lead to inflammation and dozens of other unknown problems when mixed in together with all the harmful chemicals involved. At this point, research and scientists simply don't know what the long term effects of eating these poisonous chemicals will be.

So it's important to remember, stay away from any processed, bleached, white foods such as white bread, white rice, cakes, cookies, crackers, pretzels, doughnuts, bagels, muffins, and other carbohydrate foods made from white, processed, and bleached flour.

Which brings me to the next principle, it's in your favor to lower how much sugar you eat.

## Principle #5: Sugar and Acne are BFFs?!

According to Nicolas Perricone, author of the Perricone Promise and some other great books about skin and health, too much sugar causes inflammation at a cellular level. This inflammation can lead to rapid aging of the skin and of the body. And from my own personal experience and research, too much sugar can also lead to a big problem with acne.

Take a moment to reflect on what you've eaten over the last week or so. Now, if you've already listened to my other books and read my books, you may have already made certain modifications to your diet and noticed improvements in your skin. But I'm talking about before all the changes, before you started understanding more about the Acne Free Diet book. Do you know how much sugar you're eating in a typical day? Do you know how that may be affecting your skin? Or how it may be affecting your inflammatory responses? Well, let me give you an example of how much sugar a lot of acne sufferers that I've talked to ate in a typical day.

So let's just take, for example, the average acne sufferer, John Smith, age 21. He should be over his acne already because he's passed his teenage stage but is still having breakouts. In fact, he's actually beginning to really get worried because he's supposed to be over his acne by now. At least that's what everyone is saying.

John wakes up in the morning and has some cereal for his breakfast. He then takes a banana with him on the way to work. It makes for a great snack during his break times. He's a fairly average size person so sometimes before lunch he gets hungry even though he's already had his banana. Because he works close to a fast food restaurant, he ends up stopping by their many times throughout the day for other small snacks such as parfaits, a cheeseburger here or there, or maybe even an ice cream because he likes to have desserts after his meals.

Eventually lunch rolls around and he chooses to eat at this fast food restaurant to because it's close by, inexpensive, and fast.

He orders a combo which includes hamburger, fries, and a medium-sized soft drink. He's trying to stay a little bit healthy so between lunch and dinner, when he's hungry, he eats his raisins and nuts granola bar. Then for dinner, he goes out with his girlfriend or friends and they have some Italian food, a side salad, another soft drink, with some apple pie and ice cream.

Have you ever done this? Does this sound familiar? I'll be the first to confess, this is actually something that I used to do. It wasn't exactly this, but it was something like this. And I used to have quite a bit of acne that I didn't know how to deal with. So I'm not sure if this sounds close to your lifestyle of eating but it is for a lot of acne sufferers, this is their reality. And within this reality, some of them are consuming more than 200 g of sugar in one day!

Your goal, not only as an acne sufferer, but also as a healthy individual is to try and keep it under 15-20 g of sugar with the products that you choose to eat. Unfortunately, in today's market,

restaurants and evil allurements make that hard to achieve. Here are a few examples of what I'm talking about.

- A can of Coca Cola: 39 g of sugar
- A bottle of Coca Cola: 65 g of sugar
- 10 Oreo cookies: 35 g of sugar
- 2 Mrs. Fields Chocolate Chip Cookies: 36 g of sugar
- Box of Sun-Maid Raisins: 30 g of sugar
- 1 Twinkie: 19 g of sugar
- A 6 oz Yoplait Yogurt, Strawberry Flavored: 27 g of sugar
- A Haagen Dazs Vanilla Ice Cream, ½ cup: 21 g of sugar

And that's just desserts. We're not even counting the other foods that you may be having that are converted into sugar or include sugar that you may not know about. What we end up with is a lot of sugar, definitely enough to, if you don't gain a significant amount of weight, cause an acne breakout in one way or another.

My recommendation and a good place to start is to try and replace what you're eating for lunch and dinner with healthier alternatives. An example would be as a full salad with some grilled chicken and maybe some soup instead of a dinner roll, mash potatoes and some macaroni and cheese.

If you are going to have some sort of carbohydrates try and make sure that it is a complex carbohydrate such as whole wheat bread. Make sure that most of your meals are following the principles of this book, such as two thirds of your plates being vegetables. When you start limiting your daily consumption of sugar, you'll start seeing your body transform in many ways that I promise you'll like.

Here are some of the things that you will start noticing after you begin to consciously regulate your consumption of sugar:

- You'll lose weight
- You'll have less sugar crashes



- You'll Lower your potential for developing diabetes
- You'll Be less jittery
- You'll Feel cleaner and healthier
- You'll Have a more positive image about yourself
- You'll be able to appreciate more subtle taste
- You'll Feel less sluggish in the afternoon
- You'll kill acne bacteria, yeast and fungus infections
- **And of course, your skin will clear up!**

This is because acne bacteria, yeast, and fungal infections LOVE all that excess sugar you're eating. And if you have acne bacteria living in your stomach, every time you eat a candy bar, have some ice cream, drink a soda, or have some sweets, you're giving them a food source to grow and thrive. Sugars are actually what these nasty yeast infections feed off of and when you enjoy them, the acne bacteria enjoys them too.

When you are able to limit your intake of sugar, you're essentially cutting off the food supply of the acne bacteria, yeast, and fungal infections. Eventually, these aggravating little creatures will die off and you'll notice a significant improvement in your skin, your body, and your energy level. Therefore, if you can limit foods like skittles, snickers, ice creams, soda, cakes, cookies, and even sugary fruits you'll see an amazing improvement to your acne and your skin.

Other things to watch out for is to notice that white, processed and bleached flour made products such as white rice, white breads, most noodles, sandwiches, pastas are also converted into sugar in your body due to the fact that the outer layers of the wheat are stripped leaving only the starchy part. And if you have an acne, the acne bacteria and yeast will feed on these sugars causing a flare up of pimples.

One of the reasons why I keep saying, “If you have an acne problem, then such and such...” is because people generally won’t breakout with pimples if they initially don’t have acne and eat a lot of sugar. Most likely, they might become overweight or develop diabetes, but these people usually don’t suddenly get acne if they aren’t prone to acne bacteria developing in their bodies.

Unfortunately, for people like us who have or have had acne, we are prone to acne bacteria developing within our bodies because of our environment, their lifestyle, and genetics. We are the people that need to be careful about our sugar intake.

We may not always become overweight or have the same bodily problems if we eat too much sugar, our problems manifest themselves in a different way: our acne. And it’s our body type that often ends up having our acne aggravated and flare up the most when we eat sweets because the yeasts, fungal infections and acne bacteria are having a heyday every time we decide to enjoy dessert.

So if you're one of those people suffering from acne right now, it would be in your best interest to cut back on sweets, candies, desserts, and sugary foods.

## Principle #6: Breakfast Should Be Light

When I talk to most people, their belief is that breakfast should be a large and hearty meal. Most people think of omelets, hash browns, some cereal, pancakes, and maybe some orange juice when they think of an American breakfast.

Of course, most people are not eating all of this for breakfast, but maybe some combination of this. They want to make sure that they get enough energy after they wake up. After all, it's the first meal of the day and it's the meal that you start your day off with , right?

Contrary to popular American belief, a large breakfast could end up slowing you down. In fact, most foods and beverages that the average American chooses to start his or her day with actually does not increase energy.

A breakfast that's full of sweet rolls, breakfast cereals, waffles, muffins, maple syrup, coffee, orange juice contain large

doses of sugar and simple carbohydrates which may end up slowing you down and acidifying your body.

And remember, you want to avoid acidifying your body because of blood cell deformation and acne bacteria growth.

You might be thinking at this point, “what about breakfast foods like eggs, sausage, bacon, and other **PROTEIN** related items?”

I’m sorry to say, high-protein breakfast foods are also very acidic and can ultimately lead to growth of acne bacteria, yeast, and fungi. This is not to say that you can never have these kinds of foods again, but just for now, before your body is in balance and all your acne symptoms have subsided, it's best to take a more cautious approach to what you put into your body.

What you want to do, is stick to those alkalizing foods and incorporate them into your breakfast. By doing so you'll feel a lot

more energetic, healthier, and happier knowing that you're helping your body fight against acne.

One more thing, milk is one of those typical breakfast foods we're going to have to cut out too.

## Principle #7: Cut Out the Dairy

Milk, it does a body good. You might have seen the commercials or heard the saying. Well I'm sorry to say that, unfortunately, milk doesn't do the body good.

“What? Milk isn't good for me?” Allow me to explain. I know that most of us have grown up drinking milk. Many of us are probably familiar with the commercials about the kid looking in the mirror who drinks milk and then grows tall. Or that famous ending message, “Milk, it does the body good.”

The funny thing, those commercials did a great job. My family and I bought into it and we drank a lot of milk. At least I did, I was a young boy and wanted to grow big and strong. And I continued drinking milk well into my teens and my early adult life. That was until I found out about the lactose, as well as the presence of casein, yeast, fungus, molds, and their byproducts within the pasteurized milk that I was drinking.



It wasn't until much later, after I had suffered a considerable amount of years worth of acne, that I found out not to drink milk because it was actually aggravating my acne. I found out that milk not only clogs our bodies with the casein that it has, it can also trigger allergic tendencies within people's bodies. Sometimes these allergic reactions manifest themselves simply as lactose intolerance which makes you have diarrhea. Other times those allergic reactions could manifest themselves as inflammation or acne.

What I didn't know at the time was, when we reach a certain point in our lives, we no longer need to drink pasteurized cow's milk. Before, the point of drinking the milk that you and I know at the stores was mainly for the calcium so that we could grow and have strong bones. But it wasn't until much later, after going to school and conducting my own personal research that I found that drinking milk is sort of an "outdated" practice that we don't need to continue anymore if what we're looking for is the calcium for strong bones. This is because there are other healthier alternatives for

calcium instead of the pasteurized cow's milk that we find on the shelves of the supermarket.

What I'm not saying is that no one should never drink pasteurized cow's milk. I think that in our society today, milk is one of the most affordable and accessible things to the public. And while it has its flaws, young children need a good food source that will give them the nutrients that they need to grow because milk does have some amazing health properties.

What I am saying is that there are even better ways to get those nutrients such as calcium other than pasteurized cow's milk that we normally find at the grocery store. In fact, most people don't know that we can actually get calcium from other foods too. Here's a short list of possible foods to look into that also are great sources of calcium:

- green leafy vegetables
- green drinks

- calcium-fortified tofu
- soymilk
- collards
- broccoli
- okra
- salmon

Our bodies really weren't designed to drink milk from a cow. Some argue that human beings were biologically designed to drink milk from humans and that cows were designed to drink milk from cows. I mean, you wouldn't milk a frog and have that be your main source of milk would you?

For some reason, cow's milk has replaced human milk for humans. If you ask me, that just doesn't make sense. Maybe if we drank cow's milk once in a while for taste that would be fine, but to fully replace our source of milk with another animal? Would a farmer feed it's pigs milk from its dogs if it had a lot of female dogs?

Sure, it might make sense from an economical and financial standpoint, but I'm pretty sure, from a biological standpoint, pigs would be better off with milk from other pigs rather than a completely different species. Just food for thought.

But if you really want to continue drinking milk because you like the taste or because it's become a habit, another possible alternative that's better than cow's milk is goat's milk. Goat's milk tastes a little bit different but it also contains a lot of the same health benefits that cow's milk contains without the body clogging substance of casein.

Many mothers who have children that are sensitive to cow's milk or are lactose intolerant give their children goat's milk instead of cow's milk. It takes a little bit of getting used to because goat's milk is different from what I grew up on but after a while, it's just as good. And the odd thing, after drinking goat's milk for a while, regular cow's milk actually started to taste bland. But I think the

best part of goat's milk was the fact that I knew that when I was drinking it, I was in the safe with acne.

So just be aware that if you're drinking a lot of pasteurized cow's milk that you're buying at the store, your body may be having a negative allergic reaction to the lactose, casein, yeast, fungus, molds, and their byproducts. Therefore, it's best to make the switch over to other alternatives.

## Principle #8: Are You Allergic?

Tom takes a bite of his sandwich on his flight. He's starving and hasn't eaten all day. He swallows quickly because he's so hungry. He thinks to himself, "Finally, my stomach is killing me." Suddenly, he notices his throat begin to tighten up.

He's confused. But confusion quickly turns into panic. He can't breathe! He looks down at his arms and hives are breaking out! He grabs his neck and frantically signals to the passenger next to him, "Get help!" He suddenly realizes... the sandwich had peanut butter in it! And he's deathly allergic to peanuts!

I think that the problem is that when most people think of being allergic to something, they think of something like this short story that I just told about Tom and peanuts. The reason for this may be because of the fact that we all have certain preconceived ideas of what an allergic reaction is supposed to be like. Most people probably associate an allergic reaction with hives, not being

able to breathe, asthma, or something very traumatic and serious.

But the reality is that the word “allergic” can range from all sorts of things from very serious such as not being to breathe to very mild, like acne. I want you to take a moment to think about the following models of thinking you currently hold:

1. What do you think of when you think of somebody having an allergic reaction to food?
2. Doesn't have anything to do with choking?
3. Does it have anything to do with breaking out in hives or paramedics?

The odd thing is that many times, we aren't even aware that we may be allergic to certain foods. Not allergic to the degree like Tom and peanuts, but more allergic to the degree of something like your acne being affected. Because allergic reactions can range anywhere from hives to just a little bit of a scratchy voice to slight inflammation inside the body leading to acne.

Just a reminder again, inflammation inside and outside of the body can lead to acne because that's what acne is, it's an inflamed pore on your face, your back, or your anywhere in your body. When you combine bacteria, sebum, a clogged pore, and inflammation, you have a recipe for an pimple. So what I want you to do is to become more aware of the possible foods that might trigger an allergic reaction within your body so you can stay away from an inflammatory reaction.

One of the best ways to stay sensitive to how your body is reacting is by creating a food log. Would you want to do, for at least a couple of weeks to a month, is to jot down all of the things that you are eating every day, every meal.

Whether you're just having snack or eating a full blown dinner, write it down in your food log. By doing this, if you have an acne breakout, you can look back into your food log and be able to a



little detective work to the kind of foods that may have ended up triggering some sort of reaction within your body.

For example if, on day five I had a glass of milk and on the morning of day six I noticed that I'm beginning to get some pimples, then I might start paying attention to the previous two days before day six. If this continues to happen and I continue to breakout, the food log will better help me be able to go back, track, and notice the pattern of how the acne reaction happened in the first place.

Now, there are other ways to find out what you're allergic to such as food allergy tests where you go into a doctor's office and then you perform certain tests on you, but these tests are often expensive and not very accurate.

What I've found is the best way to track how your body reacts to what foods is to literally sit down and track how your body reacts to what foods. I know it's work but trust me, it's worth

it. And once you figured out how your body works, you won't have to do it again for some time.

By tracking and understanding what your body is sensitive or allergic to, you'll be able to avoid the things that might trigger an allergic or inflammatory reaction that you might not be immediately aware of. And the more you eliminate these factors out of your life, the less likely you'll eat foods that cause you to breakout and have acne.

## Principle #9: One Step At a Time

I know that we just covered a lot of material and that it's not going to be easy to make all these changes immediately. I know that a lot of what was just said here may seem overwhelming. So just take things one step at a time.

When I first put together this book and learned about how food and lifestyle tied in with acne, I was pretty daunted by all the changes that I was going to have to make in my life. I mean, on top of that, coming from an Asian background, we were talking about giving up rice and noodles, my favorite! That would mean that I couldn't eat anymore fried rice, pasta, fettuccini, spaghetti, pizza, ravioli, lasagna, I could go on and on about all the things I was going to miss!

I used to think that not being able to gain weight after eating a box of doughnuts was a blessing. Now, I realize what was really happening. My body was just taking all that excess sugar and

instead of me getting fat, the sugar was just causing problems inside in a different way: through my acne.

So little by little, I made changes to the way I ate and the way I took care of my body. A lot of it started off physical, working out. Sometimes I would stop and then start again. And then sometimes I would go months without working out and then suddenly start again and go for years.

Eventually, my diet started to become more consistently healthy too. I went from eating all carbs to eating really proper and trying to be as healthy as possible. And even after I made these dietary changes, there have been so many times that I've fallen off the bandwagon, so many times that I'd probably need the help of both my hands and 100 of my friend's hands just to count them all those times.

But what matters is that you keep trying to find ways that make it work for you. Maybe you don't have to employ all of the

principles in your life because you find some of them don't really fit into your lifestyle. That's fine too. I'll let you in on a little secret, I cheat sometimes too. Even I don't always follow the rules because that's no way to live. As long as you achieve the kind of success with your skin that you're aiming for and are happy with it, that's all that matters.

Feel free to tailor this book to suit your needs. Remember, what really matters is that you get a point in your life where you're happy with how your body feels and skin looks. It's all about you.

In my personal life, I've learned a great many things from many different books, books, people, regimens and experiences but I don't try to use everything. I simply take in as much as I need at the time and try to apply it little by little.

Many of these huge changes I incorporate into my life one day at a time. And sometimes, I swap certain principles out and

replace them with other ones that I think would better suit my needs.

Just remember though, the most important things are that you take things slow, you understand what it is that YOU need and what it is that is going to meet that need for YOU.

## Principle #10: Balance, My Son

I think that in our lives we often go from one extreme to the other. Take for example being too nice. Some people are just very nice people. They enjoy being nice to others, giving to others, putting others first. But maybe, Eventually, they get hurt in their relationships because they were too nice and maybe people took advantage of them. What I think is very common is for this person to go to the opposite end of the spectrum and say, “I was so nice to everyone and look where it got me. That’s it! I’m not going to be nice anymore!” So they start being mean instead.

Then eventually, some of us, after being exhausted with being on the opposite end of the spectrum, in this example being mean to everyone, finds that being mean doesn’t make them happy either. Hopefully, it’s in this phase that people learn how to balance by finding a middle ground.

But it's not all people that are able to do this, that's why I think that balancing is so much more difficult than staying one extreme or the other. It's much less common for people to think to themselves after getting hurt, "I should've never have been too nice or too mean but should have healthy balance between to two and know when to be nice and when not to be nice." And it's a lot more common for people to think, "Oh, I guess being nice was wrong therefore I should be mean instead. Or, I shouldn't be mean, I should be nice."

Unfortunately, life isn't that black and white. There are so many shades of gray in between. And any wise person will tell you it's never good to always be nice, sometimes we need to defend ourselves and it's never good to always be mean, because sometimes we need to open up to others. The key to life is balance.

The same can be said when it comes to this using to this book. What you don't want to try to do is finish listening to this CD



and then try to make huge changes to your diet and lifestyle overnight and then blame yourself if it doesn't work. This book is a huge shift both mentally and physically. Unfortunately, this book takes most people at least a couple weeks to fully be able to integrate the methods that I teach. You see, *How To Clear Your Acne* and *The Acne Free Diet* book aren't magic face washes that can make all your troubles go away, it's a lifestyle change that will definitely get you results, but with hard work and a desire to grow... and change.

What I also don't want you to do is follow this book exactly to the T. Your diet doesn't have to be perfect. Don't beat yourself up if you accidentally slip up once in a while. When I first started learning about routines, books, regimens, and diets I was extremely stern with myself. I never made mistakes, I set timers so that I would take vitamins at exactly the same time. I had the same meals with measured out amounts every day. I was like a robot. And it

was not fun. Sure, I got results and I got them fast. But that was no way to live.

These days, I have a much looser style because I understand that I'm only human. I make mistakes and I have times that I want to enjoy myself and that's okay. It's okay to have dessert once in a while when you go out with friends because it's your friend's birthday. It's okay to have a drink with your buddies once in a while after work, of course that's as long as you're over the age of 21 in America. It's okay to break the "rules" once a while. What matters is the bigger picture, are you on task most of the other times? Are you eating healthy the other days of the week? Because if you are, then it's okay to take a break once a while. It'll allow you to keep being healthy instead of getting fed up, thinking that this dietary lifestyle is impossible and then quitting. It'll keep you sane. And that's a good thing.

Fortunately, if you are able to make these changes and learn how to be a healthier person, you'll also be able to add a good 5-10 years onto your life.

And when you are able to master the contents of this book, I am absolutely sure that you will see results. Your skin will not only be clearer, you'll have less breakouts, more energy, healthier hair, nails, eyes, and happier attitude. These were all things that I noticed when I started employing a lot of these principles into my life. Because I had to learn on my own though, I took a lot longer and made a lot more mistakes. That's why I've created this book so that you can learn from my mistakes. My goal is not just to teach you about how to clear your acne, it's about holistic health and taking care of your body specifically targeting acne and your skin.

# Was Acne a Blessing?

After having been through it all and come back, I look at all the pain, moments of desperation, suffering, loneliness, and regret that acne has caused in my life.

There were times that I felt really disgusted with myself and hated the fact that I had these horrible scars and bumps on my face. There were times when I felt really lonely and wished that I could go out and connect with other people without worrying about how ugly I was. I avoided people and I especially avoided women I

thought attractive because I believed that they could've really hurt me, even more than I was hurting already.

Now I'm not saying that these were everybody's thoughts, these were just mine. I was pretty hard on myself.

And after having acne for so many years, it really started to get to me. Sometimes I thought I might look like this for the rest of my life, that I should just accept it. I thought I looked like I had a disease or something with all these pussy lumps and scars all over my face. I spent hours just staring at the mirror, just wishing that I could shut my eyes and when I opened them, it would all go away and I could laugh about it.

And I really hated when people told me that true beauty wasn't about looks. Because we all know that looks matter, to a certain extent. But I didn't need to be tall, dark, and handsome. I just wanted to be normal and not have acne. I hoped, no, I dreamed

about the day when I could just be “normal” like everybody else. What a gift being “normal” would be.

But the odd thing is, even when I had pimples all over my face, sometimes, I had brief moments of appreciation of the fact that I had acne.

I think most of us are familiar with the Disney version of the story Beauty and the Beast. If you’re not, it’s basically the tale of a handsome prince turned into a beast by a sorceress because the prince was mean and cruel.

The sorceress told the prince that if he could a woman to love him for his heart, she would remove the curse. Otherwise, he would remain a beast for all eternity. And that’s what he did, he learned to love and he was loved in return. With that love, he transformed back into his original self and the two lived happily ever after.

There were times that I considered my acne a blessing. Even while suffering from acne, I had moments where I knew that this was a very humbling experience. I understood that, for whatever reason this happened to me, it was an opportunity for me to humble myself and not be so focused on the outside. That once this was all over, that I had been given a chance to see things that most people never get to see. And that at this point in my life, I had a choice, I could either be angry at the world for what happened to me and continue down a lonely and destructive path of myself or I could make the best of things and get it together the best I could.

And I'm not denying that there were some pretty sad days in those 10 or so years that I had acne.

There were many days I trapped myself in my room, alone, in the dark for days and weeks at a time. But I wouldn't be here today, able to tell you that there is a light at the end of the tunnel for

me and for you, if I didn't keep fighting for what I wanted. Even when I didn't know if I would ever be "normal" again.

As of making this book, it's been several years since I've cleared my acne. I take good care of my face and my body. These days, I've been told by many people that I'm quite handsome and good looking. I get a lot more compliments by men and women about my looks. And I'm really happy with the all attention that I get. But I never will forget who I was when I had acne.

The truth is, we all know those people who think that they're so good looking and are so caught up with themselves. Or they think that they're somehow better than everyone else and have little respect for others. As if they were untouchable or on a different level. I've always known that I never wanted to become one of those people. Not then and still, not now.

Then again, who's to say that I would've have turned into one of those people that we make movies about if I never had acne?



Who's to say that, if I never got a chance to really experience hurt and loneliness, that I would have become the kind of guy who was so arrogant that he didn't respect or appreciate others? Was I the beast to be taught a lesson in this story? I don't know.

What I'm not saying is that I think I'm the handsome prince in Beauty and the Beast. But what I am saying is that, maybe like the Beast in the story, I learned how to appreciate respect, love, and TRUE beauty because of what I've been through. Maybe acne was a blessing... after all.

# The Next Step in Clearing Your Acne

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 book, 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 YOU BE THAT GUY?*

Or are you going to just be another one of the dozens and hundreds and thousands of guys that just stand and wait... or hopes that whatever you're doing now will somehow magically start working?

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 to [HowToClearYourAcne.com](http://HowToClearYourAcne.com), where you can find Regimen Starter Kits, Vitamin Packages, and my eBook “How To Make Sure You Stay Acne Free,” which can you can download and be reading in just a few minutes...

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

### More Websites for You

*www.HowToClearYourAcne.com*

*www.MyAcneCoach.com*

### More Products for You

***My Acne Coach:*** The “First Ever” Complete Step-by-Step Acne Skin Care DVD Program

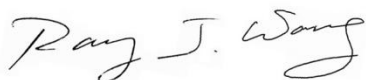
***Answers About Acne You’ve Always Wondered:*** Dozens of Questions and Answers about Clearing Acne Naturally

***Typical Day Tour DVD:*** A Walkthrough of a Regular Day with the HTCYA Vitamin Package

For more information about Ray’s websites, products, or to contact for consultation appointment, please visit us at

[www.HowToClearYourAcne.com](http://www.HowToClearYourAcne.com).

Remember, when it comes to acne & clear skin, don’t just work hard, work smart,

A handwritten signature in black ink that reads "Ray J. Wang". The signature is written in a cursive, flowing style.

-Ray J. Wang, CAN

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