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## Introduction

Does this sound familiar?

I was sitting in a coffee shop with this one cute girl I had met a few days back. We were on our first date.

We had first met at a club and things went well; we laughed, flirted and generally had a blast. She was cute, smart, funny etc. I was thinking that there could be something here.

But today as we were sitting in that coffee shop things did not feel so good.

Every time I tried to relax and have fun, the ugly, red pimple on my left cheek felt like a giant beacon shouting 'Look at me', 'I'm right here'. I was thinking 'Did I hide it well enough?', 'Oh, I hope she doesn't see it', 'she's gonna run away so quickly if she sees it'.

I nervously bounced my leg up and down. It was like it had a life of its own. I had to really focus and force it to be still. While I was calming my leg my fingers kept fidgeting with the coffee cup. Every time I focused on something I had to let some other part 'go free'. If you have ever tried to stop a shaky house of cards from falling apart you know what it was like.

The funny and confident guy she had met a few days earlier was replaced by this nervous, self-conscious, fidgeting hmmm.... nerd who had never had a date before.

Needless to say, that experience didn't turn out to be the most fantastic romance in my life.

She excused herself pretty quickly, and I never heard from her again.

End of sad story. Boo-hoo, poor me : )

Let me level with you.

Acne can be a very frustrating thing to have in your life. It's like a constant roller coaster ride of emotions.

You hear about some new acne cure and get your hopes up. Can't wait to get your hands on it and try it out. The next morning you rush to the bathroom and check yourself from the mirror.

The pimples are definitely getting smaller.

It's working!

After few weeks or a month your morning wakeup is not so gentle. The red spots on your face are a cruel indicator that your battle against acne is far from over.

Things are getting back to normal.

How many times have you repeated that pattern? How many different acne products you have used? How many bottles of lotion have you applied on your face? How many pills have you popped? How many times have you tried 'the miracle drug' Accutane?

Can you see a pattern repeating over and over again?

You are definitely not alone in your struggle. Acne related message boards and forums are full of people desperately looking for information on how to cure their acne.

Somebody shares that they have found something that works and others immediately jump on it. Little by little you start seeing postings saying that the cure didn't work for someone or that its effect is fading away.

If you are going through this I really don't envy you.

It's a sad situation to be in.

Things don't have to be that way. You do have a choice. You can put an end to it now - once and for all.

You can choose to keep on doing what you have been doing and getting what you have always been getting. Or you can choose to take on open-minded stance and accept that things are not working. You can then choose to accept that you have to do something differently. You can choose to accept that perhaps there is something you don't know about acne and listen to people who actually have cured their acne.

Often we are so blinded by our current ways of thinking that we become completely blind to different ideas. Sometimes our egos get in our way. We tend to think that we know everything there is to know about something, we know how it should be done.

Can you honestly say that your beliefs and knowledge of acne, what the cause is and how to treat it are not getting in your way? Can you honestly say that your beliefs about acne are serving you right?

For an honest answer you only have to look at the results you are getting.

Here's a quote from Benjamin Franklin:

*The definition of insanity is doing the same thing  
over and over and expecting different results.*

Like I said - you do have a choice.

This book is not really about a single method for curing acne. In this book I'm trying to tell you what my beliefs are about acne, what the cause is and how it could be cured. I'm not saying that my version is the ultimate truth, but it works for me. Other people with similar beliefs have also gotten fantastic results.

After reading this book you should have a good idea of what causes acne and what you can do to cure it and keep it away.

My ultimate goal for this book is to free you from frustration and desperation so that you no longer feel that acne is some huge monster that you can't do anything about... so that you know exactly what you can do to get rid of acne, and you know what you can do to keep acne away.

Even though I'm recommending some methods you can use to cure acne and I'm telling you what I'm doing, this book is not about a single 'one size fits all' method for curing acne. Ultimately I would like to give you enough understanding so that you can decide which methods and treatments work and which ones are just waste of time and money.

Like the old saying goes:

*Give a man a fish, feed him for a day;  
Teach a man to fish, and you have fed him for a lifetime*

## SHARE THIS BOOK WITH YOUR READERS!

If you have a related website, blog, mailing list, etc, I have a lucrative JV proposal for you. Please use the form at <http://www.natural-acne-solution.com/contact.htm> to email me for details.

## What causes acne?

I think that the prevalence of acne is largely due to misunderstanding of the real cause of acne. It is really unfortunate that the mainstream dermatologist and medical community has become obsessed with eliminating bacteria, reducing sebum production and keeping your skin's pores open.

Please don't get me wrong, I don't claim to know the exact cause of acne. I believe that the exact reason varies from person to person. However, through research and personal experience I have realized that certain conditions in your body make it more susceptible to acne.

Whether I'm 100% correct with this - I don't know. But using treatments that address these conditions in my body has cured my acne amazingly fast. It has also worked for other people using this or similar treatments.

## ***Gut flora***

So what exactly is happening inside your body that is causing acne? For that we have to explore what's happening in your gastrointestinal (GI) track (i.e. food digestion mechanism).

At any given point your body contains about 10 times more bacteria than you have cells.

Now this is completely normal. You live in symbiosis with those bacteria and they perform many vital functions in your body. In fact you wouldn't be able to survive without bacteria in your body.

We can divide these bacteria into two categories:

- Probiotic or beneficial bacteria (i.e. the good guys)
- Pathological or harmful bacteria (i.e. the bad guys)

Healthy human GI track contains around 85% beneficial and 15% pathological bacteria. This is when things are working fine and you are healthy and vibrant.

Still with me?

## ***Digestion and acne***

OK, let's set bacteria aside for a while and take a look at how food is digested.

Digestion is an unbelievably complicated process, and I doubt that anybody understands it perfectly. However there are few simple basic truths that help us.

First of all, complete digestion requires the help of multiple enzymes. Some of these enzymes are manufactured in your body, some of which we have to get from the food we eat.

Secondly these enzymes are very delicate and are completely destroyed by processing and/or cooking.

Thirdly, these enzymes are activated only under certain conditions (in most cases they require a certain pH-value).

Finally, your body can not use food that is not completely digested. Partially digested food passes through your GI track but it can't be utilized by your body.

Undigested food passes through your stomach and small intestine through to your colon. Your colon is like a waste management station. Whatever food has not been digested in your stomach and small intestine is handled in your colon. Your colon absorbs what nutrients it can from food passing through. The rest gets dehydrated, compressed to feces and expelled through the rectum.

Now your colon walls are lined with protective mucus that prevents harmful bacteria and toxins in your colon from entering your blood stream. In a healthy colon this mucus is mainly colonized by beneficial bacteria, but it also contains harmful bacteria.

## **Undigested food creates an imbalance in gut flora**

Harmful bacteria feast on undigested food in your colon. Undigested food putrefies and ferments in your colon. This putrefaction creates many toxins as by products.

It's much like what happens in the garbage bin in your kitchen. Leftover food and trash starts to rot and before you know it stinks like hell.

The only difference is that your colon has much more bacteria than your garbage bin has. Your colon is also warm and humid, which makes it an ideal environment for bacteria to thrive.

If this would happen only once in a while the beneficial bacteria in your colon would be able to keep the harmful bacteria at bay and repair the damage toxins have caused.

However, if this onslaught is an everyday event continuing for weeks, months and even years it has dangerous consequences.

With abundant food and a fertile environment harmful bacteria in your gut multiplies in number and gain a larger and larger foothold in your colon.

### **HELP YOUR FRIENDS!**

Here's what you can do to help your friends that are suffering from acne

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That way you always have someone to help and motivate you when the going gets tough. You also get positive reinforcement when you watch each other getting clear.

## **Toxins leak out from colon**

The toxic by products of putrefaction and fermentation of undigested food create an environment that is lethal to beneficial bacteria. Toxins also destroy the protective mucus your colon walls are lined with.

As more and more undigested food enters your colon, some of it gets stuck to the mucus on your colon walls. Little by little the diameter of your colon is reduced and it takes longer for food and feces to pass through. This gives more time for harmful bacteria to wreak havoc.

Underneath the protective mucus your colon walls are lined with blood and lymphatic vessels. In healthy a colon these vessels pick up nutrients that are passed through by beneficial bacteria.

Toxins, harmful bacteria and parasites in your colon damage the protective layer of mucus. Before long they destroy this protective wall exposing the blood and lymph vessels underneath it.

Now you have what is called the leaky gut syndrome. Pathological bacteria and toxins can enter your body through the exposed blood and lymph vessels.

## **Your body has to protect itself**

Blood and lymphatic vessels carry these toxins to your liver and kidneys to be neutralized. Unfortunately your liver and kidneys can only handle so many toxins. If this toxic cycle is allowed to continue, their normal capacity will be reached.

Your body does everything it can to protect itself from these toxins. If your body would allow these toxins to roam freely they would cause serious damage to your organs and eventually kill you.

Since your body's primary elimination mechanisms (liver and kidneys) are fully utilized it has to turn to secondary elimination mechanisms (skin and lungs). Now all those toxins that your liver and kidneys can't neutralize are pushed through your skin and lungs.

Your body also stores these toxins into your fat cells, joints, muscles and bones. By capturing the toxins in these cells your body ensures that those toxins can't harm you.

Good analogy would be nuclear waste. We bury nuclear waste deep into mountains until we figure out a better way to deal with it. Burying nuclear waste deep into mountains ensures that it can't harm us, but it does nothing to neutralize that nuclear waste.

Meanwhile toxins that are roaming free in your blood and lymph streams are disrupting functioning of vital organs.

## **Toxins and acne**

These are few possibilities of how this toxic condition in your body results in acne. One explanation is that toxins that are pushed through your skin, creating a fertile environment for acne causing bacteria to settle in. Another explanation is that toxins disrupt hormone production. Many people claim that acne is due to overproduction of certain hormones that causes your body to produce more sebum and shed skin cells.

The exact mechanism is unknown and probably varies from person to person. However, it all stems from the same basic cause: a toxic colon that leaks poisons into your body.

These toxins have a tendency of attacking the weakest link in your body. As that varies from person to person it explains why some people get acne and others don't under the same conditions.

Instead of acne, other people get different symptoms (weight gain, yeast infections, bad breath, frequent headaches, infections, rashes, allergies, chronic fatigue, etc).

The main reason why I believe that toxins in your body are the root cause of acne is that treatments that address this condition work amazingly fast. Under proper detoxification treatment you can literally get rid of pimples in 3 to 5 days – compare that to the 'miracle drug' Accutane, which takes months to work and is not even nearly so effective and which can also cause serious side effects. These treatments also work on all types of acne.

Another reason is that if you continue with the diet and lifestyle which caused this toxic condition, your acne will come back.

## Recap

Let's review a bit.

So far we discovered the following (simplified) chain:

*Indigestion → growth of unfriendly bacteria in your digestive track  
→ increase in toxicity that overloads your liver and kidneys → acne*

Now let's take a brief look on the causes of indigestion.

## ***What causes indigestion***

Basically indigestion boils down to the following:

- Improperly combined food
- Lack of digestive enzymes
- Slow digestion (unfriendly bacteria have more time to ferment food and cause indigestion)

I'm sure that there are also other reasons for indigestion, but these are some of the main ones I'm aware of. They also are the ones you have the most control over.

## **Food Combining**

Food combining seems to be another controversial topic. There are so many people with convincing arguments on both sides of the fence that one is bound to be confused. Over time I have been on both camps, sometimes believing in food combining and at other times not giving a damn about it.

After doing quite a bit of research on how digestion works I think that I have come to a conclusion that makes sense. I can also confirm these things with personal experience.

First let's take a brief look at what the food combining advocates say. Their basic principle is that certain foods (mainly proteins) require an acidic medium to digest while others (mainly carbohydrates) require an alkaline medium. Acids and alkaline neutralize each other thus impairing the digestion of both.

Logical thinking about this makes sense, but then one has to understand that the stomach is always an acidic medium -

regardless of what you put in there. The small intestine should always be slightly alkaline for optimal digestion.

Any food that's leaving from the stomach will be acidic. The pancreas secretes enzymes that neutralize those acids before they enter the small intestine.

I do think that there is some truth in what food combining advocates say, but it's probably not as simple as what they tell you.

Let's examine what happens in your stomach during digestion.

The stomach doesn't have such a large role in digestion as many people think. Acids in your stomach begin the digestion of proteins and they also kill bacteria in present food. The stomach also regulates the amount of food that's being passed to your small intestine. The stomach has very little to do with digestion of carbohydrates, but a lot to do with digestion of proteins.

Pretty much the only role the stomach plays in digestion of carbohydrates is a temporary storage. What I mean with this is that carbohydrates sit in your stomach for about an hour during which digestive enzymes digest them up to 75%.

After this carbohydrates pass to the small intestine for further digestion and absorption. Proteins sit in stomach for hours before they are ready to be passed to the small intestine for further digestion.

### *How carbohydrates and proteins interfere with each others' digestion*

For protein digestion to work optimally, your stomach pH-value must drop to 2 (extremely acidic). Higher pH-values can slow down or halt the digestion of proteins. However the digestive enzymes that should 'predigest' carbohydrates at the stomach are deactivated at such low pH-levels. Thus, very little 'predigestion' of carbohydrates takes place.

Let's see what happens in your stomach when both carbohydrates and proteins enter at the same time.

Once you eat protein the stomach secretes hydrochloric acid to reduce the pH-value so that protein digestion can begin. Presence of carbohydrates and sugars (carbohydrates that have been converted to sugars by enzymes in your mouth) both inhibit the

secretion of hydrochloric acid and combine with the hydrochloric acid.

There are two possibilities here (neither of which are good for you). Your stomach has to secrete more acid to bring down the pH-value. More acids mean more work for your pancreas to neutralize these acids. This places extra stress on your pancreas to produce these enzymes. In case you have a deficiency of minerals required to produce these enzymes food entering your small intestine may be too acidic for optimal digestion.

Alternatively the pH-value in your stomach remains higher than optimal. This means that protein digestion is slower and may not be complete. The higher the pH-value in your stomach the longer it takes for proteins to digest.

Meanwhile the enzymes that should 'predigest' carbohydrates are deactivated by low pH-levels and thus carbohydrates are not being 'predigested' at all.

#### *The role of bacteria in your stomach*

Despite being highly acidic terrain your stomach does have bacteria. These bacteria ferment sugars and starches and putrefy proteins that are sitting in your stomach.

I haven't ready any studies on this one, but if you put partially fermented or putrefied food into your small intestine common sense tells us that it can't be good for digestion. Enzymes in your small intestine are not meant to work on partly fermented carbohydrates or putrefied proteins.

#### *Food combining can get complicated*

If you read some books on food combining you'll notice that it can get very complicated and that there are many rules. I haven't done any research on digestive implications of other rules besides the above mentioned carbs and proteins.

From personal experience I can say the following:

- Don't eat carbohydrates and proteins together
- Fats don't agree with carbohydrates
- Fruits should be eaten alone
- Simple combinations always result in faster and smoother digestion
- Raw vegetables can be eaten with anything besides fruits

Please note that these are not hard rules based on scientific studies. I have come to those conclusions by observing my own body after eating various food combinations.

Fruits are very high in sugars and are digested very quickly. If you eat fruits together with foods that take longer to digest the longer the fruits will have to wait and the more time bacteria have to ferment them.

Using this same analogy any foods that digest quickly should not be eaten together with foods that take a long time to digest.

### *Try it out for yourself*

As there are so many opinions and arguments on food combining it's best to try it out yourself. Different people are likely to react differently to different combinations so I would really encourage you to test and see which combinations work for you.

It's best to do these tests after detoxing. I have noticed that my body is far more sensitive to these things after fasting or detoxing. After detox you are usually full of energy and it's easier to notice things that drain your energy or cause nausea and gas.

If you are interested here are a couple of links to good articles about food combining. Take a look at them and see what makes sense to you:

- [http://www.drkaslow.com/html/food\\_combining.html](http://www.drkaslow.com/html/food_combining.html)
- <http://www.drbass.com/sequential.html>
- <http://www.pharmabiz.com/article/detnews.asp?articleid=11297&sectionid=46>
- [http://www.medanth.org/case\\_studies/rush01.htm](http://www.medanth.org/case_studies/rush01.htm)
- <http://www.thewolfeclinic.com/pdf/foodcombining.pdf>  
(Download a free food combining chart)

## **Other reasons for indigestion**

### *Not enough digestive enzymes and other micronutrients.*

Lack of digestive enzymes and other micronutrients (vitamins, minerals, etc) is probably another (along with improper food combinations) major cause of indigestion. Enzymes are required to start the chemical reactions that break food into smaller and smaller 'pieces'. Enzymes also require vitamins, minerals and other micronutrients to function properly.

Some of these can be manufactured in your body, but some have to come from your diet.

Lack of these enzymes and other micronutrients slows down or halts the digestion process. This gives harmful bacteria time to putrefy the food.

These enzymes and micronutrients are very perishable and are easily destroyed by processing. Cooking above 118 degrees Fahrenheit destroys practically all the enzymes in food.

Much of our soil is so depleted that farm crops depend entirely on the chemical fertilizers they are fed to grow. That means that the food we eat is totally devoid of virtually all trace minerals and micronutrients that we require for proper digestion and survival.

I'm sure that you know that digestion begins in your mouth. Digestive enzymes are secreted while the food is in your mouth. To get enough digestive enzymes to the food you should chew it properly (anywhere between 30 to 40 times).

If you don't chew your food properly it means that it leaves your mouth without sufficient amount of digestive enzymes. This slows down the digestion process in your stomach and possibly also in the small intestine.

### *Food takes too long to digest*

To put it simply, the longer food stays in your digestive track the more time the ever-present harmful bacteria have to ferment it.

Insufficient amount of digestive enzymes and other micronutrients is one reason digestion takes longer, but there can also be other reasons for it.

Eating too much food at one time naturally places more stress on your digestion and ensures that you will have food sitting in your digestive track longer.

Diet low in fiber is another main reason for long 'transit times'. Fiber is very bulk forming and pushes food faster through the digestive track.

Stress can be another factor slowing down the digestion. One reason for this is that stress reduces the secretion of stomach acids required for digestion of proteins. It is very much possible that

stress has an effect on secretion of digestive enzymes by the pancreas. Stress also affects hormone production, and these extra hormones are deactivated in your liver and potentially reduce your liver's capacity to neutralize toxins and other chemicals.

### HELP YOUR FRIENDS!

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- Send this file to a friend (It's quite big, so ask first)

Do you know someone who might benefit from this book? Please share this with them. Going through this program together with a friend can make a big difference to your success.

That way you always have someone to help and motivate you when the going gets tough. You also get positive reinforcement when you watch each other getting clear.

### ***Chemical & heavy metal poisoning***

Let's briefly return to our 'cause of acne' chain:

*Indigestion → growth of unfriendly bacteria in your digestive track  
→ increase in toxicity that overloads your liver and kidneys → acne*

So far we have explored the role of diet in this chain. While I strongly believe that **diet is the main culprit for acne** for most people, it is important to understand that there are also other sources of toxins/poisons that disrupt the normal functioning of your body and lead to acne.

All chemicals that enter your body through food, drink, air, etc are treated as poison by your body. They are taken to the liver and kidneys for deactivation and elimination. This places additional stress on your liver and thus reduces its capacity to deactivate and eliminate other toxins.

It is also possible that these pesticides and other chemical additives interfere with the chemical reactions during digestion process.

Where do these chemicals/poisons come to your body? The following article by Mike Adams gives you a good idea.

Please don't make the mistake of thinking that Mike Adams is some fruitcake that has just fallen to the quackery. He has a passionate and quite expressive style of writing, but he's one of the most informed and sane people on the natural health movement I'm aware of.

### **The mass poisoning of humanity: an exploration of human stupidity**

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<http://www.newstarget.com/008511.html>

As human beings, we're the only species stupid enough to actually poison ourselves. As part of modern living, we create a wide variety of chemical toxins that go into the ecosystem through rivers and streams, the air, the soil and so on. Not only that, we actually synthesize toxic chemicals and then inject them directly into the food supply -- knowing full well that they are poisonous and are major contributors to the epidemic rates of chronic disease we are experiencing today.

What are these chemicals I'm talking about? Well, you're about to get a whirlwind tour of humanity's toxic chemicals. And if you look at toxic chemicals, you have to start in the realm of dentistry, because in no other profession (save medicine) will you find the use of so many toxic chemicals that are deliberately prescribed to patients or injected into their bodies. We're talking about, of course, mercury fillings and fluoride dripped into the public water supplies.

*Dr. Poison Mercury, DDS*

When we talk about mercury fillings, you have to keep in mind that mercury is simply one of the most toxic substances you can put into the human body, aside from radioactive substances. Right now, today, dentists all across the country and around the world are taking this highly toxic metal and literally putting it into the teeth of human beings. Those teeth are then used to chew food, and as a person chews; they effectively grind away the surfaces of these mercury fillings. These fillings release gas mercury vapour and mercury particles, which people then breathe into their lungs, or digest in their stomachs.

Now, I can understand that maybe 50 years ago, the dental industry was too ignorant to realize that it was advocating this toxic

metal and putting it into patients' mouths. The industrial revolution is full of examples of companies that used lots of toxic substances and therapies, thinking they were good for you. Recall the X-rays and radiation of the first half of the twentieth century, people thought that radiation was great for you. Manufacturers were equating radiation with energy and thinking that if you consumed radiation pills, you would be more energetic. These were actually sold and sponsored by physicians and doctors, it was a mainstay of the medical industry in those days.

Later, we had the lead issue with industrial companies like DuPont, which has an interesting history in the manufacture and distribution of lead. People were convinced lead was great for everything. They put it into the gasoline, and leaded gasoline was born. We later found out that lead causes nervous system disorders and that it's very unhealthy to have lead emissions in the air. We ended up getting rid of lead paint, and banning the use of lead in foods and cosmetics.

But for some reason, today dentists still think mercury is perfectly good for you. It's like they're living in the Dark Ages. Gee, why don't they have you swallow radiation pills at the same time they're putting mercury fillings in your mouth? That way you can be energized and have fillings, too!

Some of the greatest quackery in the world right now takes place in dentists' offices; and dentists strongly deny the problems associated with mercury toxicity and mercury fillings. Of course, I don't mean all dentists, some dentists are slowly coming around to this issue. In fact, these selected dentists are leading the change; they are pioneering dentists, just as those in the world of medicine that are trying to change conventional medicine.

These few dentists that are trying to make changes and get mercury fillings banned deserve tremendous credit for taking the lead and standing up and fighting against the dogma of their own industry to protect their patients. There's no doubt in my mind that within a few years, mercury fillings will be banned and they will join the ranks of lead paint, asbestos insulation, leaded gasoline and radiation pills. They will go into the historical annals of bad medicine, and some day future generations will think we were absolutely crazy to be putting mercury in people's mouths.

*More poison from dentists: fluoride*

That's not the end of the toxicity in the world of dentistry, we also have dentists pushing for, get this, the dripping of a highly toxic

chemical waste product into the water supply... a substance that's scraped off the smokestacks of industrial polluters. They want every person in the community to actually drink this substance.

This material is a toxic waste that's regulated by the EPA. It would be illegal to drip it into a river or a stream, but for some reason, it is perfectly legal to drip it into the public water supply and let people drink it. It's a bizarre cycle of rationalization that can only be called medical lunacy. They no longer consider this toxic substance toxic if it passes through the bodies of human beings first. What substance am I talking about? Fluorosilicic acid, otherwise known by its short name, fluoride.

Across the country and around the world, dentists are insisting that we drip fluoride into the public water supply. For what purpose? To protect the teeth? Can you be serious? People are swallowing this liquid. They're not rinsing it in their mouth and spitting it out, they're ingesting it. Now as a result we have fluorosis, and bone disorders that are related to the over-consumption of fluoride.

For some reason, dentists have decided that they now have medical degrees, and that they want to medicate the entire population with a drug, a biologically active drug, without first diagnosing any individual in that community. In other words, they want to medicate everyone across the board with the exact same dosage, regardless of that person's individual health needs, and regardless of how much other fluoride they may be exposed to on a regular basis. This is the insanity of the modern dentistry community. Remember, these are the same people that want to put mercury in your mouth, so it only makes sense that they also want to poison your entire body by putting fluorosilicic acid into the water supply.

They don't call it fluorosilicic acid of course, because that might scare people. They call it fluoride -- and in fact they will even deceive the public and call it "naturally-occurring fluoride." There's nothing natural about fluorosilicic acid.

If you go to any community water supply where they are dripping so called "fluoride" into the water system, you will find out where they actually get the fluoride -- ask them, "Hey, do you dig this out of the ground in natural fluoride deposits?," and they will tell you "No, we buy it from an industrial waste processing company because it's cheaper than fluoride out of the ground." I've asked this question myself of people who are in charge of dripping fluoride into the public water supply, and that's exactly what they have told me. You can verify this yourself and find out just how your local

community is poisoning you and your family with this highly toxic waste chemical.

### *How to poison the entire population*

Again, we are the only species stupid enough to actually poison ourselves. And we do it in highly efficient ways. If you want to poison a population, there's no easier way than to drip a substance into the water supply. And if you really want to make sure everyone is poisoned, you would pass laws that mandate the dripping of this poison into the water supply (i.e. fluoridation laws). That would ensure that everybody gets some, whether it's an infant, an adult or a senior citizen. This is increasingly what is happening across the United States and around the world.

There's absolutely no good science behind any of the fluoride arguments. Even if they were using genuine natural fluoride, there are no studies that show the ingestion of fluoride decreases the incidence of dental caries in modern society. Yet this myth persists in the dental community, and the American Dental Association stands firmly behind this national poisoning agenda. They will call anybody who disagrees with it a "nut," and they will say that every population must be fluoridated -- for their own good, of course. That's the only way to ensure they have healthy teeth, the logic goes.

### *Put more chemicals into the foods, please*

If you wanted to poison the entire population, but you were worried that not everyone drinks from the water supply, there is another way: just poison the food supply. This, too, is happening today, with food manufacturing practices and the FDA looking the other way on toxic food ingredients.

Our population is being poisoned with artificial chemical sweeteners. Let's take a look at these. Aspartame is a sweetener that was never proven safe; in fact, the original safety recommendation panel at the FDA recommended that aspartame be denied approval as a safe food ingredient. It was none other than Donald Rumsfeld at the time who helped push aspartame through the FDA to get it legalized as a food additive.

Today, we now see the vast majority of complaints of food side effects sent to the FDA being caused by aspartame. Aspartame is an excitotoxin, that is, a neurotoxic chemical, and it breaks down in your body into both formic acid and formaldehyde. Now, would you like to go out and drink some formaldehyde? Well, you might do

that if you were a biological specimen that needed to be preserved for dissection, but if you're a normal, healthy, sane human being, you'd never drink formaldehyde. Unless, of course, they put it in an artificial sweetener compound and added it to cans of your favorite carbonated soft drink, in which case Americans will gladly drink formaldehyde in can after can, poisoning their nervous systems, going half blind, experiencing epilepsy and increasing the onset of neurodegenerative disorders such as Alzheimer's disease.

Again, we're the only species stupid enough to actually poison ourselves with these chemicals. And yet we have entire groups, food lobbies and public apologizers who run around saying that these ingredients are perfectly good for you. There's nothing wrong with drinking formaldehyde and formic acid. You'll be fine! Drink more! Here, in fact here's a 50 percent more coupon, so you can buy even more!

*Want some chlorine in your food today?*

Some say, "Well, aspartame is on the way out -- the big sweetener now is Sucralose or Splenda." This is the artificial sweetener that claims to be made from sugar. Well, I suppose you can claim that it starts out as sugar, but it's made by removing some of the atoms from sugar and replacing them with atoms of chlorine, which is of course one of the chemical elements used during the atrocities of World War II to create poison gas, the same element used in chlorine to disinfect pools and public water supplies.

When it's put that way, you might start thinking, "Well, gee, maybe there's something wrong with this sugar, maybe I shouldn't be putting chlorine atoms into my body." Would you go out and drink chlorine? If you know anybody who works on pools, or who has a pool maintenance business, they will tell you that chlorine gas will kill you. In fact, just to handle chlorine, they have to wear protective rubber gloves and protective respiration devices, because if they get chlorine powder wet and touch it or inhale it, they are in for a world of hurt. Chlorine gas can cause serious injury or even death. In fact, if you just take household ingredients like chlorine bleach and mix it with ammonia, you will create a highly toxic gas that will literally kill you, which is why these products often contain warnings that they should not be mixed.

And yet, in our food supply, we take chlorine atoms and we attach them to molecules that used to be sugar, and we call that a safe sweetener. And now we're putting it into all kinds of foods, whether it's soft drinks, muffins, pancake mixes and pretty much everything in the low-carb arena. I'm not sure people realize that they are

actually ingesting chlorine atoms. Maybe they're too dazed from the fluoride.

Okay, so far we have dentists putting mercury fillings in your mouth that give off mercury vapor and cause neurodegenerative disorders such as Alzheimer's disease. We have the same insane dentists mandating the dripping of EPA-regulated environmental pollutants into the public water supply, making sure that human beings in the United States have to drink toxic waste product... after which it enters into the rivers and streams as part of human waste, even though if such chemicals were dripped directly into the rivers and streams in this country it would be a violation of federal law. We have food and beverage companies using artificial chemical sweeteners to replace sugar and claiming that their products are healthier than sugar products. And yet, these artificial chemical sweeteners break down into dangerous chemical components such as formaldehyde and formic acid, or they are made with chlorine atoms that simply do not belong in the human body. These chemicals do not appear anywhere in nature attached to a sugar molecule.

#### *Yummy poison: hydrogenated oils*

So, what else can the money-hungry corporations think of to put into the food or the water to poison America? They are quite creative and they have a lot of poisons at their disposal. The next terrible poison on the list is hydrogenated oils. They're called brain poisons, and they're present in perhaps half of all the foods found at every grocery store. It's listed right on the label -- you can see it as "hydrogenated oil" or "partially-hydrogenated vegetable oil".

This artificial fat directly causes cardiovascular heart disease, it destroys normal cardiovascular health, it destroys the healthy functioning of the nervous system, it causes brain disorders, it causes heart attacks -- it is one of the most prominent and yet toxic ingredients put into the food supply. It also causes birth defects and essential fatty acid deficiencies in both the mother and her fetus.

And it's put in foods on purpose, for the convenience of the food manufacturers. Hydrogenated oils don't go bad, which means they save money for the food manufacturing companies, because their foods don't go bad on the shelves. And how do you make hydrogenated oils? Well, you don't find them anywhere in nature -- you have to have a chemical processing facility to make hydrogenated oils. And you do it by bubbling hydrogen gas through liquid soybean oil or other types of oils, using a catalyst (in most cases the catalyst is nickel). So with this nickel and the bubbling of

hydrogen gas, you get extra hydrogen atoms attached to the molecules in oil, which makes them solid at room temperature. Since they are solid at room temperature, they can be more easily used to make margarine products, or used in crackers and cookies. And all of this, again, is for the convenience of the food manufacturing companies.

Food manufactures don't care what happens to your health, their job is just to sell food products. If you have a health problem as a result, that's your problem, not theirs. You won't find food companies offering to pay for your medical bills if you have a heart attack from eating hydrogenated oils. They are basically passing the buck and demanding that you pay for the health consequences caused by their foods. In fact, they're working hard to pass legislation that would outlaw lawsuits against food companies!

### *Pepperoni-shaped poison*

Not to be outdone, the meat processing companies in this country also want to make sure they get lots of poison into your food products. It's not enough to just sell you red meat, which is by itself an extremely unhealthy food ingredient that promotes colon cancer, heart disease, obesity and many other disorders, they also have to put cancer-causing chemicals in various meat products.

This makes sure that you get colon cancer from the additives, if not from the red meat itself. This additive is called sodium nitrite, and you'll find it in virtually every packaged meat product found at the grocery store, whether it's pepperoni, breakfast sausage, or bacon. You can buy sliced ham, sliced chicken, deli slices, lunch meat, packaged ham, pepperoni, the meat that goes into soups, the meat that goes into those little lunch trays ... pretty much any form of packaged meat at the grocery store has this toxic ingredient in it. That's why the daily consumption of processed meats has now been clinically shown to produce a 6,700% increase in the risk of pancreatic cancer!

### *Guinea pig people*

And what is this ingredient again? Sodium nitrite! When you ingest sodium nitrite, it mixes with the digestive juices of your stomach and creates a class of chemical compounds called nitrosamines. These nitrosamines are potent cancer-causing chemicals. In fact, as I've mentioned before, they are so potent that lab researchers actually inject mice with nitrosamines when they want to give those mice breast cancer or other form of cancer they can study. And yet, as humans, we put sodium nitrite right into the food supply. It's

almost as if we were treating the entire population as lab rats -- and in fact that's not far from the truth.

Drugs are frequently released in this country on an experimental basis, using the population as guinea pigs to find out how many people might die from that drug in order to get more safety data. Let's face it, when the FDA approves drugs for public use, they are not at all proven safe. The American public is routinely treated as a collection of guinea pigs in order to promote prescription drugs, foods, artificial sweeteners or other elements.

### *Toxic personal care products*

So now we've got toxic chemicals in our mouths, in our public water supplies, and in our foods and beverages. Where else can money hungry corporations put toxic chemicals into our immediate environment and get them into our bodies? Well, think hard and you might come up with some other ideas. Let's look at the personal care products industry, because practically every brand name shampoo, cologne, perfume, deodorant, antiperspirant or other personal care product on the market is made with toxic fragrance chemicals. These can contain solvents, carcinogens and compounds that are registered in government databases as having strong liver toxicity.

The reason these ingredients are allowed in these products are because the FDA has mistakenly assumed for many, many years that whatever you put on your body doesn't get absorbed into your body. They think, for example, that you could just coat your body with toxic chemicals and you would be fine, because your skin is a barrier. I've even heard pharmacists tell me that the skin is a great barrier, so whatever you put on your skin won't go into your body.

That's utterly ridiculous! As pharmacists, haven't these people ever sold nicotine patches? How do you think those work? They work by releasing nicotine that gets absorbed directly through your skin into your bloodstream. If your skin didn't absorb nicotine, the nicotine patches wouldn't deliver a dosage. You have to be half-crazy to think that the skin is some kind of permanent barrier that keeps out everything you put on it.

In fact, the skin is very porous -- the skin breathes. Yes, it keeps out bacteria, but it sure doesn't keep out chemical solvents, and it doesn't keep out molecules as big as nicotine. Nicotine molecules are not very small, by the way. There are many things that go right through your skin, and those include fragrance chemicals, solvents, and a lot of other toxic ingredients that are found in personal care

products. One such ingredient called MIT was recently discovered in most brand-name shampoos, and this MIT ingredient is known to cause brain cancer.

### *Voluntary chemical suicide*

So now we are really stupid as a species, because we've poisoned our mouths, our water supply, our food, our beverages and even our shampoos and personal care products. And if you use dryer sheets, then you've got your clothes poisoned as well, they're coated in a layer of toxic chemicals found in dryer sheet products. So what else could we use to poison the population? There are still many other options.

One way would be to sell a toxic chemical that people voluntarily put into their mouths because another person in a position of authority told them to do so. This is describing the prescription drug industry, where people are poisoning themselves each and every day with toxic painkiller drugs like COX-2 inhibitors or toxic anti-cholesterol drugs like statin drugs. People are poisoning their minds with antidepressant drugs that promote violent behavior and suicides. They're poisoning their cardiovascular system with beta-blockers and other drugs. And of course they're poisoning their livers.

And yet people volunteer to do this -- each and every day they will put these toxic chemicals into their bodies simply because someone with a degree from a school of disease (also known as medical school) told them to do so. And, not only that, they will actually pay for the privilege of poisoning their own bodies.

They'll pay good money too, not just a few hundred dollars a month, but several thousand dollars a month. Some people will spend six figures a year poisoning their bodies because their doctor told them to do so. And, then when something goes wrong and they have a small tumor show up on a mammogram, or some other blood test comes back positive that indicates they may have some sort of cancer tumor, they will gladly pay another \$100,000 or more in order to destroy their entire immune system with a treatment known as chemotherapy.

They will literally sit there and let other doctors inject highly toxic poisons directly into the bloodstream and allow them to circulate through their body. How toxic is this stuff? Well, gee, think about it, your hair falls out, you get sick and you vomit -- are these signs that maybe this stuff doesn't belong in your body? I don't know about you, but I think that's a very strange way to heal someone. If

I were a medical professional and I were healing someone, and I had them do something which made their hair fall out and they started vomiting and it looked like they were going to melt away right before my very eyes, I would think that, hey, maybe this isn't good for them. But that's not what conventional oncologists think. They think, oh, this is great stuff. Look, we're going to destroy the cancer tumor and, if we're lucky, there may even be a patient left by the time we're done. And if not -- that's alright, as long as they pay the bill.

### *Official, government-approved drug dealers*

We as a species actually have a class of professionals, highly-paid professionals, who we give the right to poison us with toxic chemicals. These people are called doctors. I call them drug dealers. Just like illegal drugs, their drugs kill people. The main difference is that these "legal" drugs enrich politically influential corporations, whereas illegal drugs enrich drug lords. Our national "War on Drugs" is quite selective in its targets, don't you think? Industrial hemp is outlawed, but doping up millions of children on powerful narcotics is perfectly legal: it's called Ritalin.

So remember, we're the only species stupid enough to actually poison ourselves. And if we don't do it in just one or two ways, we do it in half a dozen different ways! Then we regulate that poisoning, we make it federal law! And we have lobbyists and groups out there defending this use of poison in the food supply, and defending the use of it in cosmetic products and personal care products. We have defenders of the drug industry, people who say, "Yeah, well there was a study five years ago that showed a 1200 percent heart attack increase, but we thought that really wasn't relevant to this drug and we decided to go ahead and market that drug anyway." That's what we have today. And the real details of this gruesome story have only begun to be uncovered. Wait until the rest of the story comes out...

### *We're #1!*

Is it any wonder, with all of the poisoning going on at all the different levels in our bodies, that we are now the most chronically diseased population that has ever been recorded in the history of civilization? It's true -- there is no population that has suffered from diseases like we do in America today. You would have to be clinically insane to not think that there's a correlation between the poison we are putting into our bodies and the diseases we are getting as a result.

Plus, as recent studies have shown, we're the #1 nation in the world in terms of mental disorders as well! Let's see: #1 in obesity, #1 in diabetes, #1 in cancer, #1 mental disorders, and we have the HIGHEST health care costs in the world, too. We have the most expensive drugs in the world. We have more doctors and health care professionals per capita than any country in the world. And, frighteningly, we're the country with the most nukes. Great idea, huh? Put the nuclear weapons under control of the most mentally disturbed population in the world... now if only our leaders were at least sane...

But no, wait a minute -- the doctors are right, all diseases are just genetic. None of these poisons matter, it's just your genes. They say the gene pool of the human race was perfectly fine 100 years ago when people didn't have all these diseases, but it has somehow mutated to a gene pool that gives you heart disease and cancer and osteoporosis and diabetes, and, by the way, there's nothing you can do about it. That's what they want you to believe, because then they take away your power. Then you have no ability to make changes.

*Actually, we're pretty darned clever, aren't we?*

So not only are we the most stupid species on the planet, because we're poisoning ourselves, we are simultaneously the cleverest species, because we find ways to justify all that poisoning. We find scientific gobbledygook to claim that, yes, NutraSweet is good for you! Or that these chlorine atoms attached to sugar are great for you, or that mercury in your mouth somehow doesn't have a toxic effect on your body. Or that hydrogenated oils are perfectly fine for your heart health.

We stupidly say if you take those and you drink this weight loss shake made with sugar, you'll be healthy. And if you have this barbaric surgical procedure called gastric bypass surgery, you'll no longer be obese. And if you're not healthy, don't worry; we have magic bullet prescription drugs that will make you even healthier. So we're a clever population at the same time that we're incredibly stupid. Do you know what that's called? That's called being a population of great technicians and lousy healers. And that's exactly what we are today.

Having used the word "stupid" throughout this editorial, I use it deliberately. I don't mean it in the way that a teenager might say, "My stupid little brother flipped me off." I mean it in a more precise way, in the way defined by Dictionary.com:

**Stupid:**

1. Slow to learn or understand; obtuse.
2. Tending to make poor decisions or careless mistakes.
3. Marked by a lack of intelligence or care; foolish or careless: a stupid mistake.
4. Dazed, stunned, or stupefied.

Can you think of a better word to describe the people around here?

As Einstein once said, "Only two things are infinite, the universe and human stupidity, and I'm not sure about the former."

***Acid/alkaline balance and acne***

Next we need to briefly discuss acid/alkaline balance in your body. Acid/alkaline balance has lots of similarities with toxification of your body.

Your body should be slightly alkaline; only digestive juices in your stomach should be acidic.

**Maintaining the correct balance**

Keeping a correct acid/alkaline balance is critical to proper functioning of your body. Thus your body will do everything it can to maintain that balance.

In fact you have 'alkaline buffers' in your body that your body can utilize to neutralize acids. These buffers are certain minerals (calcium, sodium and potassium for example). The largest storage of these minerals is in your bones. That's why a chronically acid diet depletes these minerals and weakens your bones.

It is important that we maintain a balance body pH of ideally about 7.2-7.4, which is about neutral. However, because of our poor diet of junk food, fast food, overcooked, processed foods, especially soft drinks which have a pH of 2.7, most of us are not balanced. The above foods are several thousand times more acidic than our bodies. The pH-scale is logarithmic, meaning that a change of one unit (for example from 7 to 6) is equivalent to 10 times increase/decrease in acidity.

This is important because harmful bacteria, parasites etc... live and thrive in an acidic environment and do not survive well in an alkaline environment.

## **How diet affects the acid/alkaline balance**

Now certain foods tend to have acidifying reaction in your body (i.e. they make your body more acidic).

You can see two detailed acid/alkaline food charts by clicking the links below. Please note that there are many variations of these charts floating around the internet. I don't know which one is 'the ultimate truth', so please consider any charts you find (including these) as guidelines rather than the hard truth.

- <http://www.rense.com/1.mpicons/acidalka.htm>
- <http://www.naturalhealthschool.com/acid-alkaline.html>  
Contains good information about acid/alkaline balance and its effect on health.

As far as I understand there are two ways food can cause acidity in your body:

During digestion foods are broken down into smaller components which your body can utilize. This happens through chemical reactions that break molecules apart. After food is digested (burned) the only thing that is left is a set of minerals that was in the food. Those minerals can be either alkaline or acidic.

Acidifying foods may also interfere with digestion. The majority of the food you eat is digested in the small intestine. Your small intestine secretes enzymes into food and those enzymes break food into molecules that your body can utilize. However, those enzymes require an alkaline environment to function.

Your stomach is highly acidic and food that leaves your stomach is also acidic. Your pancreas secretes alkalizing enzymes into food that neutralize acids. Those alkalizing enzymes are manufactured in your pancreas from amino acids.

A chronically acid diet (i.e. diet consisting mainly of meat, processed food, dairy products, sugar, rice, pasta) puts lots of pressure on the pancreas to produce alkalizing enzymes, which means that your pancreas must use large quantities of alkalizing minerals.

*As a result of this virtually every American has an enlarged pancreas by the time they are 40.*

Constant requirement of alkalizing enzymes from your pancreas slowly depletes your body's reserves of these alkalizing minerals.

Over time your pancreas may fail to produce alkalizing enzymes in required quantities. This means that food entering small intestine is still acidic. Digestive enzymes are not working optimally in this acidic environment.

Undigested food passes to your colon where harmful bacteria feast on them. Harmful bacteria putrefy undigested food, which results in highly acidic toxins.

That is one of the reasons sugar is so bad for you. Harmful bacteria in your colon rapidly ferments sugar and produce acidic toxins as a result.

You can safely generalize that toxins are always acidic, and that acidic reactions are generally harmful to your body.

## **My Views on Curing Acne**

In the previous chapters we have seen how acne develops and what the reasons are behind it. In this and the coming chapters I'm going to show you how to break that 'cycle of disease' that causes acne and will continue to compromise your health.

There are three steps you need to take:

- Cleanse your body of toxins
- Alkalize your body
- Replace the missing nutrients

Depending on the approach you choose to take, these steps may be separate or they may be achieved at the same time.

Cleansing your body of toxins is really the step that is going to 'cure' your acne. The last two steps are more preventive in nature. That is, they ensure that your body remains in good health, and thus ensure that acne will not come back.

Dr. Stanley Bass has written an excellent article on the symptoms you should expect when you detoxify. I highly recommend that you read it before starting any detox programs.

*What Symptoms to Expect when Your Body Detoxifies* by Dr. Stanley Bass.

<http://www.drbass.com/symptoms.html>

## ***Different approaches to detoxing***

I like to divide the different detoxing methods into two separate groups

- Cleansing-based approaches
- Diet-based approaches

Cleansing based approaches include a separate cleaning stage (usually fasting or severely restricted diet). In diet-based approaches you eliminate unhealthy items from your diet, thus reducing the stress on your body and allowing it to slowly heal itself.

People are often put off by the cleansing based approaches because they fear that they can't go through them. Personally I think that cleansing based approaches are actually easier to go through than diet based approaches.

Why? It's much easier to bear few days of discomfort (hangover like) than to fight your cravings for weeks if not months.

More on this a little bit later, but fasting and other intense cleansings actually give you a clean break from food and substance cravings. Thus you are much more likely to stay healthy after a fast because the cravings are either eliminated or significantly reduced.

## **Warning**

While detoxing has been completely safe for me and I'm not aware of any studies to the contrary there are some cases when you should proceed carefully. Pregnant or breast feeding mothers should take care when detoxing as the toxins from your body can enter the embryo or your breast milk. Also if you have diabetes or other serious degenerative illnesses (like cancer) please consult your doctor before beginning your detox. You should also check with your doctor if you have been on medication for a long time. If you are a parent don't ask your children/teenager to detox or fast without getting approval from a qualified healthcare professional.

## **Fasting**

*"Everyone has a doctor in him or her; we just have to help it in its work. The natural healing force within each one of us is the greatest force in getting well. Our food should be our medicine. Our medicine should be our food. But to eat when you are sick, is to feed your sickness."*

--Hippocrates, M.D., 460-377 B.C., Father of Western Medicine

Fasting is the best method for cleansing your body. Fasting means that you don't eat anything (or a very restricted diet) for a certain period of time (usually between 3 to 10 days).

You are probably thinking that you are starving if you skip your lunch. How could you go for days without eating? Well it's actually amazingly easy. Sure it feels odd initially, but once you get into it you'll be fine. Actually I have never felt hungry on any of my fasts.

### **How fasting helps with acne**

Fasting is beyond doubt the best alternative treatment to acne. Can you think of any acne treatment that could claim the following benefits?

- Clears up all types of acne
- You'll see first improvements within the first 2 to 3 days and acne is usually completely eliminated within 5 days
- Works for everybody – as far as I understand
- Doesn't dry your skin - in fact it makes your skin smooth and radiant
- Eliminates the root cause of acne
- Automatically opens up pores and eliminates bacteria
- Normalizes sebum production
- Long lasting benefits
- 100% natural
- No long term side-effects

As you know, there are no acne treatments that could come even close to that. If there were, imagine how much they could charge for it. People would pay anything for it. And it would be hailed as the miracle breakthrough in acne treatment.

Well it is truly a miracle, and the best thing is that it doesn't cost you anything.

In the previous chapters we discussed what causes acne and how that condition develops in your body. Fasting completely reverses that process.

Fasting triggers a truly wondrous cleansing process that reaches right down to each and every cell and tissue in the body.

Within 24 hours of curtailing food intake, enzymes stop entering the stomach and travel instead into the intestines and into the bloodstream, where they circulate and gobble up all sorts of waste matter, including dead and damaged cells, unwelcome microbes, metabolic wastes, and pollutants.

All the toxins that have been stored in your cells are dumped into the bloodstream and eliminated. Suddenly the harmful bacteria and parasites notice that their food supply has been cut off and the terrain that used to support them has become increasingly hostile.

Fasting gives your vital organs time to rest and to be balanced. After removing toxins, acids and parasites, your liver can function at optimal levels. When you resume to your normal diet your liver is stronger and healthier and it can better cope with the workload.

## **How fasting helps you to keep acne away**

Besides being the best natural acne treatment known to man, fasting also helps to prevent future acne breakouts.

Acne prevention is all about giving your body what it needs to be healthy. Fasting helps you do this.

### *Eliminates cravings*

Do you often find yourself craving for unhealthy foods that you know are bad for your health and acne? Sometimes these cravings are almost impossible to resist. A proper fast eliminates most or all of these cravings by removing toxins, killing harmful bacteria and parasites and restoring proper nutritional balance to your body. You can get a clean break of these cravings and are much more likely to succeed in maintaining your healthy habits and acne-free skin.

### *Re-sensitizes you to unhealthy food*

Another way fasting prevents acne is that it sensitizes you to unhealthy food. Remember the first time you had a cup of coffee or smoked a cigarette? It tasted horrible and made you feel bad. After

a while you 'got used' to it and you didn't get those reactions anymore.

You may not be aware of it, but you have actually been desensitized to many other substances also. Fasting sensitizes you again to many of these harmful substances. You'll notice that some of the food that had no effect on you drains your energy or makes you feel bad.

This is very valuable information, because your body is telling you not to eat that thing. It's telling you that it's bad for you - and is likely to cause acne.

### *Improves digestion*

Fasting improves digestion by removing many digestion inhibitors. Improved digestion means that there is less undigested food for bad bacteria to putrefy. Of course, if you keep on eating the same food that caused acne in the first place, acne will come back.

### *Gives a glimpse of what real health feels like*

Perhaps the most important way fasting prevents acne is that you'll remember again what it means to really be healthy. How it feels to enthusiastically jump out of the bed in the morning. Perhaps for the first time you do realize that you can influence your health, and that you don't have to be sick and tired when you grow old.

It is quite difficult to explain to a 'normal' Westerner what it really means to be healthy. It's like trying to explain color TV to someone who has been watching black and white TV their whole life. You know it's so much better, but can't really explain why and how.

This sounds really sad, but when it comes to health most of us have been watching old black and white TV and the picture is steadily fading.

After you know what it means to be healthy you definitely don't want to go back to 'normal'.

## **Fasting may reverse the aging process and prolong your life**

Consider the following:

In addition to the Human Growth Hormone that is released more frequently during a fast, an anti-aging hormone is also produced

more efficiently. "The only reliable way to extend the lifespan of a mammal is under-nutrition without malnutrition." A study was performed on earthworms that demonstrated the extension of life due to fasting. The experiment was performed in the 1930s by isolating one worm and putting it on a cycle of fasting and feeding. The isolated worm outlasted its relatives by 19 generations, while still maintaining its youthful physiological traits. The worm was able to survive on its own tissue for months. Once the size of the worm began to decrease, the scientists would resume feeding it at which point it showed great vigor and energy. "The life-span extension of these worms was the equivalent of keeping a man alive for 600 to 700 years."

(Source:

<http://serendip.brynmawr.edu/biology/b103/f02/web1/wcarroll.html#7> )

There have been similar studies conducted with mice. Those studies show that the mice which were periodically forced to fast lived up to 5 times longer than those which were allowed to eat all the time.

I don't know of any studies conducted on humans, but regular fasters have been known to easily live more than 100 years and remain very active until their very last days.

Fasting has also countless other benefits. Since this book is about how to cure acne I'm not putting them all here. If you are interested just search the internet for 'fasting' or 'fasting benefits' and you'll learn all that you need to know.

### **HELP YOUR FRIENDS!**

Here's what you can do to help your friends that are suffering from acne

- Send your friend to this link where they can download their own copy:  
<http://www.natural-acne-solution.com/book.htm>
- Send this file to a friend (It's quite big, so ask first)

Do you know someone who might benefit from this book? Please share this with them. Going through this program together with a friend can make a big difference to your success.

That way you always have someone to help and motivate you when the going gets tough. You also get positive reinforcement when you watch each other getting clear.

## **Colon cleanse**

Earlier we discussed how an unhealthy colon that leaks toxins into your blood is the root cause of acne. For you to get the most out of fasting you should always do colon cleanse while fasting.

I don't know for sure but some authors have suggested that colon cleansing improves the effectiveness of fasting by 10 times.

I'm sure that that can be contested, but there is no doubt that colon cleansing helps enormously.

After all your colon walls are hardened with mucus (click here if you want to know what it looks like

<http://www.natural-acne-solution.com/coloncleansepics.htm> ) that houses such unwanted guests as putrefying food, harmful bacteria and parasites. Mere fasting usually will not remove the mucus. It may kill the bacteria, but they will come back if you don't remove the mucus that houses and feeds them.

Also by keeping your colon clean, the detoxification process is much faster and easier. If your colon is just leaking all the toxins that you worked hard to eliminate back into your body, you can be sure that you are putting yourself through unnecessary pain and trouble.

A clear colon will swiftly throw the toxins out.

There are two approaches to colon cleansing: enemas and herbal laxatives.

## **Enemas**

Enema simply means that you flush your colon with water. As water flows in and out of your colon, it loosens the hardened mucus and takes it out. This procedure should be repeated once or twice a day for the duration of your fast/colon cleanse.

You can go for a professional colonic or you can administer it at home. Professionals usually charge around \$60 to \$70 per visit so it can turn out to be quite expensive.

Colon cleansing is completely safe to administer at home with Colema Board. I'm using it regularly and can wholeheartedly recommend it. It's very simple to use and the results are almost miraculous.

On the subject of enemas you should avoid the various enema bags on the market. Since they are only using a small amount of water (few litres max) they are only good for clearing your rectum. Proper colon cleansing session uses around 5 gallons (up to 20 litres) of water and flushes your colon many times. Enema bags are not really sufficient for that.

There is no doubt that enemas are the fastest way to cleanse your colon and yield the best results. However if you are uncomfortable with the idea or just want to start it slow you can try herbal based colon cleanses.

### **Herbal based colon cleanses**

Herbal laxative based cleanses use herbs that loosen the mucus and stimulate your colon to expel it. They are a very good introduction into colon cleansing.

There are many colon cleansing kits in the market. I haven't tried them all, but looking at their marketing and ingredients, it seems that many of them are just riding the 'colon cleansing wave' and offer little substance.

A good colon cleanser should have two parts: one laxative formulation to improve elimination and one bulk forming formulation to remove mucous plaque and collect toxins. They should be taken at different times, so you really need two supplements. Many of the colon cleanser that I've seen contain little more than psyllium husk and some other herbs to decorate the label.

### ***Cleansing supplements***

It is true that you don't really need anything to fast. Your body has everything it needs. That said, there are a few supplements that are highly recommended. They not only help your body in eliminating the toxins, and thus making the whole process faster, they also make it much more bearable for you.

### **Psyllium husk**

The first supplement you should use is psyllium husk. "Psyllium husk is by far the most effective natural fiber bulking supplement for clearing clogged bowels of impacted feces, dry mucoid plaques

and putrefied food residues (which by the way we ALL carry inside us). When mixed with water and taken on an empty stomach, it forms a dense, mucilaginous bolus that sweeps like a broom throughout the entire digestive tract, loosening and eliminating pockets of impacted putrefactive waste and mucoid sludge from the deep folds of the colon. Psyllium husk dredges the colon of dangerous toxic residues that have festered there for years, and accelerates the entire detox process." Quote from The Tao Of Detox by Daniel Reid.

### **Bentonite clay**

In addition to psyllium husk you might want to also take bentonite clay. Bentonite clay is a very powerful detoxing helper. Bentonite clay molecules carry a strong negative charge and they stick to positively charged toxins in your body and carry them away from your body. Bentonite clay molecules are 200 times smaller than water molecules and can easily get into all the little nooks and corners of your body where water can't reach. It really makes the whole detoxing process faster. I had it on my 7 day liquid fast and it really eased the 'bad' days of that fast. Highly recommended, and it costs less than 20 dollars, so it's really worth the small investment.

### **Super greens**

The third supplement to consider are so called super greens or super foods. Super greens consist of a blend of dried green vegetables that are full of vitamins, minerals, enzymes and other micro nutrients. A Scoop of super greens is said to be equal to a pound of fresh vegetables. I recommend that you have super greens while on the fast. Not only are they highly alkalizing but they are also full of micro-nutrients that your body can use while detoxing. Super greens can also give you that well needed energy to go through the initial stages of the detox process.

### **Probiotics**

Another thing you might want to try is probiotics (especially during the last days and after the detox). Your colon needs an ample supply of good bacteria (probiotics), and during colon cleaning you flush out everything from your colon. So it's important to make sure that the good guys get there before the bad guys can make a move again. Probiotics are also cheap so give it a shot.

### **Enzymes**

You might not think it at first but enzymes can actually play a vital role in detoxification. Let's first understand what enzymes are and what they do.

For this I'm going to quote Dr. Jon Barron and what he said in one of his outstanding newsletters.

SIDEBAR: I highly recommend that you subscribe to Jon's free newsletter at <http://www.jonbarron.org>

Back to enzymes:

*"Enzymes are proteins that facilitate chemical reactions in living organisms. In fact, they are required for every single chemical action that takes place in your body. **All of your tissues, muscles, bones, organs, and cells are run by enzymes** (emphasis mine).*

*Your digestive system, immune system, bloodstream, liver, kidneys, spleen, and pancreas, as well as your ability to see, think, feel, and breathe, (in fact, the very functioning of **each and every cell** in your body) all depend on enzymes. All of the minerals and vitamins you eat and all of the hormones your body produces need enzymes in order to work properly. In fact, every single metabolic function in your body is governed by enzymes. Your stamina, your energy level, your ability to utilize vitamins and minerals, your immune system -- all governed by enzymes.*

***The vast majority of metabolic enzymes in the body -- the enzymes that regulate everything from liver function to the immune system -- are proteases, or proteolytic enzymes -- enzymes that regulate protein function in the body.***

Now what does all this have to do with acne? Let's divide enzymes into two groups based on how we use them: digestive and systematic.

As the name indicates, the digestive enzymes break nutrients into smaller molecules that your body can absorb. Without these enzymes the digestive process would come to grinding halt and food would just putrefy inside the digestive track. Your body can't utilize partially digested food.

Taking digestive enzymes along with your food significantly improves digestion and prevents food from putrefying. Take off the undigested food and you have taken a big step in preventing harmful bacteria from taking over your colon.

That would obviously be a major step in curing and preventing acne, but the goods on enzymes don't stop there. The second group of enzymes is systematic enzymes or, as some people call them, proteolytic enzymes.

Systematic enzymes are not used for digestion, but they enter the bloodstream and are transported all over your body. Having these enzymes floating around your body has a huge number of health benefits, but I'm going to focus on those that have a direct implication on curing acne.

Let's use a small metaphor to illustrate a point here. Just for a little while imagine that the immune system is like a big gun that your body uses to fend off bad guys like bacteria, viruses, parasites, fungi etc... but without ammunition that gun would be pretty useless.

Systematic (proteolytic) enzymes are the ammunition for that gun.

Bacteria, viruses, molds and fungi are protein/amino acid based, and are literally digested by systematic enzymes.

Can you see how that might help with acne? Systematic enzymes can literally *eat away acne-causing bacteria*.

Systematic enzymes can also clean your blood and lymph. Systematic enzymes are the primary tools the body uses to "digest" organic debris in the circulatory and lymph systems. What this means is that it takes some of the load off from the liver, giving your liver more time to clean toxins, chemicals and other poisons in your body.

## **Other detox supplements**

There are various other detox supplements that can be helpful. I consider the ones listed above as essentials or at least very helpful. You can explore various other supplements here:

<http://www.natural-acne-solution.com/products/hh-detox.htm>

## ***Diet based detoxes***

During a diet based detox you are still eating fairly normally, but you are eliminating many of the unhealthy substances and replacing them with healthier ones. This way you reduce the load on your digestive system and give your body more time to detox. You are also slowly replacing bad quality nutrients with higher quality ones.

I have personally never used diet based approaches for detoxing. For me they are more like maintenance between fasts. I know that there are some good programs out there that will give you good results.

If your goal is only to eliminate acne, then many of the diet based approaches should also work for you. My only concern with them is that they don't activate the same natural healing process in your body that fasting activates. So I really don't know how deeply they will cleanse your body.

The good thing about diet based detoxes is that after you are done with them it's easier for you to continue eating healthier -since you have already gone through the change process.

Another issue with this approach is that how many people can actually follow through with such a diet. With all kinds of cravings urging you to eat what you used to eat it may be difficult to go through them. That's why I feel that it's easier to bear a few days of discomfort at the beginning of a fast and be done with it.

### **HELP YOUR FRIENDS!**

Here's what you can do to help your friends that are suffering from acne

- Send your friend to this link where they can download their own copy:  
<http://www.natural-acne-solution.com/book.htm>
- Send this file to a friend (It's quite big, so ask first)

Do you know someone who might benefit from this book? Please share this with them. Going through this program together with a friend can make a big difference to your success.

That way you always have someone to help and motivate you when the going gets tough. You also get positive reinforcement when you watch each other getting clear.

## **Remaining acne free**

There is really nothing mysterious about remaining acne free. To put it simply you have to give your body what it needs and keep away the stuff that it doesn't need.

Acne prevention basically boils down to 3 steps/items

- Ensure proper digestion
- Eat plenty of alkaline food
- Maintain healthy colon flora

These 3 steps are by no means separate. Improving one of them also impacts positively the other ones - and vice versa.

### ***Diet for clear skin***

In previous chapters we established that your acne and health are closely related to what and how you eat. By now you should have an idea of the not-so-healthy food items that have contributed to your acne.

Each of us has somewhat different requirements when it comes to diet and food. Factors, such as climate, level of physical activity, personal preferences and tastes, and your health goals all have an impact on your dietary requirements.

This is not meant to be a complete day-to-day eating plan. Instead I'll give you some basic guidelines on how to make healthy adjustments to your diet.

### **Combine your meals properly**

First and perhaps the most important thing is to combine your food properly. It doesn't matter how healthy your diet is if that food merely putrefies inside you. I really suggest doing some research on the subject and see what works for you.

At least avoid the biggest sinner: proteins and carbohydrates at the same meal. Not only your food digests better, but you also eat fewer calories. Cutting either protein or carbohydrates out and replacing it with a bowl of salad makes it so much easier to start eating more fresh vegetables.

It's really a double-whammy benefit, and not so difficult to do as you might think. For the first week or so you might feel like there's something missing from your meal, but after that you'll get used to it. After awhile you wouldn't go back because you feel so much better and actually feel more energized after a meal instead of tired and sleepy.

## **Use fresh & organic ingredients**

While you are having your salad why not make sure that you use only fresh and organic vegetables. Chemically grown vegetables are usually full of pesticides and other nasty poisons that'll just build up inside you. Organic vegetables are nutritiously far superior to chemically grown ones.

As much as possible, use fresh fruits and vegetables. Frozen or canned vegetables have lost most of their micro-nutrients (enzymes, vitamins, etc) that are essential to digestion. Food that's alkalizing when it's fresh can turn acidic after too much processing and preserving. You never really know how much preservatives they have added to the canned stuff. Not to mention that fresh vegetables always taste much better than frozen or canned veggies.

## **Go raw**

All the processing that is done to your food generally makes it harder to digest and more acidifying (with few exceptions - of course). Water and heat destroy most of the digestive enzymes and vitamins fruits and vegetables have. Without digestive enzymes vegetables can do more harm than good to your body.

Going raw is beyond doubt the best dietary advice I can give you. Eating raw food virtually eliminates all the links at the 'cause of acne' chain that we discussed earlier.

Try to eat at least 50% of your food raw. This is where the bowl of salad instead of carbohydrates or protein comes handy. The digestive enzymes that raw vegetables contain help your body to digest the other food components you eat at the same meal. Raw vegetables are also highly alkalizing so they balance any acidic foods you eat. This places far less stress on your body to leech minerals from your bones to neutralize the acids.

If you don't want to eat your vegetables 100% raw, you can slightly stir-fry or steam them. I'm a huge fan of stir-frying. Stir-frying

plenty of vegetables with noodles or some chicken, fish or nuts makes it so easy to replace either carbohydrates or protein with 'almost raw' vegetables.

Another excellent way to have your greens is to make a 'green shake'. My favorite one is a mix of spinach, cucumbers, apples, raw mangoes, and water - it tastes great. Just put all the ingredients to a blender and let it run for few minutes.

You can try other combinations also. The basic idea is to use plenty of green vegetables and then some other ingredients to improve the taste.

Green shakes make for an excellent breakfast also. When you drink it on an empty stomach you can really feel the energy surging through your body. It's an excellent way to start your day on a positive and energetic way. Here's what happened to me one day when I did it <http://www.natural-acne-solution.com/blog/2006/04/03/how-to-fight-acne-and-have-more-energy-than-the-energizer-bunny-in-less-than-10-minutes.html>

Here are few additional tips on raw foods:

- Eat enough calories – raw food is not so calorie dense than cooked food usually is. You have to eat larger quantities of raw food to get sufficient amount of calories. If you don't get enough calories you are bound crave unhealthy food. A good way to check your calorie intake is to go to [www.fitday.com](http://www.fitday.com) and enter all the foods you eat during a day. This is a free tool so use it. Too few calories is one of the main reasons for cravings.
- Eat plenty of fruits – fruits are almost perfect food for humans. They are filling to eat as they contain plenty of calories. Fruits are also very easy to digest and give you plenty of vitamins and other micronutrients. I'd recommend having fruits for breakfast and lunch. There is an unfortunate movement against fruits in the raw food movement. Sadly there is absolutely no scientific basis to support those claims. Click here to get the truth about fruits: <http://www.natural-acne-solution.com/fruit.htm>
- Eat only moderate amounts of fat – you should get less than 15% of your total calories from fat. Excessive fat, even the so-called healthy ones, is dangerous to your health. Go to [www.fitday.com](http://www.fitday.com) to check how much fat you are eating.
- Don't mix and match different philosophies. Different books and gurus have contradicting viewpoints on raw food. The most obvious contradiction is high-fat vs. high-fruit diet. If

you try to mix and match these two you can end up damaging your health (like many people have). I personally like to follow this person's advice:

<http://www.natural-acne-solution.com/fred.htm>

## **Eat moderately**

It takes a little time for the sense of hunger to cease after you have eaten enough. So one good 'rule' to follow is to stop eating when you feel 70% full.

You'll quickly notice that by eating a little less you actually feel better and more energized. Eating too much food puts unnecessary stress on your digestive system. Larger quantities of food take longer to digest - giving more time for bacteria to putrefy it. Digestion is also a huge energy hog in your body. By eating a little less you don't have to spend so much energy digesting that food, and you can avoid feeling tired after a meal.

## **Respect your body's daily detox routines**

While you are sleeping your body is busy cleaning up the day's mess. Every night your body does regular repair and maintenance (including detoxification) work for vital organs. However you have to give your body a chance to do this.

Eating heavy dinners late in the evening ensures that your body is busy digesting the food instead of resting and detoxifying your vital organs. You'll often notice this by waking up tired even though you may have slept adequately.

It's best to avoid eating heavy food after 7 pm. If you feel hungry later in the evening opt for fresh fruits or vegetables that are easy to digest and give your body essential nutrients to help detoxification.

The same goes in the morning also. Try to delay breakfast as much as possible to give your body more time to detoxify.

## **Foods that are skin sinners**

Here's a small (not comprehensive) list of foods that most likely will aggravate your acne. So try to stay away from these.

**Excessive protein.** Proteins are not only highly acidifying but they also take a long time to digest (esp. animal protein), thus giving bacteria plenty of time to putrefy them. Animal protein has also shown to disturb the bacterial balance in the gut and create toxins during digestion.

Eat organic meat if you want to eat meat. That way you can at least avoid the hormones and antibiotics that come loaded with 'normal' meat.

**Sugars and sweeteners.** The harmful bacteria in your stomach thrive on sugar, which they convert into toxic waste. It's not only the refined sugar that's bad for you - it's practically all sweeteners (including naturals like honey). Fruit juices are full of easily accessible sugar. Fruits are fine when eaten whole. The fiber in fruits prevents sugar to be released quickly. In fact fruits are one of the most detoxifying foods you can eat.

Replacing sugar with artificial sweeteners is even worse than sugar itself. Artificial sweeteners contain many chemicals that are toxic and convert to even more toxic chemicals (e.g. formaldehyde) in your gut. Click here for more info on aspartame and artificial sweeteners (<http://curezone.com/foods/aspartame.asp> )

The only healthy sweetener I know is the herb called stevia. It's much sweeter than sugar and doesn't degrade your health like all the other sweeteners do. It's so sweet that you only have to use few drops of it - so it works out to be dirt cheap also.

**Dairy products.** Cow's (or any other animal's) milk is not meant for humans. Dairy products slow down digestion of other food and give bacteria more time to putrefy them. Milk is also highly mucous forming and coats your small intestine linings. This mucous inhibits absorption of nutrients through the walls of the small intestine.

Dairy cows are also constantly fed with hormones and antibiotics to maximize their milk production. Those hormones and antibiotics enter your body along with the milk you drink.

Commercial yoghurts tend to contain only small amounts of probiotic bacteria and are thus not a good source. It works out much cheaper and effective to take a good probiotic supplement. However, yoghurt made out of **raw and non-pasteurized** milk is a good and relatively healthy source of probiotic bacteria. Yoghurt, since it's already partly fermented, is also much easier to digest than milk.

**Wheat and other grains.** Grains and products made of them (bread, pasta, biscuits, cakes, etc...) have been shown to slow your transit times (i.e. the time it takes for a food to move through your digestive system). It basically means that food stays longer in the gut and putrefies there. Grains are also quickly turned into simple sugar that feed Candida and other harmful bacteria and parasites.

To add to the insult most of the bread and pasta are made of refined wheat flour. During refining wheat is stripped off any micronutrients and enzymes. Wheat is by far the biggest offender, but you should stay away from other grains also – including rice (white and brown). Once you change your diet, you'll notice that eating, for example, rice gives your sugar cravings. That's a clear give away sign that that rice is feeding harmful bacteria not you.

Safer alternative to rice and grains are starchy vegetables like potatoes.

### **Tips for changing your diet**

Now you should have a general idea what a healthy diet for acne-free skin looks like. Now you just have to change your diet - easy... eh, not quite. To smooth things out for you, here are two tips that have helped me a lot.

**Go easy.** You are much more likely to succeed if you make gradual changes. I don't think I have ever succeeded in making a radical change. Because you will encounter difficulties (like cravings) during this change, it's far easier to fight one or two cravings than a dozen at the same time. My principle is to drop one bad habit after every detox. It takes a little bit more time, but it's much easier to go through and results are almost miraculous.

**Regular mini-fasts.** Similarly as you do regular maintenance for your car you should do for your body also. It's a good idea to regularly give your body some 'time off'. You can do this by doing one 3-day mini detox each month or detox one day each week. For example, you can choose to do a 3 day apple-fast for monthly maintenance. If you choose to go with weekly maintenance you should eat nothing but fresh fruits and vegetables for one day per week.

These regular maintenance-detoxes will make lifestyle changes much easier. You'll notice that cravings fade away faster, and you gain confidence from positive experiences.

**Super greens.** I have noticed that taking Super green, spirulina or other 'dense' green food reduces food cravings significantly. Many of the food cravings are actually a result of nutritional deficiencies. A good quality super green supplement gives your body practically all the nutrients it requires.

## **Diet resources**

**Raw Health Starter Kit** from Frederic Patenaude is an excellent introductory package of raw foods and how to get starter on a sustainable raw food diet. Find out more here:

<http://www.natural-acne-solution.com/products/starter.htm>

<http://www.whfoods.com/index.html> **The Worlds Healthiest Foods.** An excellent, free web site full of resources helping you to eat healthier (includes tons of awesome recipes).

<http://www.honestfoodguide.org/> **Honest Food Guide** – A free downloadable food pyramid that actually benefits you – not the big business. Must have in your kitchen!

## ***How healthy gut flora prevents acne***

Let's take a brief look at the bacterial population in your gastrointestinal track and see how it affects your acne and health in general.

As I'm sure you are aware, there are both good (probiotic) and bad (pathological) bacteria residing inside you. Most of them are found in your small intestine and colon, but they are also in other parts of your body – including your skin. Actually the number of bacteria is 10 times higher than the number of cells in your body - combined they weigh up to 4 pounds.

Those bacteria are not just parasites residing in you. You live in a complete symbiosis with them. As long as we provide them with a reasonable diet and as long as they remain in good health, these bacteria provide excellent service in return.

It seems to be that in order for everything to work properly and you to remain in optimal health, at least 85% of the bacteria population should be good bacteria.

Let's take a look at how these probiotic bacteria benefit you:

- They manufacture various vitamins

- They manufacture the milk-digesting enzyme lactase
- They produce antibacterial substances that kill or deactivate hostile, acne-causing bacteria
- Some probiotic bacteria have shown to have powerful anticarcinogenic features
- They improve absorption of nutrients
- They reduce high cholesterol levels
- They neutralize many toxins in your body
- They help to recycle estrogen (female hormone) which reduces the likelihood of menopausal symptoms and osteoporosis
- They protect you against food poisoning
- They improve your immune system

One could summarize that they fight against and counterbalance the effect of harmful bacteria has on your body. Earlier we looked at how overgrowth of harmful bacteria leads to acidity, acne and poor health in general. You could say that the most important function of probiotic bacteria is to keep harmful bacteria at bay.

Maintaining a correct balance of good and bad bacteria in your gastrointestinal track is probably the most effective way to fight acne.

How can you then encourage growth of beneficial bacteria in your body? Not surprisingly, what's beneficial to human health in general is also beneficial to probiotic bacteria within you. We'll explore that in detail later.

### ***Supplements for acne-free living***

Ideally your diet should take care all of those areas. But if you are anything like me, you like to eat food that's not so good for you. Because that's what you have always been doing and it tastes good.

There's nothing wrong with that.

You just have to remember that everything you eat will have an impact on your body and on your health.

Because the reality is that it has become nearly impossible to eat a 'perfect' diet, I would recommend supplements to do 'damage control'.

Remember that your body operates in a certain way and it requires certain nutrients for optimal efficiency. If your food doesn't supply them then you should try some supplements to help you out.

It's practically impossible for me to recommend a supplement that would help each and everyone. Each of our bodies works differently and what exactly causes acne for you may not do it for the next guy.

If you read the chapters on what causes acne you should have a pretty clear picture on the support your body needs.

Drawing from that, there are three 'basic' supplements that should do the trick for most people.

### **Supergreens**

If you are not eating large quantities of raw, green vegetables it's likely that you are missing vital nutrients and that your body has to draw from it's storages to get what it requires. Supergreens alkalize your body, supply you with a large array of vital nutrients, give you an energy boost, promote the growth of probiotic bacteria in your gut and detox your body. All in one package. Can you really ask for more than that?

### **Enzymes**

Are you chewing your food 30 to 40 times before swallowing it? Are you eating mostly raw and fresh food? If you aren't then it's likely that you are missing digestive enzymes. In this case, you are placing extra stress on your liver and pancreas to produce these required enzymes (which means drawing minerals and nutrients from your bones to produce these enzymes)... or that your food is not digested completely and some of it will putrefy inside you and promote the growth of harmful bacteria and parasites. A good supply of digestive enzymes will go along way to prevent this.

There is also another benefit of taking digestive enzymes. When you force your body to divert the enzymes it would use to as systematic enzymes you compromise your immune system, and give the acne-causing bacteria and parasites more room to breathe.

As enzymes are one of the most important supplements you ideally should take two kinds of enzyme supplements: digestive and systematic (proteolytic). Digestive enzymes right before meals and systematic enzymes between meals.

It is possible to use digestive enzyme supplement also as systematic enzymes, but the formulations are somewhat different so it's recommended to take both. Systematic enzyme formulation requires much more protease (protein digesting enzymes) than digestive formulation does. So taking digestive enzyme supplement as systematic doesn't give your immune system that much 'ammunition' and also wastes the other enzymes that are primarily meant for digestion.

## **Probiotics**

Remember those bad bacteria in your gut that putrefy food and create trouble that leads to acne and eventually serious health problems (final destination is cancer). Well, they can't survive if you have a healthy supply of probiotic bacteria in your gut. After you have detoxified your body it's a good idea to take probiotic bacteria to get the good guys in before the bad guys can make their move.

If you don't know what to look for choosing a good supplement can be difficult. You can find information on what to look for on supplements and brand recommendations at:

<http://www.natural-acne-solution.com/products/supplements.htm>

## **Supplements are not a substitute for healthy diet**

Remember supplements are not a substitute for a healthy diet and lifestyle. Unhealthy and nutritionally poor food **will promote acne**. Supplements are merely for 'damage control', or to supply you with some vital nutrients that you would otherwise get from your diet.

Supplements are NOT a 'get out of jail for free card' for eating what ever you want and still not getting acne. However they will give you some freedom to indulge once in a while and still maintain a clear skin and good health.

There is a worrisome trend that some people and alternative health practitioners use supplements as drugs (the prescription type). What I mean with this is that instead of looking at the root cause of problem (which in many cases is unhealthy dietary or lifestyle choices) they merely take supplements to 'eliminate' the symptoms.

Granted this is much healthier than taking prescription drugs or not taking supplements at all, but do you really want your health to come from a pill?

Use supplements strategically to help you. Don't make you and your health dependant on them. Healthy diet and lifestyle makes you feel so much better and you end up saving a lot of money.

### HELP YOUR FRIENDS!

Here's what you can do to help your friends that are suffering from acne

- Send your friend to this link where they can download their own copy:  
<http://www.natural-acne-solution.com/book.htm>
- Send this file to a friend (It's quite big, so ask first)

Do you know someone who might benefit from this book? Please share this with them. Going through this program together with a friend can make a big difference to your success.

That way you always have someone to help and motivate you when the going gets tough. You also get positive reinforcement when you watch each other getting clear.

## The secret to getting clear

*Latest statistics reveal...*

**"You have 98.2% change – NOT to get clear"**

I almost...



...spilled my coffee when I saw this...

**98.2% of the people who read this book FAIL to get clear.**

I could almost feel the big question mark hanging on my confused head... I thought "Damn, what's the issue? Everything they need to know is in the book."

Then it dawned on me... See, for every 100 people reading this book there are:

- 95 to 98 that I never hear of. Most likely they read the book (or part of it), think it's something they should act on. Then they close the book, go on with their daily lives and forget it. They do nothing and stay stuck.
- 1 or 2 who email me that the program is not working. I ask them that what happened. Invariably I find out that they bought some 3-dollar Wal-Mart-O-Cleanse and made a weak attempt to fast for a day or two. These people always fail, because they are not serious. They are the same bunch of people who buy exercise equipment and never use after the first week.
- If I'm lucky, I get 1 email from a person who took the advice seriously and followed it through. **They got clear and are walking on air.** In the peak of their happiness they send me an email and thank me for giving their life back.

After figuring that out the proverbial light bulb really exploded.

I recognized myself. In the past I've mostly belonged to the first or second group.

There are areas in my life I knew I should change but never did anything. If I came across with a solution that could help me, and usually I decided to get back to it '*once I have more time*'. By the next morning I had totally forgotten it and went on with my life. Case closed – **I did nothing and remained stuck.**

I've also wasted money on gym fees, self-improvement programs and what not. Most of them remained somewhere in my house collecting dust and reminding me of my weakness.

Then there have been and are areas in my life where I'm motivated, determined and dead-serious. And **I always succeed**, and I know that. I may fail initially, but I get up and try again. I have the persistence to do whatever it takes to get there. Sooner or later I always do.

See, there's a formula for success. Ask any successful person and (s)he tells you that:

*Success = Good strategy + Persistence + Determination*

In the past persistence and determination to push through any obstacle has always been a result of intense pain. Something in my life sucked so much that the **pain forced me to change**.

Acne was one of those things.

Unfortunately it took years of being miserable, suffering from low self-esteem and sitting at home while my friends were out having fun. Only after all that, was I ready to **really** do something about acne and my life.

Luckily things are different now. Now I know a better way. Now I have a system...

Would you like to learn a step-by-step system that hauls your butt off the sofa and builds that determination, persistence and never-quit attitude in you? With that attitude:

- ✓ Cravings that used to kill any change like T-Rex in Jurassic Park are nothing more than little flies that you can brush off. Temporary irritants.
- ✓ It fills your tanks with rocket fuel that blasts you through the initial discomfort.



- ✓ You bulldoze through any obstacles standing on your way.

This FREE, NO B.S. 'Take-You-by-the-Hand', 'Make-You-Get-Off-Your-Butt' and 'Force-You-To-Take-Action' system is just a minute away from your inbox.

For you to get most out of this system it **has to be done sequentially**. That's why it's delivered via email.

Here's how it works.

Once a day I'll teach you one part of the system. I let you chew on it for a while and give you a simple homework to do. You get excited doing the homework as you understand how it can help you to get clear.

By the time you get to the last day where we go through the entire system, step-by-step you are so excited to get started that your socks are rolling and pants dancing to the tune the shirt is singing.

If you are interested of learning this FREE, absolutely no-obligations system and

- ✔ develop '**acne bulldozer**'-attitude,
- ✔ get **advanced tips on healthy diet and nutrition** that are not included in this book,
- ✔ learn about dangerous, acne-causing ingredients in **everyday foods** that food manufacturers don't want you to know about,
- ✔ get **step-by-step instructions** on colon cleansing and fasting,
- ✔ and much, much more.

To get all that, click here to sign-up here:

<http://www.natural-acne-solution.com/support/freeaccess.htm>

## The next steps

I understand that natural health and healing are very personal topics and that you must do what feels good and comfortable for you. After reading and researching intensively I have found out that almost every expert has a different opinion and routine to follow.

This can cause confusion about what's the best method to go with.

I can tell you what I'm doing, though by no means am I saying that it's the best way for you. It's something that I have tried and that it had worked for me.

One of the reasons I'm little a hesitant of telling you what to do is that I'm not an expert on this subject. I have a certain amount of personal experience with it and I have read and studied it extensively. However, I still don't feel that I'm qualified to tell you what to do.

That said, a second grade student can always teach a first grade student something. So I'll give you my two pennies and cleansing routines that I've followed. I'll also point you to various resources that you can explore on your own and learn more.

OK, now we have covered the theory bit and it's time to get to action. This is where the rubber hits the road and you start taking action to get clear.

There are really two things you need to be concerned:

- Changing the habits that caused acne in the first place
- Clearing out toxins and other poisons from your body

I strongly believe that you need to do both to get clear. One without another is only half of the story. Cleansing your body without changing the polluting habits may get you clear, but you'll never be truly free from acne. After a while a while it will come back. On the other hand changing your diet without detox may eventually get you clear, but the road is long and full of cravings and other obstacles.

From my personal experience it's easier to do both. First work on changing your diet and then cleanse your colon and detox your body. Eating healthy for a week or two prepares your body for the detox and the symptoms are not likely to be so strong.

Another advantage of working on your diet before detox is that you already have some experience on healthier eating. The few days immediately following the detox are crucially important. After detox or fast your body will absorb whatever you put in. It's important to make sure you don't add any toxins or pollutants at that time. More on breaking fasts later.

### ***Change your diet***

This really should be your number one priority. Diet and other lifestyle choices (smoking, alcohol, little physical exercise, stress, not enough sleep, etc...) are at the root of acne and many other health problems. Without changing them no amount of detoxing or fasting is ever going to set you totally free.

Changing to raw food diet has given me by far the best long term results. Fasting and colon cleanse will always clear me up, but my acne has always returned if I have kept eating cooked food for longer period of time. Even though I would I eat what would be considered a healthy diet (whole grains, brown rice, no dairy, no sugar, limited amount of fish and chicken and plenty of vegetables, etc...), my acne would still come back.

My acne seems to be very sensitive to diet, and I actually think of it as a blessing. As you know by now, acne is nothing but a symptom of imbalances in your body. I'm glad that I have such a sensitive

'early warning system' that alerts me of any imbalances before they develop into more serious health problems.

Your body may react differently, but the underlying mechanisms are the same. You may not get acne, but there are other health conditions that are brewing under the surface.

## **Following through diet changes**

Changing your diet is one of the most difficult steps in curing acne. Diet and lifestyle changes require constant checking and fighting old addictions and cravings.

There are two things that you need to pay attention to if you want to be successful. First of all you need to make sure that the diet or 'raw philosophy' actually suits you. Secondly you need to know how to motivate yourself and remain motivated when the going gets tough.

### *Motivation*

Motivation is a large topic and there are many good books written about it. I can only scratch the surface of it here, but I'll cover few of my favorite 'how to run my own brain' tools.

This may sound funny, but if you want to change your behavior or habits you have to tell your mind why. So the first thing you should do is to come up with a list (as many as possible, but at least 10) reasons why it's good for you to start eating more raw foods.

To make the list as motivating as possible it's a good idea to add 'move away' reasons (things you don't have to do anymore) and 'move towards' reasons (things you get to do or enjoy that were not possible before). It's also important that the reasons excite you. You should feel uplifted and motivated when you think about the reasons.

That's the reason for making this list. Go and review your list every time you don't want eat this stuff anymore or just crave cooked foods. It reminds you of the reasons why you are doing this, and at the same time gives you strength to fight the cravings. It's also a good idea to read your list once or twice a day. This way you are reinforcing the benefits everyday.

We are all different in terms of what motivates us, so I can't really give you a comprehensive list here. However here is couple of acne-specific and general benefits of raw food diet to get you started:

- Eliminate digestive problems – no more feeling bloated or tired after meals.
- Maintain clear skin – no need to worry about getting pimples before an important date or meeting.
- Great looking skin – your skin looks smooth and radiant and feels soft to touch. You get compliments on how good your skin looks.
- You can stop worrying about whether this or that food is going to make you break out.
- Quit worrying over the cost and effectiveness of the 'latest acne product/treatment'. Your diet and lifestyle supports healthy, clear skin and you can flush all those useless but expensive acne products down the toilet.
- Save money on supplements. Raw food diet gives you all the nutrients you require so you don't have to spend money on vitamin or mineral supplements.
- Save time on cooking – raw food dishes generally take only about 10 minutes to prepare.
- Have more energy and wake up easily in mornings.
- Defeat depression and moodiness.

There's also another thing I like to do that helps me to stay on track when I'm working on new goals. It's called visualization. It's really simple:

1. Create an image of what you want to achieve. In this case you could picture yourself with healthy, radiant skin and glowing with happiness. You could also imagine your friends complimenting you because of your skin. If there's something that acne prevents you from doing, you could imagine doing that thing. What you imagine is probably going to be similar to what you wrote on your list.
2. Associate with the image. Meaning that you should see and experience everything 'through your own eyes'. For me that is more effective than just seeing myself doing those things, like I would be watching myself from TV.
3. Make the images as vivid as possible. Try to engage all your senses. Feel what you would feel, hear what you would hear, etc...
4. Make the images so that they trigger positive feelings. I've noticed that if you can see the images and feel the feelings it makes the exercise much more powerful.

Keep doing this once or twice a day for two weeks and you'll notice that you are almost being drawn to the image of you that you have been visualizing. About 5 to 10 minutes per session is enough. You should do this in a relaxed state. So lie down on the bed and take couple of deep breaths to relax you.

Visualizing is not the same for everybody. Majority of the people are visual, i.e. they think in pictures, but for some people their sense of hearing or feeling is dominant. If you are one of these people actually seeing pictures in your mind may be difficult.

It doesn't mean that you couldn't visualize. Instead of seeing pictures you could try to hear the sounds or experience the scenes through your feelings. If you don't know whether you are a visual, auditory or kinetic person, just do what feels natural to you. Just imagine visualizing. After a little practice you get better using your non-dominant senses also. We all have the capability, but it may take some practice to get started.

The third tool I wanted to share with you is something called the swish pattern. It's really powerful and quick way to break specific habits or addictions. Here's how it works:

1. Identify the behavior you want to change. Make a clear, big image of it. Make it associated (see it through your own eyes). Let's say you want to stop drinking coffee. You could imagine the point where you start craving for coffee; start thinking about how good coffee would taste.
2. Make a second picture. This time picture of what you would be after you have broken the habit. What would that mean to you. It could be something similar to what you pictured in the previous exercise. Make this picture disassociated (so that you see yourself in the picture). This second picture should be small and dark, and it should be at the lower right hand corner of the picture you created at the previous step.
3. 'Swish' the two pictures. The key here is to 'rewire' your brain. In the coffee drinking example you are teaching your brain to think of the new ideal you instead of thinking about drinking coffee. So instead of triggering the cravings for coffee it reminds you of the new, ideal you. Here's how to do the swish: You start by having a big, bright picture of the behavior you want to change and a small, dark picture of a new you at the lower right hand corner of the big image. Take that small picture, and in less than a second, have it grow in size, brightness and color and literally burst through the picture of the old habit. As you do this say the word "swoosh" with all the excitement you can muster. This may sound

ridiculous, but it sends a series of powerful signals to your brains. This whole thing should take only as long as it takes to say "swoosh".

4. Feel the feelings of the new image just for few seconds.
5. Open your eyes to break the state and repeat about 10 times.

The key here is speed and repetition. You should reach a point where you literally can't think of the old habit anymore without it automatically triggering the new image.

This is a very powerful exercise, and in many cases you can wipe out the problem with just single 'session' (i.e. repeating the pattern about 10 times). In some cases you may still notice the old behavior coming up later. Just repeat the pattern for 5 to 10 times more and it should take care of the problem.

For more such tools and much more in-depth information on running your own brain, taking control of your emotions and reaching your goals I recommend reading Anthony Robbins's book *Unlimited Power*. You can get it from Amazon or your local bookstore.

### *Finding the right diet*

It's an unfortunate fact that there is plenty of conflicting information floating around in the raw food and natural health fields. It's quite possible, and I would say likely, that if you take two raw food books that are written by different authors you'll find completely different information. In many cases the information in those books actually contradicts each other.

Some people might say that it's because people are different and require different diets. I really have no evidence to base this on, but to me that just doesn't make sense.

Genetically all humans are practically identical. We all have digestive systems that function the same way, food is absorbed the same way; our cells require glucose regardless of our race or where we live. If we all function the same way then it doesn't make any sense to me that some people would require significantly different food.

Your current state of health and previous diet may affect how you initially react to certain foods. However restoring your body to a more natural state should also restore your natural appetite.

Also people living on different parts of the world may be more comfortable with foods that grow locally.

However the idea that some people are protein type while others are carbohydrate type sound borderline ridiculous to me. Such different foods require totally different digestive systems to be absorbed properly.

Your body is like a cactus. It survives with almost anything you eat. Yet, there is a vast difference between surviving and being actually healthy. One of them is acne.

I'm personally following the advice from Frederic Patenaude, and would recommend you to do the same. Frederic has put together a 'Raw Health Starter Kit', which pretty much contains everything you need to know to get started on the right track – and then some.

Reading Frederic's material has made it much easier for me to start eating more and more raw foods. At the time of writing I was about 60 to 70% raw and working and working towards 100%. Before I got the Raw Health Starter Kit I had quite a bit of doubts about raw food. I wasn't sure whether I can get all the nutrients from raw food. I was especially worried about protein, because I exercise quite a bit. I also wanted to eat fruits. It just didn't make sense to me why so many raw health gurus claim that fruits are bad. Fruits always appealed to me and seemed to be the perfect food, but I was always little worried that something bad is going to happen to me if I eat fruits.

After going through Frederic's material I'm much more confident about raw food. I know that the foods I'm eating are actually good for me. I also know about few raw food caveats and potholes that many raw food rookies fall into. Not to mention that I can eat all the fruits I can – and feel good about it.

Fighting cravings is bad enough as itself you really don't need any additional doubts or fears running in your mind. Raw Health Starter Kit pretty much eliminated those fear and doubts.

One of the best things with Raw Health Starter Kit is the Instant Raw Sensations recipe book. It's full of simple yet delicious recipes that take only about 10 minutes to prepare. With that book I never run out of things to eat, which is really important when you are starting on a new diet.

I'd recommend that you get your copy of the Raw Health Starter Kit immediately. Click here to get yours:

<http://www.natural-acne-solution.com/products/starter.htm>

Regardless of whose advice you follow remember this simple thing: Raw food is not religion and it's the results that count.

As ridiculous as it sounds, many people treat raw foods like religion. They follow a certain diet blindly and ignore the messages their body is sending to them. They say it's the detox – even after eating months or years of eating raw. Detox is usually just another way of saying that this diet is not working for me. Sure initially you may experience little detox; low energy, mild headaches, etc... but it should never last for more than a week or two and definitely not more than a month.

If after a month of following a certain diet you still feel bad it's a sure sign that the diet is not working for you. It's time to try something else.

### **It's ok to take your time**

It's ok to take your time to make the change. I have noticed that for me it's better to make slow and gradual changes. If I try to make too drastic changes my body rebels (I start thinking of how much I miss my old foods and such) and I always revert back to my old ways. Going slow gives my body and mind more time to adapt to new ways. This means that I actually stick to them longer and do make some progress.

You may be different, but just remember that it's ok to go slow. You are anyway moving towards the right direction. Does it really matter if it takes a month more or less? After all how long have you been suffering from acne? A month in that context isn't such a long time.

Here are few additional tips to get you started on raw foods:

- Have only fruits for breakfast. Eating heavy breakfast forces your body to stop the detox process that has been going on the whole night. Light fruit breakfast requires very little digestion and allows your body to continue the detox. A fruit or a green smoothie would be even better breakfast option. With green smoothie you also get minerals and alkalizing nutrients from green vegetables.

- Have a big bowl of salad with your meals. Eating salad allows you to cut back on cooked food and still feel satisfied after a meal. Gradually work to make the salad your main meal until you only add some chicken or pasta into the salad as an add-on.
- If you feel hungry between meals snack on fresh fruits and vegetables.
- **Eat sufficient quantities of raw food.** One of the biggest mistakes you can make on a raw food diet is to eat too little. Not getting enough calories is a sure-fire way to get cravings and ruin your efforts. Initially the amount of fruits you have to eat to get enough calories may surprise you. At [www.fitday.com](http://www.fitday.com) you can enter all the foods you eat during a day and check how many calories you are getting.
- Learn to prepare couple of raw food dishes that you really enjoy. Constantly feeling that you don't want to eat raw food or having to eat dishes that you don't enjoy is surely going to kill any attempt to go raw.

### ***Clearing out toxins and other poisons***

Now we get to the part that usually brings rapid and the most visible results. I have noticed that by clearing my colon and detoxing for some time my acne literally vanishes. In many cases it has taken only two to three days to clear out all the pimples.

I have included two cleanses here: a colon cleanse and a liver flush. As you learned previously toxic colon is the root cause of acne and many other health problems. It's important that you first clear your colon so that it does not leak the toxins back into your bloodstream.

Another cleanse is liver flush. Many people (me included) have got really free of acne only after cleansing the liver. I've read reports stating that for some people up to 75% of their livers are used to store toxins. You can understand that if the liver's capacity to clear toxins and other pollutants is so severely compromised it's practically impossible to break free from acne.

I have found liver flushing to be highly beneficial to me, and I believe that it can also help you enormously. Even if you wouldn't need it to get clear.

SIDENOTE: In the previous version of this book I did not include any cleansing protocols. That was because I'm not an expert on the subject of detoxing/fasting/colon cleansing etc... I did not want to give you advice that might not be right for you. However, I received an enormous amount of emails from readers asking for specific instructions.

Based on my own experience and information from sources believed to be reliable, I compiled a colon cleansing protocol. Liver cleansing protocol is reprinted with permission from Baseline of Health Foundation's newsletter. It is similar to what I have successfully used previously. I sincerely believe that that both of these protocols are highly beneficial for you. However, as with all health related matters, this information is offered only for educational purposes and it not meant to treat or cure any specific health condition you may have. If you choose to try it, consult your licensed healthcare practitioner before doing so. Furthermore if you are pregnant, may be pregnant or nursing do not go through the cleansing protocols. Consult your licensed healthcare practitioner for detoxing protocols suitable for your situation.

### **HELP YOUR FRIENDS!**

Here's what you can do to help your friends that are suffering from acne

- Send your friend to this link where they can download their own copy:  
<http://www.natural-acne-solution.com/book.htm>
- Send this file to a friend (It's quite big, so ask first)

Do you know someone who might benefit from this book? Please share this with them. Going through this program together with a friend can make a big difference to your success.

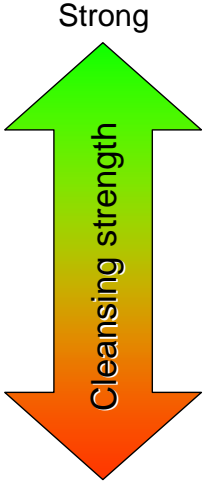
That way you always have someone to help and motivate you when the going gets tough. You also get positive reinforcement when you watch each other getting clear.

### **Controlling the strength of your cleanse**

You can use this chart to see the effect of your diet on the cleansing strength. Just take a minute to locate your current diet type in each column. To make your cleanse more effective just move up in any column or in any combination of columns.

The same also applies in reverse. If your cleansing reactions are getting too strong, just take a step down.

You can apply this chart to any cleanse you are doing.

				
	Type of diet	Organic %	Meals per day	Raw or cooked
	Raw juices or water	100% organic	Liquid only	100% raw
	Raw food	80% organic	1 meal plus juice	80% raw
	Vegan (no eggs or dairy)	50% organic	2 meals plus juice	50% raw
	Meat eater but no processed food	20% organic	3 meals plus juice	20% raw
	Meat eater plus packaged processed foods	No organic food	3 meals plus snacks	100% cooked food

Controlling the strength of your cleanse (courtesy of Blessed Herbs)

## Preparation – getting your bowels to move

The purpose of this preparation step is to get your bowels moving regularly. I can't emphasize enough on how important it is to have regular bowel movements during a colon cleanse. After all you want to get rid of the stuff in there – not to pack it tighter.

Take one capsule of stimulator during, or right after, dinner. Observe your bowel movements the next day. You should have 3 or more soft bowel movements the next day. A soft bowel movement is just that, soft but still formed. It should come out easily and without effort.

Your bowel movements should not be loose, watery and without shape, like diarrhea. If at some point you find out that you have taken too many capsules and have developed a diarrhea, then decrease your dosage by one capsule that evening and you should be fine the next day.

Did you get 3 or more soft bowel movements? If yes, you have found 'your number'. You should continue taking this dosage during the entire cleanse. If not, then increase the dosage by one capsule tonight during dinner, and observe your bowel movements the next day.

Every day continue increasing the dosage by one capsule until you get 3 soft bowel movements the next day. The number of capsules it takes to get 3 soft bowel movements is 'your number'.

## Cleanse – getting your bowels clean

At this point you have two options:

	<b>Fast &amp; Furious</b>	<b>Slow &amp; Sluggish</b>
<b>How long it takes to complete?</b>	6 to 8 days	30 days
<b>How effectively it will clean my colon?</b>	Highly effective, removes mucoid plaque	Not so great; gets your bowels to move, but unlikely to remove any mucoid plaque
<b>Is it going to trigger cleansing reactions?</b>	May trigger strong cleansing reactions	Not likely to trigger any cleansing reactions
<b>What can I eat during the cleanse?</b>	Liquid fasting is recommended for best results, but raw food diet will also give good results	You can resume your normal diet, but eating as much raw food as possible is recommended
<b>Do I need to take time off from work/college?</b>	Long weekend is recommended to give your body a change to rest – especially if you choose to fast.	No, you can resume your normal life.

I would not recommend going with the slow & sluggish option unless you are severely constipated and are frequently sick. Eating solid food will significantly reduce the effectiveness of the cleanse. This is because the detoxifier formula will bind to solid food instead of mucoid plaque and waste in the colon. Eating solid food also forces your body to use energy, enzymes and other resources for digestion. If there is no food to digest, your body is free to use these resources for cleansing.

Regardless of which option you choose the principles at 'controlling the strength of your cleanse' still apply. You can eat cooked and non-organic food even on the 'fast & furious' option. Just keep in mind that the lower you go on the scale the less effective the cleanse will be.

There are no right or wrong ways to do it. It's completely fine to 'step down a notch' if you start getting uncomfortable. We all proceed at our own speed. Just keep in mind that regardless of what you do it's not likely that you get your colon completely clean after the first shot. It has taken years to create a sluggish and clogged bowel, so just be patient and give it some time.

### *Fast & furious*

Every day for 5 to 7 days (or as long as your supplies last) take the following:

- 5 packages/scoops of detoxifier formula per day
  - Every 3 hours if you are fasting
  - 1 hour after breakfast & ½ hour before lunch & few hours after lunch & ½ hour before dinner & 1 hour before bed if you are eating
- 'Your number' of stimulator capsules right before going to bed

### *Slow & sluggish*

Every day for about 30 days take the following:

- Continue taking 'your number' of stimulator capsules during dinner
- Take 1 package/scoop of detoxifier formula right before going to bed

### *Drink plenty of liquids*

It's important that you drink plenty of water during the colon cleanse. If you don't drink enough water your intestines may become clogged. Detoxifier formula absorbs toxins and water so it's important to keep yourself well hydrated.

It's good idea to drink an extra glass of water every time you take a package/scoop of detoxifier formula.

In addition to water it's a good idea to drink herbal teas and fresh juices during colon cleanse. Detoxifier formulas have quite a peculiar taste and taking them with juice makes them easier to get down. Apple or grape juice works nicely, but just make sure that any juice that you take is organic.

During the cleanse you may start craving for cooked or solid food. Drinking some vegetable broth may ease things a bit. Here's one recipe for you to try (courtesy of Blessed Herbs):

- 1 potato, scrubbed not peeled
- 3 carrots, scrubbed not peeled
- 3 stalks of celery
- 1 onion

Chop all ingredients into small chunks, add to 2 quarts of boiling water and let it simmer under cover for 40 minutes. If you wish you can add 3 tablespoons of miso and stir it in. Strain and drink broth only.

### *Breaking the fast*

A fast should be broken slowly! Breaking the fast should take half as long as the fast itself (e.g. five days for a ten day fast). This is a lot harder than it sounds. Once you start eating, it is hard to stop. I find that one of the best 'tricks' is to break the fast late in the evening with fruit, preferably melons, on the last day of the fast. This way you can go to sleep and not eat (fast) until the next breakfast.

For few days gradually increase the amount of raw fruits and vegetables in your diet. To break a fast by gorging on meat, bread or junk food will be a disaster. Jarring the system this intensely when the digestive system is re-awakening can cause stomach cramps, nausea and weakness, negating many of the benefits you got from the fast.

Trust me; I know this from my own experience. After finishing my first 7 day liquid fast I wolfed down a pizza. I didn't feel very well after that : )

After two or three days on raw fruits and vegetables you can, if you choose to, start introducing some cooked food back to your diet. Start with brown rice or other whole grain items. After a week or so you can start eating 'normally'. However try to eat as much raw foods as possible.

Give your body some time to rest before doing the liver flush. Especially if you fasted during the colon cleanse. The longer the fast the more time I would take, but give your body at least 2 weeks to rest.

## **Liver flush**

Jon Barron has detailed out an excellent liver flush protocol at one of his newsletters. I have great respect for Jon and his work at the natural health field. I'm glad that he gave me a permission to reprint this liver flush protocol here for you.

Reprinted with permission from

<http://www.jonbarron.org/newsletters/news020805.htm>

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*Dear Readers:*

Jon has frequently said that doing the Liver/Gallbladder Flush will probably produce a bigger change in your health than any other single component of the Baseline of Health program. This is because the liver is probably the hardest working organ in your body. It has hundreds of tasks to perform, including detoxification of the blood. It is also a reservoir for sugar and fat and is usually congested with an excess of both, so much so that average people, so-called healthy people, often use more than 60% of their livers just for storage. A sluggish liver means fatigue and toxemia and a high risk of various chronic diseases. For most people it will probably take several (2-3) liver flushes to truly clean the liver out -- and about 2 years (since liver cells replace themselves every 18 months) to actually regenerate your liver.

Jon has described in several places how to do a liver and gallbladder flush. But I got him to put down on paper several months ago, in detail, EXACTLY how HE does it. That is the focus of this newsletter.

### **Jon's 5-Day Liver Gallbladder Flush**

First thing on rising, drink 8 oz of pure water to flush your digestive tract. An hour later, in a blender, mix up 8 oz of any fresh squeezed citrus juice (fresh squeezed apple juice or grape juice with all the sediment will work too), one lemon, 1 clove (not the whole bulb, just one clove) of garlic (increase by 1 clove each day), 1 tablespoon of olive oil (increase by 1 tablespoon each day), and a piece of ginger (about 1" long) along with 4-8 ounces of pure water.

It helps to first slice the ginger cross-grain into 1/8 inch slices to minimize the size of the fibers. Then blend the garlic and ginger in a small amount of liquid to minimize "chunking" before adding the bulk of the liquid.

Drink it down and follow with a fresh juice chaser to clear your mouth (If desired).

I know this is hard to believe, but this drink actually tastes great -- sort of like a tangy Orange Julius. Here's why. Most people are not aware that fast food outlets rarely use any dairy in their "ice cream" shakes. They use vegetable oil.

When you whip the oil at high speed, it gets creamy. Well, the same thing happens with the olive oil: when mixed in your blender at high speed, it makes the drink really thick and creamy -- like there was ice cream in it.

Fifteen minutes after consuming this drink, follow with 2 cups of the liver/detox tea. It is also important to take 12 droppersful of the liver/detox tincture each day (spread throughout the day) while on the 5-day cleanse -- and continuing after until the bottle is gone. (Again, a dropperful is the amount that fills a dropper when you squeeze and let go -- about half the physical dropper.)

## **The Detox Diet**

It is extremely beneficial to incorporate a 2-day raw food and 3-day juice-fast into your 5-day cleanse. **(Actually, I usually do a 5 day juice fast while on the detox.)**

### **Day 1**

During the morning (after your cleansing drink and stopping one hour before lunch), eat all the live FRESH fruit or vegetable juice you want. Beet juice is especially good. In general, do not mix your fruit and vegetable juices together, and feel free to dilute your juices. (Certain combinations such as carrot and apple work together, but unless you know for sure, don't mix fruit and vegetable). Make sure to swish all juices thoroughly in the mouth before swallowing.

For lunch you can have more diluted juice, or a raw vegetable or sprout salad. Absolutely do not use bottled dressing. Make your own dressing from fresh olive oil and lemon or apple cider vinegar and any fresh herbs and spices you of your choice. (Even better is to use no oil in your dressing. See note on fats below.) If you are hungry throughout the day, feel free to snack on fresh vegetables or juices.

For dinner eat fresh fruit or fruit juice or fruit smoothies.

### **Days 2-4**

After your morning flush, drink diluted juices and herbal tea throughout the day -- as much as you can drink. Try to consume 128 ounces during the day. **Avoid all oils and fats.**

Also recommended throughout the day is to consume cups of potassium broth. Potassium broth takes advantage of the fact that the outside of a potato is one of the highest plant sources of potassium. Take the peelings (1/4" to 1/2" including the skin) of several potatoes. Do NOT use the inside. Add other well chopped vegetables to taste including carrots (with skin), celery, whole beets (including greens), fresh parsley, and lots of onion and garlic (up to 50 cloves).

Simmer for 40-60 minutes in a covered pot using clean filtered water. Strain

out the vegetables, cool and drink the broth. Refrigerate leftover broth in glass containers in the refrigerator for use over the next couple of days.

As much as possible, do not add spices to the potassium broth. If you must, though, you can add a little "Bragg Liquid Aminos" or real Tamari sauce for flavor.

## **Day 5**

Same as Day 1

## **Days 6-8**

Very clean diet of organic or locally grown produce – fruits and vegetables. Remember, your body will suck up whatever you put into it right after the cleanse. Eating fried chicken and Ding Dongs, for example, immediately after detoxing, will almost totally nullify the entire detox.

## **Notes on Liver Detox Tea**

The tea helps with the flushing process itself, but also helps minimize any discomfort or nausea. The key herb in the tea is dandelion root, one of the strongest herbal lipotropics known. That is to say, it flushes fat deposits from the liver. Other herbs that you will find in the tea include things like: ginger, clove, cinnamon, burdock root, and horsetail. Incidentally, some of the other herbs used in the tea (such as uva ursi, parsley root, and juniper berries) are also extremely beneficial to the kidneys.

Two cups of the tea should be consumed fifteen minutes after drinking your citrus and olive oil flush. But several cups can and should be consumed throughout the day. In fact, consuming the liver/detox tea as a regular part of your diet is a pleasant and tasty way to continually optimize your health. (Feel free to sweeten the tea with honey or real maple syrup as desired.)

You will want a small tea strainer to clean out the small tea bits in the water.

I like to make my tea in a big 8 quart Dutch Oven pot. I fill the pot the night before and add 4-5 tablespoons of Tea, which I let soak overnight. In the morning I simmer for 20 minutes. Then I turn the heat to as low as it goes to keep the tea warm and scoop out cups as I want during the day. I'll drink 5-8 cups a day. At night, I turn off the heat and just top the pot off with water and add 2 more tablespoons of tea to the mix and repeat the simmering process in the morning. Each day, the tea just gets stronger and richer.

## **Notes on Taking the Liver Tincture and Blood Cleanser**

To keep things simple, I use 4 droppers of both the liver tincture **and the blood cleanser** three times a day during the flush. That's 12 droppers of each a day. Since each bottle contains about 60 droppers, that means I finish the two bottles in 5 to 5 ½ days. There's no way to make these tinctures taste good. They are very bitter. I put my 8 droppers in about 1 oz of juice (for this,

bottled apple juice works fine) and shoot it down like a shot of bad whiskey. Then I chase with a swig of plain juice to clean the palette. (Note: The blood cleanser is not actually part of the liver detox, but I like to combine my liver and blood cleanse into one operation. It's not essential to do it that way, but it makes sense.)

### **What You Need to Know About Fats**

The way the flush works is that you starve your body of fats all day. This allows bile to build up in your liver and gallbladder. Then, in the morning, you have your only intake of fat (1-5 tablespoons of olive oil, depending on which day of the flush you're on). This causes the liver and gallbladder to literally "wring themselves out" in an attempt to deal with the oil -- squeezing out accumulated fat, cholesterol, and toxins in the process. **The more fat that you consume during the day, the more you minimize the purging action of the olive oil drink.** In other words, it's best to avoid all fats and oils during the liver/gallbladder flush. Note: the purging action gets progressively stronger each day on the flush. On the last day, when you consume 5 tablespoons of olive oil, that works out to a half cup of oil in one shot. That really squeezes the liver and gallbladder..

### **Needed Cleansers**

Available at:

<http://www.natural-acne-solution.com/products/bl.htm>

- Liver detox tea
- Liver detox tincture
- Blood cleanser (if you choose to do the blood cleanse at the same time)
- Colon Corrective

### **Needed for Morning Drink**

- Whole organic oranges for juicing for 5 days. Or organic fresh squeezed orange juice from the market. (Remember, fresh squeezed apple juice or grape juice with all the sediment will work too.)
- 5 lemons
- 1 bottle of extra virgin olive oil (organic if possible)
- 1 big organic ginger root (about 5 inches worth)
- 4 Organic garlic bulbs should provide enough garlic for your morning drinks (15 cloves over 5 days) plus 50 cloves for your potassium broth.

### **Potassium Broth**

- 4 Large organic potatoes
- 4 large organic carrots (with skin)
- 2 sticks organic celery
- 3 whole organic beats sliced, plus greens
- 2 peeled and sliced organic onions
- 50 cloves of garlic (see morning drink)

## **Juicing**

- Juicer. Any good juicer will do. If you don't have one, look on the net for the Miracle Juicer, which you can pick up for less than \$100. (Note: a good juicer is probably the single best investment you can make in your health.)
- Any combination of all vegetable or all fruit will do. One exception is mixing apple and carrot. I usually make a juice of Apple, Carrot, Celery, and Ginger. (1 large apple, 1 stick celery, ½" piece of ginger, and enough carrots to make 20-24 oz of juice.

SIDENOTE: If you don't have a juicer you can do green smoothie fast. To make green smoothies you only require a blender. Green smoothies also give you plenty of fiber to keep your bowels moving plus plenty of minerals and alkalizing nutrients from greens. The Instant Raw Sensations recipe book that comes along with The Raw Health Starter Kit has plenty of smoothie and green smoothie recipes. The fiber from vegetables may actually slow down the detox process a bit, but it gives you good results. Just avoid avocados as they contain too much fat.

## **In Addition**

- Psyllium husks taken daily will help keep things moving and minimize toxic build up. I usually take a tablespoon of psyllium with 8 oz of water about an hour after my morning olive oil drink and at around 6 pm with my Colon Corrective to keep everything moving. (Note: if you are allergic to psyllium, use oat bran instead. Do NOT use ground flaxseed during the liver flush as it contains a lot of oil.)
- A couple of packets of [Sun Chlorella](#) taken daily with your juice will help give you energy, and will also help with the detoxing and elimination. (If you don't have chlorella, you can use virtually any other pure green food such as spirulina, barley grass, green kamut, etc.) I usually take my two packets of chlorella with my juice at around 4:00 PM to help give me a lift in the afternoon and on into the evening.

## **Exercise**

- Moderate exercise every day will help make you feel a whole lot better – and will help keep things moving.

## ***Required supplements***

I have compiled here a list of absolutely necessary and recommended supplements and information you need to get clear.

### **Absolutely necessary:**

- **The Raw Health Starter Kit** by Frederic Patenaude  
<http://www.natural-acne-solution.com/products/starter.htm>
- **Colon Detoxifier** and **Colon Corrective** from Baseline Nutritionals  
<http://www.natural-acne-solution.com/products/bl.htm>  
OR
- **The Colon Cleansing Kit** from Blessed Herbs  
<http://www.natural-acne-solution.com/coloncleanse.htm>

At the time of writing Baseline Nutritionals is running a great offer. Roughly at the same price as The Colon Cleansing Kit from Blessed Herbs you can get all the supplements for the colon cleanse and the liver flush from Baseline Nutritionals.

### **Highly recommended:**

- For liver flush
  - Liver detox tea
  - Liver detox tincture
  - Colon Corrective (to keep your bowels moving; take if, before the flush, you don't go 2 to 3 times per day)
  - Blood Cleanser (optional)
  - Sun Chlorella or other green food (optional)
- **Metal Magic** – can be used for heavy metal detox during the colon cleanse. Heavy metals are usually highly acidic and contribute to acidosis. To get your body back to alkaline state it's important to get rid of heavy metals.
- **The Perfect Health Program** by Frederic Patenaude – helps you to change your other lifestyle issues that are likely to affect your acne.  
<http://www.natural-acne-solution.com/products/ph-progr.htm>

The supplements for the liver flush (besides [Sun Chlorella](#)) and Metal Magic are available at:

<http://www.natural-acne-solution.com/products/bl.htm>

Sun Chlorella is available at:

<http://www.natural-acne-solution.com/products/sun.htm>

## ***Educate yourself***

I really can't emphasize enough on the importance of getting good, unbiased information. Take a look at the resources mentioned below. Reading them will both educate you and inspire you to explore natural health and healing methods further.

- Take a look at the [Raw Health Starter Kit](http://www.natural-acne-solution.com/products/starter.htm) from Frederic Patenaude. It's an excellent introductory package of raw foods and how to get started on a sustainable raw food diet. Find out more here:  
<http://www.natural-acne-solution.com/products/starter.htm>
- Read [The Lesson From The Miracle Doctors](http://www.jonbarron.org/ebook.html). You can download it for free here:  
<http://www.jonbarron.org/ebook.html>, or if you prefer real copy, [click here to get it from Amazon](#)
- [The Perfect Health Program](http://www.natural-acne-solution.com/products/ph-progr.htm) by Frederic Patenaude. "I found The Perfect Health Program to be the best thing I've ever heard in the realm of health information. For once in my life, I can understand the *logic* and *common sense* in health. I would recommend this program for anyone who is really interested in learning how to improve their health and tired of all the misinformation with which we are constantly being bombarded" said Norma Murray from Colonia New Jersey about this program. Find out more here:  
<http://www.natural-acne-solution.com/products/ph-progr.htm>
- Take a look at the [How Health Works course](http://www.natural-acne-solution.com/products/hhw-course.htm) by Scott Ohlgren  
<http://www.natural-acne-solution.com/products/hhw-course.htm> . It's an excellent way to deepen your knowledge about your body and health.
- Read the free eBooks at <http://www.truthpublishing.com>
- Check out the wonderful collection of natural health secrets by Chet Day at  
<http://www.natural-acne-solution.com/chetday.htm> Especially check the **Detox Bible** and **H&B Fasting Classics Collection**
- Recommended reading
  - [The Tao Of Detox](#) by Daniel Reid
- Free newsletter I recommend subscribing to

- Frederic Patenaude's politically incorrect raw health newsletter **Pure Health & Nutrition**. Subscribe at: <http://www.natural-acne-solution.com/fred.htm>
- **News Target** brings you independent and entertaining news on natural health, medicine, nutrition and more. Highly recommended. Subscribe at: <http://www.newstarget.com/ReaderRegistration.html>

The above mentioned cleansing routines are the cheapest ways to eliminate the root cause of acne that I'm aware of. Of course it will be more expensive than many of the topical treatments on the market, but topicals don't address the root cause of acne. Not only you get clear skin, but at the same time you improve your overall health, have more energy, feel more alive, get more done and prevent a host of other diseases.

Of course you can also keep doing what you have been doing so far. Just remember the quote from Benjamin Franklin in the introduction

*The definition of insanity is doing the same thing over and over and expecting different results.*

By now you should know why all the acne treatment and cures in the market won't work for long term.

If you still feel that poisoning your skin with chemicals is the right way to treat acne, at least avoid the expensive commercial products (like Proactiv) and check out the **Clear Skin Routine** at <http://www.acne.org>

Unfortunately there are no free rides in this world. You will have to pay the piper for years of unhealthy eating and living.

*You can choose to pay the price of discipline now or pay the price of regret later.*

By now you probably already know what the price of regret for acne is. And if you continue down the same track, you are likely to also pay the price of regret for far more serious health concerns, not to mention the spiraling costs of health insurance, drugs, doctors' bills, wasted time when sick, and emotional and physical suffering.

*It's up to you - it really is.*