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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Acne Program – Step 5: Foods to Stop Eating

By Rudy Silva

Even though many dermatologist and doctors don't see the connection between your diet,

constipation, a toxic colon, and a toxic liver with the acne that you are suffering from, it does not mean the food you eat is not important in clearing your acne.

If the doctors were right about food and the colon, then they would easily be able to help you clear your acne with their drugs. Drugs can give you temporary relief, if they work at all, but as you use them they can also give you some unpleasant side effects.

In her book, Food And Healing, 1986, Annemarie Colbin, points out,

"In a systems view of the body, input of all kinds relates to output of all kinds. Food, therefore, would have a definite relationship to matter pushed out through the skin. I am continually amazed that dermatologists persist in viewing the skin as merely a protective envelope for the body, ascribing its eruptions to 'viruses' and imprecise malfunctions and supporting the myth that 'diet has nothing to do with acne.'

In my experience, diet has everything to do with acne. Not only did I fix my own bad skin through correct eating but I have seen among my students a number of severe cases – the large purplish kind of acne on cheeks and chins – completely cured within three months by a change of diet."

Foods to Stop Eating

If you smoke, drink alcohol or drink coffee, then this program will not work too well for you. When you have these addictions, your body's minerals and vitamins will be out of balance and it will be difficult for you to achieve any state of good health.

So, here are they foods that you need to stop eating. You don't need to stop eating these foods instantly. Not many people can do this. You need to do this gradually. I know it will be hard to stop eating some of these foods that you have enjoyed, over the years, but you have to ask yourself the question,

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"Which do I want to be ...Acne free or a junk food addict?"

The choice is yours and I know you will make the right decision so here is the list,

- * White Bread – This is considered junk food since it is void of any vitality for your body. It is hard to digest and causes constipation

- * Chocolate – some chocolates are better than others. Those that have saturated fats such milk, butter and sugars are not good for your health and definitely not good for your skin.

- * Fried Fatty foods – fried foods, butter, chesses, beef,

- * Foods in packages – All foods in packages or boxes are junk food. They are considered dead food

and provide no life force to your body. They take from you because they use up minerals, vitamins, and digestive enzymes during digestion. They contain no fiber so they cause constipation.

- * Foods with artificial flavors and preservatives – These are non–foods that are super toxic. Your body does not know what to do with them so it stores them in your body as toxic waste.

- * Milk, ice cream, hard chesses – these foods cause allergies and cause mucus to form. This mucus coats the colon and other internal surfaces and interferes with the function of that area. Bacteria and other pathogens enjoy living in the mucus film. This mucus also tries to escape through the face when you have too much of it in the body. If you cannot digest dairy products, this can cause you to have acne.

- * Sodas are the worst drink you can take. They contain plenty of sugar and phosphoric acid.

- * Sugar is considered a white poison. It creates so many health problems in the body that the FDA should outlaw it.

- * Salt – avoid salt only because it has iodine. Iodine has been shown to cause acne.

- * Excess Vitamin B12 – can aggravate or produce acne.

There you have it. It takes a lot of will power and desire to change your diet. It can be done but do it slowly. Start changing your diet and see where you're at in 6 months.

Rudy Silva has a degree in Physics and is a Natural Nutritionist. He is the author of Constipation, Acne, Hemorrhoid, and Fatty Acid ebooks. He writes a newsletter call "natural-remedies-thatwork.com." More acne hints and information on his acne e–book can be found at:

<http://www.acne-remedies.for--you.info>

The 10 Most Common Misconceptions About Acne

By Den Fransen

- 1) Diets cause acne. Contrary to popular believe, no proof has been found that acne is caused by a diet. Chocolate causing acne is the most common misconception there is about acne. Several scientific studies have been performed on this subject, but none of them could confirm this theory. Other food like sugar oil, milk and seafood are not known to cause acne.
- 2) Popping pimples helps. Popping pimples will not help you to get rid of them. They might go away for a few hours, but will always come back worse. If you pop a pimple you are opening the wound so bacteria and dirt can get in to cause redness and infections.
- 3) Washing your face helps fights acne. Washing your face will get your face clean of dirt, but it will also dry out and irritate your skin. So wash your face at most twice a day with a gentle soap and do not rub it clean or dry to avoid irritating the skin.
- 4) Only teenagers have acne. Most teenagers have acne and in most cases these problems will clear up when they reach their 20s, but some people still have acne problems when they are 30 or 40.
- 5) The sun will clear your acne. The sun might help clear your acne on the short term, because it will dry the skin. But it is not a good remedy for acne on the long run. Usually your acne will come back after a while and probably will be worse. Best way is to protect your skin by using sunscreen.
- 6) Makeup gets you acne. Choose makeup that is non-acnegenic or non-comedogenic, so they won't clog your pores. For people with severe acne, best is not to use makeup at all. If you're not sure about what cosmetics to use consult your dermatologist or doctor.
- 7) You can stop medication ones your acne is cleared. Don't stop your medication without consulting your doctor or dermatologist. If you stop your medication to soon, your acne might come back.
- 8) Stress causes acne. Acne may cause stress, but not the other way around. Some stress medication may cause acne as a side effect. If you're not sure if your drug gives you acne, consult your doctor.
- 9) Acne can be cured. No cure for acne has been found yet, but there are a lot of treatments available for reducing acne and acne scarring.
- 10) You can't help acne scarring. The best way to prevent acne scarring is to prevent acne itself. If your treat your acne early and for as long as it takes, you can minimize scarring.

Den Fransen is the editor of

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