

Safely Mimicking the Effects of Accutane without the Side-effects or Costs.

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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!**

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**By Naweko San-Joyz**

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**San-Joyz**

Since 1982 Accutane has been a reliable, if not controversial, drug for treating severe acne. Now with FDA representative David J. Graham's statement that Accutane should be taken off the market, and pharmaceutical manufacturer La Roche's defense of Accutane's safety in a Florida courtroom, access to Accutane faces mounting restrictions.

Author of Acne Messages: Crack the code of your zits and say goodbye to acne, Naweko San-Joyz, understands the concerns facing acne sufferer's who desire Accutane-like results. San-Joyz conducted research to inexpensively mimic the effects of Accutane. " Accutane provokes five acne-fighting actions that anyone can replicate using nutrition and self-care", explains San-Joyz

Reduce excess oil secretion:

Accutane is a derivative of vitamin A and reduces the secretion of oil by the oil glands.

Foods that supply the body with Vitamin A and beta-carotene (which is converted to vitamin A by the body) include: Liver, oily fish, whole eggs, carrots, sweet potatoes, and broccoli.

Encourage extreme shedding of the skin:

Using a peel is the easiest method to promote shedding of the skin. Exfoliation releases the build-up of dead skin cells, oils and bacteria trapped in the pores, which could lead to the formation of blemishes.

Extreme peels

Peels come in varying degrees, from mild to harsh. The trichloroacetic acid (TCA) peel is an extreme peel that can cost from \$100 to \$1000 depending on the degree of the treatment. It is only performed in a doctor's office. The TCA is not a save all however. The peel can make the skin sensitive to the sun cause hyper-pigmentation.

Home use peels:

Several over-the-counter peels contain papaya enzymes or glycolic acid. These peels lightly exfoliate

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the skin and are safe for weekly use.

**Reduce the spread of bacterial infection:**

Using an astringent such as witch hazel or apple cider vinegar to disinfect the skin significantly reduces the presence of bacteria on the face. This reduction limits skin inflammation and the likelihood of a pimple developing.

**Enhance Fat Metabolism:**

Free fatty acids can irritate the skin and provoke acne eruptions. Reducing intake of foods containing hydrolyzed fats will improve fat metabolism. However, do consume essential fatty acids such as Omega-3 and Omega-6 which are found in foods such as salmon and olive oil. These essential fats aid the gastrointestinal tract eliminate pro-inflammatory substances, which reduces the possibility of experiencing acne lesions.

**Reduce inflammation:**

A strong immune system serves as a buffer against inflammation. Stress reducing activities such as exercising, eating a well-balanced diet and sleeping well boosts the immune system. A diet supplemented with B-Complex, zinc and vitamins C and E likewise enhances the effectiveness of the immune system.

Like Accutane, these five steps will not work overnight. Accutane works via creating a bodily environment that is not conducive to acne. By adhering to the nutritional and aesthetic steps above, anyone can attain clear skin while simultaneously augmenting their health.

Health author and Noixia campaigner Naweko San-Joyz lovingly writes from her home in San Diego. Her works include "Acne Messages: Crack the code of your zits and say goodbye to acne" (ISBN: 0974912204) and the upcoming work "Skinny Fat Chicks, Why we're still not getting this dieting thing" (ISBN: 0974912212) for release in June of 2005. For useful acne self-help articles visit <http://www.noixia.com>.

### **Stop Acne Now!**

**By David Maillie**

Acne is a terrible scourge, afflicting people in every age group. Acne primarily affects teens and adolescents and can cause long lasting physical and emotional scars. For years we have either learned to deal with our acne, or spent thousands of dollars with dermatologists or on useless as seen on tv products we have seen (like Proactive). Currently there are two treatments that do work and one is actually cost effective. It is now a fact that acne can be treated, controlled and even cured.

We must become more educated on what acne is and what does and does not cause it. Acne is an inflammation of the skin that is caused by overproduction of sebum (oil) from our sebaceous glands and a low skin pH (acidity) that make ideal conditions for bacteria. This bacteria clogs the pores and causes pimples and deeper inflamed bumps and pustules (acne). Acne is genetic as it is first started by the

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overproduction of oil and acidity levels. Chocolate and sugary items don't cause it.

Accutane (can only be prescribed) works by greatly reducing the production of sebum. This reduction in sebum will make the skin very dry and does have some bad side effects like possible liver damage and such so it is available only through your dermatologist and is used as a drastic or last measure. Basically it brings out all the acne you will have in the next 2–3 years all at once over the first 2 months and then it is all gone. The first 2 months are rough, however – I had this treatment.

TCA peels are a more affordable and less drastic alternative. TCA peels work by cleansing the skin, increasing the pH or acidity of the skin making it unfavorable for bacteris, and increasing the rate of skin regeneration thus hastening the healing process. TCA Peels work 1,000 times better than any overrated peroxide wash or cleansing system and have similar results to Accutane without any of the harsh side effects. They have been rated as one of the best at home products / treatments available. This has been proven on millions of patients – why else would every dermatologist and plastic surgeon offer TCA peels?

So, basically, you can either live with the scourge of acne or treat it. TCA peels are the most cost effective and least harmful solution to acne and can now be purchased directly instead of through your doctor for tremendous savings.

David Maillie is a chemist with over 12 years experience in biochemical research and clyncal analysis. He is an alumni of Cornell University and specializes in biochemical synthesis for public, private, and governmental interests. He can be reached at M.D. Wholesale:

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