



Acne Free System

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Introduction

You've watched the countless late night infomercials promising you the instant cure to your acne troubles.. the before and after photos showcasing the shocking results of those who have taken a leap of faith and handed over their credit card number for yet another shot at successfully eliminating acne from their lives forever..

The problem is, you've tried all of those remedies, instant "cures", solutions, treatments and creams. You have been through the ringer having spent a small fortune on acne medications only to find yourself confused and frustrated as to why you have been unable to experience the same results that everyone else claims to have.

As someone who had suffered from severe acne for many years, I'm happy to inform you that your consistent suffering from acne is about to end, forever.

Through years of trial and error, testing, spending thousands of dollars on treatments, and dealing with advanced health experts and experienced dermatologists, I finally conquered my acne demon.

While it took many years before I would discover that the majority of treatments and solutions heavily promoted to those of us suffering from acne, can actually intensify our acne and cause excessive breakouts, it took even longer before I got to the

point in my life where acne was a thing of the past.

Had I known about the strategies you are about to discover, I would have spared myself years of grief and anxiety.

High school might have been a blast and I might have worked up the nerve to ask that girl out to the prom. In university, I might have joined the soccer team, and in my early twenties, job interviews and profile photos might have been a lot easier to deal with.

Acne nearly destroyed my life, and after so many years of being a pharmaceutical guinea pig, and having spent more money than I care to admit on solutions and treatments only to wind up right back where I started, I decided to break down the walls of secrecy, and squash the lies and myths that plague and haunt anyone who is dealing with acne.

I spent months compiling my entire strategy within this ebook, so that people just like you, who are suffering unnecessarily, can begin to improve the quality of your life by putting a permanent end to your acne nightmare.

And that's exactly what it is, isn't it? A nightmare.

Acne takes an incredible toll on our minds and bodies. It's not just a cosmetic problem, acne is often

responsible for sleepless nights, incredible pain and the loss of confidence and self esteem.

Even the greatest social butterfly will eventually wile under the power of acne and hide out in the back of the room, avoiding being photographed, constantly afraid of being noticed.

It all stops today. While these treatments and home based remedy's take some time to work, if you take action and follow the information contained within this book, you will be able to control and **finally eliminate acne from your life, permanently.**

So, grab a drink, turn off the T.V and get ready for an eye opening adventure into the many different methods of regaining control of your life and defeating your acne, once and for all.

Let's get started!

The Truth About Acne

There are so many misconceptions about what exactly causes acne and why certain people suffer from it while others live a blemish-free life, never having to experience the pain from excessive acne.

With these myths and ridiculous notions comes another set of problems. People suffering from acne are so desperate to eliminate it, that they try all sorts of different approaches, from modifying their diet, to over-tanning believing that it will minimize acne permanently.

These methods can end up being detrimental to your attempts at controlling your acne, and in many cases can actually intensify your acne and cause it to get worse. In some cases, these 'instant cure remedies' can end up causing permanent scarring.

So, what is acne really all about?

For starters, regardless of what you've heard, acne is not life threatening and no one has ever died from acne itself. By clinical terms, acne is described as being caused by a hormonal imbalance, clinically coined as 'chronic inflammation', or 'systemic inflammation'.

With chronic inflammation, the primary culprit is poor digestion, accompanied by a poor diet.

Another primary cause of acne is when pores on your body become clogged, typically your face, neck, upper body, back and even chest.

When it comes to the different types of acne, there are five individual categories based on the severity and skin damage caused by acne, including:

Comedos

Papule

Pustule

Nodule

Cyst

Symptoms of acne such as blackheads and whiteheads belong to the comedos category, with cysts being classified as belonging to the nodule category.

Another word for acne is "Acne Vulgaris", a form of acne, which commonly occurs during puberty.

It primarily affects the back, face and chest. Acne vulgaris affect both teenage boys and girls. Nearly 30-40% of teenage boys are affected between the ages of 18 and 19 years old. Girls are generally affected between the ages of 16-18 years.

Here is how acne is characterized by certain groups that can determine the severity of your acne:

Black Heads

You will suffer from black heads when your pores are partially blocked which allows some the bacteria, dead skin cells and sebum to escape and drain to the surface of your skin.

The dark color that comes with black heads is not dirt and so consistently washing your face will not prevent black heads from appearing. Black heads are firmer and often take a few days to a week to clear.

White Heads

You will see white heads appear when a pore is completely blocked, the opposite of a black head.

With white heads, they tend to last for only a short length of time and result from sebum, bacteria and dead skin cells being trapped beneath the skins surface.

Papules

These are painful, red bumps that are inflamed and contain no head.

Pustules

A pustule is what we commonly call a "pimple". They are very similar to a white head but are always inflamed and contain a white or yellow center.

Nodules

Nodules are larger spots that can last for months and be difficult to deal with because of how painful they can be. Nodules are hardened bumps beneath the skin's surface and with nodules, scarring is quite common.

If you believe that you have nodules, please do not squeeze them as doing so may cause severe trauma to your skin, spreading of nodules, and prolonged life.

Don't try to treat nodules on your own, instead book an appointment with your dermatologist for assistance as nodules are quite difficult to control with over-the-counter medications or home-based remedies.

Cysts

Just like a nodule, cysts can be large and feel hard, in fact, some cysts feel like round balls within the skin.

They are also very painful and are filled with liquid. **Do not squeeze or attempt to break a cyst**, as you can push the bacteria and infection deeper into your skin.

Apart from the common forms of acne that many of us have experienced from time to time throughout our life, there are four types of acne that are considered more severe and should be treated by a doctor.

Acne Conglobata

This is the most severe form of acne, generally

characterized by the large appearance of numerous nodules, often connected, interconnected and contains a large number of black heads. Because these lesions can become ulcerated, they can cause disfiguring and severe scarring on the skin surface.

Conglobata is usually found on the face, back, chest, upper arms and thighs.

Acne Conglobata usually affects people between the ages of 18 and 30 and is more common in males.

It should also be noted that Acne Conglobata could stay active for many years, lying dormant until something occurs that causes the acne to resurface. The cause of Acne Conglobata is unknown at this time.

Acne Fulminans

This type of severe acne is actually an abrupt onset of acne conglobata that typically afflicts young men.

The symptoms of the severe *nodulocystic*, often ulcerating acne, are readily apparent. As with normal cases of acne conglobata the lesions cover large portions of the extremities and the facial region, including the disfiguring scars that can eventually develop.

Yet what makes acne fulminans unique in that it also includes fever symptoms, aching of the joints,

particularly the knees and hips, and varying degrees of weight loss that depend upon the individual.

Gram Negative Folliculitis

Gram-negative folliculitis is a form of extreme acne caused by an inflammation of the follicles that is caused by bacterial infection:

This condition is characterized by **pustules and cysts**.

It has been determined in some cases that its development is caused by a complication resulting from a long-term antibiotic treatment of acne vulgaris.

The reason that this form of acne is called "gram-negative" relates to the fact that gram is a type of blue stain used for laboratory testing for microscopic organism. Bacteria that do not stain blue are referred to as "gram-negative."

Like other forms of extreme or severe acne, gram-negative folliculitis is a rare condition, and we do not know whether it is more common in males or females as it has been documented in both.

Pyoderma Faciale

This type of severe acne affects only females, usually between the ages of 20 to 40 years of age.

It is characterized by large painful nodules, pustules and sores that may leave scarring.

Forming abruptly, pyoderma faciale may occur on the skin of a woman who has never had acne before.

Generally, this type of extreme acne is confined to the face, and though it does not last longer than a year, it can cause a great deal of damage in a very short time.

Keloidalis is a scar-like acne that can become present in both male and females, however is most prevalent among men.

Keloidalis commonly affects the neck area. When the inflamed papules and pustules grow into larger cysts and nodules, the skin gets very greasy leading to atrophic scars and keloids on the neck, shoulders and upper back.

Other types of acne include:

*Acne Rosacea - Most common in the elderly and is characterized by red rashes on the chin, nose, cheek and forehead.

*Acne Conglobata - This is a highly inflammatory disease with comedones, nodules, abscesses, and draining sinus tracts.

*Acne Fulminans - is a severe form of the skin disease, acne, which can occur after unsuccessful treatment for another form of acne such as acne conglobata.

Acne usually occurs during the teenage years of a person's life, however, adults are not immune to acne, and many of us, who fail to treat it can end up suffering from it our entire lives.

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