

Acne Bible

Natural Ways to Cure Acne
AAG



TABLE OF CONTENTS

01

WHAT IS ACNE?

02

OUR STORY

03

ACNE MYTHS

04

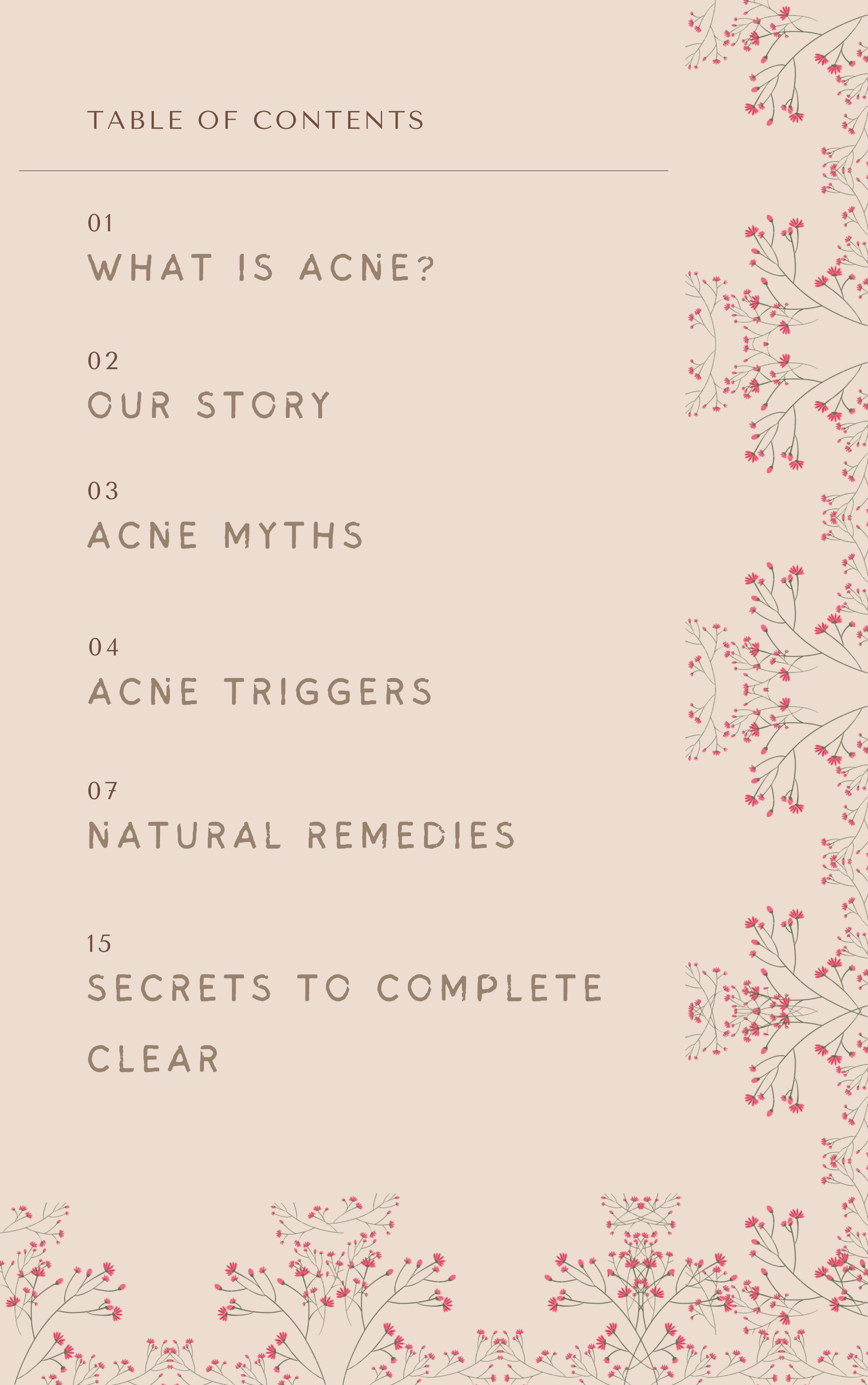
ACNE TRIGGERS

07

NATURAL REMEDIES

15

SECRETS TO COMPLETE CLEAR





WHAT'S ACNE?

Acne is one of the most common skin conditions in the world, affecting an estimated 85% of young adults.

Conventional acne treatments like salicylic acid, niacinamide, or benzoyl peroxide are proven to be the most effective acne solutions, but they can be expensive and have undesirable side effects, such as dryness, redness, and irritation.

This has prompted many people to look into remedies to cure acne naturally at home. In fact, one study found that 77% of acne patients had tried alternative acne treatments.

This book explores 21 popular home remedies for acne.



OUR STORY

Like you, we have also been through all the despair, frustration, embarrassment, pain, and even guilt that every acne sufferer experiences daily.

After trying out numerous skincare products and supplements, there was no sign of improvement, and it was far from clear skin.

We wanted to tell our story through this book that **IT'S NOT YOUR FAULT THAT YOU HAVE FAILED! IT'S JUST THAT YOU ARE NOT AWARE OF THE RIGHT METHODS!**

Acne Myths

Myth: Acne is caused by dirt.

ACNE FLARE-UPS CANNOT BE TRACED TO DIRT OR POOR HYGIENE. IN FACT, WASHING TOO FREQUENTLY OR SCRUBBING TOO VIGOROUSLY CAN IRRITATE SKIN AND MAKE ACNE WORSE.



Myth: Eating chocolate and greasy foods causes acne.

THERE IS NO PROVEN CONNECTION BETWEEN CHOCOLATE, PIZZA, POTATO CHIPS, FRENCH FRIES, CHEESEBURGERS, ETC., AND ACNE OUTBREAKS.



Myth: Acne is just a cosmetic problem

ACNE CAN HAVE LASTING CONSEQUENCES IN HOW YOU FEEL ABOUT YOURSELF -- AND LEFT UNTREATED, OR IMPROPERLY MANAGED, IT CAN LEAVE PERMANENT SCARS.



Myth: Blood purifiers can help clear acne and purify skin

ACNE HAPPENS BECAUSE OF A BACTERIA CALLED PROPIONIBACTERIUM ACNES AND ALSO DUE TO HORMONAL IMBALANCE. IT HAS NOTHING TO DO WITH PURE OR IMPURE BLOOD..





Acne Triggers

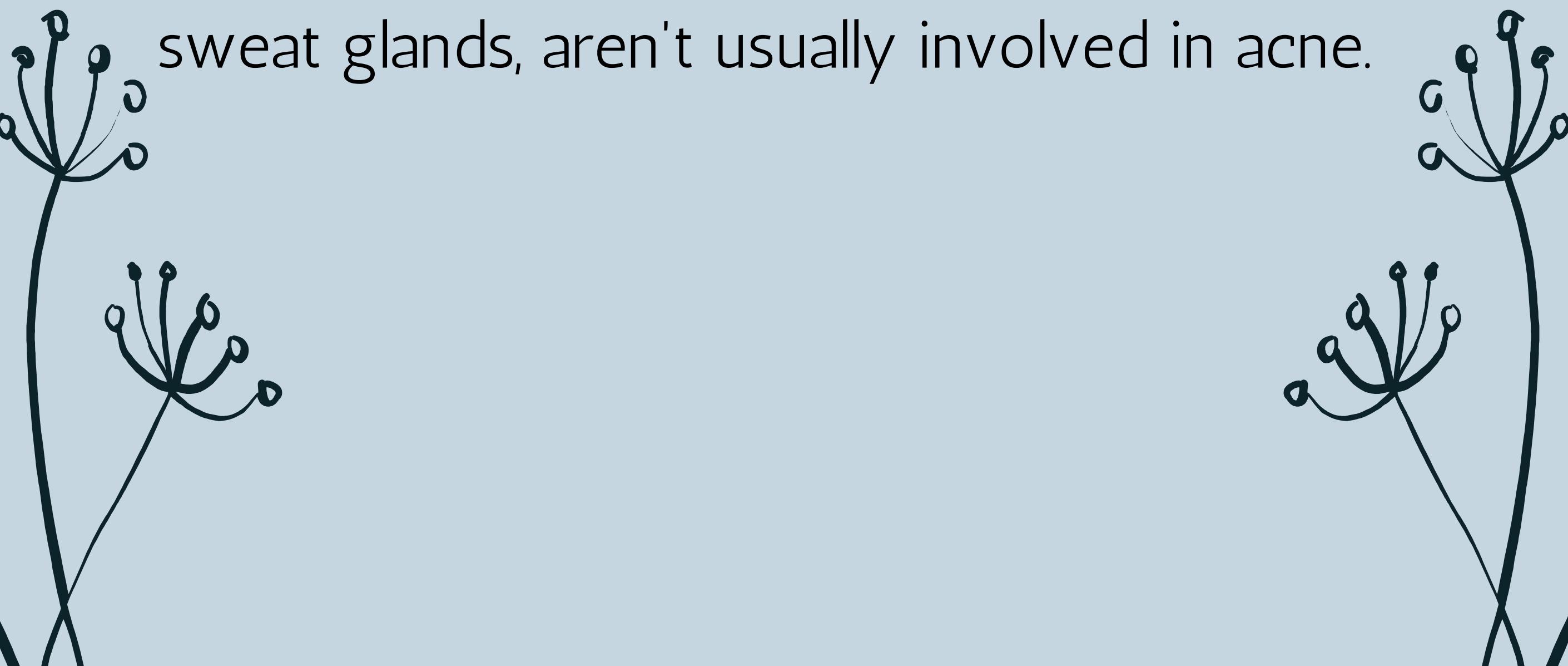
Four main factors cause acne:

- Excess oil (sebum) production
- Hair follicles clogged by oil and dead skin cells
- Bacteria
- Inflammation

Acne typically appears on your face, forehead, chest, upper back and shoulders because these areas of skin have the most oil (sebaceous) glands. Hair follicles are connected to oil glands.

The follicle wall may bulge and produce a whitehead. Or the plug may be open to the surface and darken, causing a blackhead. A blackhead may look like dirt stuck in pores. But actually the pore is congested with bacteria and oil, which turns brown when it's exposed to the air.

Pimples are raised red spots with a white center that develop when blocked hair follicles become inflamed or infected with bacteria. Blockages and inflammation deep inside hair follicles produce cystlike lumps beneath the surface of your skin. Other pores in your skin, which are the openings of the sweat glands, aren't usually involved in acne.



~~Other Triggers~~

Stress

Certain medications

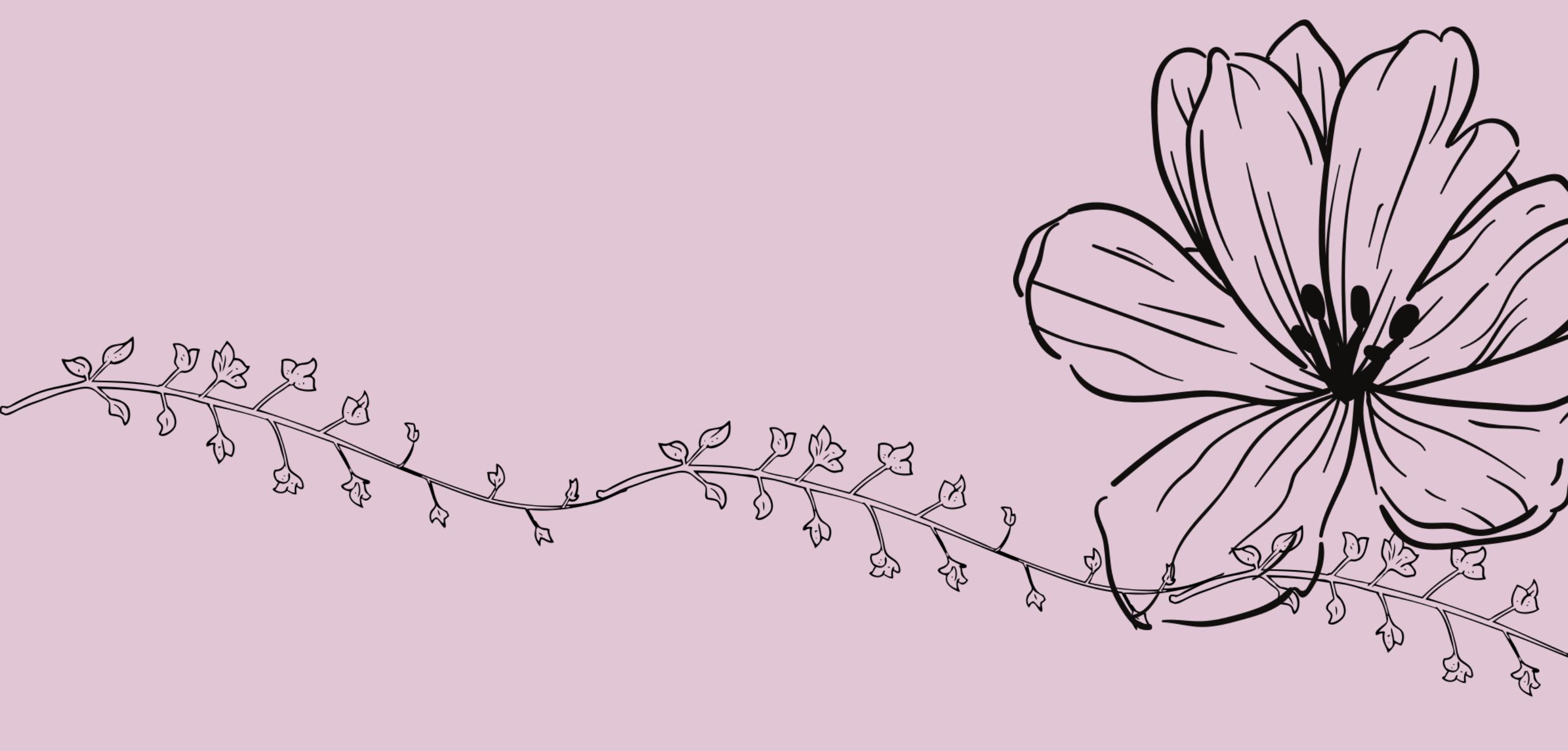
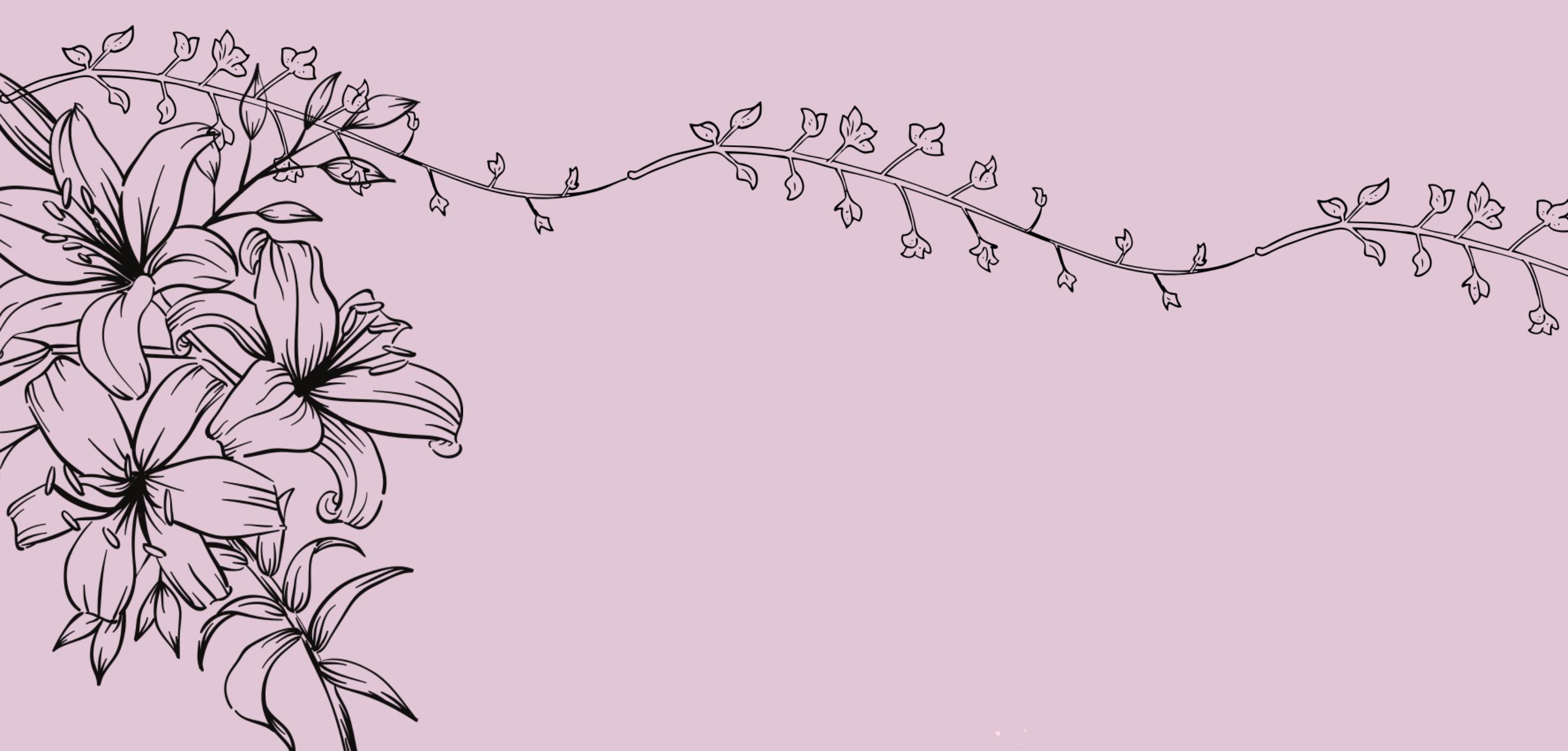
Hormonal changes

Family History





Natural Remedies



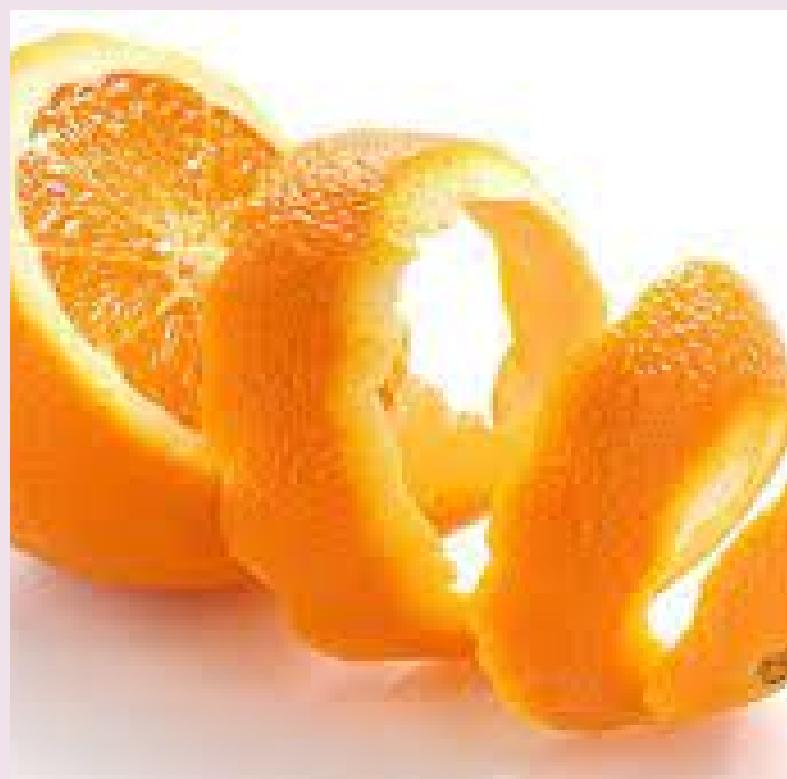
ORANGE PEEL

Citric fruits like orange and lemon can change your skincare game.

The peels of these fruits are no less.

Simply dry out the peels and grind to get a powdered texture. Mix it with lime juice and rose water to make your own DIY scrub.

Exfoliate with this paste to keep oil and acne at bay.



GARLIC



Many traditional medicine practitioners use garlic to treat infections and boost the body's ability to fight germs and infections.

To fight the inflammation and infections caused by acne, people can add more garlic to their diet. Some people chew whole garlic cloves, rub it on toast, or make it into a hot drink.

APPLE CIDER VINEGAR

Contains organic acids to kill bacteria, suppress inflammation, and improve the appearance of acne scars.

Mix 1 part apple cider vinegar and 3 parts water. Wash your face thoroughly and gently apply the mixture to the skin using a cotton ball. Let sit for 5-20 seconds, rinse with water and pat dry. Repeat this process 1-2 times per day, as needed.



ECHINACEA



Echinacea purpurea, also known as the purple coneflower, may contain compounds that help destroy viruses and bacteria, including P. acnes.

You can apply creams containing Echinacea to areas where they have acne lesions or take Echinacea supplements.

GREEN TEA

Green Tea contains plant-based compounds and antioxidants that help treat acne when consumed or applied to the skin.

Steep green tea in boiling water for 3-4 minutes. Allow the tea to cool. Using a cotton ball, apply the tea to your skin or pour it into a spray bottle to spritz it on. Allow it to dry, then rinse it off with water and pat your skin dry.



ALOE VERA

Aloe Vera contains naturally occurring salicylic acid and sulfur to heal skin and improve acne.



Scrape the gel from the aloe plant out with a spoon. Apply the gel directly to clean skin as a moisturizer. Repeat 1-2 times per day, or as desired.

GRAPE CLEANSER

Grapes are a refreshing snack, whether eaten plain as a snack, halved as a salad topping, or frozen as a healthy dessert. But grapes likely don't come to mind when you think of acne treatments.

Cut two or three grapes in half and rub the flesh over your face and neck. Follow with a cool water rinse.



ROSEMARY

Rosemary extract, or Rosmarinus officinalis, contains chemicals and compounds that have antioxidant, antibacterial, and anti-inflammatory properties.

ROSE WATER

Known for its anti-inflammatory properties, rose water is ideal for reducing the size of a pimple. It also acts as a soothing agent, which helps reduce redness and calms irritated skin. Spritz it onto your skin in place of a toner, morning and night.



JOJOBA OIL

Jojoba oil is a natural, waxy substance extracted from the seeds of the jojoba shrub.

Try mixing jojoba essential oil with a gel, cream, or clay face mask and applying it to acne. Otherwise, place a few drops of jojoba oil on a cotton pad and rub this gently over acne sores.



TEA TREE OIL

Tea Tree Oil has gentle anti-inflammatory and antimicrobial properties to help treat acne.

Mix 1 part tea tree oil with 9 parts water. Dip a cotton swab into the mixture and apply it to the affected areas. Apply moisturizer if desired. Repeat this process 1-2 times per day, as needed.



COCONUT OIL

Like other natural remedies, coconut oil contains anti-inflammatory and antibacterial compounds.

Try rubbing pure, virgin coconut oil directly to the area with acne.



CUCUMBER FACE MASK

Cucumbers can have a soothing effect on the skin, reducing irritation, swelling, and pain. Hence, they can potentially relieve inflammation specifically associated with acne.

Make a paste by blending one small cucumber and 1 cup of oatmeal. Mix 1 teaspoon of this paste with 1 tsp of yogurt and apply it to your face. Leave it on for 30 minutes, and then rinse.



OATMEAL FACIAL



The anti-inflammatory properties of oatmeal are naturally soothing. They may relieve irritation caused by dermatological conditions like rashes, erythema, burns, itch, and eczema.

Mix 2 tsp of oatmeal, 1 tsp of baking soda, and enough water to form a paste. Smooth the paste all over your face and gently rub it in. Rinse thoroughly afterward.

YOGURT MASK

Yogurt may promote skin health. Yogurt is also a probiotic, shown to inhibit C. acnes.

To make the mask, combine 1 tsp of brewer's yeast with a little plain yogurt to create a thin mixture. Apply it thoroughly to all the oily areas and leave for 15 to 20 minutes. Rinse with warm water, then use cold water to close the pores.



TURMERIC AND HONEY



Turmeric is an anti-inflammatory, which will help shrink the size of the pimple. It also helps remove excess oil from the skin. Honey helps ward off bacteria in a pimple and also has antimicrobial properties.

Add 1/2 teaspoon of turmeric to 1 tablespoon of honey and mix well. Apply on wet skin and leave on for five minutes. Rinse off with water.

CHICKPEA FLOUR

Chickpea flour or gram flour is an ideal home remedy for pimples, especially for anyone with oily skin, as it helps reduce greasiness by absorbing excess sebum secretion.

Mix 1 tablespoon with water and apply to cleansed skin for 10 minutes. Rinse off.



MULTANI MITTI

Multani mitti is a rich source of magnesium chloride, which helps get rid of pimples and prevents breakouts. It is known for being a deep cleanser for the skin and also for removing impurities and dirt particles that can clog our skin pores.

Mix 1 1/2 tablespoons of multani mitti with water or rose water and leave on your face for 20 minutes. Rinse off.



MINT

Mint leaves are rich in Vitamin A and C, which are essential for clear skin.

Apply fresh mint juice all over the face every night to get rid of pimples without drying the skin excessively.



PAPAYA

Papaya contains many properties that prevent and treat acne. It contains anti-oxidants, Vitamin A and C, which help speed up cell turnover and can help prevent acne from occurring.

When applied topically, it's a great exfoliator that isn't harsh like many other products. Blend or mash papaya, and let it sit on your skin for 10 minutes before washing.

ALMONDS

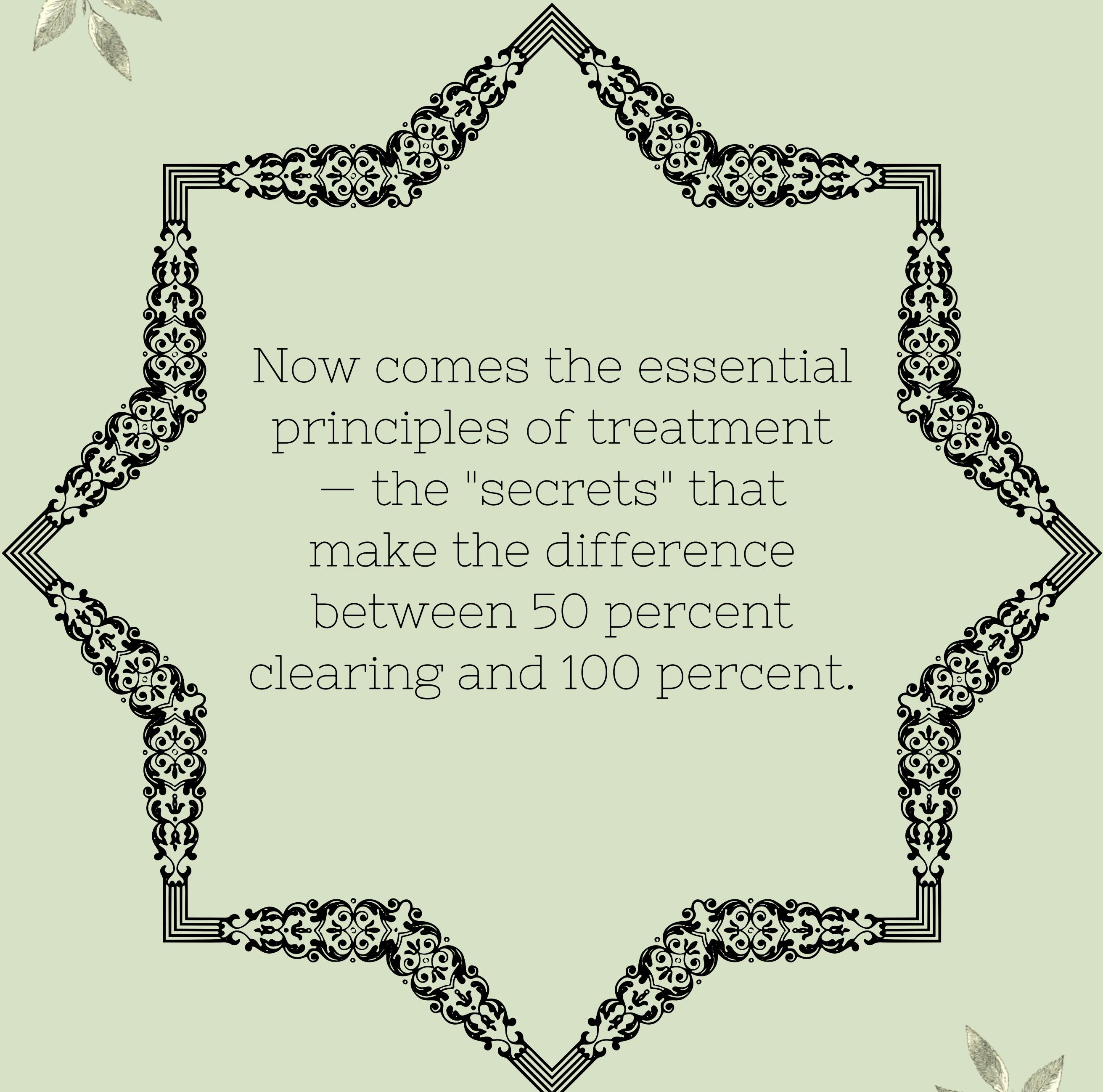
This superfood is rich in minerals and Vitamin E, making it an essential ingredient in most scrubs and face masks. It helps to revitalize the skin.

Pulse in a blender and then mix with water or the above fruit. Apply as a mask or a spot remedy for pimples and leave for up to 30 minutes.





Secrets to
Complete Clear



Now comes the essential principles of treatment – the "secrets" that make the difference between 50 percent clearing and 100 percent.





01

GREASE IS OUT

Greasy materials not only complicate treatment of an existing acne condition, they can actually create acne in someone whose skin was previously completely clear

02

YOU ARE WHAT YOU EAT

Vitamin C is a powerful superfood and antioxidant. Eliminate all acne trigger food from your diet.



03

EXERCISE

Exercise , rest and laugh regularly to keep stress at bay



04

HORMONAL BALANCE

Restore Hormonal Balance to help prevent further hormonal triggers episodes





WE HAVE REACHED THE END

Thank you so much for taking the time to download and read this report.

The crucial thing is that you actually do something with it and put this information into action. Start using this powerful information and you'll see changes.

"Healthy skin is not an overnight process." See where you can make improvements in your diet, supplements, products and skincare regimen. And finally begin to experience what it's like to be on the **RIGHT** path to clear, beautiful skin.



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