

# Paul's Acne Guide

This guide is for anyone struggling to get rid of acne, insecure about acne, and would like some guidance on what to do. If you do not want some preachy life philosophies and just want to know what to buy to get rid of acne, then skip **What This Guide is About** and go to **Guide Starts HERE** below.

## What this Guide is About/ How to use the Guide

If you are buying this guide, you might want a quick fix guide to get rid of acne, **this is not a quick fix guide**, this is a long term strategy to get you reasonable results, not some outlandish miracle drug that will solve your problems. If you want some miracle guide then you can go to your dermatologist and ask for doxycycline (which is actually fantastic).

I will start off by saying to get rid of acne you need to make sure that are able to keep long term goals. If you are able to get rid of acne you will be able to do many other things in your life. If you can change the way you look, you have the power to positively change who you are. I believe that getting rid of acne is about control. If you bought this guide you may You may be consumed with acne for a few weeks or months. If you do not want to go through that then you do not want to really get rid of acne.

I used to have really bad acne, like cystic acne. I was very insecure about it and didn't know what to do. I would always stare at my face in the mirror and thought I had to put tons of salicylic acid on my face. I would do it so much that my face would dry up. Then I would put tons of salicylic acid on my face.

## Guide Starts HERE

- i. All of the things that I tried to get rid of acne
  1. Avoid foods with high glycemic index
    - a. milk/ whey/ dairy
    - b. Fatty foods (fatty chicken)
    - c. Foods with high sugar content
  2. Clothes/ bed sheets
    - a. Bed sheets. Change the surface you sleep on each night.
    - b. Sleep on a towel
    - c. No clothes with hoods
  3. Non-comedogenic facial creams/ topical medication
    - a. Tretinoin
    - b. Shaving cream
    - c. Neutrogena moisturizer with spf
    - d. Aloe Vera

- e. Cyclamidian (Spelled incorrectly not sure how to spell)
- 4. Oral Medicines.
  - a. Doxycycline
- 5. Keep busy
  - a. Only come home to relax
- 6. How stress can play a role
- 7. The importance of a routine (and what helped me get into one).
- 8. What acne is really about (acne is about having control. When you do not feel in control you get anxious and self conscious about who you are).
- 9. Dermatologists and what they will not tell you