

Acne Free In 3 Days >>>

how to beat
acne
naturally

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- This guide is not intended as a substitute for the medical advice, recommendation or treatment of a qualified medical practitioner.
- The content of this guide is intended as general information and for educational purposes only.
- Any person suffering from a condition which needs medical attention should consult a qualified medical practitioner.
- Any person who has symptoms that are causing concern should consult a qualified medical practitioner.
- Always consult with a qualified medical practitioner before changing your diet.

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Acne

Acne vulgaris is commonly known as acne, it is common among teenagers due to hormonal changes at this stage in life. Too much sebum produced by the sebaceous glands blocks up the skin pores resulting in infection. The condition consists of red raised areas of the skin which can develop into pustules (*white heads*) and even cysts.

Common areas of the body that are affected are:

- The back
- The chest
- The groin
- The face

The arms, buttocks, lower trunk and upper legs can also be affected in severe cases.

There is no conclusive evidence that acne is caused by poor nutrition, but poor nutrition could make the symptoms worse. A diet high in fried food and saturated fats can make it easier for pores to be blocked. It would be wise to keep to a whole food diet with plenty of fruit and vegetables and drink plenty of mineral water, at least a litre a day. Eggs, onions and garlic

can be beneficial due to the high content of sulphur. It is best to avoid stimulants such as sugar and cigarettes. Foods high in essential fatty acids (EFAs) such as:

- Oily fish
- Seeds
- Nuts
- Whole-grain cereals

are good as they have anti-inflammatory properties.

- Vitamin A (*should be avoided by pregnant women and those planning pregnancy*)
- Vitamin E
- Vitamin C
- Zinc

can be beneficial, taken in supplement form.

Topical application of diluted tea tree oil can also help with acne.

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The following supplements may help if you are suffering from acne.

- Antioxidant complex
- Multivitamin and multi-minerals
- Vitamin A (*Should be avoided by pregnant women or women planning pregnancy*)
- Vitamin B3 (*niacin*)
- Vitamin B6
- Vitamin C
- Vitamin E
- Zinc

Bonus Articles

The following are all articles taken from my [blog](#)...

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Discover How To Reduce Your Acne With Tea Tree Oil

What Is Tea Tree Oil?

Tea tree oil is extracted from the Melaleuca Alternafolia tree which is found mainly the New South Wales area of Australia.

What So Great About Tea Tree Oil?

Well, tea tree oil has many health properties. It has been used to help many health conditions, such as:

- Abscess
- Acne
- Athlete's foot
- Blisters
- Burns
- Cold sores
- Dandruff
- Herpes
- Insect bites
- Nappy rash
- Oily skin
- Warts

Tea Tree Oil has powerful health qualities such as:

- Anti-fungal
- Anti-bacterial
- Anti-viral
- Antiseptic
- Immuno-stimulant

The anti-bacterial properties of tea tree oil, makes it great at killing bacteria and reducing the inflammation of acne when applied topically to the skin.

Generally, when applied topically, tea tree oil is quiet safe.

However, some individual may be sensitive to it, for that reason it is best to always dilute tea tree oil with aloe vera gel before applying it to your face or any other sensitive area.

It is best to experiment with the strength of tea tree oil and aloe vera until you get the right combination for your skin.

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Remember, tea tree oil is safe, in fact it is used in many 'natural' skin products such as:

- Aftershaves
- Deodorants
- Disinfectants
- Germicides
- Soap
- Toothpastes

OK, to sum things up...

Tea tree oil has remarkable healing properties and it is quiet safe to use.

It is great at curing and reducing the symptoms of many skin conditions especially acne. So much so, that it is use in many 'natural' skin products.

The best way to apply tea tree oil is in a diluted form with aloe vera gel, never apply it neat, especially to sensitive areas.

Discover What Supplements Are Good For Acne

What Supplements Are Good For Acne?

If you are a teenager, you are probably well aware that acne is a real problem. This is due to your hormones changing at this time of your life.

But, you may also be surprised to know that acne also affects adults.

Infection within the skin is cause when pores get blocked. This is due to, too much sebum being produced by the sebaceous glands which blocks pores resulting in infection and acne.

The areas of the body acne typically affects are:

- The Face
- The Back
- The Chest
- The Groin
- The Buttocks

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So, What Supplements Are Good For Acne?

The supplements which are good for acne are:

- Vitamin A
- Vitamin B3
- Vitamin B6
- Vitamin C
- Vitamin E
- Zinc

What Is Vitamin A And Why Is It Good For Acne?

Vitamin A is in foods as two forms, in animal food form it is found as the active vitamin retinol while in plant foods it is provitamin A carotenes.

Carotene is an orange-yellow pigment found in green vegetables.

A portion of carotene is changed by the body into vitamin A.

We eat half of vitamin A as retinol and half as carotene.

Vitamin A is vital for healthy skin and deficiency in vitamin A can amongst other health conditions cause pimples.

Vitamin A can be found in these foods:

- Apricots
- Broccoli
- Carrots
- Chard
- Cod liver oil
- Dairy products
- Eggs
- Kidney
- Liver
- Mangoes
- Meat
- Melons
- Milk
- Oranges
- Peaches
- Pumpkins
- Spinach
- Sweet potatoes
- Tomatoes

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Why Are The B Vitamins, Vitamin B3 and B6 Good For Acne?

Both vitamin B3 (niacin, nicotinic acid) and B6 (pyridoxine) are water soluble vitamins and are needed for healthy skin.

It is believed that these B vitamins help to reduce greasiness of the skin thus preventing blocked pores, blackheads and acne.

Vitamin B3 and B6 can be found in these foods:

- Avocados
- Bananas
- Broccoli
- Cabbage
- Cantaloupe
- Corn
- Dairy products
- Eggs
- Figs
- Kidney
- Legumes
- Lentils
- Meat
- Nuts
- Oily fish

- Potatoes
- Prunes
- Royal jelly
- Seeds
- Soy products
- Tomatoes
- Wheat germ
- Whole grains cereals
- Yeast extract

What Is Vitamin C And Why Is It Good For Acne?

Vitamin C (ascorbic acid) is a water-soluble vitamin which cannot be stored in the body for long.

Vitamin C is a very important vitamin with strong antioxidant properties which helps the body to fight infections.

So, taking the strong antioxidant vitamin C will help to dampen down the inflammation of acne.

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Foods which contain vitamin C are:

- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Citrus fruits
- Green and red peppers
- Guava
- Mangoes
- Melons
- Papaya
- Parsley
- Potatoes
- Strawberries
- Tomatoes
- Yams

What Is Vitamin E And Why Is It Good For Acne?

Vitamin E, like vitamin C, has strong antioxidant properties and is known to slow down the aging process and help heal the skin.

Foods which contain vitamin E are:

- Soybeans
- Whole grain cereals
- Corn
- Egg yolk
- Avocado
- Butter
- Oily fish
- Broccoli
- Seeds
- Nuts
- Green leafy vegetables
- Peppers
- Carrots

What Is Zinc And Why Is It Good For Acne?

Zinc is an essential mineral and is good for immunity, hormones and skin health.

A deficiency in zinc is known to cause pimply skin.

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Foods rich in zinc are:

- Seafood (especially oysters)
- Red Meat
- Mustard
- Wheat Germ
- Eggs
- Pumpkin Seeds
- Pulses (especially black eyed peas)
- Tofu
- Brewer's Yeast

So, in conclusion...

To help to reduce acne, supplement your diet and eat foods rich in these vitamins:

- Vitamin A
- Vitamin B3
- Vitamin B6
- Vitamin C
- Vitamin E
- Zinc

Get Rid Of Your Acne With Silicol Gel

What Is Silicol Gel?

Silicol Gel is a totally natural way of reducing your acne and is particularly good if you have sensitive skin.

Silicol Gel is solution which has particles of silica suspended in it.

Silica is a totally natural ingredient found in many foods such as:

- Barley
- Millet
- Oats

What Does Silicol Gel Do?

The particles in silicol gel are great at absorption.

When applied to your skin they absorb:

- Impurities
- Excess sebum
- Bacteria

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This makes silicol gel great at reducing the symptoms of your acne.

Silicol gel also has a cooling affect on your skin which helps to reduce inflammation and itching.

In clinical trials, silicol gel was found to reduce:

- Blackheads
- Pimples
- Pustules

all within a couple of weeks.

As you can imagine, this will result in you having less acne and cleaner skin.

So, How Do You Apply Silicol Gel?

You need to apply silicol gel to your face to create a fine mask. You will then need to wait for 15 minutes until it is dry.

Once it is dry, you can then wash it off with warm water...

it's quiet simply really.

So, to sum silicol gel...

Silicol gel is a totally naturally product which clinical trial have proven, is great at reducing acne.

Silicol gel is great if you have sensitive skin.

Silicol gel is easy to apply.

So my advice is... if you suffer from acne it is worth trying out silicol gel.

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Discover What Foods Are Good For Acne

Acne is a common problem among teenagers because of changes in their hormones at that time of life and it even affects some adults.

Acne is caused by too much sebum being produced by the sebaceous glands which blocks pores within the skin causing infection.

The areas of the body acne typically affects are:

- The Face
- The Back
- The Chest
- The Groin
- The Buttocks

So, What Foods Are Good For Acne?

Sulphur containing foods are good for acne.

Which Foods Contain Sulphur?

- Eggs
- Onions
- Garlic
- Dairy Products

- Cabbage
- Beef
- Fish
- Dried Beans

What Is Sulphur And Why Is It Good For Your Skin?

Sulphur is an essential mineral which means your body needs it to function properly.

Sulphur is essential for healthy hair, nails and yes, you have guessed it... your skin.

In fact, sulphur is very good at making your hair more lustrous, plus it tones up your skin and helps to fight bacterial infections such as... acne

It is for this reason, that sulphur is commonly used in many natural topical skin products, which you may find in your local health store.

OK, so we now know that sulphur is good for the skin and we also know which foods contain sulphur.

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So, Are There Any Other Foods Which Can Help With Acne?

Yes, foods containing essential fatty acids, EFA's for short.

What Foods Contain EFA's?

- Oily Fish
- Seeds
- Nuts
- Whole Grain Cereal
- Green leafy Vegetables

So, What Are EFA's And Why Are They Good For Acne?

Essential fatty acids are a group of oils which are needed by the body to function properly.

Now, if your body lacks EFA's, one of the symptoms is acne.

EFA's are also good at reducing acne because they have anti-inflammatory properties.

We have already discussed that the mineral sulphur is good for acne but there is also another mineral which may help your acne... zinc.

So, What Foods Contain Zinc?

- Seafood (especially oysters)
- Red Meat
- Mustard
- Wheat Germ
- Eggs
- Pumpkin Seeds
- Pulses (especially black eyed peas)
- Tofu
- Brewer's Yeast

What Is Zinc And Why Is It Good For Your Acne?

Zinc is an essential mineral which means your body needs it to function properly.

Now, zinc is good for immunity, hormones and skin health, so including zinc foods in your diet may help with your acne.

So, to summarise...

Foods which are good for acne are those which contain sulphur, zinc and essential fatty acids.

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These foods are:

- Brewer's Yeast
- Dairy Products
- Dried Beans
- Eggs
- Garlic
- Green leafy Vegetables
- Mustard
- Nuts
- Oily Fish
- Onions
- Pulses
- Pumpkin Seeds
- Red Meat
- Seafood
- Seeds
- Tofu
- Whole Grain Cereal

Discover What Foods Are Bad For Acne

Teenagers tend to suffer more from acne due to changes in their hormones at this time in their life.

Acne does not just affect teenagers; it is also common in adults.

Over production of sebum by the sebaceous glands blocks pores within the skin causing infection which results in acne.

Acne typically affects these parts of the body:

- The Face
- The Back
- The Chest
- The Groin
- The Buttocks

So, What Foods Are Bad For Acne?

Well, 'fast' or 'junk' foods tend to be the main culprit when it comes down to acne.

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Foods such as:

- Burgers
- Chocolates
- French Fries
- Salted Snacks
- Soft Drinks

Why Are Fast Foods Bad For Acne?

It is all down to what fast foods tend to have a high content of... saturated fats and sugar.

As stated earlier in this article, there is no evidence that proves that poor nutrition is the cause of acne.

But, it is also generally agreed, that 'fast' foods tend to be consumed instead of more healthier alternatives such as:

- Brewer's Yeast
- Dairy Products
- Dried Beans
- Eggs
- Garlic
- Green leafy Vegetables

- Mustard
- Nuts
- Oily Fish
- Onions
- Pulses
- Pumpkin Seeds
- Red Meat
- Seafood
- Seeds
- Tofu
- Whole Grain Cereal

The lack of the consumption of these healthier foods, which tend to promote good skin health, for the consumption of 'fast' foods, will natural result in poor skin health and acne.

So, to sum up...

To help to reduce acne, eat healthier foods which tend to promote healthy skin and refrain from eating 'fast' or 'junk' foods such as:

- Burgers
- Chocolates
- French Fries
- Salted Snacks

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All the best

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