

Holistic ACNE GUIDE

Acne is an outward manifestation of our body telling us that something is internally imbalanced. Often times, it is our hormones that are out of balance due to a nutrient deficient diet, an overly stressful lifestyle, a burdened and improperly functioning liver and, of course, a hereditary predisposition for hormone imbalances. So you can see that acne can be caused by a nutrient deficiency, stress, pore eating habits, hormone imbalances and food sensitivities. At Natural Acne Clinic, we specialize in discovering what is causing YOUR acne and then developing a customized plan, just for you, to rebalance your inner ecology and get clear skin!

1 TAKE YOUR VITAMINS & HERBS TO PREVENT ACNE FROM THE INSIDE OUT

How do herbs and vitamins help acne? Herbs and vitamins are nutrients and come from parts of plants just like fruits and vegetables do. Therefore, they provide missing nutrients to the body in the same way whole foods do. For example, “an apple a day keeps the doctor away”.

They fill in the missing nutritional gaps, per se. These nutrients provided to the body via herbs and vitamins are “natural” and easy for your body to absorb and are not man-made foreign chemicals like prescription acne medications.

Herbs typically come in powder form and can be capsuled or the powder can be mixed with liquid. Herbs such as Vitex, Saw Palmetto, Burdock, Milk Thistle and vitamins such as Vitamin A, Flax Oil, and Probiotics are commonly used to treat acne internally. [Click here to see our recommended acne-clearing vitamin.](#)



2 DON'T CLOG YOUR PORES

Are your products making your skin dry, red and sore?

Most over the counter acne products and prescription topicals are unnecessarily aggressive. Not to mention, pore clogging. While the active ingredients may be great at reducing oil, killing bacteria, calming down inflammation or turning over dead skin cells at the same time the inactive ingredients (i.e. preservatives) are clogging up your pores! I more often than not, see topical acne products that are being used at home to cause more acne and damage to the skin rather than clearing the acne or calming the skin down due to these pore clogging ingredients. [Click here to see the full list of pore-clogging ingredients.](#)

3 AVOID ACNE-TRIGGERING FOODS

It probably doesn't surprise you that certain foods trigger acne. But it will surprise you to hear which foods they are! Believe it or not, the “bad” foods aren't chocolate, french fries and junk food. In fact, some of the biggest acne-causing foods are ones that are considered “healthy” – like green drinks, sushi, and soy. What's more, sugar does not trigger acne. But salt does.

The foods that are most important to minimize are:

- Shellfish
- Seaweed
- Dairy (especially cow's milk)
- Egg yolks
- Iodized salt (but sea salt is fine)
- Protein bars
- Peanuts, peanut butter, canola oil



Some acne-clearing foods we recommend include:

- Raw (not roasted) nuts and seeds,
- Almond or rice milk (no soy milk)
- Kombucha (fizzy drink with probiotics)
- Dried currants, cranberries or other dried fruits
- LOTS of fresh veggies and greens like kale and spinach

My Clear Skin Cookbook makes skin-safe eating easy. It includes 50 simple recipes, 2 one-week meal plans, shopping lists and other info that will let you eat foods you love and get the gorgeous skin you crave. [Learn more about it here.](#)

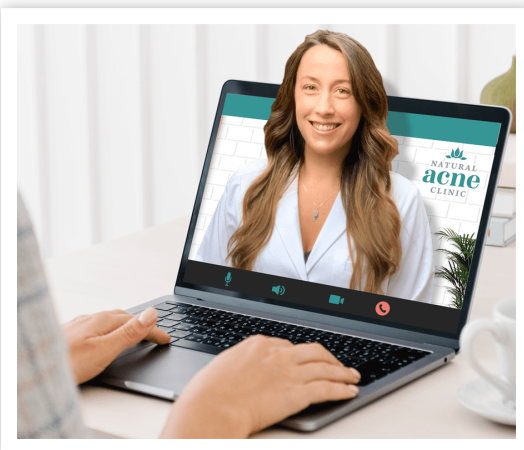
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4

GET A CLEAR SKIN COACH

Let's face it: a DIY approach to clearing your skin can be frustrating, confusing, and even heartbreaking. Sometimes you just want to talk to someone who understands you and your struggle —and that's where a **Clear Skin Coach** can help.

Since acne acts differently in different people, we make it a point to get to know you as a person -- Not just another patient who is given a cream and a pill and sent on their way.



Your coach is your personal Acne Specialist who will help you tackle your acne week by week. First, she creates a Treatment Plan that's tailored to your type of acne, the severity of your acne and any identified hormone or gut imbalances.

Next, she'll give you a skincare regimen, recommended supplements, and diet and lifestyle suggestions all customized for you. She also changes up your regimen as needed and gives you encouragement and support every step of the way.

We have found that regular sessions with an Acne Expert can make clearing your skin infinitely more successful, reassuring, and empowering. And the best way to get started is by **booking an Online Acne Consult**. It's a private, 60-minute video consult with one of our Clear Skin Coaches.

During your session, your coach will take a detailed look at your skin, your health, and your acne triggers. And you'll walk away with a road map to help you start getting clear.

An Online Acne Consult is the perfect way to learn more about Natural Acne Clinic and exactly how our approach can help you clear and control your acne once and for all. After you complete your Online Acne Consult, there's no obligation to go any further.

Sound good? **[Go here to book your session now.](#)**



JESSICA GREMLEY FOUNDER

Medical Esthetician, Certified Acne Specialist, and Healing Diet Coach

Jessica has 20 years of skincare and medical esthetics experience. She specializes in acne prone skin as well as anti-aging treatments.

WHAT PEOPLE ARE SAYING:

"Very happy to have come across this program where skincare experts guide me and coach me on an easy path to clear skin. They are truly wonderful people. It's been 3 months since I joined the program and my skin has cleared up tremendously with little to no active breakouts. I couldn't be more happier with my results. Much love for this clinic. THANK YOU. (Would rate 100 stars if I could!)" ★★★★★ -Jasmine Ortiz



[CLICK HERE FOR MORE TESTIMONIALS](#)

OUR BESTSELLERS



CLOVE HILL SKIN CLARITY

- Believe it or not, many supplements for acne actually trigger more acne. Skin clarity is guaranteed to not cause breakouts and will help dissolve acne at its root.
- Featuring Vitamin A, Zinc and Selenium, this formula addresses skin health internally, to promote a clear complexion
- An all-natural, gentler, and holistic alternative to acne medication which may have potent activity but may have significant side-effects



CLOVE HILL PROBIOTIC-10 FOR ACNE

- Quickly re-establishes good flora in the digestive system... a key to eradicating acne and digestive problems holistically
- Extensive research has been made on the Lactobacillus strand and its tremendous acne-clearing benefits
- Each 10 billion serving of live beneficial bacteria decreases inflammation and acne (promotes GI regularity too)



CLOVE HILL HORMONE BALANCING BUNDLE

Are you noticing new breakouts about 7-10 days before your period? Are your periods irregular or are you experiencing unbearable premenstrual symptoms? This is your solution. This bundle includes Clove Hill's Chaste Berry Vitex, Adrenal Stress Formula & SkinOmega-3 and is designed specifically for women who are suffering from hormonal breakouts. These three supplements combined are an effective natural hormonal acne treatment, making this a great first step towards healing vexing hormonal breakouts.