

# HOW TO CONTROL HORMONAL ACNE AND

## GET CLEAR ONCE AND FOR ALL



## A SPECIAL REPORT

by Jessica Gremley



IT'S HAPPENED AGAIN. An out-of-nowhere pimple on your chin. A glaring breakout on your nose. Painful red bumps under your skin. A horrible rash. Let's face it – nothing can ruin your day more than another new pimple. Especially when you try lotion after lotion, treatment after treatment, yet your skin doesn't really improve.

After a while, you're wondering if you will ever have the kind of healthy, glowing complexion you've always dreamed of. Acne is bad enough when you're a teenager. But sadly, many people still suffer with acne long after the teen years are over.

**SO WHAT'S THE  
REAL REASON  
WHY YOU  
CAN'T GET  
CLEAR, NO  
MATTER WHAT  
YOU DO?**



# FLUCTUATING HORMONES

## WREAK HAVOC WITH YOUR SKIN

You probably know that stress, pore-clogging ingredients, and certain foods can trigger acne. However the #1 trigger of stubborn acne is hormones.

Although hormonal acne is typically associated with changes during puberty, it can actually affect adults of any age. It's especially common in women.

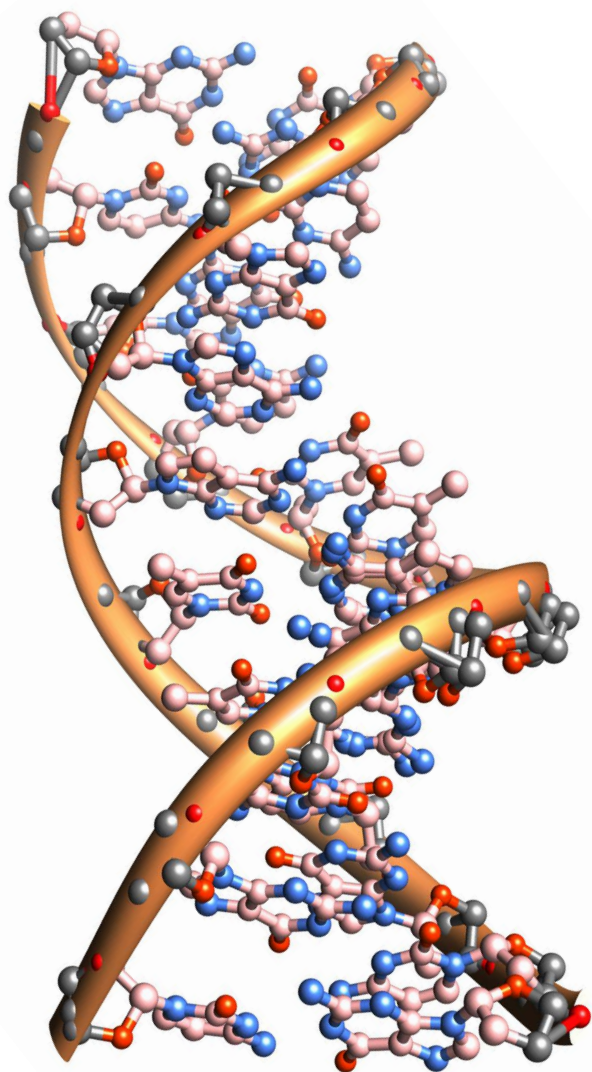
Hormonal acne is usually triggered by fluctuating hormones due to menstruation,

pregnancy, menopause or polycystic ovarian syndrome. It also can occur after stopping oral contraceptives. What's more, hormonal acne is usually genetic. If your parents had problem skin, chances are that you will, too.

For example, genetics may determine how well your immune system reacts to p. acnes, the skin bacteria that causes acne. Genetics also play a role in how easily your pores clog. That's why treating hormone balance alone is not effective for relieving stubborn acne.

# IT'S ALL ABOUT THE ANDROGENS

HORMONAL ACNE IS TRIGGERED BY INCREASING  
LEVELS OF HORMONES CALLED ANDROGENS.



Androgens are thought of as male hormones, but they're actually found in both men and women. They're produced by adrenal glands as well as the testes and ovaries. The most well-known androgens are testosterone and its breakdown product dihydrotestosterone (DHT).

What does this have to do with acne? Androgens have the ability to bind to oil glands in the skin, telling the oil gland to produce more sebum. This excess oil combines with dead skin cells, debris, and bacteria and causes pimples to form. You see the results with skin irritation, redness—and acne.

And while many practitioners find hormonal acne challenging to treat, Natural Acne Clinic has been able to help thousands of people with hormonal acne get clear and experience smooth healthy skin. First, let's take a look at what not to do.

# THE 5 BIGGEST MYTHS ABOUT HORMONAL ACNE

**MYTH 1:** If I balance my hormones, I'll clear my acne.

**FACT:** Acne is a skin condition - not a hormone condition! Yes, fluctuating hormones can trigger acne, and a healthy hormone balance can improve your skin. But treating acne requires a multi-prong approach.

To get totally clear, you have to also treat your skin, avoid foods that trigger acne, learn stress management and follow a nutritional regimen of skin-enhancing nutrients.



**MYTH 2:** You can cure hormonal acne with birth control pills.

**FACT:** Doctors often prescribe birth control pills, IUDs, implants, and shots as a means to control acne. But here's the problem: only high-estrogen birth control pills help acne. Everything else is an acne trigger!

Low-dose estrogen contraceptives tend to increase androgen levels. Think of it as a teeter-totter - as estrogen does down, androgen goes up. In addition, birth control is just suppressing the acne so as soon as you come off, the acne comes right back.

If you do need to take oral contraceptives, there are some that will not cause acne breakouts. Ask for doctor for contraceptives that are higher in estrogen and lower in androgen potency.

**MYTH 3:** If you Suffer with acne, stick to health food.

**FACT:** Multiple studies do show that eating healthy, organic foods are good for you and that diets high in sugar and fast food can make acne worse. However, such health foods as soy, tofu, spirulina, maca powder, “green” drinks and whey protein are all acne triggers. The smarter choices are foods such as fresh fruits, vegetables, lean meat, non-dairy milks and whole grains.

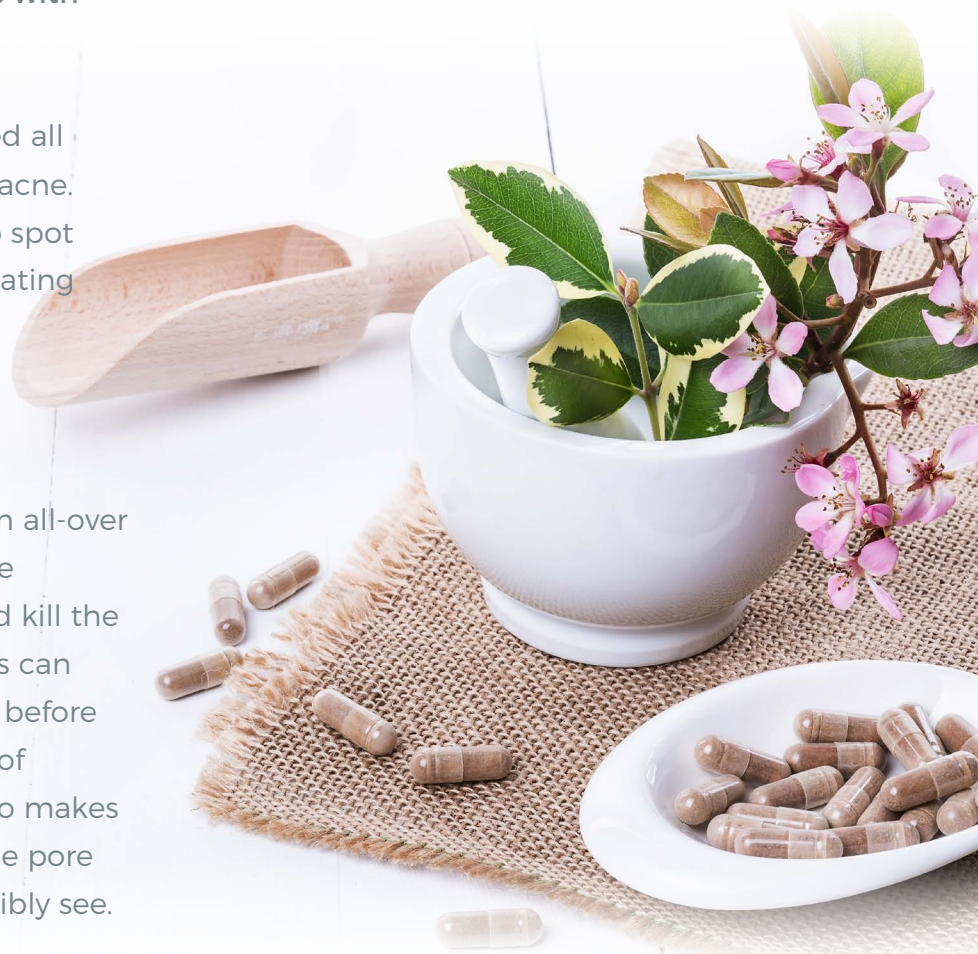
**MYTH 4:** You should spot treat zits with benzoyl peroxide.

**FACT:** Benzoyl peroxide is best used all over your skin as a way to prevent acne. When you use benzoyl peroxide to spot treat your breakouts, you’re not treating the microcomedones—the future acne lesions—that are starting to form underneath the skin.

Benzoyl peroxide is best used as an all-over treatment because it will penetrate through the surface of the skin and kill the microcomedone. Microcomedones can form under the skin up to 90 days before they surface, so a 90-day regimen of benzoyl peroxide recommended to makes sure everything is clear inside of the pore in addition to the acne you can visibly see.

**MYTH 5:** My Nutritionist or Naturopath recommended supplements to help balance my hormones, so that’s enough.

**FACT:** Nutritionists, Naturopaths and other natural health practitioners may set you in the right direction—but they are not acne specialists. They may actually be recommending supplements that could trigger even more breakouts! What’s more, these professionals don’t address the other important aspects for getting clear, such as pore clogging ingredients and skin care. That’s why you may see few, if any, results.





# WHY TRADITIONAL APPROACHES TO GETTING CLEAR SIMPLY DO NOT WORK

If you've tried various over-the-counter lotions and serums to treat your acne—but didn't really notice much improvement—it's not your fault. Over the counter remedies are usually not successful with hormonal acne. That's because hormonal acne typically takes the form of cystic bumps. These bumps form deep under the skin and are out of reach of most lotions and serums.

## GETTING CLEAR TAKES A COMPREHENSIVE, WHOLE-BODY APPROACH

The best way to treat hormonal acne is take a comprehensive, whole-body approach. In other words, you have to treat your acne from the inside out as well as the outside-in, and avoid certain triggers that can make acne worse. These include:

**Soy, meat, and whey protein powder.** These foods alter hormones because they contain hormones. Dairy – especially cow's milk – can cause acne because of its high levels of iodine.

**Stress** fuels acne because activates the adrenal glands to produce extra androgen hormones. As we've seen, androgens cause your oil glands to produce more oil—which leads to acne.

**Digestive problems.** Did you know that the health of your intestinal tract is linked to the health of your skin? Poor gut health not only causes digestive problems, it also increases inflammation. The more inflammation in your body the worse your acne becomes.

But here's the good news: you can get clear, no matter how stubborn your hormonal acne and no matter how long you've been suffering. One way to get clear permanently is with Acne Clinic's Online Acne Program. We have a 95% success rate helping thousands of people get clear from the comfort of their own home.

THE PROGRAM STARTS WITH A 60-MINUTE 360 COMPLEXION ANALYSIS WITH ONE OF OUR EXPERT CLEAR SKIN COACHES, AND WE'LL HELP YOU GET CLEAR TOGETHER.

**YOU CAN BOOK YOUR CALL HERE ►**

## CLEAR YOUR ACNE FROM THE INSIDE OUT





# 3 “GOOD FOR YOU” NUTRIENTS THAT ARE MAKING YOUR ACNE WORSE

## WHY YOU SHOULD DITCH THE MULTIVITAMINS

You’ve probably been told that taking a multivitamin is great for your health. And for most people, that’s great advice. However, if you suffer with hard-to-treat hormonal acne, these supplements contain specific nutrients that make your skin worse.

**Vitamin B12:** B12, also known as the energy vitamin, helps your body produce red blood cells. That’s why multivitamins contain high amounts of B12.

However, a study conducted at University of California Los Angeles shows that Vitamin B12 can disruption in the skin bacteria known as Propionibacterium acnes, which leads to skin inflammation and breakouts.<sup>1</sup>

**Iodine:** Multivitamins contain this essential mineral, which is beneficial for health and skin. Consuming too much iodine, however, can trigger acne.

If your multivitamin contains 150 mcg Recommended Daily Allowance (RDA) of Iodine, then you are consuming too much. If you consume any dairy products, seafood, seaweeds, soy products or “salty” foods, then you are already overdosing on iodine.

## HAIR, SKIN AND NAIL SUPPLEMENTS AREN’T YOUR FRIEND, EITHER

**Biotin, also known as Vitamin B7** is a popular nutrient found in Hair, Skin and Nail supplements—but it’s also of the worst offenders when it comes to triggering acne.

The reason is that an excess of Biotin causes an imbalance with Vitamin B5, another important skin vitamin. This imbalance triggers acne.

That’s why we recommend that you stop taking multivitamins and supplements that contain these three nutritional triggers – and stock up on these 5 skin-loving nutrients instead. They can go a long way to helping you become clear for good.

# 5 MUST-HAVE NUTRIENTS FOR CLEAR, SMOOTH SKIN

## Skin-loving nutrient 1: Vitex

Vitex, also known as agnus castus or Chasteberry, has been used for centuries as a “woman’s herb” to help relieve PMS, mood swings, and anxiety. We recommend Vitex because it promotes a healthy hormone balance – and that’s key to getting clear.

Vitex works with the pituitary and hypothalamus glands by increasing the production of luteinizing hormone and inhibiting the release of follicle stimulating hormone. This helps bring levels of estrogen, progesterone and testosterone back in to harmony faster than what your body could do on its own.

As we’ve seen, excess testosterone can cause breakouts. The faster your hormone levels get back into healthy balance, the healthier your skin can become. Natural Acne Clinic offers an **organic Vitex formula** specially designed for the treatment of hormonal acne.

## Skin Loving Nutrient 2: Vitamin A

Vitamin A is an antioxidant that helps shed dead skin cells. As a result it helps ensure your pores stay clear and free of excess cells that clog the pores and cause a breakout. Plus, the antioxidant benefits of Vitamin A act as a natural anti-inflammatory for the skin, reducing redness and swelling.

Since it’s difficult to get the therapeutic dose of vitamin A through diet alone, it’s best to take it in supplement form.



### Skin Loving Nutrient 3: Zinc

Zinc is an important part of every health regimen but it's particularly effective for treating inflamed acne and hormonal acne.

Research shows that zinc acts as a natural anti-bacterial and anti-inflammatory that protects against acne. One study shows that patients who started taking extra zinc saw fewer acne breakouts. Zinc is even more effective taken in combination with vitamin A and selenium.

We recommend **Clove Hill Skin Clarity** supplement, which contains clinical levels of Vitamin A, Zinc and Selenium.



### Skin Loving Nutrient 4: Omega 3 fish oil

Fish oil is rich in Omega 3 fatty acids, which act as a natural anti-inflammatory. Since inflammation is at the core of acne, taking fish oil with high levels of Omega 3's is one of the best things you can do for your skin.

Not only do the essential fatty acids in Omega 3 fish oil benefit skin by soothing your body's inflammatory response to excess sebum and bacteria, they also help reduce the action of PGE2 and LTB4 - two inflammatory chemicals that are responsible for acne breakouts. What's more, they help regulate the action of acne-causing hormones, such as testosterone and androgen.

In a 2-month clinical study of patients with skin problems, the group taking Omega 3 supplements daily experienced a "clear and significant improvement" in their skin compared to the placebo group.

Fish, avocados, and flax seed oil are fantastic resources of omega-3 fatty acids. You'll get even more benefits when you supplement with 2 grams (2,000 mg) of EPA omega-3's per day. **Clove Hill SkinOmega** is a high-quality supplement with high levels of Omega 3's.

# PROBIOTIC SUPPLEMENTS “FEED” YOUR SYSTEM THE GOOD BACTERIA IT’S MISSING.

## Skin Loving Nutrient 5: Probiotic

Did you know that the health of your intestinal tract is directly linked to the health of your skin? It’s true! If your gut is working properly, the rest of your body does too.

People often think of bacteria as being harmful, but that’s not true. Your digestive system contains billions of “friendly flora” that are crucial for your digestion and overall health.

These good bacteria help minimize inflammation and improve your overall digestion. However, many times bad bacteria start to grow out of control and crowd out the healthy bacteria. You feel it with bloating, constipation, a depressed immune system – and more acne breakouts.

People with acne are often prescribed antibiotic medications. While these certainly can be effective for clearing acne, antibiotics also kill off much of the good intestinal bacteria along with the harmful bacteria.

That’s why taking a probiotic supplement is one of the best things you can do if you suffer with hormonal acne.

A probiotic supplement that contains a mix of lactobacillus and Bifidobacterium can quickly re-establish healthy intestinal balance and eradicate acne and digestive problems. In fact, 2011 study<sup>4</sup> conducted at Korea University found that participants who drank a Lactobacillus-fermented dairy beverage reduced their total acne symptoms and decreased oil production by 40 percent over 12 weeks.





The most important factor when choosing a probiotic supplement is the number of organisms per serving. This number is indicated on labels by “CFU”, or colony-forming units. The higher the CFU, the more effective the supplement will be.

You should also look for a supplement that has a high number of different strains of bacteria. Each species of bacteria delivers different health benefits.. Using a supplement with multiple strains is especially important for replenishing your gut flora if you are taking antibiotics for your acne problems.

**Clove Hill Clear Skin Probiotic** is formulated with 8 different species of Lactobacillus and Bifidobacterium that are known to help relieve acne prone skin.

OUR COACHES CAN RECOMMEND A SUPPLEMENT PROGRAM THAT CAN HELP TREAT YOUR ACNE FROM THE INSIDE-OUT AND GET YOU WELL ON THE ROAD TO CLEAR, HEALTHY AND GLOWING SKIN.

**LEARN MORE WHEN YOU BOOK A 60-MINUTE Online Acne Consultation**

# TREATING ACNE IS SO MUCH MORE THAN SKIN DEEP

Most people think of treating acne with a lotion, cleanser or topical medication. Meanwhile, dermatologists use a one-size-fits-all approach of antibiotics and Accutane that you continue to take for years.

Little wonder why these approaches often don't deliver the results you want. They don't take into account the special needs of your skin. They don't address the diet and nutritional triggers that cause acne. And they do little to treat – and do little to treat the root cause of why you have acne in the first place!

The key to treating hormonal acne is by using a holistic approach that treats acne from the inside out and the outside in— and that's exactly what we do at Natural Acne Clinic.

**Natural Acne Clinic's Online Acne Program** helped thousands of people get clear from the comfort of their own home. Even clients who have suffered with acne for years now have smooth, healthy skin.

The program starts with a 60-minute **Online Acne Consultation** with one of our expert Clear Skin Coaches, and we'll help you get clear together. During this 60-minute session, our coaches will take a very detailed look at your skin, your diet, your health and your acne challenges.

Then, we will suggest a personalized regimen that sets you on your way to getting clear.

**BOOK MY ONLINE ACNE CONSULTATION** ►



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