

# Holistic ACNE GUIDE



Helping You Rediscover Your Confidence

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 AND 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 prescriptions 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.

## 3 CLEANSE YOUR LIVER OFTEN

The liver is the key organ for detoxifying excess hormones; it also breaks down estrogen and other hormones and regulates hormone balance. If heredity, diet and stress levels are throwing your hormones out of balance and thereby causing acne, then the liver must be cleansed and nourished it get the hormones back in balance. And of course, this should be followed up with a nutrient dense diet.

A liver cleanse is one of the best ways to detoxify the liver and

## 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. ***Pore clogging ingredient list here.***



it get back in proper working order. The best liver cleansing consists of whole foods, smoothies and salads, to help your body naturally detox. One would eliminate all meat, dairy, processed foods, alcohol, caffeine and oils. We do not recommend kits, pills or powders that claim to cleanse the liver when it can be done naturally with fruits, vegetables and whole foods.

***Learn more about the Clear Skin Cleanse.***

Drinking at least 1 gallon of water per day, coffee enemas, castor oil packs and herbs such as Milk Thistle are additional ways to cleanse the liver.



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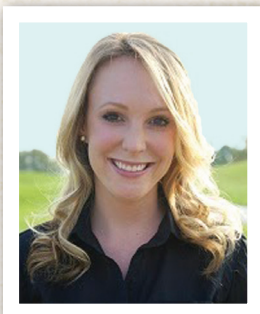
## A MINIMIZE EXPOSURE TO SYNTHETIC ESTROGENS

We are subject to many environmental estrogens, also called xenoestrogens or estrogen mimickers. These man-made chemicals act exactly like estrogen once in our body. Estrogen mimickers are found in plastics (ie takeout containers, coffee cups, prepared foods, etc), cosmetics, dairy products and meat products (particularly non-organic), detergents, pesticides, dry cleaning, feminine hygiene products, and more. It is nearly impossible to avoid estrogen mimickers in our environment, however, we can certainly make lifestyle changes that reduce the amount of exposure we have! A few simple changes that you can make today:

- Buy organic produce and avoid all pesticides, herbicides, and fungicides. Wash your food well to rid the pesticides. Bathe the washed food in a produce wash 20 minutes before eating.
- Drink distilled water and add in alkalinizing drops.
- Buy organic, hormone free, antibiotic free meats and dairy products.
- Do NOT consume cow's milk or soy milk. Alternatives includes: almond, coconut, hemp and rice milks.
- Replace all Tupperware/plastic storage containers and drinking bottles with BPA Free products. Use glass and ceramic whenever possible to store food.



- Do not microwave food in plastic containers, and especially avoid the use of plastic wrap to cover food for microwaving.
- If a plastic water container has heated up significantly, throw it away - do not drink the water either.
- Use chemical free laundry and dish detergents. Avoid fabric softener when not needed.
- Use organic body soaps and toothpastes. Avoid fluoride.
- Switch to a sulfate free shampoo. Especially important if you experience acne on the forehead, back, shoulders or chest.
- Avoid creams and cosmetics that have toxic chemicals and estrogenic ingredients such as parabens, sodium lauryl sulfates (found in most facial cleansers) and stearyl konium chloride. Cheap brands usually have more toxic ingredients.



### JESSICA GREMLEY FOUNDER

Medical Esthetician,  
Certified Acne Specialist and  
Healing Diets Coach

*Jessica has 10 years of skincare and medical esthetics experience. She specializes in acne prone skin as well as anti-aging treatments.*

**Click Here to Book Your COMPLIMENTARY  
15-minute Long Distance Consultation Now**

**Your On-line and Long Distance Resource for Clearing your Acne  
(720)340-2263 (ACNE)  
NaturalAcneClinic.com**

### WHAT PEOPLE ARE SAYING:

*"I cannot rave enough about how wonderful my experience was with Jessica Gremley. I love Jessica's approach that it is all about treating the skin from the inside out and thorough examination of diet. She really takes the time and helps come up with a regimen made just for you. If you are wanting something that will work and is worth the money look no further." ~ Lisa P., Tennessee*