

**HOW TO CLEAR YOUR ACNE  
IN 7 SIMPLE STEPS**




# **YOUR ACNE TREATMENT PLAN**

**clear skin**  
**CENTRAL**  
by Natural Acne Clinic



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Hi, I'm Jessi...

**A Medical Esthetician, Certified Acne Specialist & Healing Diets Practitioner with 17 years' experience. I'm a passionate advocate devoted to helping you feel and look your best, and be free at last with clear, healthy skin.**

Since 2001, me and my Clear Skin Coaches have helped thousands of women and men around the world—people just like you—get the smooth, beautiful skin they dream of. And we have a 95% Success Rate to prove it!

Doing this work, helping people finally shed the chains of their stubborn acne, even the MOST severe acne you can imagine—and emerge with fresh, glowing energy as uplifting as their clear and happy faces—has been the greatest gift of my life.

**And yet, please know, my own skin wasn't always clear and fresh. Far from it.**

For 16 years, I was plagued with acne. Like you, I tried everything under the sun to make my acne go away. Frantically reaching for new skincare products, supplements, topical meds. My medicine cabinet was an overstuffed graveyard of abandoned, half-used tubes and bottles of potions that did nothing or very little. Depressing evidence of my growing disappointment.

**I was so frustrated with the broken promises!**

When it comes to clearing acne, acne skincare brands promise the holy grail because the FDA doesn't regulate their claims. I kept falling for their assurances because I wanted to clear my skin so badly and get on with my life.

And not just me.

At that time, I'd been in the skincare industry for ten years and witnessed countless people suffering with acne despite their heroic (and expensive) efforts to get rid of it. There had to be something inherently wrong with the products and advice skincare companies and dermatologists were offering.

**That was why I was determined to find a REAL and LASTING solution to this problem. A natural way to clear skin long term and without harmful side effects.**

Through persistent investigation and experimentation, I did it! Combining my insider acne knowledge and devotion to natural healing methods, I unlocked the secret to eliminating acne for good.

And that's exactly what I'm about to share with you now.



Jessica Gremley  
Founder, Natural Acne Clinic  
Creator, Clear Skin Central





# WELCOME!



## We are so glad you are here!

Thank you for putting your trust in Clear Skin Central and Natural Acne Clinic and this guide to get you on the right Acne Treatment Plan for you and your skin.

We want to take a second to remind you that if at any time this information is too confusing, too overwhelming, or seems too impossible to start incorporating on your own, we are here for you! In fact, we would love to get to know you better and help you on your journey to clear skin.

Please feel free to schedule an **Online Acne Consult** with one of our Clear Skin Coaches and we can walk you through this guide and personally customize your acne treatment plan to get you on the fastest, easiest path to clear skin.

To better understand this guide let's start out by educating you on exactly what acne is and how it forms...

**WHAT IS ACNE, REALLY?** →





# WHAT IS ACNE, REALLY?



When it comes to the root cause of your acne, here's what you should know...

**Acne is a genetic condition called retention hyperkeratosis.**

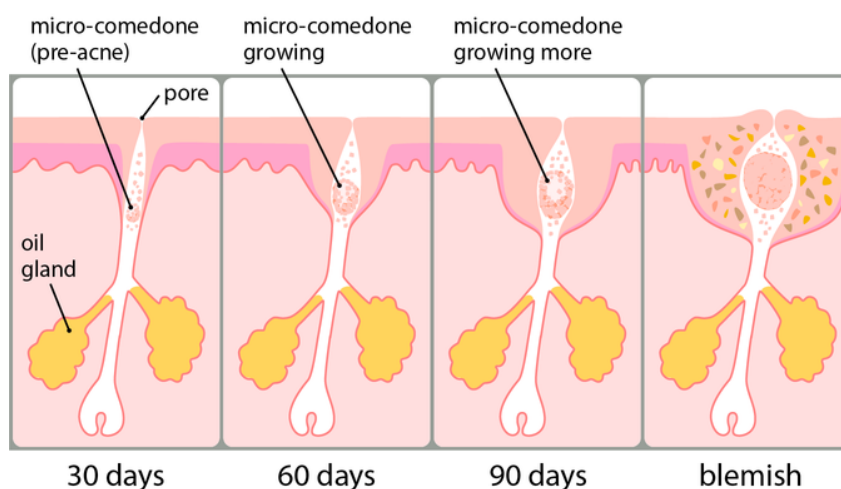
Let us explain.

**Every day a layer of dead skin cells is shed inside the pore.**

Ordinarily, these dead skin cells are pushed from behind by newer cells rising to the skin's surface, then flake off in a normal, healthy pore.

However, this continuous shedding process goes haywire in people with acne. **Acne-prone skin produces up to 5x more dead cells** than normal, and the **excess dead cells stay stuck on the skin's surface and clog your pores.**

The **resulting plug (known as a microcomedone)**, when **mixed with oil, forms a blackhead**. When **infected with bacteria, it forms a blemish**. This process typically takes about 90 days to form and show up on the surface of your skin.









# HOW IS NATURAL ACNE CLINIC DIFFERENT?

Now that we have got the basics of what acne is down, hopefully you can understand why a “one size fits all” approach to clear skin doesn’t work out that well.

The truth is, if there was only one specific thing that triggered your acne it would be a lot easier to clear!

But acne manifests itself in many different ways. That’s why at Natural Acne Clinic, we take a comprehensive, whole-body approach to clearing your skin.

We consider your diet, lifestyle, stress levels, skincare, and even your digestive health.

We want to get to know you as a person, not just as another client who just needs a cream and a pill.

With this in mind, let’s get into the steps to a successful acne treatment plan!

**STEPS TO A SUCCESSFUL ACNE TREATMENT PLAN** —>

## STEP 1

# BALANCE YOUR HORMONES

Hormonal acne is caused by androgen hormones. Androgens are considered “male hormones”, but they are present in women, too. The most common androgens are testosterone and its breakdown product dihydrotestosterone (DHT).

Androgens 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.

One way to reduce hormonal acne is by eating a lot of fresh foods and vegetables and avoiding foods like cow’s milk and soy.

We like to naturally balance hormones with the use of herbs like **Clove Hill Chaste Berry Vitex** or **Clove Hill Saw Palmetto** depending on what specific hormone imbalances we see in each individual.

Book Your **Online Acne Consultation** To Discover Which Hormonal Acne Supplements Are Right For You

**DECREASES THE UPTAKE OF TESTOSTERONE**



**BALANCES ESTROGEN AND PROGESTERONE**





## STEP 2 REDUCE EXCESS STRESS



It probably comes as no surprise that stress is a common acne trigger. There is a lot of research showing a direct relationship between stress and the health of your skin.

So why does stress make you break out?

The reason is very similar to the hormonal link we just discussed, stress activates the adrenal glands to produce extra androgen hormones, like testosterone. And as we've seen, higher levels of androgens put oil production into overdrive. This additional oil combines with the bacteria in your skin to clog pores—and voila! A pimple forms.

Plus, when you are under a lot of stress your adrenal glands start releasing high amounts of cortisol, a stress hormone that is also acne triggering. If you get new breakouts 24-48 hours after a high-stress event – such as problems at work or school, moving, or emotional distress – stress is probably your main acne trigger.

We like to use our **Clove Hill Adrenal Stress Formula** to help the adrenal glands cope with stress and the effect it has on our skin.

## STEP 3

# RESTORE YOUR GUT



Did you know that the health of your intestinal tract is linked to the health of your skin?

That's because a gut imbalance allows toxins to pass into your bloodstream. Toxins that harm and clog your skin.

Poor gut health not only causes digestive problems, but it also increases inflammation. The more inflammation in your body, the worse your acne becomes.

If you regularly have constipation, bloating or other digestive issues, chances are you have a gut imbalance.

Most individuals will benefit from a probiotic like the **Clove Hill Probiotic-10** to help restore the good bacteria in our guts and clear the skin. For more severe gut imbalances we recommend our **Clove Hill Bowel Rejuvenator/Vitalizer** herb series.





## STEP 4

# MINIMIZE ACNE TRIGGERING FOODS

In general, the diet is very important when clearing acne. The foods that are most important to minimize are cows dairy, seafood, canola and corn oils, whey protein, soy products, green drinks (with algae or seaweeds), egg yolks, peanuts and peanut butter and last but not least salt/iodine.

A few basic diet suggestions are to incorporate more raw (not roasted) nuts and seeds, almond or rice milk (no soy milk), green smoothies (no seaweeds just fresh kale, spinach, etc), Larabars, sprouted bread and bagels (in freezer section), quinoa pasta, fermented foods, kombucha (fizzy drink with probiotics), organic veggie or black bean burgers, whole grains, LOTS of vegetables and fruit, salads with a variety of greens, herbs, vegetables, spices, nuts and dried fruit such as currants or cranberries. A large salad with every dinner is a great habit to get into.

With our Online Acne Program, our Clear Skin Coaches help each client discover what their true food sensitivities are, educate them on how to moderate these foods and give suggestions on delicious food substitutions so that you don't miss out on your favorites!

**GET A CUSTOMIZED DIET PLAN TO HEAL YOUR ACNE**

**SCHEDULE AN  
ONLINE ACNE CONSULT!**

## STEP 5

# ELIMINATE PORE CLOGGING INGREDIENTS

While you may be tempted to purchase items on high street shops or in drugstores which claim to 'treat' acne, we'd always recommend checking the ingredients on the packaging before purchasing.

Even if the bottle says 'won't clog pores' or 'non-comedogenic', it doesn't mean that it is necessarily true.

No government agency regulates this, so skincare companies can claim their products clear acne prone skin but still have pore cloggers in their ingredient deck.

Keep in mind when checking for pore clogging ingredients that we need to check more than just our skincare bottles. We also need to check anything else that comes in contact with our skin like; makeup, haircare and even laundry detergent that we use on our pillowcases, sheets, towels, and clothing!

Get a list of proven pore clogging ingredients [here](#).







## STEP 6 PROPER SKINCARE FOR YOUR ACNE TYPE

By now we should have it pretty much ingrained in our brains that when it comes to acne one size definitely does not fit all. Not only does each individual have their own primary triggers that affect their skin, but they also have an entirely different acne type as others.

You need the right products specific for your type of acne. There are two types of acne: inflamed (pustules, nodules, cysts) and non-inflamed (comedones, blackheads, and whiteheads). The types of products and specific ingredients that work for inflamed acne do not necessarily work for non-inflamed acne. Just like a carpenter needs the right tools to build a house, your skin needs the right ingredients to get clear.

With our Online Acne Consult our Clear Skin Coaches look closely at photos of your skin while discussing every piece of information they need to know about you in order to customize a skin care regimen that will give you results without harming your skin.



**BOOK YOUR  
ONLINE ACNE CONSULT**

**PEEK AT CUSTOM ACNE REGIMENS** →

## STEP 6

# PROPER SKINCARE FOR YOUR ACNE TYPE

Here are just two examples of a customized skincare regimen to show you how different they can look, keep in mind that with our program we use the Face Reality Skincare line as well as our custom line Clove Hill which are both guaranteed to not clog pores...

### INFLAMED ACNE REGIMEN

#### MORNING

Acne Wash  
Mandelic Serum 8%  
Balancing Lotion  
Daily SPF

#### EVENING

Acne Wash  
Acne Med 5%  
Balancing Lotion

### NON-INFLAMED ACNE REGIMEN

#### MORNING

Mandelic Scrub  
Vitamin A Serum  
Balancing Lotion  
Daily SPF

#### EVENING

Mandelic Scrub  
Acne Med 5%  
Balancing Lotion

## STEP 7

# CHALLENGE

## YOUR SKIN

Did you know that your skin adapts to ANY skincare regimen within 2 to 3 weeks?

Have you ever noticed that acne creams, antibiotics and other prescriptions you take seem great for a while, then stop working? It's not you, you didn't do anything wrong. It's just that your skin has adjusted and become 'tolerant' to the product.



It's a good idea to change up your skincare routine every once in a while. Every 2-3 weeks your skin adapts to your current routine and stops responding, aka clearing!

You do this by either using increased concentrations of your existing acne products, varying the usage frequency or even introducing new products altogether.

No, this does not mean you need to buy all new products every 2-3 weeks. The changes can be simple and still effective. The main key is to challenge the skin throughout the 90 day cycle of retention hyperkeratosis to dissolve all of the dead skin cells that have built up in the pore. Once you are clear you can stick with a reduced, simple regimen to keep the dead skin cells from building up again. No need to continue challenging once you've hit your clear skin goal.

Our Clear Skin Coaches are trained to make the right changes to a skin care regimen in order to challenge the skin and effectively clear acne. In our Online Acne Program clients check in with their Acne Coach every two weeks where they adjust regimens for the client.



# WHY WORK WITH A CLEAR SKIN COACH?

So...you have set your goal to get clear, radiant and healthy skin. You now know the right steps to a successful acne treatment plan. You can get out there and start making some simple changes to get on the right path to clear skin.

But what comes next? How do I know this will work for me? What if I need more help?

**SCHEDULE AN  
ONLINE ACNE CONSULT!**

Scheduling an Online Acne Consult with one of our Clear Skin Coaches will set you up to be even closer to your clear skin goal. Why DIY it when you can have proven success and an exact roadmap customized by an expert on how to get there.

You don't have to do the hard work of guessing or researching if a product is right for you, if hormones are actually your trigger or where you can buy acne fighting products.

All you have to do is schedule and complete your Online Acne Consult, receive your customized acne treatment plan, wait for your products to be delivered to your door, meet with your Acne Coach every 2 weeks and then before you know it...you are FINALLY clear in 4 months or less.



# TREAT YOURSELF TO CLEAR SKIN



Wensie J., Henderson, CO  
Natural Acne Clinic Client  
Clear Since 2016

400+ 5 Star Reviews



AS SEEN ON



Emily T., Simsbury, CT  
Natural Acne Clinic Client  
Clear Since 2020

**BOOK NOW**