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Do you know someone who might benefit from this book? Please share this with them. Going through this program together with a friend can make a big difference to your success.

That way you always have someone to help and motivate you when the going gets tough. You also get positive reinforcement when you watch each other getting clear.

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## Introduction

Does this sound familiar?

I was sitting on a coffee shop with this one cure girl that I had met few days back. We were on our first date.

When we had met at a club things were going fine; we were laughing, flirting and generally having a blast. She was cute, smart, funny etc. I was thinking that there could be something here.

As we were sitting in that coffee shop things were not so good.

Every time I tried to relax and have fun, the ugly, red pimple on my left cheek felt like a giant beacon shouting 'Look at me', 'I'm here'. I was thinking that 'Did I hide it well enough', 'Oh, I hope she doesn't see it', 'she's gonna run away so quickly if she sees it'.

My leg kept bumping up and down. It was like it has a life of itself. I had to really focus and force it to be still. While I was calming my leg my fingers kept fidgeting with the coffee cup. Every time I focused on something I had to let some other part 'go free'. If you have ever tried to stop a shaky house of card from falling apart you know what it was like.

The funny and confident guy she had met few days earlier was replaced by this nervous, self-conscious, fidgeting hmmm.... nerd who had never had a date before.

Needles to say, that thing didn't turn out to be the most fantastic romance in my life.

She excused herself pretty quickly, and I never heard from her again.

End of that sad story. Bu-huu me : )

Let me level with you.

Acne can be a very frustrating thing to have in your life. It's like a constant roller coaster ride of emotions.

You hear about some new acne cure and get your hopes up. Can't wait to get your hands on it and try it out. The next morning your rush to the bathroom and check yourself from the mirror.

The pimples are definitely getting smaller.

It's working!

After few weeks or a month your morning wakeup is not so gentle. The red spots on your face are a cruel indicator that your battle against acne is far from over.

Things are getting back to normal.

How many times have you repeated that pattern? How many different acne products you have used? How many bottles of lotion you have applied on your face? How many pills have you popped? How many times have your tried 'the miracle drug' Accutane?

Can you see a pattern repeating over and over again?

You are definitely not alone in your struggle. Acne related message boards and forums are full of people desperately looking for information on how to cure their acne. You can see the roller coaster ride there also.

Somebody says that they have found something that works and other immediately jump to it. Little bit later you start seeing posts saying that the cure didn't work for someone or that its effect is fading away.

If you are going through this I really don't envy you.

It's a sad situation to be in.

Things don't have to be that way. You do have a choice. You can put an end to it now - once and for all.

You can choose to keep on doing what you have been doing and getting what you have always been getting. Or you can choose to take on open minded attitude and accept that things are not working. You can choose to accept that you have to do something differently. You can choose to accept that perhaps there is something that you don't know about acne and listen to people who actually have cured their acne.

Often we are so blinded by our current ways of thinking that we become completely blind to different ideas. Sometimes our egos get into our way. We tend to think that we know everything there is to know about something, we know how it should be done.

Can you honestly say that your beliefs and knowledge of acne, what's the cause of it and how to treat it are not getting in your way? Can you honestly say that your beliefs about acne are serving you?

For an honest answer you only have to look at the results you are getting.

Here's a quote from Benjamin Franklin:

*The definition of insanity is doing the same thing over and over and expecting different results.*

Like I said - you do have a choice.

This book is not really about a single method for curing acne. In this book I'm trying to tell you what my beliefs are about acne, what's the cause of it and how it can be cured. I'm not saying that my version is the ultimate truth, but it works for me, other people with similar beliefs have also gotten fantastic results.

After reading this book you should have a good idea of what causes acne and what you can do to cure it and keep it away.

My ultimate goal for this book is to free you from frustration and desperation. So that you no longer feel that acne is some huge monster that you can't do anything about. So that you know exactly what you can do to get rid of acne, and you know what you can do to keep acne away.

Even though I'm recommending some methods you can use to cure acne and I'm telling you what I'm doing, this book is not about a single 'one size fits all' method for curing acne. Ultimately I would like to give you enough understanding that you know which methods and treatments work for you and which ones are just waste of time and money.

Like the old saying goes:

*Give a man a fish, feed him for a day;  
Teach a man to fish, and you have fed him for a lifetime*

## What causes acne?

I think that the prevalence of acne is largely due to misunderstanding of the real cause of acne. It is really unfortunate that the mainstream dermatologist and medical community has become obsessed with eliminating bacteria, reducing sebum production and keeping your skin pores open.

Please don't get me wrong, I don't claim to know the exact cause of acne. I believe that the exact mechanism varies from person to person. However, through research and personal experience I have realised that certain conditions in your body make it more susceptible to acne.

Whether I'm 100% correct with this - I don't know. But using treatments that address these conditions in my body has cured my acne amazingly fast. It has also worked for other people using this or similar treatments.

### HELP YOUR FRIENDS!

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That way you always have someone to help and motivate you when the going gets tough. You also get positive reinforcement when you watch each other getting clear.



## ***Gut flora***

So what exactly is happening inside your body that is causing acne? For that we have to explore what's happening in your gastrointestinal (GI) track (i.e. food digestion mechanism).

At any given point your body contains about 10 times more bacteria than you have cells.

Now this is completely normal. You live in symbiosis with those bacteria and they perform many vital functions in your body. In fact you wouldn't be able to survive without bacteria in your body.

We can crudely divide these bacteria into two categories:

- Probiotic or beneficial bacteria (i.e. the good guys)
- Pathological or harmful bacteria (i.e. the bad guys)

Healthy human GI track contains around 85% beneficial and 15% pathological bacteria. This is when things are working fine and you are healthy and vibrant.

Still with me?

## ***Digestion and acne***

OK, let's set bacteria aside for a while and take a look at how food is digested.

Digestion is unbelievably complicate process, and I doubt that anybody understands it perfectly. However there are few simple basic truths that help us.

First of all, complete digestion requires the help of multiple enzymes. Some of these enzymes are manufactured in your body, some we have to get from the food we eat.

Secondly these enzymes are very delicate and are completely destroyed by processing and/or cooking.

Thirdly these enzymes are activated only under certain conditions (in most cases they require certain pH-value).

Finally your body can not use food that is not completely digested. Partially digested food passed through your GI track but it can't be utilised by your body.

Undigested food passes through your stomach and small intestine to your colon. Your colon is like a waste management station. Whatever food has not been digested in your stomach and small intestine is handled in your colon. Your colon absorbs what nutrients it can from food passing through. Rest gets dehydrated, compressed to faeces and expelled through rectum.

Now your colon walls are lined with protective mucus that prevents harmful bacteria and toxins in your colon from entering your blood stream. In healthy colon this mucus is mainly colonised by beneficial bacteria, but it also contains harmful bacteria.

### **Undigested food creates an imbalance in gut flora**

Harmful bacteria feast on undigested food in your colon. Undigested food putrefies and ferments in your colon. This putrefaction creates many toxins as by product.

It's much like what happens in the garbage bin in your kitchen. Leftover food and trash starts to rot and before you know it stinks like hell.

The only difference is that your colon has much more bacteria than your garbage bin has. Your colon is also warm and humid, which makes it an ideal environment for bacteria to thrive.

If this would happen only once in a while the beneficial bacteria in your colon would be able to keep the harmful bacteria at bay and repair the damage toxins have caused.

However, if this onslaught is an everyday event continuing week, months and even years it has dangerous consequences.

With abundant food and fertile environment harmful bacteria in your gut multiplies in number and gain larger and larger foothold in your colon.

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