

# Acne No More™

*The Secrets To Curing  
Your **Acne** Holistically*



**A Unique Step By Step Holistic Acne  
System Guaranteed To Eliminate  
Your Acne From The Inside Out  
Giving You Lasting Clear Skin**

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# Chapter 1—Introduction

## Welcome

Hello, fellow acne sufferer, and welcome to the life-changing system that will permanently cure your acne and give you the lasting acne-free skin you deserve—the Acne No More™ System.

No matter how your acne condition manifests itself, the methods contained within the Acne No More™ System are the only practical answer. These methods are the only way that you will completely rid yourself of all types of acne, in all levels of severity, in the same way that many other people have.

I just want to assure you that you made the right decision when you ordered the Acne No More™ System package. Regardless of what dermatologists or other western medicine followers may have told you, acne can be cured, naturally and permanently. Yes, you can do it!

My only goal in writing this book was to help you reach your goal—to eliminate your acne permanently and clear up all your confusion about the steps you are required to take to achieve that goal. If this book helps you succeed in eliminating your acne, then this book is a success with or without the accolades.

By following the Acne No More™ System, the vicious and destructive cycle of drugs, creams, over-the-counters and futile costs is stopped. Now is the time to exercise your natural right and open the door to an acne-free life.

## Ten Facts About The Acne No More™ System

Before we get into the heart of the program where I reveal my personal story, let me share with you the ten reasons as to why this system might just be the most powerful acne system ever developed.

### **1. Acne No More™ provides you with a tested step-by-step plan to success.**

It is a fact that no other acne system will provide you with the exact steps you need to follow in order to be acne free. Most acne programs will merely give you vague guidelines as to what needs to be done. With the Acne No More™ System you get all the specifics. You are told exactly what to do, exactly how to do it, exactly when to do it and why.

### **2. Acne No More™ was written by a real acne sufferer.**

This program was not written by some science geek who never had acne in his life. Instead, it was written with the blood and sweat of a real person who suffered from the disease for more than 13 years and is the result of thousands of dollars spent on trial and error and 4 years of extensive research.

### **3. Acne No More™ is based on real world results.**

This system is based on real world results, not textbooks or classroom lectures. Thousands of acne sufferers, including the author himself, have already cured themselves completely using the same principles contained in this program.

### **4. Acne No More™ is truthful and unbiased.**

I have devoted the last 7 years of my life to helping acne sufferers win the war against deceptive advertising, false claims and other marketing scams in the acne industry. The Acne No More™ program is straightforward, providing you with the facts of how to eliminate acne, with honesty and integrity. I have never been involved with any skin care, beauty or supplement magazine, and I will never try to sell you an “all natural” acne cure package.

**5. Acne No More™ is not just about cosmetic improvement; it is about your health and inner balance.**

Clearing acne from the root can never be achieved as long as your body is in a state of imbalance. Acne is not a cosmetic problem, no matter what your doctor tells you. It is not about clearing the skin. It is about taking responsibility over your body and about restoring it back into a state of balance where *no* disease can exist, not only acne.

**6. Acne No More™ is not just a special nutrition program.**

It merges nutrition with a comprehensive cleansing program and plans to rebuild your organs of elimination, dietary, mental and lifestyle, and offers plans aimed at regulating your hormonal activity and unique skin care protocols. In short, it is the perfect holistic acne solution.

**7. Acne No More™ does not confuse skin care with an acne cure.**

Taking care of your acne externally and fixing the root cause of your acne are completely different things. Yes, skin care for acne-prone skin is obligatory if you have acne because you have to maintain a balanced pH level (more on that later), prevent infection, tighten the pores, remove blackheads and prevent the formation of a certain substance that encourages acne. The Acne No More™ System handles all these issues using unique daily skincare protocols. However, in order to permanently cure acne, you must neutralize the “acne environment” (more on that later). The Acne No More™ System ensures this acne environment will cease to exist in your body.

**8. Acne No More™ is not a temporary quick fix.**

It offers a permanent solution and one that you can maintain as a lifestyle. The whole concept of curing acne by killing the acne bacteria is flawed. The whole concept of curing acne using various skin treatments is also flawed. When you say that you are going to clear your skin, the implication is that it is temporary and that at some point (when your acne is cleared) you will continue with your bad nutritional and destructive lifestyle habits. That line of thought gave birth to many gimmicks exploited by hungry marketers such as “acne free in x days,” “x days to free skin or your money back.” The truth is that the only way you’ll ever get rid of your acne permanently is to adopt new habits and keep them. It may feel a bit uncomfortable in the beginning, but it

will soon become entrenched into your daily routine and become easy, natural and even enjoyable.

### **9. Acne No More™ is simple.**

With the information overload provided by the Internet, it is only natural that you will feel overwhelmed by conflicting theories and mind-boggling misinformation. My goal in creating this program was to clear up the confusion and make the process as simple as possible. The simpler the strategies are, the easier you will find them to apply, and the better your results will be.

### **10. Acne No More™ offers 24-hour FREE e-mail counseling.**

The Acne No More™ System is the only acne program that comes with an exclusive 24-hour quality counseling service. I challenge you to find similar offers on the Internet. The Acne No More™ System is the perfect solution for acne, but the real value of the program comes from the personal guidance and support that I offer my customers. I am devoted to your success, and I will do anything in my power and in my knowledge to enable you to eliminate your acne in the least amount of time in a way that suits your individual needs and personal limitations. Most of my customers who chose to exploit this exclusive offer are in constant daily correspondence with me. It takes time and energy to answer all those e-mails on a daily basis; that is why I chose to provide this service only to people who bought the program. If you ordered the Acne No More™ System, I urge you to use this service too. I would love to hear from you.

## My Story

My name is Mike Walden, and I suffered from severe acne for more than 13 years. Being a former acne sufferer and experiencing acne in such an intense way gives me the special privilege to tell you personally that I truly and deeply understand the situation you are in today, and I honestly feel your pain.

Much like you, I have also gone through all the hopelessness, frustration, embarrassment, pain and even guilt that every acne sufferer experiences on a daily basis.

The type of acne I have suffered from was a severe form of acne vulgaris. When it was at its worst my cheeks were covered with large painful nodules, which are hard bumps that lie under the skin surface. I had cysts on my neck, on the sides of my nose and several more spread unevenly on the top of my back. People who have not had these nasty huge bumps under their skin can ever understand how physically painful that can be, not to say how emotionally and mentally discouraging.

I was consistently prone to unpredictable breakouts, which had a deep psychological effect on my life. For as long as I can remember, because of my acne condition, I never had what you could call a "normal" childhood. Through most of my youth I was consistently bullied for being different than other children.

I spent most of my teenage and post-teenage life staying at home. I avoided social encounters, and I was always ready for the cynical remark or the rude stare I would receive as I stood in line to buy groceries at the supermarket.

I had only a couple of good friends, who were supportive and understanding, wise and sensitive enough to see who I was beyond the layer of my skin. They were encouraging, but that encouragement didn't help my already destroyed self-image and ever-growing insecurity.

I have taken every prescription, drug, ointment or acne lotion known to Western medicine. I have been on tetracycline, doxycycline and minocycline, have taken extra vitamin B-5, been on Accutane, Zenmed, Proactive, applied benzoyl peroxide, used AHA cleansers and used more prescription medications and over-the-counters than I can remember.



Later I'll share my experiences with conventional medicine in more detail, but for now let's just say that it has not been pretty. Not only did it drained my pockets (conventional acne treatment can add up to significant sums of money), but I also experienced a great deal of frustration and disappointment from witnessing short-term or little to no results at all. In some cases my acne was even aggravated significantly.

When Western medicine failed to help me, I tried different kinds of diets, various types of nutritional approaches, homeopathic therapies, light therapies and even hypnosis. Some of these methods did have a positive effect on my acne, but again, it was only for a short time. Unfortunately, nothing dramatic happened, and it appeared that my acne was here to stay.

There were many times when I honestly felt I would never get rid of it. I began to believe that my acne was an essential part of my life like the color of my eyes or my height. But deep inside I knew I could never accept it—that giving up was not an option and that acne is in fact a disease that should not be accepted as a natural part of living. I knew there must be a cure -- only I had not found it yet.

It was only obvious that something had to be done.

### **The Old Man On The Hill**

It was when I was on one of my trips overseas visiting my friends in Israel that I first heard of the 84-year-old man, who I now think of as the man who gave me my life back. The man's name was Elisha Levi, and I first heard him speak on a late night radio talk show. As I recall, he was speaking of the miracles of holistic approaches to healing and of their powerful impact on the human body. Elisha spoke in length, getting into many specifics including his own personal experience as a man suffering from severe skin diseases and digestive disorders. He also claimed that he had completely cured himself from all these afflictions simply by maintaining and incorporating the right combination of natural methods into his daily routines.

Obviously, I was intrigued, and I consider it pure fate that on my last night in Israel I heard Elisha Levi again, but this time he was on TV. It was a late night

broadcast on natural approaches to health and well-being. Seeing 84-year-old Elisha on that show was a real shocker. He was a tall, handsome man with an upright posture and hardly any wrinkles on his face. He was well-built, wore no eyeglasses, spoke fluently and appeared to have a clear mind and very sharp senses. He was living in a house at the northern part of Israel located at the top of a hill.

**“Acne is a warning sign of a major imbalance in your system.”**

Once again, Elisha spoke with great enthusiasm about the miracles of holistic methods, emphasizing that the real secret to curing almost any disease, acne in particular, is applying a certain combination of these methods in a specific order. Elisha claimed he had practiced these methods for decades, and this was the reason why he hadn't experienced any illness symptoms for the last 35 years. He also said he was jogging 5 miles each morning and working in his organic garden for approximately 10 hours a day.

As I recall, there were two intriguing sentences he repeated over and over when he spoke about acne. They went something like this: “Acne is a warning sign of a major imbalance in your system,” and “Acne is a message from your body that something is wrong inside.”

At the end of the interview, Elisha was asked what his plans were for the future. He smiled and then whispered, "I have lots of plans, but basically I intend to live forever."

The short, overwhelming interview with Elisha -- the inspiring old man who spoke with such passion and looked so young and vital -- and the two disturbing sentences he repeated over and over again were the major trigger for my long and fruitful quest for a lasting acne cure.

### **Success Is Yours**

I am 33 years old and I have been acne-free for over seven years now. I realized my dreams. I'm married to a beautiful woman and have two lovely sons who are my life. My skin is practically perfect, and I lead a full, rich and normal life.

A significant number of individuals who have either read this book or are associated with me and have implemented the methods outlined in the book

are living proof that acne can be banished. They are the living proof that getting rid of acne, even highly severe cases of acne, is not science fiction. It doesn't have to cost thousands of dollars, and it doesn't have to involve swallowing enormous amounts of pills or vitamins or spend unrealistic amounts of dollars on all sorts of lotions and ointments, which only mask the symptoms. Acne is in fact a disease, a very tormenting and horrible disease—but not an untreatable or uncontrollable one.

The treatment offered in this book is the result of more than four years of intensive holistic research and is based on my own personal experience as well as that of many readers who kindly volunteered to give their own feedback and comments. Getting rid of acne and clearing your skin is something that can be naturally achieved. It can be accomplished, but like anything worthwhile, it requires dedication, persistence and patience.

My personal research yielded the Acne No More™ System, which is at the heart of this book. If there was one important thing that I learned in regards to acne, it is that it cannot be cured using a single-dimension protocol. A long-term solution for acne has to be a certain combination of steps that together lead to its elimination and ultimate prevention.

The Acne No More™ System is simple to comprehend and may consist of several methods and approaches you may have heard of before, but the key lies in how to conduct each step and in the right order and combination of steps. The program is simple, yet revolutionary. Often, great things come in simple forms.

This program works. I know this for a fact as I live by it, and the results speak for themselves. I haven't yet met the person who followed the Acne No More™ System without experiencing a remarkable change in his or her acne condition. Moreover, many report a dramatic, positive impact over their mental and emotional well-being. I sincerely encourage you to become one of those people. I invite you to give my method a chance so that I can offer you a better life -- an acne-free life.

## How to Get the Most From the Book

This book offers a comprehensive natural approach to the treatment of acne. It is aimed at you, my fellow acne sufferer -- you who are fed up with conventional treatments and their horrible side effects, you who are willing to try a natural, long-term and practical way to get rid of acne.

This book is aimed at people with all types of acne of all levels of severity. It is aimed at individuals with different types of skin, different acne conditions or at people who only wish to improve the appearance of their skin and to look and feel younger and more vibrant.

This book will take you on a voyage that leads to acne-free skin through a holistic approach by treating the body as a whole, having it cleansed from the inside, helping it return to normal levels of functionality, thus allowing the skin to heal itself from the inside out.

I truly believe this book will change your life. If you are reading these lines, you are truly blessed beyond belief.

By following the Acne No More™ System to the letter, you will be able to achieve more than just healthy looking skin—clear from spots and pustules. You will feel younger, healthier and vibrant. You will be able to overcome many illnesses and dysfunctions you may have had before the treatment such as constipation, obesity, rashes and Candida. You will achieve all that without the horrible side effects. The Acne No More™ System eliminates the root factors leading to acne, thus achieving real long-term success.

I spent more than 4 years researching, probing and analyzing information concerning acne as well as experimenting every available natural solution. During this time I eliminated what did not work and put aside what was effective. I later combined all the knowledge I learned with other holistic methods for the purpose of building the complete Acne No More™ System.

As mentioned earlier, treating acne is not a short process. It requires persistence and patience. Results may only appear visible after 4 or even 6 weeks. Moreover, each person is unique in the way he or she adapts and reacts to the treatments. Results may vary among different people with different skin types, levels of acne severity and sensitivity to certain foods.

Keep in mind that it takes time for the body to heal itself and some level of maintenance to keep things under control.

Persistence and belief are vital if you wish to achieve success in clearing your skin. However, to complete the plan and maintain the results you are required to follow all the steps outlined in the program as they are written. You must understand that following each step alone will yield only short-term results. The combination of all the steps in the Acne No More™ System is the only key to lasting acne-free skin.

**This book is divided into 8 chapters and an appendix.**

**Chapters 1-2** are the general section of the book aimed to build a foundation of knowledge regarding acne and a holistic approach. This is where I discuss my personal experience with acne treatments, proper mental motivation, the crucial differences between conventional and natural medicine and the acne equation (the actual factors involved in the formation of acne).

**Chapter 3** reveals the **complete step-by-step holistic solution to acne—the Acne No More™ System** with each of the chronological steps explained in general.

Recently added is the **Quick Results Mini-Program (page 66)**. It is designed especially for busy folk that don't have much time on their hands but wish to **see results ASAP** and for people with very light acne. It is not a quick fix approach, but it is practical and extremely easy to follow.

In **Chapters 4-8** I discuss and reveal the specifics for each practical step of the Acne No More™ System with all the nitty gritty details of why, when and how to successfully accomplish each individual step.

The **appendix** reveals all you need to know and practice in order to successfully reduce or eliminate acne scars you may have after the spots, blemishes and cysts are gone.

**The Acne No More™ Quick Fix mini program** consists of **only the principles that need to be followed to achieve clear skin**. It is aimed at people with extremely tight schedules who prefer to get rid of their acne at their own pace instead of having to follow a strict step-by-step program.

The Acne No More™ System book also contains lots of valuable theoretical as well as practical information as a means of providing the reader with the most clear, sharp and coherent picture of the disease and what needs to be done in order to eliminate its symptoms. By following this, you will become more “acne educated,” more motivated and more focused on achieving your goal, which is eliminating the factors leading to acne formation and having clear skin with all its positive implications.

**Be patient at the beginning. All the information in early chapters will come together in the end.** As you begin reading you may feel overwhelmed by the amount of information. Don't be. The chapters were built in that order for a reason. That is why I urge you to read the book in its entirety first before you start acting on the plan. This way you will gain a complete picture of things as they slowly fall into place and finally fit together in the end. It will ensure you won't get too confused (as to why you are required to do this or that and in a certain order) or miss essential information required to successfully complete the plan and achieve your goals.

Much has been done to keep this book as straightforward, simple and direct as possible. Whenever I could I kept words to a minimum, and strived to use conversational language and layman's terms to make reading easier, fun and understandable. Also, the book contains many links to other parts inside the book as well as to useful resources, so stay connected to the Internet while reading.

It is important that you commit to take action and set deadlines for your goals if you wish to succeed. Without the will, a deadline and proper motivation and dedication to eliminating your acne, you will achieve only poor or short-term results. It is advisable to adhere to the Acne No More™ System as it was especially designed to make your acne a part of your past history. For that purpose I have included the “preparing mental ground” section below just to fuel your mental engine before jumping into the waters.

**Before you start the program, take a photograph of your skin and keep it throughout the process.** I would even suggest starting a personal “acne diary” so you could record the progress on your skin's appearance as well as your general emotions. At the beginning or end of each week you can take another photograph of your skin. Note that in cases where intoxication and imbalance are severe, the skin might get a little worse instead of better in the

beginning. Don't be discouraged. Be patient. It will be worth the wait. I guarantee it!

## Preparing Mental Ground

At this stage you must ask yourself: **How important is it for you to get your face clear? Are you willing to make the effort and achieve this once and for all?**

As you go through the book, you will notice that eliminating your acne is temporarily a demanding process, which requires some level of persistence and change. You will have to alter your eating habits, replacing old and familiar routines with new ones, minimizing or giving up foods that are harmful but gave you lots of satisfaction at the same time. This may not be easy, but is it worth it? My answer is absolutely, positively yes!

The truth is that from where you are probably standing right now, it will be hard to blame you for thinking (as you go through the book), “What is he talking about? Giving up on sugar completely? He must have gone mad. I'm not going to give up my life for clear skin!” Well, that is just how every addictive person would react when offered a way out. Yes, including myself. We are all chained by addiction to fat, sugar and all sorts of junk foods and eating habits that promise great fulfillment and satisfaction, making us believe we are helpless or emotionally empty without them. Only when you pass these addiction obstacles and alter your ways can you see from a distance how futile the whole thing was ... how meaningless. Yes, you will minimize the consumption of white sugar, and you will eat a lot of raw, fresh vegetables and fruits instead. And guess what, **nothing will change**. You still find happiness, fulfillment and satisfaction, and it does not concern food! You have achieved something. You are a far more balanced and in control human being. You are free, and best of all, your skin looks fantastic.

Going to that place of freedom from acne and from mental slavery to food and eating habits requires a certain mental change. You have to prepare the mental ground that will help you overcome your fixations. To adjust to this new lifestyle you may need to adapt in order to lead you successfully through the process.

Besides having willpower, which is the most vital tool you will need as you go through the plan, there are other mental tools you should take with you on this journey to clear skin.



No, I am not expecting you to change your behavior dramatically because of what you are about to read, but I want you to be open and at least give it a try.

Let's begin.

### **1. Set clear, compelling and positive goals that will charge you up with powerful motivation.**

Setting your goals is a simple procedure that you must complete before you begin any program that requires some level of change. You cannot ignore goal-setting. It is a crucial step. You have to clearly define your goals. Goals are the only bridge between knowing what to do and actually doing it. A good example of goal-setting in our case is having lasting acne-free skin and looking more attractive. To achieve your goals you must program your subconscious mind with clear and vivid pictures of these goals. Only then will your mind work in your favor, and you will achieve your targets. Additionally, you must have positive thoughts about your goals. Otherwise your subconscious mind will work against you instead of with you.

After your goals have been set, replace the negative thoughts you might have and attach positive thoughts to your goals. Instead of thinking "I can't lose this stubborn acne no matter what I do," say "How can I clear my skin and enjoy the process?" Instead of thinking "It's not my fault I have acne. It's my genetics," say "I am 100% responsible for my skin and my health." Instead of thinking "I can't get myself to change things for my skin," say "I have time for anything I am committed to." Instead of "I hate my cystic acne face," say "I like myself." And instead of "I can't," say "I can do whatever I set my mind to do."

### **2. Make a list of what you desire to be changed and the reasons for it.**

You will succeed only if you create a vivid vision of what you want to be accomplished and **why** you need it to be done. Your mind needs justification and cause to go in a certain direction. A reason for what you desire adds emotion to it. Getting emotionally involved with your goal will affect your subconscious that will help you materialize that goal.

Make a long list of all the convincing reasons for achieving clear skin, and the methods will become much easier to follow.

### **3. You have to alter your beliefs in order to change your behavior.**

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