

Beauty Secrets for Acne-Prone Skin



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Introduction

Choosing a treatment for acne prone skin isn't easy. Why?

Because you are bombarded with information from misleading advertising, high paid celebrities, and well meaning but not always well informed doctors and dermatologists.

This book was written to expose you to the latest methods in the treatment of acne with a focus on many of the natural ways you can treat your acne. This book is a must have for anyone with acne prone skin. After reading it you will be able to make an informed and intelligent decision on the best approach to treating your acne.

If you have any questions after reading this guide we will be happy to go over them with you. Please send all questions to support@innateskin.com.



Chapter 1: What Causes Acne?

Your skin is the biggest organ of your body. If it is unhappy, there is a reason for it. If you have ever heard the saying “Treating the symptom is not treating the problem”, that is exactly what most acne treatments do today. Acne is a symptom of a problem within your body that is being expressed by your skin.

If you want to clear up your acne, you need to solve the problem. Despite what all the face washes and infomercials on TV try and tell you, a dirty face is not the problem!

Acne is a problem of western civilization. It did not occur to our great ancestors who ate a more natural diet and lived in a more natural way. It still does not occur in 'hunter-gatherer' populations to this day who live and eat in a more natural way than we do, not even to their teenagers!

There are a few well-researched cases of this. One of the populations is the Kitavans of Papua New Guinea. 1200 Kitavans were examined, 300 of which were between the ages of 15 and 25, and absolutely no signs of acne were found. Not a single papule, pustule or open comedone was found!

Similar results can be found with some African tribes and South American tribes still living in their natural ways, not exposed to Western ways and foods. Some may say this is genetics, however, once these people leave their natural environments and move to the cities, acne (as well as all diseases of civilization such as cancer, heart disease, and diabetes) becomes common.

All of the studies and reports show that acne is getting worse in North America and around the world. Where it used to be a 'teenage problem' it is now common well into our 20s and even 30s and 40s for some people.

While the actual CAUSE of acne isn't exactly known, there are some conditions that need to be present for acne to occur. There are five main contributors to acne. For acne to occur, however, your sebum (oil) must oxidize. If your sebum does not oxidize you won't get acne. We'll look more into that later, for now let's look at the main contributors to acne.

The five main contributors to acne are: genetics, bacteria, hormone irregularities, toxins, and deficiencies.

Genetics

Your genetics definitely play a role in whether you will have acne or not. If one of your parents suffered from bad acne, chances are increased that you will too. Sensitive oil gland receptors

are genetic. However, your genes can be influenced by diet and lifestyle so it is possible to keep acne at bay, even cystic acne, when it's 'in the family'.

Bacteria

Many assume that bacteria are the only factor that causes acne, but it actually plays less of a role than most people think. All traditional treatments for acne, whether they are face washes, creams, antibiotics etc. try to deal with the bacteria called *Propionibacterium acnes* or *P. acnes* for short.

However, it is a fact that that a large percentage of the population have this bacteria on their face/skin and do not get acne. In addition to having the *P. acnes* bacteria on your skin, you must have favorable conditions for the *P. acnes* to become an acne breakout. That is the key that is not addressed by common acne treatments.

Hormones

Hormones play a big part in the development of acne. Just ask any teenager! Higher levels of androgens (so called male hormones) can lead to increased acne in both males and females. During puberty androgen production is increased to help us grow and develop, this is why acne is so common in puberty.

The results of androgens on acne becomes obvious in anyone who has ever taken steroids. Their acne usually flares up quite bad, especially on their back and shoulders.

Estrogen levels also affect acne, which becomes obvious when females have their menstrual cycles and get acne flare ups. This is also why many doctors prescribe birth control pills to treat acne in females. We do not recommend birth control pills as they really mess around with your natural hormones. There have also been many reports of cystic acne and scarring being much worse after going off birth control pills.

Stress is a known cause of acne, however it doesn't actually cause the acne. Stress causes your hormones to overreact to things and those elevated hormones can cause acne.

Toxins and toxic buildup

These are mainly external forces:

- Diet (the food you eat)
- Allergens
- Toxins in the environment

The toxins can come from processed food that includes ingredients toxic to our bodies, or good foods that have been sprayed with pesticides and still retain some of that poison on them when you eat them. The toxin could also be a piece of bread or glass of milk that your friend can eat

with no reaction, but when you eat it your body reacts to it. Things like casein and whey found in milk, or gluten from wheat and grains can be toxins to some people.

Toxins can be a laundry detergent or fabric softener that irritates your skin or cleaning chemicals, makeup, hair products, sunscreen, etc. Everyone is different and our bodies can handle different things, some experimentation is required to figure out what is toxic to you. Many people also find that when they quit eating a low fat diet and start adding lots of quality fats to their diet their skin becomes a lot less sensitive to outside toxins.

Deficiencies

Vitamin and mineral deficiencies can cause acne. Some of the common deficiencies are vitamin A, C, D, E, zinc and magnesium. By supplementing with the proper amounts and ratios of vitamins and minerals you can have a dramatic effect on your acne and overall skin health.

If you think deficiencies of vitamins or minerals could be causing your acne, please visit our website at www.innateskin.com and check out the Clear Skin Vitamin Pack™.

Chapter 2: Different Types of Acne

We all know acne when we see it invading our faces. Pimples, zits, whatever. Does it really matter what I call the pulsing monster on my forehead, or the endless spots on my nose? Maybe not, but then again, it couldn't hurt to know what acne types you're dealing with if you're serious about treating it as soon as possible. In general, acne and all of its variations are caused by oxidized sebum and clogged pores. Here is a list of the main acne types and a little bit of information on what causes them.

Whiteheads



Whiteheads otherwise known as closed comedones, appear in the form of slightly whitish, flesh-colored bumps or dots. They form when oil, dead skin cells, and bacteria get trapped in your pores— they're basically clogged pores that aren't inflamed. Because whiteheads are clogged below the surface of the skin, they remain closed and flesh-colored, the top looking whiter, thus called a whitehead. They look just like little bumps under the skin, sometimes a little more whitish than your

skin color. Whiteheads are a fairly mild form of acne, and can be easily treated, though they can be stubborn sometimes.

Blackheads

Blackheads are another acne type and are almost identical to whiteheads in that they are non-inflamed clogged pores. The only difference is that with blackheads, the blocked pore remains open instead of closed. If a blocked pore's top is open, the pore is exposed to air where the lodged sebum and keratin are oxidized, turning the whole thing black. Like whiteheads, trapped oil, dead skin cells, and bacteria in pores cause blackheads.



Papules



Papules are clogged pores that are inflamed. They appear as tender red bumps, but they're hard when you touch them. They're usually fairly small and are somewhat raised. Papules form when a clogged pore (so a blackhead or whitehead) gets irritated, swelling up, turning red, and becoming painful. This is what inflammation is. The

defining factor of papules is that they are not filled with pus, though they may get filled up with pus later. To avoid getting papules, leave blackheads and whiteheads alone — fingers off! You should also avoid irritating or harsh cleansers.

Pustules



Pustules are what we've come to know as zits. Like papules, they are inflamed clogged pores with the exception of the pus that fills their centers. You can tell if you have pustules if you can see yellow-y or whitish heads on your pimples, which feel like blisters. Pustules are essentially even more irritated papules.

Nodules / Cysts

Nodules and cysts are severe forms of acne and are much larger than papules and pustules. When blocked pores get even more irritated, they get even bigger, and can go deeper into your



skin, too. Nodules and cysts appear in the form of painful bumps under the skin. They're usually really stubborn and can take forever to go away, possibly leaving behind scars in the process. Nodules are hard lumps, which aren't usually filled with pus, whereas cysts are filled with pus and are softer, feeling like fluid-filled sacs underneath the skin. You can tell if your acne is nodules or cysts by the size and severity of inflammation. Nodules and cysts are very painful, large, and protruding. You couldn't mistake 'em.

Other Types of Acne

There are other types of acne as well, but this covers the most common types you are likely to encounter. Most acne can be helped if not completely cleared up using more natural approach than your doctor or dermatologist would recommend. Despite common belief, diet does play a big role in acne. So do genetics, stress and hormones. Your skin is the largest organ in your body and if it is unhappy, there is a reason for it. Most acne treatments today try and treat the symptom (the actual pimple) and not the problem that is causing the acne. Acne is not caused by a dirty face! Many acne sufferers have vitamin and mineral deficiencies. Some of the common deficiencies are vitamin A, C, D, E, zinc and magnesium. By supplementing with the proper amounts and ratios of vitamins and minerals you can have a dramatic effect on your acne and overall skin health.

Chapter 3: Eating to Avoid Acne

Eat all your food as minimally processed as possible. Eat food as close to its natural form as you can. Take a carrot from the garden or store shelf, wash it, and eat it. Buy some fish from the seafood counter (preferably wild, not farmed) and grill it, bake it, or pan-fry it. Stay away from the fish in the frozen, prepared food section that has been breaded and processed and has ingredients other than 'Fish'.



Beef should be 'grass fed' wherever possible, because that's what cows are supposed to eat, grass. They do not naturally eat corn, oats and whatever else we feed them to fatten them up as quickly as possible in 'feed lots'. Chicken should be organic and 'free range' and have bones and skin on it when purchased. It should not come in a

box and be called a 'nugget' or a 'finger'.

When shopping for food at the grocery store, you should spend most of your time and money on the outer aisles, where the meat, chicken, fish, etc. (proteins) and vegetables are and spend minimal time in the middle of the market where all the 'boxed' food is.

A good, general rule is if it comes in a bag or a box, you should probably avoid it. There are exceptions to this of course, but it's a good rule of thumb. Frozen vegetables and fruit will come in a bag and that is fine.

Another benefit of eating close to the ground is that these minimally processed foods are mainly low glycemic foods.

What to Eat:

Foods high in Omega 3 fats DHA and EPA from oily ocean fish such as salmon, sardines, mackerel, and anchovies.

Quality beef, chicken, lamb, and fish: These should come from organic sources whenever possible and be labeled: grass fed, free range, wild caught among other names. What you want to avoid when possible is 'factory farmed' animals that are raised in very unnatural conditions and may have been injected with hormones and antibiotics.



***Eggs** from good free-range sources which allowed to eat grass and bugs. Eggs can be an allergen for some people so will need to be monitored. Eggs would not be one of the first things to remove from your diet, but if your skin is not improving you should try removing them for 3-4 weeks and monitor the results.

Sulfur rich vegetables: Kale, broccoli, cauliflower, Brussels sprouts, cabbage, asparagus, radish, onions, garlic, scallions.

Nuts: Almonds, Brazil nuts, macadamia nuts, pecans, pistachio nuts, walnuts, hazelnuts, coconut meat, and pumpkin seeds.

Fruits and berries: Blackberries, blueberries, cantaloupe, raspberries and strawberries are some of your best choices.

Get your carbohydrates from vegetables! Stay away from regular potatoes, have sweet potatoes and yams instead. Rice is usually tolerated okay by most but some people have reported reactions to it.

Vegetarians:

If you have made the choice to be a vegetarian, eat lots of vegetables. Do NOT be a 'cheese pizza vegetarian'! That is the term we have coined for vegetarians who eat cheese pizzas regularly and somehow think they are being healthy. The cheese and the pizza dough and 'other ingredients' will cause your acne to erupt, as well as your waistline.



You will need to consume eggs regularly; try to eat some fish as well, and either supplement with vitamin B12 or take the Clear Skin Vitamin Pack™ as it contains enough B12 to meet your daily RDA amount.

It is also important to get quality fats into your diet from sources like coconuts, coconut oil, avocados, extra virgin olive oil, etc.

Do Not Eat Toxins (or What to Avoid):

Forget what you have heard about chocolate, sugar, and milk etc. not causing acne. This may be true for a few individuals but not for the average person. There were a couple poorly run studies done in the 1970s with mixed results that are still quoted to this day. These poorly run tests are the reason you hear chocolate, sugar, milk etc. do not promote acne.

Chocolate in its pure form, cacao, does not promote acne and some dark chocolates may be fine, but once you add sugar and the rest of the impure ingredients to regular chocolate it will cause acne flare-ups in someone prone to them.

Everyone is different on what he or she can eat and not cause an acne flare up. Therefore some self-experimentation is in order here. Although most of the foods listed in this section are generally not good for anyone so it would be best to avoid them for optimal health reasons if not to clear up your acne.

Some of the foods listed go 'against the grain' of what is commonly thought of as healthy, so you will need to keep an open mind here. Proving that some of these foods are unhealthy goes beyond the scope of this book but there are many other sources out there, including acne sites such as acne.org that can provide user based feedback on some of these foods.

The following foods can be **toxins** to our bodies and should be avoided.



High glycemic carbohydrates. These foods will cause a spike in your blood sugar and your insulin level will rise to combat it. Some common ones are:

- Breads
- Pasta
- White potatoes
- Most 'baked goods' and desserts
- Ice cream, sherbet
- Milk chocolate

Milk and dairy products. Drinking milk from another animal is not a 'natural' thing for us to do. Once we (as with all mammals) have been weaned from our Mother's milk, we are not supposed to continue drinking milk, especially from another species. You can get plenty of calcium by eating your greens and animal based foods. Many tolerate cheese and butter so some experimentation is in order here. Plain milk contains lactose, which many cannot tolerate because the milk has been pasteurized. One of the proteins in milk is called casein and it can cause inflammation in some people (an auto immune response) and trigger an acne breakout. Many people also claim that milk is responsible for their cystic acne.

Avoid the following for a few months and then you can experiment with adding them slowly back into your diet and watch for a reaction:

- Milk
- Cream
- Butter (some can tolerate)
- Cheese (most can tolerate)
- Yogurts that are high in sugar content

A quick Internet search on dairy and acne provides unbiased comments such as:

- 'Dairy gives me horrible acne too. Even butter breaks me out. Clarified butter (also called ghee) seems to be fine for me though. It is free of both casein and lactose, according to the label.'
- 'I, too, develop cystic acne when consuming cow's milk, so I avoid all types of dairy products'
- 'The two most common ingredients people claim to cause their cystic acne are casein (a protein found in milk) and gluten (found in grains like wheat and barley).'
- 'It (milk) is one of the most mucus-forming, congesting, allergy-causing, acid-forming, acne-aggravating foods you could possibly put into your body.'

Gluten (found in wheat and other grains, and many processed foods)

It is estimated that up to 90% of the population is gluten intolerant to some degree. This intolerance is on a wide scale where at one end you have people with Celiac disease and the other you have people who don't realize they are gluten intolerant at all, but have mild reactions to it that may include upset stomachs, minor arthritis, congestion, or acne. You may need to try going gluten free for at least two months to see if this is adding to your acne.

Soy

There is somewhat of a war going on around soy lately. One side claiming how good it is for you, the other side claiming how bad it is for you. If you consume a lot of soy protein and you have acne, it is worth eliminating it for a few months to see if that helps clear up your acne.

Most of the soy available in North America is not the same as what they consume in Asia. In Asia, soy is more of a condiment to include with a dish, and it has usually been fermented first. Fermenting the soy takes away most of the potentially harmful aspects of it.

Since we are only concerned here with the potential harmful effects of soy and how they may relate to acne, here they are:

Phytates: Soy, along with most legumes and grains, contains phytates that bind to minerals in the digestive tract and prevent absorption of that mineral. We need those minerals for optimal health. In the case of acne sufferers, zinc stands out as a mineral that we need to absorb optimally. Most animal foods are high in zinc.

Allergic response: Soy makes the list as one of the most common food allergens in the United States. Allergic reactions can cause inflammation in the body and acne flare-ups.

GMOs: Around 90% of soy in North America is a GMO crop (Genetically Modified Organism). There is no current relationship between GMO crops and acne, it is an unknown area. But what is known is that GMO crops are heavily sprayed with herbicides (bad toxins). Soy GMO crops are also often processed using hexane, a by-product of gasoline refining, and definitely a toxin.

Vegetable Oils

There are a few problems with common vegetable oils. The way they are processed (often using hexane, a solvent used in gasoline), a high amount of omega 6 fatty acids (we want to strive for a 1:1 ratio omega 3 to 6), and they go rancid easily.

It is best to avoid common vegetable oils that have been industrially processed and especially polyunsaturated vegetable oils.

Use extra virgin olive oil instead.

Ingredients you cannot pronounce (and some you can)



Our focus is to eat clean foods in as close to their natural state as possible. If there is a long list of ingredients, or ingredients you cannot pronounce, stay away from the food.

Also avoid all artificial sweeteners such as: Aspartame, sucralose and saccharin. This means no diet sodas allowed.

Food Allergies/Sensitivities

Some people are either allergic to some foods or have a reaction to the food and do not even know it.

The most common food allergens that contribute to acne are listed below, but this is by no means a complete list. The key is to be aware that a certain food can give you a reaction (acne breakout) and watch for it. Keeping a food diary is also an excellent option.

Most common food allergens contributing to acne:

1. Dairy Products
2. Soy
3. Eggs
4. Wheat (gluten)
5. Peanuts and other legumes
6. Biotin supplements
7. Nightshade vegetables, these include
 - a. Tomatoes
 - b. Potatoes (sweet potatoes are okay)
 - c. All Peppers: bell, jalapenos, habaneros, etc.
 - d. Eggplant
 - e. Salsa contains several nightshades
8. Alcohol

Understanding the Gut/Skin Relationship

It is estimated that 80% of our immune system is in our guts. This includes the stomach, large and small intestines and colon. That is a very relevant figure not to be overlooked, both for acne and overall health and wellness.

Not counting adolescent acne, it is rare to find someone with acne who does not have some kind of issue with his or her gut. It might be something serious, or it may just be that they don't have a regular, daily bowel movement. We should all have an easy, daily bowel movement. If you are not, that is something that needs to be dealt with before you can truly heal your skin.

We all have bacteria in our guts. Otherwise known as gut flora. This is a complex of microorganisms that live in our digestive tracts. In many people this gut flora has been harmed and does not function properly due to poor food choices and overuse of antibiotics.

Antibiotics fight off bacteria, but they get rid of the good along with the bad. Your good gut flora will be diminished with each use of antibiotics. Your gut will replenish the bacteria eventually when the antibiotics are no longer



used, but not always in the most favorable ratio. And some experts are now saying that antibiotics can have a permanent impact on your gut bacteria.

The following study shows that over half of these acne patients have significant changes to their gut flora: <http://www.ncbi.nlm.nih.gov/pubmed/11525176>

Some actions you can take to improve the function of your gut are to: Take a quality probiotic, eat more fermented foods, take a magnesium supplement, or take psyllium husk daily for a period of time to get things moving again.

Yeast Infections - Candida and Acne

Candida is naturally occurring in all of us but it is kept in check by the good bacteria in our gut/immune system. People with skin conditions (acne included) have been shown to have a greater prevalence of candida in their gut and mouth.

Stress can cause a candida outbreak, and so can a high glycemic or sugar filled diet. Yeast reacts to sugar, that's how most alcohols are made.

Antibiotics can also cause a candida outbreak. Remember antibiotics kill off the good and bad bacteria. It is common for girls to get a yeast infection after taking a round of antibiotics.

Chapter 4: The Pros and Cons to the 9 Most Common Acne Treatments

1. Benzoyl Peroxide spot treatments

These are generally the most popular of acne treatments. You can buy these treatments over the counter at any major drug store, and they will work reasonably well to clear up existing pimples.

Pros:

- Increases skin turnover, clears pores, and reduces the bacterial count
- Works well when acne pimples appear

Cons:

- Can cause dryness and irritation
- Used as a whitening agent and can *bleach fabrics, towels, and even eyebrows and hair*
- Removes the top layer of skin, making you more susceptible to sun damage
- You are applying a chemical to your skin
- Treats the symptoms of acne but not the root cause of the acne



2. Over the Counter Anti Acne Face Washes

People use anti-acne face washes as an inexpensive way to fight acne. These washes were developed, in part, to kill the bacteria on your skin that causes acne. However, *almost everyone has the acne-causing bacteria naturally* on their skin and yet, not everyone has acne.

Pros:

- Can fight existing pimples and stop some new ones from showing

Cons:

- Main ingredients are often benzoyl peroxide and/or salicylic acid
- Can be drying and irritating to all skin types -Sensitive skin gets excessively red, flaky and sore
- Mild red skin rashes may appear
- Puts user on endless cycle of over drying their skin causing their body to produce excessive oil to compensate



3. Antibiotics

Antibiotics are prescribed by doctors and can have some side effects. They work to reduce the acne bacteria within the follicles. They are taken orally. Some common antibiotics used for acne are: tetracycline, doxycycline, minocycline, and erythromycin.

Surprisingly, there are few randomized controlled trials on oral antibiotics and their effect on acne.



Pros:

- Can expect to see a 50% or better improvement in the number of acne lesions

Cons:

- *Yellowing or discolored teeth* with continued use
- Gastrointestinal upset
- *Compromised* immune system
- Associated with increased risk of IBS, Crohn's disease, allergies, asthma
- Difficult to take the dose due to timing around eating, drinking milk, and sun exposure
- Antibiotic resistant strains of acne bacteria have increased steadily since the 1970s due to medications such as these
- Antibiotics kill off 'friendly bacteria' along with the acne causing bacteria

4. Accutane (generic name Isotretinoin)

Accutane is a prescription drug that is usually a last resort when other methods have failed. It treats serious nodular and cystic acne. It works by reducing the amount of oil released by oil glands in your skin. Accutane was pulled off the market by Roche in 2009 after they had to pay out millions of dollars over inflammatory bowel disease claims from former users. Isotretinoin, the generic drug, and a few other brands are still available.

Pros:

- Prevents overgrowth of the sebaceous gland
- Lowers sebum production
- Keeps *P. acnes* (the bacteria that causes acne) in check
- Can result in 80% to 100% clearing of acne for a prolonged period of time, but not permanent

Cons:

- Can cause extremely dry skin, lips, and eyes
- Decreased night vision - can be permanent

- Headaches
- Nose Bleeds
- Backaches
- There may be a link between Accutane and depression, suicide, panic attacks, and psychosis -Can possibly cause IBS and Crohn's disease
- Stunted growth in teenagers. The FDA states the drug “may stop long bone growth in teenagers who are still growing.”
- Serious birth defects if women becomes pregnant while taking
- Can affect liver function
- Can cause hair loss
- Can cause fatigue

5. Oral Contraceptives

Women with acne have the option of taking oral contraceptives to balance the hormones that cause acne. Androgens, a hormone group that includes testosterone, control oil production. When these hormones are balanced by estrogen and progesterone (the hormones in oral contraceptives), less oil is produced, resulting in less acne.

Pros:

- The right combination of hormones helps acne; the wrong combination will not help and may make things worse
- Women who already have a need for birth control may have the secondary benefit of reduced acne
- The lower estrogen oral contraceptives have a better safety profile than the standard dosage oral contraceptives of the past; standard dosage oral contraceptives have been associated with breast cancer and cardiovascular events
- 50% plus improvement in amount of acne lesions



Cons:

- Side effects of oral contraceptives include heart attack, stroke, and dangerous blood clots in the lungs and the legs
- Other side effects may include changes in weight or appetite, breast pain, tenderness, or swelling, or problems with contact lenses
- Oral contraceptives change the natural hormone levels in otherwise healthy teenagers and young women

6. Healthy Diet

A healthy diet is a natural and holistic way of treating acne. The hunter-gatherer diet of our ancestors, focusing on vegetables, fruits, natural protein sources, and healthy fats has been shown to increase health for the entire body, as well as improving acne. In fact, a modern day hunter-gatherer tribe has been studied recently; the Kitavans of Papua New Guinea, and the young population (ages 15- 25) did not show one sign of acne! Adopting a diet of mostly unprocessed, whole foods will increase overall health and well being, as well as decreasing acne.

Pros:

- The costs of adopting a healthy lifestyle can be quite minimal, compared to the costs of other acne treatments
- Heals the entire body from the inside out
- Treats the problems causing the acne, not just the symptoms of acne
- Increases overall health, as well as healing acne

Cons:

- Requires dedication and commitment to maintain a healthy lifestyle
- Will help heal some acne, but further treatments may be necessary in certain cases



7. Vitamins

Vitamins are a holistic way to treat acne, treating the problem at its root cause. Healthy skin requires a balanced level of nutrients, and unfortunately, many people do not get the vitamins and minerals they need from the food they eat. Vitamins can fill in the gaps caused by these nutritional deficiencies.

Pros:

- Doctors have used Vitamin A to treat acne for over 100 years
- Vitamin therapies are proven to be an effective treatment in the fight against acne
- They are natural and gentle on the skin and on the other organs
- Acne sufferers have been shown in studies to have insufficient levels of Vitamins A, E, and zinc. *When these levels are corrected, the acne is lessened.

Cons:

- For severe cystic acne, vitamins may not be enough and can be used in conjunction with other therapies
- Various vitamin supplements may have adverse reactions with other medications. Check with your doctor.
- Acne sufferers need the proper balance of the correct vitamins; it is necessary to know what amounts to take of each vitamin to ensure effective therapy
- It is possible to overdose on some vitamins such as vitamin A if you take too much at one time

**8. Dermatologists**

A dermatologist is a doctor who specializes in the physiology of the skin. Dermatologists can prescribe acne medications and determine the exact nature of your skin condition. They can also perform procedures such as laser treatments, chemical peels, and extractions.

Pros:

- Dermatologists can diagnose acne and prescribe medications for treatment
- Some dermatologists can also work on acne removal through medical skin care therapies

Cons:

- Expensive. Treatments can be well into the hundreds or even thousands of dollars
- Treats the symptoms, not the root cause of the acne problem
- Short-term solution for a long-term problem
- Many of the medications they will prescribe, such as antibiotics and isotretinoids have bad side effects



9. Probiotics

Probiotics are supplements that increase the level of “good” bacteria in the gastrointestinal system. They help maintain the balance of organisms in the intestines. They have been shown in studies to help lessen acne. Probiotics can be taken as a supplement (orally) or applied topically to the skin.

Pros:

- All natural and benefits the entire body
- Can help with gastrointestinal issues, as well as acne
- Many acne patients have tested positive for “leaky gut” syndrome, caused by damages to the lining of the intestines. This syndrome means that harmful substances that would normally stay in the gut are “leaked” out to the rest of the body, causing inflammation, such as acne. Taking probiotics could help relieve these symptoms and thus help acne.

Studies show that 80 percent of people taking probiotics for acne showed some improvement

Cons:

- For severe cystic acne, probiotics may not be enough and can be used in conjunction with other therapies
- There are some concerns about the quality of some probiotic formulas. Additionally, some may contain levels of “bad” bacteria, as well.

These **nine** ways of treating acne range from benefiting the body and increasing health to having serious side effects. As always, it is up to you to make an informed decision about you and your loved ones body and health.

At InnateSkin.com, we are committed to your health and well being by focusing on healing the skin *from the inside out*.

Chapter 5: More on Vitamins, Minerals and Herbs for Acne

In the last few years, experts are recognizing vitamins as a relevant treatment for acne. As more and more studies come out showing that acne sufferers are deficient in various vitamins, the more clout that vitamins are given as a viable alternative in the treatment of acne. Combine that with all of the acne sufferers who have cleared up their skin using the right combination of vitamins, and vitamins are something that must be looked at seriously in the treatment of your acne.

Here is a list of the most beneficial vitamins in the treatment of acne:

Vitamin A

Vitamin A is responsible for growing new skin cells, strengthening your skin's protective tissue, and reducing the amount of oil your skin produces. This means that when you don't have enough Vitamin A in your diet, dead skin cells, bacteria and oil (from the sebaceous gland) can build up in your skin. According to studies, a large percentage of those who suffer from acne problems have vitamin A deficiencies.

An important antioxidant, vitamin A has been used to treat acne since the late 1800s, but as drugs have become the favorite of most doctors, vitamin A is used less and less.

The best type of vitamin A for treating acne comes from fish liver oil. This type is a retinoid and is biologically active in the body. The other kind of vitamin A available is beta-carotene, which is a much cheaper form. However, it is not true vitamin A, it is a precursor to vitamin A and needs to be converted into vitamin A by your body.



This study shows a relationship between acne and low levels of vitamin A:

<http://www.ncbi.nlm.nih.gov/pubmed/23826827>

Vitamin B2 (Riboflavin)

Vitamin B2 is essential for healthy skin, hair and nails. It helps improve digestive health, plays an important part in growth and energy levels, and is a stress reducer. High stress levels can cause breakouts due to hormonal imbalances, and acne can be a symptom of B2 deficiency, so it's important that you have enough vitamin B2 in your diet.

Vitamin B5 (Pantothenic Acid)

Vitamin B5 is truly the juggernaut of acne vitamins! It helps metabolize skin oils, counteracts hormonal imbalances, increases your blood circulation and reduces your stress levels! All four of these things cause acne breakouts when they're out of whack. Most acne supplements contain pantothenic acid, just watch out for the ones that are basically only pantothenic acid without much else.

Here are two studies relating pantothenic acid and acne:

<http://www.ncbi.nlm.nih.gov/pubmed/7476595>

<http://www.ncbi.nlm.nih.gov/pubmed/24831048>

Vitamin B12 (Methylcobalamin)

Vitamin B12 boosts your metabolism as well as your red blood cells and nerve cell count. It also happens to improve your blood circulation, which helps regenerate your skin cells to give your skin that glowing, healthy look.

Biotin (Vitamin B7)

Biotin is a tough one. It is touted for its benefits to hair and nails, and often for the skin as well, but there is not any strong evidence that it helps here. Biotin is necessary for cell growth and the metabolism of fats and amino acids and it may help with maintaining a steady blood sugar level.

It is very rare for someone to be deficient in biotin as it is produced in excess of our body's daily requirements by our intestinal bacteria.

Many cases have been reported of people's acne getting worse when supplementing with biotin so we do not recommend it as an acne treatment, and it really should be avoided if you suffer from acne.

Vitamin C

Vitamin C is an important antioxidant, which means it slows the rate of free radical damage to your body. Free radicals are unstable molecules and cause damage to collagen, which is an amino acid that keeps your skin smooth and supple. When too much free radical damage occurs, you get dry skin, fine wrinkles and lines.

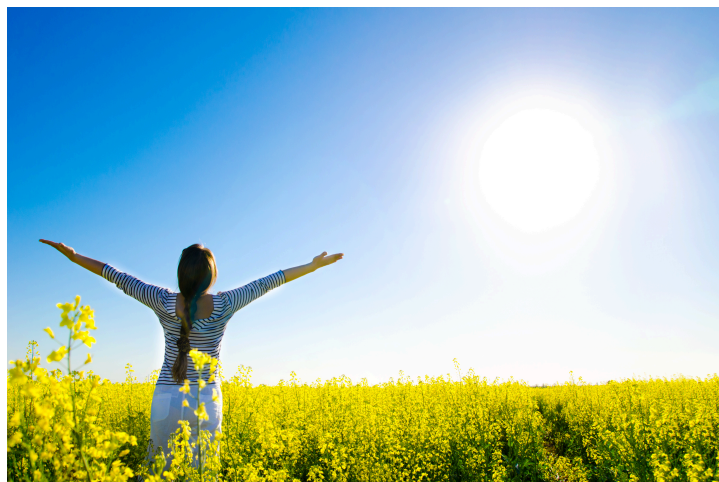
Taking Vitamin C not only helps halt and reverse free radical damage, it also speeds up tissue growth and repair, and reduces your risk of developing skin cancer from long-term sun exposure.

Vitamin D3

Popularly referred to as “the sunshine vitamin”, Vitamin D3 actually acts as a defense system for your skin by activating a special kind of white blood cell called macrophages. These macrophages directly attack acne-causing bacteria, making them a kind of ‘knight in shining armor’ for your skin.

Vitamin D3 helps with insulin response, reduces inflammation, helps to boost your immune system, and helps to improve your mood.

Vitamin D3 also works cohesively with vitamin A, and taking vitamin D3 increases the amount of vitamin A your body can tolerate. Vitamin D3 deficiency is very common in North America, and if you have acne, you are probably deficient in vitamin D3 as well.



Vitamin E

Vitamin E helps defend your skin from free radicals, helps prevent damage to cell membranes, and helps keep your skin soft and moisturized. Vitamin E also supports your immune system, and it helps fight against acne bacteria too.

Some studies have shown vitamin E helps the skin recover and reduce the appearance of acne scars. This study shows a relationship between a vitamin E deficiency and acne:

<http://www.ncbi.nlm.nih.gov/pubmed/23826827>

Vitamin K2

This once-obscure vitamin has been getting a lot of attention for all kinds of health benefits, including fighting cancer and heart disease. But one of the lesser-known facts about Vitamin K2 is that vitamin A doesn't work properly without it. This means that even if your Vitamin A levels are normal, you could still have acne problems if you don't have enough Vitamin K2. There are no studies showing a direct relationship between vitamin K2 and acne, however it is an extremely important vitamin to consider for overall health. In addition to its supportive relationship with Vitamin A, Vitamin K2 prevents our skin from calcifying (hardening) so it stays smooth and elastic, and is also potentially beneficial for smoothing out lines and wrinkles.

Zinc

Several scientific studies show that acne sufferers are deficient in zinc. Zinc helps regulate the activity of your oil glands, so when you don't have enough zinc, the oil glands can get out of control and produce too much sebum, which can lead to acne. Zinc also helps heal wounds and strengthens your skin tissue to prevent scarring.

Turmeric

This yellow-orange spice is most commonly known for its use in curries and other Southeastern Asian dishes, and has antibacterial and antifungal properties. It also contains curcumin, which is

an anti-inflammatory, so turmeric plays a role in reducing redness as well as killing off acne-causing bacteria for a clear, smooth complexion.

Magnesium

It's been estimated that around half of the U.S. population doesn't get enough magnesium in their diet.

Magnesium deficiencies can lead to constipation, which causes acne breakouts because your digestive system isn't ridding your body of toxins the way it's supposed to. A lack of magnesium can also cause skin inflammation, which doesn't do anything to help your complexion!

Getting enough magnesium into your diet will not only handle these things, but also lower your stress level, which also affects acne breakouts.



Evening Primrose Oil

Evening Primrose Oil is rich in GLA, an omega-6 fatty acid that balances the hormones responsible for your acne breakouts and inflammation. It also helps reduce wrinkles and fine lines, and promotes skin elasticity. Translation: it's anti- acne AND anti-aging!

Vitex (Chaste Tree Berry)

Commonly used by herbalists to treat hormonal acne. Vitex contains no hormonal

compounds but acts on the pituitary gland to help normalize and regulate hormones. Also widely used to treat PMS symptoms. Vitex has been used for centuries to treat acne and inflammation.

Alpha Lipoic Acid

Lipoic Acid is one of the body's crucial antioxidants and it is helpful with acne due to protection from free radical damage and inflammation. Two separate studies have shown lipoic acid to be twice as low in the blood of acne sufferers as those without acne. Alpha lipoic acid has also been shown to help the body control its levels of sugar and insulin as well.

There you have the most important vitamins involved in the fight against acne. A good acne supplement may be just what you need to get the clear skin that you deserve!

Chapter 6: The Best, Non Pore-Clogging Oils For Acne Prone Skin

Whether it's moisturizer or a daily face wash, when looking into purchasing any kind of skincare or makeup product, most people almost always look for two words on the label: oil-free. If it has any oil in it, it's not getting anywhere near my face. The conventional wisdom is that acne and an excess of oil causes pimples, which clog pores. Oil makes your skin greasy and shiny, and nobody wants that. So why would oil ever be included in face washes, or any other skincare product, let alone be used entirely on its own as a solution for acne?

Something most people don't know is that natural oils can actually feed, protect, and support our skin tissue while keeping it hydrated, pimple-free, and balanced. Though it's not as simple as applying the first kind of oil you see to your skin (no, the vegetable oil in your kitchen cabinet will not work), it's pretty straightforward once you find the right kind for your skin. Facial oils are usually made up of several different botanical oils, which are oils that are based around a single plant-based extract. Simply put: they're completely natural. Botanical oils provide your skin with the kind of nutrients, antioxidants, and vitamins inherent in nature!

Here are a few specific oils that provide solutions to certain skin problems:

Clogged Pores: Clogged pores caused by dehydrated skin. When our skin is dry, its natural oil cannot secrete easily to lubricate its surface. So instead, our oil becomes thick and hardened, getting lodged in our pores and creating plugs out of dried out sebum.

- **Oil Suggested:** Using a plant-derived oil like Jojoba mixed with high linoleic oil such as grape seed, which helps to restore moisture and prevent clogged pores. Jojoba oil is very similar to our own sebum.

Dehydrated Skin: Easily damaged skin that is prone to bacterial penetration, which may lead to acne. This problem can sometimes be caused by dehydrated skin.

- **Oil Suggested:** Oils such as primrose, which are rich in fatty acids that nourish the skin, can strengthen its immunity and keep skin from easily breaking out.

Oily Skin: The skin's overproduction of oil. The more we wash our face, the more sebum is produced as our skin attempts to maintain proper protection and moisture. This is how acne sufferers can actually cause their own excess oil secretion— by using skincare products that dry out and strip nutrients from the skin.

- **Oil Suggested:** Replenishing the skin with oils such as jojoba, which actually has a similar consistency to our own sebum, may stop the cycle. Instead of using a harsh cleanser, or over-washing, the jojoba can be used with a gentle cleanser or the Oil Cleansing Method.



Breakouts: Inflammation of breakouts. Red and blistering pimples need to be calmed and cooled down.

- Oil Suggested: Oils like coconut and camellia can protect and soothe irritation, as well as ease the redness of pimples.

Many of the oils we see at the grocery store or in the ingredients of our skincare products may cause clogged pores and inflamed faces. So when searching for skincare oil, the kind of oils you'll want to be on the lookout for should be of the non-comedogenic variety. Because comedogenic means likely to cause comedones, or clogged pores, you'll want to choose oils that are non-comedogenic and are less likely to cause clogged pores. The less likely it is to cause pores, the less likely it is to cause acne.

Coconut oil is an example of oil that some people swear by for skin care, while others swear when it makes them break out! It has a higher comedogenic level but that some has questioned higher level. If you want to try coconut oil on your skin, caution is advised initially, try a small test spot and see how your skin reacts to it.

Simply selecting any natural oil from a wide list of non-comedogenic oils may not necessarily be enough if you have acne-prone skin.

With so many different oils, and so many equally different skin types out there to treat, not every non-comedogenic oil will be completely effective. To narrow down such a large list, we need to look the chemical composition of natural oils. One key factor that can make certain oils work for some and not for others is the ratio of linoleic acid and oleic acid in each of their compositions.

Oleic acid is a monounsaturated fatty acid and also an omega-9 fatty acid, whereas linoleic acid is an unsaturated fatty acid as well as an omega-6 fatty acid. Because oily, congested, and acne-prone skin's sebum is predominantly composed of oleic acid, it's been shown that acne sufferers have low levels of linoleic acid in their skin. Deficiencies in linoleic acid can cause our skin's natural sebum to become thick and sticky, and thick sebum leads to clogged pores. It's recommended for those who have acne-prone skin to create a balance of linoleic and oleic acids by applying oils high in linoleic acid directly to their skin and to avoid oils higher in oleic acid. When our skin's natural sebum is primarily composed of lipids high in linoleic acid, we have little to no breakouts.

Reading the chart: Comedogenic oil levels are rated between 1 and 5. The first column rates their comedogenicity. The higher the number, the more likely it is to be high comedogenic (clog pores). Levels of linoleic acid are rated between high and low. Somewhat high/low mean that the levels (linoleic and oleic) are somewhat balanced but still contain higher concentrations of one acid over the other.

OIL LEVEL OF COMEDOGENECY (Pore Clogging):

The oils with a higher level of comedogenicity are more likely to clog pores

OIL	LEVEL OF COMEDOGENECY	OIL	LEVEL OF LINOLEIC ACID
Almond oil	2		
Apricot Kernel oil	2	Apricot Kernel oil	Low
Argan oil	0	Argan oil	Somewhat low
Avocado oil	2	Avocado oil	Low
		Black Seed oil	High
Carmelia oil	0	Carmelia oil	Low
Camphor oil	2		
Calendula oil	1		
Castor oil	1	Castor oil	Somewhat high
Coconut oil	4	Coconut oil	Somewhat low
Coconut Butter	0		
Cocoa oil	4		
Corn oil	3		
Cotton Seed oil	3		
Emu oil	3		
Evening Primrose oil	2	Evening Primrose oil	High
		Flaxseed oil	Somewhat low
Grape Seed oil	2	Grape Seed oil	High
Hazelnut oil	2	Hazelnut oil	Low
Hemp Seed oil	0	Hemp Seed oil	High
Hydrogenated Castor oil	1		
Jobaba oil	2	Jobaba oil	Somewhat low
Mineral oil	0		
Mink oil	3		
Olive oil	2	Olive oil	Low
Peanut oil	2		
Pomegranate oil	1	Pomegranate oil	Somewhat high
Pumpkin Seed oil	2	Pumpkin Seed oil	High
Rosehip oil	1	Rosehip oil	High
Safflower oil	0	Safflower oil	High
Sandalwood Seed oil	2		
Sesame oil	2	Sesame oil	Somewhat high
Shark liver oil	3		
Soybean oil	3	Soybean oil	High
Squalane	1		
Sunflower oil (High Linoleic)	0	Sunflower oil	High
Tamanu oil	0	Tamanu oil	Somewhat low
Wheat Germ oil	5	Wheat Germ oil	High (varies)

*The best natural oils, which have both low likelihoods of causing comedones (0-2) and higher ratios of linoleic acid composition, are Sunflower Oil (high linoleic type), Hemp Seed, Rosehip, Castor Seed, Grape Seed, Pumpkin, Evening Primrose and Sesame Seed oils.

<http://www.innateskin.com/oils-good-acne-skin/>

Chapter 7: How to Exfoliate, Cleanse and Moisturize the Skin

Correctly performing the three step process of cleansing, exfoliating, and moisturizing the skin can help you control the texture, suppleness, clarity, and long term health of your skin's surface layer. Maintaining your skin's top layer is arguably the most important component of achieving clear skin. Proper cleansing and exfoliating have the ability to reduce pores, rid your skin of old surface cells that build up dirt, makeup, and bacteria, and helps the skin breathe freely. In this chapter, we highlight the proper way to exfoliate, cleanse, and moisturize the skin gently enough to not disrupt its acid mantle so that it has the best chance at fighting off unwanted bacteria and build up that creates acne and irritation.

How To Cleanse the Skin

We're here to not only explain how to cleanse, but which natural cleansers have the correct ingredients that are sensitive enough to work with any skin type. Firstly, it's important to note that usage of chemical free, non-soap facial cleansers work with the oils in your skin to restore your skin's pH balance while protecting its acid mantle. Many struggling with irritated skin go straight for the recommended gentle face cleansers from dermatologists sold at drugstores. In reality, these stringent cleansers are chemical laden products that dry out the skin, forcing the skin to overcompensate for the lack of moisture by producing more oil. This begins the cycle of tight and dry skin after cleansing followed by oily and greasy skin.

While most people run to their drugstore to find an instant cure in the form of topical treatments for acne, there is a more natural approach that many follow as an alternative to the typical daily cleansing routine. The Caveman Regimen is a routine that focuses on the idea that "less is more". By not washing the skin or applying any serums, creams, or topical treatments, this is said to allow your skin to 'heal' and 'rebalance' naturally, without interrupting its pH and oil balance with products that weaken and dry out the skin. Since we can't know for sure how exactly caveman looked, this theory considers that perhaps they never struggled with acne. In present day, we are faced with an abundance of ointments, treatments, and literature on how to keep our skin clear, but what if these chemicals and face creams are the exact reason why modern day man has a problem with acne?



Although some fads go to extremes, the caveman approach is on the right track. Rather than going to the drugstore to find an acne solution, the caveman approach suggests that these options only dry out and weaken our skin, opening us up to more breakouts. Using a simple,

chemical free oil cleanser and moisturizer is often enough to maintain clear and healthy skin. An example of these natural cleansing methods is shown as we detail the Oil Cleansing Method, which is a DIY cleanser made up of different oils that has proven to restore balance to the skin while nourishing its surface level.

How To Exfoliate the Skin

The second section of this chapter outlines skin exfoliation. It goes into detail about different methods of preserving the skin's acid mantle, or our skin's protective barrier made up of an acidic film that keeps bacteria out of our skin cells and contains a mixture of secretions and inoffensive bacteria. These secretions of bacteria work together to provide a number of essential roles in the breakdown of the skin that guard the skin from adverse environments such as pollutants, UV rays, or temperature changes. While exfoliating is important to preserving the texture of the skin, it's critical that it is performed as gently as possible so as not to temporarily remove the skin's outer layer and make it susceptible to breakouts, dryness, and infection. One of the worst things you can do for your skin is upsetting the pH balance of your acid mantle when using products that are too alkaline for the healthy function of the skin. In order for the acid mantle to protect the skin and kill bacteria before it gets inside the body and provide moisture to the skin, natural sweat and oils must be allowed to occur.

Staying away from gritty, harsh face masks that are made up of uneven, jagged edges of its texture will tear at your skin cells and disrupt your lipid barrier, leaving you vulnerable to dryness and flakiness. After you've irritated your skin by scratching it, the disruption of the lipid layer will only make it take longer to heal. The only type of facemask that we recommend is a mud mask. This type of mask exfoliates because mud is naturally going to dry out once applied to your face and the removal process with a wash cloth will take away dead skin cells. It also moisturizes the skin because mud is a natural moisturizer that goes deep into the pores and provides just enough nourishment for the skin to not become oily. We suggest the Vitamin Infused Mud Mask™ because it leaves your skin soft, moisturized, and infused with vitamin B3, vitamin C, and Vitamin E to protect from oxidation and aging.



How To Moisturize the Skin

Moisturizing is the last step in skincare and equally as important as the first two. Since most people have sensitive skin, staying away from chemical based moisturizers and sticking to natural products that nourish the skin is the key to not breaking out. Often times the reason for breakouts is due to the fact that people are putting too many products on the skin and not

letting their skin's natural oils do their job. Moisturizing the skin shouldn't take the place of your skin's oil production, rather it should replenish its oils and work with them to give added moisture when needed. Many people are initially wary about switching over to an organic facial moisturizer, concerned that it won't be as effective as other products. Organic products are just as good for your skin, if not better than generic store bought brands. An organic face moisturizer is packed with nourishing nutrients, vitamins and antioxidants to make skin healthier, hydrated and more youthful, while at the same time remaining gentle on skin. They are formulated without harsh detergents, chemical preservatives, artificial fragrances and other harsh and unsafe ingredients that strip and dehydrate skin.

The Oil Cleansing Method

If you haven't heard of the **Oil Cleansing Method (OCM)** before, allow us to introduce it to you. OCM is a method of skincare where **oil is used to clean your face**. I know, shocking, right? Though we've all been told that any kind of oil on the face is the root of all skincare woes, that idea isn't really necessarily true. Let us explain.

Oil is an essential part of our bodies and when we use stringent cleansers and chemical skincare products that dry our skin out everyday, our skin suffers the consequences. What we need to understand is that **our skin lubricates itself with oil— it needs it**. Our natural oil heals, protects and moisturizes our skin in order to ensure proper functioning. Harsh products strip away the natural oil in our skin, leaving our skin to repair itself by replacing the missing oil. **Each time we remove the oil, our skin overcompensates for the lack of moisture by producing more oil**. This causes a vicious cycle to form where our skin becomes tight and dried out by cleansers and then becomes overly oily and greasy as our skin attempts to restore balance.

Now the basic concept behind this method of cleansing is based on the chemistry rule which states that "like dissolves like," which means that one substance can break down substances similar to it. So in this case, the best way to get rid of the sebum and oil in your pores is by using substances that are similar to them in composition. Oil dissolves oil. By using the right kind of oils, you can rid your pores of dirt and bacteria naturally, gently and effectively. In turn, you can also replace bad oil with good ones extracted straight from nature, which can heal, protect, and nourish your skin instead. **Oil cleansing is meant to replace the daily routine of washing your face with harsh cleansers and is meant to restore balance to your skin**. When done properly and regularly, the OCM can get your skin to a place of true functioning and health.

The Oil Blend

With so many oils out there, it's also hard to figure out which one you should use. The first step to creating your personal blend is to understand what kind of skin you have. People with generally dry skin will want less Castor Oil, and those with oily skin will want to blend in more. Finding the perfect combination of oils for your own skin will probably take some trial and error, so it's definitely a good idea to start with very small batches. Once you figure out what your ratio of oils looks like, you'll be able to blend much more at a time.

Here are some suggestions for oil blends:

- Oily skin: 30% Castor Oil and 70% Grape seed Oil
- Balanced skin: 20% Castor Oil and 80% Grape seed Oil
- Dry skin: 10% Castor oil and 90% Grape seed Oil

You can of course vary these percentages to adjust to your own skin's needs.

How To Oil Cleanse:

So how does the OCM work? Well it's simple. All you'll need is a soft washcloth, your oil blend, and some hot water. You can even do the cleansing in the shower.

1. Pour a quarter size amount of oil into the palms of your hands and rub hands together to warm it up.
2. Thoroughly massage the oil into your dry face.
3. Wipe the oil gently away with a warm washcloth. Make sure the washcloth is warm so as to open the pores.
4. Gently pat dry, leaving a thin film of the oil on your face to help retain your natural moisture barrier.

***Oil cleansing also replaces the need for makeup removers** that can sometimes irritate the skin and cause breakouts. These natural oils gently dissolve even the most pigmented of makeup products like waterproof mascara or concealer. The oil cleansing method is the best at home way to restore your skin's pH balance while protecting its acid mantle. The reason over the counter cleansers don't seem to cure unwanted breakouts are because these products strip the oil from the skin, leaving the skin in a cycle of being tight and dry followed by an oil slick. Every time we strip the skin of its oils, it has to overcompensate for the lack of moisture by



producing more oil. That combined with most products being scented, can cause irritation and dryness. Try the oil cleansing method to heal, nourish, and restore balance to your skin!

What Types of Topical Vitamins are used to Treat Acne?

Recent evidence suggests that free radicals and oxidative stress play a role in the formation of acne. Some vitamins act as natural antioxidants, protecting the skin from oxidative stress. Indicators of oxidative damage are higher in blood samples taken from patients with acne, whereas antioxidants are lower. Not only are cellular antioxidants low in patients with acne, but also levels of antioxidant vitamins like vitamins A and E are also significantly lower in acne patients as compared to controls. It appears as though these antioxidants are being consumed at a faster rate in patients with acne.

Vitamins such as B3, C, and E are thought to have antioxidant properties. So, it would make sense that supplying acne patients with more vitamin E (topically or systemically) might help prevent (or even treat) acne.

Discovering which topical vitamins are best used to treat acne and how they can prevent irritation and bacteria from entering the skin's surface is the key to not only banishing skin inflammation, but also preventing more irritation from occurring.

Most acne patients have no idea what the real causes of acne are. There have been countless misconceptions about how to treat acne such as astringent toners or oil stripping masks. In order to rid yourself of acne, understanding how it's caused is the first step. It's beginning to be known that acne is caused by the oxidation of sebum, leading us to believe that acne is easier to cure than many think.

What Is Sebum Oxidation?

Oxidation is the process of something reacting with oxygen. Sebum's main job is to lubricate the skin, which prevents it from dryness and irritation. For example, have you noticed that on a hot day your skin gets oily? Most people think this is sweat, but it's actually sebum, which is lubricating your skin and protecting it from dryness.

Sebum is an oil that is made of various fatty acids and 12% of sebum is squalene and it is this substance that leads to acne. While the process might be called sebum oxidation it is really the squalene that oxidizes. When oxygen attacks squalene, it mutates into a substance called squalene peroxide, and this is one of the most powerful acne causing substances in the whole world. The excess sebum then combines with dead skin cells, forms the perfect recipe for blocking your skin pores, and does precisely that.

What does this have to do with acne?

Blocked skin pores are absolutely vital for the formation of acne. When your skin pores get full

of sebum and skin cells it alters the oxygen tension, allowing bacteria (p. acnes) to flood in and breed. With no sebum oxidation, there are no blocked pores, and almost certainly no acne.

What topical vitamins are best used to combat acne?

Vitamin B3: Has been proven in clinical studies to increase the elasticity of the skin, enhance the skin barrier function, erase discolorations and improve the skin's tone and texture

Vitamin E: Is fat soluble, meaning that it works well in sebum, Your body actually sends Vitamin E to your skin in a very tight correlation with the amount of sebum produced; in other words, the more sebum you produce the more Vitamin E will be sent there. In clear skinned people this system is working very effectively; Vitamin E is preventing squalene oxidation, pores aren't getting blocked, and there is no acne. Acne patients, on the other hand, do not have enough Vitamin E to protect all the squalene. The amount of squalene produced basically outnumbers the amount of antioxidants available.

Vitamin C: Reduce inflammation and irritation, Fade post-breakout red marks by improving skin's natural healing response, and Increase the effectiveness of your sunscreens and boosts your skins defense against UV exposure

There are a few options for application. You are able to mix a few drops into your moisturizer and apply to dry skin or use it in place of a moisturizer. The first step is to wash the affected area with soap/cleanser and water.

The oil should then be rubbed on the affected area with a cotton ball. The oil will seal in the moisture and keep the skin moisturized while it is absorbed into the scar tissue.

Alternatively, you can wipe any excess oil from the skin and leave the oil on overnight.

Repeat the oil application daily for as long as it is needed.

<http://www.ncbi.nlm.nih.gov/pubmed/16681594>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724370/>

Chapter 8: DIY Acne Remedies & Prevention Techniques

To Rid Your Skin of Dead Skin Cells - DIY Gentle Exfoliating Facial Scrubs

Oatmeal Honey Face Scrub

Benefits:

- oatmeal is full of antioxidant and anti-inflammatory compounds, providing relief from minor skin irritations
- honey provides natural, antibacterial, and healing properties to soothe and clarify skin
- almond oil is very light and non-greasy, helping cleanse the skin's pores while providing moisture
-

Ingredients:

- 2 parts ground oatmeal
- one part honey
- one part almond oil

Directions:

1. Mix ingredients together
2. Put a thin layer of scrub onto entire face, rubbing gently in circular motions
3. Leave on the skin for 4-5 minutes
4. Wash off with warm water



Sugar Lemon Scrub

Benefits:

- coconut oil acts an antibiotic that contains multi-vitamins and multi-nutrients that nourish the skin
- sugar rids your skin of dead skin cells that limits moisture from penetrating your skin

Ingredients:

- 1 cup sugar (for oily skin) or baking soda (for dry skin)
- ½ cup coconut oil
- 1 teaspoon lemon zest
- 1-2 drops of lemon extract (optional)

Directions:

1. Mix ingredients together and place in an airtight glass container for storage
2. Gently massage onto skin, focusing on the t-zone
3. Wash off with warm water



To Add Needed Moisture Back Into the Skin - DIY Moisturizing Facial Masks

Homemade Avocado Face Mask

Benefits:

- avocados are full of organic ingredients that will naturally moisturize the skin
- avocados contain high amounts of oleic acid content, helping make your skin soft and hydrated
- olive oil helps smooth fine lines and wrinkles and creates an added layer of moisture over the skin

Ingredients:

- 1 ripe avocado
- 3 tbsp. olive oil

Directions:

1. Slice and remove the avocado core, then scrape the meat
2. Mash up the avocado then add olive oil to the mixture
3. Leave on the skin for 15 minutes
4. Wash off with warm water



Berry Yogurt Mask

Benefits:

- blackberries deliver more antioxidants than most berries
- vitamin C and natural enzymes in fresh citrus help brighten the skin
- while being a mild antiseptic, honey gently exfoliates, promotes tissue growth, and seals in moisture

Ingredients:

- 2 tbsp. plain yogurt
- 2 tbsp. honey
- ¼ cup mixed berries
- 1 tbsp. lemon juice

Directions:

1. Puree ingredients together until smooth
2. Apply mixture to clean, dry face
3. Let mask sit on skin for 10-15 minutes
4. Rinse face thoroughly with warm water



To Sooth Irritated Skin & Reduce Redness - DIY Toning Face Masks

Egg White Face Lift Mask

Benefits:

- egg whites tightens and tones your face
- lemon reduces age spots
- honey kills bacteria and plumps the skin

Ingredients:

- 1 egg white
- 1 tsp. lemon juice
- 1 tsp. raw honey

Directions:

1. Mix ingredients together
2. Put a thin layer onto face
3. Leave on the skin for 15-20 minutes
4. Wash off with warm water



Lavender Honey Mask

Benefits:

- honey helps the skin retain moisture and is loaded with antioxidants
- lavender soothes irritated skin and reduces redness
- the combination of both ingredients leaves the skin feeling smooth and tingly

Ingredients:

- 1-½ tbsp. raw honey
- 1 pinch of pulverized dried lavender or 1 drop of lavender essential oil

Directions:

1. Mix ingredients together
2. Lightly coat entire face
3. Leave on the skin for 15 minutes
4. Wash off with warm water



DIY Quick Skin Fixes

Applying Toothpaste On Pimples

What To Look For:

- white colored toothpaste with ingredients like baking soda, hydrogen peroxide, and triclosan
- avoid teeth whitening or gel toothpastes that contain bleaching agents
- look for an organic toothpaste that doesn't contain fluoride or pesticides that will irritate your skin

Steps:

1. Wash your face with warm water
2. Squeeze a dime size amount of toothpaste onto your finger
3. Apply a small sized amount directly onto the pimple
4. Leave the toothpaste overnight for best results
5. Gently wash off



DIY Blackhead Remover



Benefits:

- honey contains antiseptic properties that help remove the blackheads by destroying the germs or impurities that clog up the pores
- lemon tightens the skin's pores for a clearer complexion

Ingredients:

- ½ lemon
- 1 tbsp. honey
- 1 tsp. sugar

Directions:

1. Cut a lemon in half and apply honey and sugar to the lemon half
2. After cleansing skin, rub on problem areas
3. Extract blackheads using an extractor
4. Rinse face thoroughly with warm water

DIY Gentle Facial Cleansers

Goats Milk Soap Cleanser

Benefits:

- goat's milk reduces inflammation
- goat's milk has anti-bacterial properties that delay the growth of microbial organisms that spur the spread of acne

Ingredients:

- 1 bar goats milk (<http://bit.ly/1ydyNyg>)
- cheese grater
- 1 medium saucepan
- 1-½ cups filtered water
- small funnel

Directions:

1. Using a cheese grater, grate soap until you have approximately 1/4 cup of soap shavings (¼ bar)
2. In a medium saucepan, combine water and soap shavings
3. Heat soap and water over low heat until the soap is dissolved, approximately 5 minutes
4. Allow the dissolved soap to slowly cool to room temperature
5. Pick up the pan by the handle and gently swirl the mixture until it loosens a bit and thins



Olive Oil Dry Skin Cleanser

Benefits:

- olive oil is packed with nutrients that hydrate the skin's surface
- adding a few drops of lavender oil will not only soothe irritation and redness, but boost moisturizing levels

Ingredients:

- 1 tbsp extra virgin olive oil
- 1-2 drops of lavender oil
- wash cloth

Directions:

1. Mix olive oil and lavender together
2. Massage cleanser onto skin
3. Soak washcloth in warm water and remove cleanser
4. Leave a thin layer of oil onto face for added moisture
5. To remove excess makeup, repeat this process



Chapter 9: Emergency Measures

How To Pop A Pimple The Right Way

Have you ever woken up the day of a big event with a huge pimple on your face? You know that popping it isn't good for your skin, but most of us would rather face those consequences than show up with a zit on your face that attracts attention. So are there any right ways to pop a whitehead? If you are very careful and use the appropriate methods, there are a few ways that can remedy the situation without damaging your skin.

The Washcloth Method:

1. Wash your hands, especially under the nails to kill excess bacteria.
2. Soak a washcloth in hot water and wring it out.
3. Hold the corner of the washcloth with your finger directly on top of the blemish for a few minutes. This helps bring the fluid to the surface.
4. Gently slide your finger 1 millimeter in any direction and the whitehead should slide off with the washcloth.
5. Repeat these steps if you have a stubborn pimple and it will come out.
6. You can treat it afterwards with benzoyl peroxide cream if you have a particularly inflamed pimple.



The Cotton Ball Method:

1. Wash your hands.
2. Soak a cotton ball in hot water and place it on the spot for a minute. This uses heat to draw the blockage to the surface of the skin and also opens the pore.
3. Hold it on the tip of the whitehead, avoiding the surface area.
4. Rub the cotton ball back and forth on top of the pimple and the whitehead should become loose.



The Tissue Method:

1. Wrap tissue around each index finger.
2. Place each finger ½ millimeter away from the head of the pimple.
3. Gently push down and squeeze very gently in a rolling up motion.
4. Hold a cold cotton ball to reduce swelling and/or bleeding.

**DIY Whitehead Remover Paste**

1. Mix just equal parts cornstarch and vinegar together. You need just enough to cover the whitehead.
2. Apply the paste on the area for 15-20 minutes.
3. Wash off with a warm washcloth and the whitehead should be gone.



*Note: If these methods do not work and you have a deep cystic pimple underneath the skin, just wait for it to come to a head. Trying to pop it will only create scarring!

Thank you for taking the time to read our eBook! Understanding your skin from the inside out is the first step in achieving a glowing, blemish free complexion! If you have any questions, suggestions, feedback or anything else, feel free to contact us on our website. We're looking forward to hearing from you! To learn more about our products and how they can help you with a more natural approach to skincare, head on over to our website and blog! If you liked this e-book, feel free to send it to your friends or tell them to go to www.innateskin.com and download it. With your help, we can change the way people think about skin care products!



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