CLEAR SKIN FOREVER

A REVOLUTIONARY DIET-BASED APPROACH TO CURING ACNE

BY

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How To Use This Book

Read it through, follow the techniques and advice, and you’ll soon be well on your way to clear skin.

Some parts of this book are fairly complex, because acne is a complex problem. But I want you to fully understand the real causes of acne – that’s absolutely critical if you want to know how, why, and when you get acne, and how to keep your skin clear. If you find terms or concepts that are confusing, feel free to email me at info@clearskinforever.net, but don’t sweat the details. As long you’re getting the big picture, you’re golden.

A note on navigation: if you’re reading this as a PDF, you can click on the page numbers in the Table of Contents to go the corresponding page.

Additional tables and information are included in the appendix.

Citations appear at the very end of the book.

I wish you luck!

Kind Regards,

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Official Disclaimer

Content in this book is for reference purposes and is not intended to substitute for advice given by a physician, pharmacist, or other licensed health-care professional. You should not use this information as self-diagnosis or for treating a health problem or disease. Contact your health-care provider immediately if you suspect that you have a medical problem. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease or health condition.
Unofficial Disclaimer

You can get clear skin if you try hard enough. With the Clear Skin Forever method, results do vary from person to person, depending on how much effort you’re willing to put forth. By working hard at these diet and lifestyle changes, you can truly transform your skin – that’s a promise.

So work hard, apply yourself, and you will see clear skin in less time than you ever thought possible!
Why You Should Beware of Acne Treatment Advice on the Internet

Not all acne advice is created equal. Case in point: if you followed all the advice out there on the internet, you’d be spending hundreds and hundreds of dollars and pulling your hair out with crazy treatments like these:

Rub your face with coconut oil twice a day, drink green tea three times a day, sprinkle cinnamon on everything you eat, eat nothing but apples for three days, take a twice-daily cocktail of chromium, zinc, selenium, vitamin B5, vitamin B6, vitamin A, vitamin E, fish oil, fermented cod liver oil, EGCG, garlic extract, coconut oil, red palm oil, high-vitamin butter oil, evening primrose oil, MSM, saw palmetto, L-glutamine, alpha-lipoic acid, probiotics, Co-Q10, and resveratrol, and visualize the acne going away as you cultivate your body’s powerful vibrational energy.

You know, it might even work... at least in the short term. But it would most likely fail in the long term, and empty your pocketbook too.

It’s also crazy, unsustainable, a waste of money, and possibly dangerous (for reasons I’ll explore later). I have tried many of these things, and you may have too – but I’m here to tell you that there’s a better way.

And that’s what this book is for.
Are You Listening to Your Acne?

“When you resort to attacking the messenger and not the message, you have lost the debate.”

ADDISON WHITHECOMB

Here's the thing: acne may well be the most important thing that ever happened to you. I know that sounds crazy, but it's absolutely critical that you understand this.

Here's the deal: acne is not your enemy. It's a messenger, carrying critical news about your health. You've got to listen, or risk serious disease down the road.

If you hadn't had acne, you wouldn't be here now, reading this. You have acne because your body's trying to say, "Listen to me, will you? You're hurting me! You're doing something wrong, and I'm suffering, and acne is the best way I know how to tell you that!" If you cover up those signals with makeup or harsh medicines, you're stifling your body's cries for change.

Think about that for a moment. What are you doing every day to cover up these signals, to cover up your acne?

I say that having acne may be the best thing that ever happened to you, because you're learning something that people with perfect skin may never learn: how to listen to your body and give it what it needs for ultimate health.
So really, this acne stuff goes deeper than just a bunch of humiliating red bumps on your face – it’s about taking your health into your own hands, overturning all the false information that’s been drilled into your head, and taking control of your life. And finally achieving clear skin in the process.

_I want you to flip acne around and start thinking of it as a positive force of change in your life._

The biggest leap you have to make between you and clear skin is to accept acne as a positive thing. As a friend, watching out for you.

When I was a child, I was deeply affected by the novel _Ender’s Game_, in which a boy prodigy commands humanity’s forces in an attack against a hostile alien race. One thing the boy says burned itself into my mind forever: love your enemies.

You have to give up the war on acne immediately. You can’t win. You’ve been fighting that battle for a long time, and you’re about ready to break down and surrender – that’s why you’re here, reading this. It turns out that surrendering is exactly what you must do. You must _work with_ your acne. You must learn to see it as a partner, mentor, and tutor. You must respect it and feel compassion for it, and listen to what it has to say. Only then will its purpose be fulfilled, and it will disappear into the shadows, coming back only now again to give you a gentle tap on the shoulder and say, “Hey, you’re going astray. Remember what we learned together? Remember that TLC you promised me?”

Another way to think about this: instead of fighting acne, instead of fighting the messenger, wage war on your real enemy, the enemy your acne’s trying to warn you about. Wage war on the toxins, the pollutants, the chemicals, the stress – all the bad stuff you’ve been unknowingly poisoning your body with.
How Come My Dermatologist Didn’t Tell Me All This?

“Love your enemies, just in case your friends turn out to be bastards.”

- Eskimo Proverb

You thought you could trust your doctor. After all, he went to medical school, right? He or she should know everything there is to know about skin health, including how diet affects acne, right?

Unfortunately, most medical schools fall short of the recommended minimum of 25 hours of required nutrition classes. Here are a few other shocking findings from a 2009 study by researchers at UNC Chapel Hill:

1. Most graduating medical students continue to rate their nutrition preparation as inadequate

2. Only a quarter of medical schools require a dedicated nutrition course at all – for most, nutrition education is “integrated” into other courses

3. Medical students received an average of 19.6 hours of nutrition instruction

(Compare that to naturopathic doctor Alan C. Logan, whose transcript showed 223 hours of dedicated nutrition education in his four years of naturopathy school, not including hundreds of hours of clinical practice. Naturopathy is founded on nutrition; western medicine is clearly not.)

So your average doctor has barely studied nutrition at all, besides the minority of holistic or naturopathic doctors (and you probably would not be reading this if you had one of those). Consequently, your doctor probably believes that diet has little or nothing to do with acne – which you will soon
see is absolutely false. Quite simply, diet has almost everything to do with acne. And so your doctor may be misleading you, because they don’t know the whole story.

(More generally, it’s important to remember that dermatologists, along with all conventional doctors, base their knowledge on courses taken in medical school; these courses themselves are based on “popular wisdom” stances on health and diet, drawn largely from biased studies funded by giant pharmaceutical companies, grain-grower lobbies, the dairy lobby, and other huge corporate groups with a vested interest in making money. Most medical schools are heavily funded by pharmaceutical companies, as well. For these corporations, the actual health of people is a side-issue at best, and a complete non-issue at worst – far from the sine qua non that it should be. So remember: although medical professionals are kind and well-intentioned people, you’ve got to take doctors’ orders with a huge lump of salt. Remember what interests lay behind their years of medical schooling.)

Acne, on the other hand, is your friend; it will not lie to you, has your best interest in mind, and will not try to sell you prescriptions. It gently nudges you on the shoulder when you go astray.

The Shotgun Approach

To hell with silver bullets.

Why? Unless your aim is perfect, you'll miss every time, because acne is a complex moving target. No, we'll be using the shotgun approach. Why? Because it's the approach that will get rid of your acne the fastest. For most people, there is not just one single thing missing from their diet or lifestyle, but rather there’s a sticky, interconnected web of problems that must all be addressed to have the greatest chances of success.
Overcome the Victim Mentality

“If it’s never our fault, we can’t take responsibility for it. If we can’t take responsibility for it, we’ll always be its victim.”

RICHARD BACH, AMERICAN AUTHOR

Alright, it's time to snap out of your victim mentality.

Do you ever catch yourself thinking this? “I'm a victim of acne. I got bad genes, and there's nothing I can do to fix it. The best I can do is use cover-up, or get prescription medicines to combat the acne.”

This victim mentality is a self-fulfilling prophecy. You know that, deep-down. The more you tell yourself that you're a victim of acne, and that you're helpless to change it, the more you rob yourself of personal strength, willpower, and ability to change anything! The more you tell yourself you're a victim, the more you make yourself one. You might even say that being a victim is boring – because nothing changes! You remain a victim forever, until you start stepping in and taking control.

You have to take responsibility for your acne. You brought it about, nobody else. Now, that might seem unfair, and you're right to think that your choices have been largely dictated by others – parents, friends, doctors, the media; but you've got to start taking responsibility now for turning those choices around. You've got to educate and empower yourself. This course is the key.

Find Your Own Truth

You might be asking yourself, “why should I believe what this guy has to say?” And you’re absolutely right to think that. Ultimately, I'm just another
guy with my own experience, my own knowledge, and my own opinions and beliefs. However, I urge you to read this if it resonates with you, if it speaks to you – to your logic, your emotions, and your bullshit meter. Accept what resonates, and discard (or at least carefully scrutinize) what doesn't – the things that strike you as odd or misguided or just plain wrong. This is not about me telling you what to do. It's me giving my stance on things, and you taking what you want from it. I've had enough of people telling me how to eat, how to exercise, how to live. And I bet you have too. Here's to independence of thought, and to free will.

With that, let’s dive into current acne treatments, and why they so often fail in the long term.

Symptoms vs. Causes

Here's the problem with almost every acne treatment in existence: in treats symptoms, not causes. You might be thinking, I don't care, as long as it gets rid of my acne! But listen: that's not a path you want to go down. You've been down that road, you know what it looks like. Trying cure after cure, rubbing baking soda on your face every night, paying hundreds of dollars for medications, in a blind stumbling search for something, just something that works, and doesn't leave you with too many nasty side effects. (Has anyone told you about the side effects of Accutane? Birth defects, hair loss, depression, sleep problems, seizures, nosebleeds, eczema, lower back pain, inflammatory bowel disease, breathing difficulties, and reduced blood flow to the brain? Is that something worth messing around with?)

To illustrate symptoms vs. causes, here's an analogy: if you wanted to make the tomatoes growing in your back yard taste better, you could inject each one with a flavor-enhancing chemical cocktail, but you'd be treating the symptom (bad flavor) rather than the cause (poor environment). What you really need to do is fix the growing conditions. Put the tomatoes in the right
type of soil. Give them the sun, water, microbes and temperatures they need to grow and thrive.

Still going on the tomato analogy. Living things – tomatoes, plants, animals, and you – require healthy environments to grow and thrive. If conditions aren't right, you get problems. For example, planting tomatoes in muddy, soggy soil leads to tasteless, pale, mushy tomatoes. Similarly, planting humans in a poor environment leads to all sorts of diseases, of which acne is a very benign but extremely humiliating one.

When you get acne, it's a sign that there's something fundamentally wrong with your body, stemming from your diet, sleep habits, stress levels, exercise, and social and emotional well-being.

The Internet is full to bursting with supposed miracle acne cures. A quick search turns up everything from prescription drugs to apple cider vinegar to baking soda to putting your own pee on your pimples. I'm willing to grant that there may be something of value in urine therapy, but it's still a surface-level, symptom-treating solution, and hence not really a solution at all – it just puts off the problem until later, when you decide to stop using whatever miracle cure you're on this week, or it decides to stop working. Then you hop onto the next miracle cure, the one that's actually going to work this time! You get the picture. It's cyclic.

To break out of this cycle, you and I need to examine our assumptions, and discover how we've been led astray. No more being addicted to acne drug companies and miracle cure-alls; it's time to take the power into our own hands.

Alright, on to the meaty stuff.
****** End of the Sneak Peek ******

I hope you enjoyed this sneak peek into my book, Clear Skin Forever.

As you can see, acne is not random - there are very good reasons why you have it.

If you want to get rid of acne for good, you must address these root causes.

In the full e-Book...

- I’ll reveal the #1 worst cause of acne for most people.
- I’ll tell you why your cleanser is actually making your acne worse.
- And I’ll show you the true root causes of acne (and best of all, how to fix them naturally, without topical treatments or medications).

For instant access to the full e-Book now, which reveals the step-by-step program I used to clear my acne (and stay clear), pick it up here:

http://www.clearskinforever.net/book/?source=blog

Sincerely,

Devin Mooers @ Clear Skin Forever