CLEAR SKIN FOREVER

A REVOLUTIONARY, HOLISTIC APPROACH TO CURING ACNE

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Clear Skin Forever

A Revolutionary, Holistic Approach to Curing Acne

By Devin Mooers and Sonia Carlson

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This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.


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Version Notes

Updates to 1.5 (October 2014):

- Troubleshooting chapter added

Updates to 1.6 (December 9, 2014):

- General content reorganization and revision
- Added yellow callout boxes, blue “FYI” boxes, and FAQs throughout
- “What is Acne?” section edited and expanded
- “Root Causes of Acne” section added
- “Conventional Acne Treatments” section added
- Expanded section on gluten, grains, and beans
- “Clear Skin Power Foods” section added
- Section on vegetarians/vegans rewritten/expanded
- Edits made to the Master List of Foods
- “FAQs” section added
- “Resource Guide” added
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Introduction

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 we 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, don’t sweat the details too much - just follow our recommendations for diet and lifestyle changes. As long you’re getting the big picture and making the changes, you’re golden.

We wish you luck!

Kind Regards,

Devin Mooers and Sonia Carlson
Clear Skin Forever
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.

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Unofficial Disclaimer

You can get clear skin if you try hard enough. There is always a way. With the Clear Skin Forever method, results do vary from person to person, depending on how much effort you’re willing to put forth and how many things you’re willing to try changing. By working hard at these diet and lifestyle changes, we believe you can truly transform your skin.

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, eat nothing but apples for three days, do a liver flush, do a coffee enema, 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 we’ll explore later). We have tried many of these things, and you may have too – but we’re 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.

We know that sounds crazy, but it’s essential that you understand this.

Here’s the deal: acne is not your enemy. It’s a messenger, carrying critical news about your health. It’s offering you an opportunity to shape up, and start treating your body the way it wants to be treated. 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? I’m hurting! Something is 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, topical treatments, antibiotics, or other 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?
We 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 vibrant 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 health. And finally achieving clear skin in the process.

*We 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 the clear skin you want is to accept acne as a positive thing. As a friend, watching out for you.

When Devin was a child, he 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 his 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. Do that, and your body will reward you with vibrant energy, freedom from sickness, and of course - clear, glowing skin.
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, she went to medical school, right? 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
- Only a quarter of medical schools require a dedicated nutrition course at all – for most, nutrition education is “integrated” into other courses
- Medical students received an average of 19.6 hours of nutrition instruction
In contrast, naturopath and diet-acne author Dr. Alan C. Logan’s transcript showed almost 300 hours of dedicated nutrition education in his four years of naturopathy school, not including hundreds of hours of clinical practice.\[2]\ Naturopathy is founded on principles of holistic nutrition; western medicine is clearly not.

So your average doctor has probably barely studied nutrition at all. 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.

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 “party line” stances on health and diet, advocated by organizations like the American Dermatology Association, and drawn largely from scientifically flawed 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 most medical professionals are kind and well-intentioned people, you’ve got to take doctors’ orders with a huge lump of salt. Remember what interests lie 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 when you go astray, and if you listen, you can get back on track.
The Shotgun Approach

To hell with “silver bullet” acne cures!

Why?

They miss nearly every time, because acne is a complex moving target. No, not silver bullets - instead, 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 was born with 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 this acne. I might just have to live with it.”

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 the ability to change anything! The more you tell yourself you’re a victim, the more you make yourself one. You might remain a victim forever, unless you step in and take 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 - and in that sense, it’s not really your fault in the sense that you weren’t trying to give yourself acne. But it’s happened! And you’re the only one with the power to make it right.
You’ve got to start taking responsibility *now* for turning those choices around. You’ve got to educate and empower yourself. This book is the key.
Find Your Own Truth

You might be asking yourself, “Why should I believe what these people - Devin Mooers and Sonia Carlson - have to say?” And you’re absolutely right to think that. Ultimately, we’re just another guy and gal with our own experiences, our own knowledge, and our own opinions and beliefs.

However, we urge you to read this if it resonates with you, if it speaks to you – to your logic, your emotions - and doesn’t trigger 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 us telling you what to do. It’s about us giving you our stance on things, presenting and synthesizing the relevant scientific evidence, and you taking what you want from it. We’ve had enough of people telling us how to eat, how to exercise, how to live. And we bet you have too. Here’s to independence of thought, and to free will.

With that, let’s dive into why conventional acne treatments so often fail in the long term.
Symptoms Versus Causes

Here’s the problem with almost every acne treatment in existence: it treats symptoms, not causes. You might be thinking, I don’t care, as long as it gets rid of my acne! But hear this: 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 harsh topical creams on your face morning and 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.

FYI

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? Not to mention increased suicide risk... Is that something worth messing around with?

So the problem is that all these treatments you’ve been trying treat symptoms, but do nothing about the underlying, root causes of acne. And that’s why a) they don’t work very well, and b) your acne often
comes back when you stop using these treatments.

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, nutrients, 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 environment - which may include 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. We’re willing to grant that there may be something of value in these treatments, but they’re still surface-level, symptom-treating solutions, and hence not really “solutions” at all – they just put 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, we 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 - what acne actually is, why you have it, and what the true root causes are (and later on, how to fix them so you can finally get clear skin!).
We hope you enjoyed this sneak peek into our 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. Topical treatments and dermatologist-prescribed medications don't do that! You need to fix the underlying dietary, lifestyle, and psychological factors that cause acne. It's a complex problem, and it needs a comprehensive solution (like *Clear Skin Forever!*).

In the full e-book, you'll find...

- The top 4 worst foods for acne
- 72 additional acne-triggering foods to avoid
- 126 clear skin power foods
- 37 answers to difficult real-life questions about acne
- A comprehensive overview of what to do *today* to start clearing up your skin

Oh, and in case it doesn't work for you, it comes with an ironclad 60-day money-back guarantee. We want you to be satisfied!

For instant access to the full e-book now, which reveals the step-by-step program Devin used to clear his acne (and stay clear for the past 8
years, without any topical treatments), pick it up here:

http://www.clearskinforever.net/book/

Sincerely,
Devin & Sonia @ Clear Skin Forever
Sources


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    These words are from prolific user “alternativista” on the excellent forums at Acne.org. She has posted over 7,000 times at the time of this writing, and has some really insightful things to say about acne. ↩


This is an excellent book on the little-known distinction between A1 and A2 milk. To illustrate how important the difference is, New Zealand is currently in the process of converting all their dairy herds to A2-producing cows, while they have been heretofore dominated by A1 cows. 

68. This is done for aesthetic reasons, but we happen to think that cream-top milk and yogurt are the most delicious kinds out there. They seem more “real” to us, more genuine, than homogenized versions.


76. For more on this subject, dubbed the “lipid hypothesis,” as well as debunking myths about cholesterol and saturated fat, look into Gary Taubes’ excellent book, *Good Calories, Bad Calories*.


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103. Jaminet


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119. The China Study is not good science. These articles point out serious flaws:
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