



CLEAR SKIN FOREVER

**A REVOLUTIONARY, HOLISTIC
APPROACH TO CURING ACNE**

**DEVIN MOOERS
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Clear Skin Forever

A Revolutionary, Holistic Approach to Clearing
Acne

By Devin Mooers and Sonia Carlson

Version 2.0

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Clear Skin Forever: A Revolutionary, Holistic Approach to Clearing Acne,
by Devin Mooers and Sonia Carlson.

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Version Notes

Updates in 2.0 (November 6, 2017):

- Major overhaul to food recommendations based on lots of new research. We are now recommending grains (including some gluten grains), beans, and dairy, with specific caveats about quality and preparation. (See [Grains](#), [Beans](#), and [Dairy](#))
- Added information on iron fortification of wheat, excess iron and lipid peroxidation and acne, as well as specific types of wheat that may be more and less problematic for gut health and acne. (see [Grains](#))
- Added information on A1 vs. A2 dairy, specifics about pasteurization, feed type, etc., and how it affects milk quality (and acne). (see [Dairy](#))
- Added sample meal plans (see [Meal Plans](#))
- Updated various FAQs to reflect new food recommendations.
- Many other small updates throughout the book!

Updates in 1.12 (August 9, 2017):

- Added a big section to the introduction about why nutrition science is flawed, and what other sources of wisdom we use for generating our CSF recommendations (see [Why Nutrition Science is Flawed](#))
- Recommend white tea instead of green tea due to lower fluoride content
- Lots of minor updates throughout the text

Updates in 1.11 (June 14, 2017):

- Removed recommendation to take fermented cod liver oil (FCLO), replaced with recommendation to take desiccated liver capsules or 10,000 IU of retinyl palmitate (see [Vitamin A](#))

Updates in 1.10 (March 15, 2017):

- Added fluoride & iodine info and recommendations (see [Fluoride and Iodine](#))
- Added info on which house plants are best at detoxifying indoor air
- Now recommend using olive oil as a cooking fat (medium heat or below), instead of only a drizzling oil

Updates in 1.9 (July 1, 2016):

- Added a better section on the CSF Forum
- Fixed some spelling and grammatical errors

Updates in 1.8 (August 19, 2015):

- Added information about new personal consulting services
- Added forum blurb in the introduction

Updates in 1.7 (May 6, 2015):

- Added note about argan oil as a non-pore-clogging moisturizer
- Added links to the CSF Forum and Food Explorer

Updates in 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

Updates in 1.5 (October 2014):

- Troubleshooting chapter 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.

As you start making changes, be sure to visit us on the [CSF Forum](#). It's packed with questions from readers like you, as well as answers and suggestions to help you along your journey. If your question isn't there, post it as a new thread. We are active on the forum, too, and look forward to seeing you there!

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.

The Most Important Section In This Book

For you, this little section may be the difference between getting results and giving up before you even get started.

If you've done a lot of reading around the internet about dietary cures for acne, then some of what you read in this book *will* sound familiar. That's because we've distilled out the stuff that truly works to cure acne from the scientific research (and loads of readers' experience), and that information's not classified.

We encourage you not to get down if what you read here isn't some brand-new, knock-you-down, can't-believe-I-didn't-think-of-it-before approach to getting clear. We know it can be disappointing to learn that there's no magical secret thing that's totally, radically different from every other thing you've done in the past.

Go ahead, shed some tears about it.

Ok, now dry your face and let's get busy. Because even if you've tried something *like* this program before, you haven't tried Clear Skin Forever.

Do any of these hit close to home?

"But I cut out dairy for two whole months once, and I never eat sugar."

"I've already tried avoiding all the acne triggers listed in the book, and I

still have acne!”

“I did the Whole30 once, and still had acne at the end (so that’s how I know your diet won’t work for me!)”

People give us excuses like this *all the time* for why they won’t even *try* the CSF approach to getting clear. If, as you read this book, you find these sorts of message bubbles popping up in your head, notice them. It’s okay, it’s normal. But don’t be the person who buys into the messages and gives up before even getting started.

We feel sad when we hear these excuses from readers, because we can often see that they’re so close to finally getting clear skin. They’ve got almost everything right, but there are just a few key pieces of the puzzle missing. And if they’d only give CSF an honest effort, and get some help, they’d be able to figure out their unique requirements for getting clear skin.

And this is where the *best* feature of Clear Skin Forever comes in - the [CSF Forum](#). It can be tough, especially when you’ve tried this or that diet change without results, to be motivated to try something similar (though almost certainly not the same!) again. The other tricky thing is that everyone is different, so the WCIGAW (what can I get away with) quotient is different for everyone, and that can leave you questioning whether what you’re doing is really effective or worthwhile for you.

When you find yourself doubting, post on the Forum. Tell us what you’ve tried, what you’re trying now. List the foods you eat in a typical day, in detail, along with the supplements you’re taking and how much of each. Tell us about your sleep, sun exposure, exercise, and stress levels. And then let us give you targeted suggestions and encouragement. Both of us (Sonia and Devin) and many other thoughtful, experienced readers actively help people like you on the Forum every day.

A number of people who read our book and follow our program get clear skin all on their own, first try. Among those who don't see improvement after a few weeks to a month, there is a very high success rate *among those who post to the Forum and get help.*

Be one of those people. Ask for help, get encouragement, tell us about yourself and get personalized advice. We're here to help you get clear.

Oh, and how do you get to the CSF Forum? Easy! Either go directly to forum.clearskinfover.net, or log into your member area at my.clearskinfover.net and click on Apps > CSF Forum.

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

FYI

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, Big Ag lobbies, 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 Holistic Approach

To heck 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 a *holistic 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.

The Problems With Nutrition Science, A.K.A. Why We Don't Cite 6,000 Studies In This Book

In this modern Western world, we're so blinded by our mindset of "science is the holy grail of truth" that we almost universally ignore other sources of experience and wisdom as useless or false. If it's not science, we ignore it!

The issue with science, especially nutrition science, is that it's really difficult to carry out in such a way that you can actually derive causal conclusions from it.

There are a number of glaring problems with nutrition science:

1. You can cherry-pick nutrition studies to support literally any argument you want about diet. Want to argue that saturated fat causes heart disease? There are tons of studies to back that up. Want to argue that it's actually *polyunsaturated* fat that causes heart disease, while saturated fat is protective? You can find hundreds of studies to back that up, too. Want to argue that carbohydrates are the root cause of the obesity epidemic? You can find thousands of studies to support that (Gary Taubes did it in *Good Calories, Bad Calories*). Similarly, you can easily find studies to argue that it's not the carbs, but the iron fortification and synthetic B vitamins added to white flour that triggered the obesity epidemic. Does that mean any one of these arguments is absolute truth? Absolutely not! Each one is just an *argument*, with lots of

evidence to back it up, but not truth. Always bear that in mind, and take any scientific reading with a huge pile of salt.

2. Study authors often make giant leaps of faith - yes, faith! In a scientific paper! They may observe a correlation of some kind in their data - let's say, meat eating and cancer rate - and then in the conclusion section of the paper, they leap to saying that "clearly, meat eating causes cancer!" when in reality, a true scientific mindset does *not* allow you to jump to such conclusions. Correlation does not equal causation, remember? Again, this allows you to cherry-pick studies to support virtually any conclusion you want. What if it's actually *grilled* meat that contributes to cancer because of polycyclic aromatic hydrocarbons (PAHs) and heterocyclic amines (HCAs) that form during grilling and charring of meat? What if it's actually *processed* meat, like pepperoni and salami, that causes cancer due to nitrosamines formed from the sodium nitrate and nitrite used as preservatives? Or what if it's iron overload syndrome from eating too much muscle meat, without enough iron-blocking polyphenol-rich foods? What if eating some grass-fed or wild meat, lightly cooked, emphasizing gelatinous cuts, bone marrow, and organ meats, is actually beneficial for health? If the study didn't get into that much detail, then there are many possible confounding factors and alternative causal relationships. You can not logically draw the conclusion that meat eating causes cancer from such a study, but that does not stop many health writers from doing so anyway.
3. Abstracts of scientific studies often leave out crucial details about how the study was performed. For example, what was the control group? Was there even a control group? What type of meat were people eating? Was it organic? Feedlot? How was it cooked - grilled? Braised? If grilled, did it have sugary barbecue sauce on it that contributes new sugar-based carcinogenic toxins when cooked at high temperatures? Lots of potential confounding nuances! Worse, to read the full text of most studies, you have to purchase

it, often for \$40 or more per study. That's prohibitively expensive for many health writers (us included), when you're looking at hundreds of studies. Besides, who has time to comb through hundreds of full texts, with the writing as droll, dense, and deliberately confusing as it is? (The modern academic writing style is a travesty of obfuscation, muddled language, overly long and complex sentence structure, indirect language, and other problems that would make Strunck and White roll over in their graves.)

4. Nutrition science is extraordinarily difficult to do, period, because one of the fundamental underpinnings of the scientific method - reductionism - blatantly defies the holistic nature of diet and the human body. Food is complicated. Milk \neq milk, for example. There's milk from feedlot cows pumped with antibiotics and fed moldy, GMO, pesticide-laden corn and soy, then homogenized and ultra-pasteurized; then there's raw milk from heritage-breed cows raised entirely on organic pasture. Also, where you purchase food (grocery store? direct from a farmer you trust?), as well as how you eat it (in a rush? mindfully?), makes a difference in your relationship to the food, and how it affects your body. It's been well-established that emotions have a huge effect on your digestive system, for instance, with stress emotion leading to digestive shutdown. Humans are complex beings, and eating food is a complex act with nutritional, societal, cultural, and other influences that affect it. Trying to reduce all this to tweaking one particular food in the diet, and getting meaningful results from it without a range of confounding factors, is virtually impossible. Science is reductionist, treating the human body as a series of gears and levers and mechanisms that can be isolated and studied individually. Science is an extremely limiting worldview that blocks understanding of complex, multifaceted, interwoven, feedback-loop-ridden phenomena.
5. Many nutrition studies are epidemiological studies, or survey-

based studies, and asking people to recall how many vegetables they normally eat, for instance, is a notoriously error-prone endeavor. A number of biases like availability heuristic and expectation bias rear their ugly heads to dramatically skew data, and make study results totally meaningless.

6. Close reading of the full text of studies often reveals severe methodological errors, like lack of a true control group, lack of blinding or double-blinding, and other problems that totally invalidate the experimental results. Even many full texts do not list crucial details about how the study was performed, so it's impossible to try to repeat their experiment.
7. You often can't do double-blind trials with nutrition science, because you can't fool someone into thinking they're drinking cow milk when they're actually drinking soy milk. People are smart, they know what things taste like, and it's very difficult to hoodwink people or prevent them from knowing what they're eating.
8. When making a diet argument, it's easy to ignore studies that don't support your working hypothesis, and just cherry-pick studies that do support it. We've been guilty of that before, most definitely. Trying to address the seemingly contradicting studies is very difficult, and is often perceived as weakening your argument. So many health writers just throw out these contradicting studies and just don't include them at all.
9. Some concepts in nutrition are virtually impossible to design a methodologically sound experiment to actually test. For example, let's say you want to test whether eating 10% of your calories from polyunsaturated fat and 0% from saturated fat reduces arterial plaque (heart disease), compared to 10% of calories from saturated fat (and 0% PUFA). First, you'd have to control the diets of your subjects completely - this is prohibitively expensive and basically impossible for longer test durations than a few days, and to get good results for such subtle tweaks to diet, you'd really need to

perform such a test for *years*. Second, it's very difficult to control such nutrients accurately - you can't just give people 200 calories of pure PUFA every day. You'd have to say something like, okay, group A eats 200 calories of canola oil daily, while group B eats 200 calories of butter daily. But when you do this, you introduce a whole host of potential confounding factors. What if there's a certain *other* nutrient in one of these foods, like vitamin E in canola oil, or CLA in butter, that totally confounds the results you thought you were testing for? You end up getting data, but it doesn't mean what you thought it meant. You don't realize this, of course, so you commit the error of saying your hypothesis was correct, leading untold thousands of health writers to take your conclusion on faith and construct scientifically false diet recommendations based on just reading the abstract of your study.

10. Funding for nutrition studies often comes from large food conglomerates, like Big Dairy, Big Pharma, Big Ag, Big CAFO Acme Feedlot Conglomerate, or some other Big X. If the unmitigated disaster of the cigarette science coverups taught us anything, it's that big corporations will stop at nothing to falsify study data, deliberately misinterpret data, throw away data they don't like, pull studies they don't agree with right before they get published, fire researchers who perform studies that contradict their agenda, and other near-Gestapo tactics that will remain forever hidden from the public eye, (barring some intrepid independent investigation, whistleblowers, or the like). When evaluating a study, you have to follow the money. It's expected that every single published study in existence says "We do not have any conflicts of interest to report." They wouldn't be published if they did report a conflict of interest! That doesn't mean there *isn't* a conflict of interest. When you've got Big Ag holding a metaphorical gun to your back and threatening to pull your funding unless you pump out studies that seem to indicate that vegetable oil is better than animal fats for your health, you're probably going to just swallow your pride and do it, using

obfuscating language, cleverly hidden methodological errors, and leaps of faith in your conclusion hinting at causality where this is none, to please the suits with money, paying you so you can feed your family. Publish or perish! How is this not a conflict of interest?

Clearly, nutrition science is fraught with peril! That's why you'll find diet books that directly contradict each other, even if they reference the same studies. And you'll find people saying variously that a raw vegan, Paleo, pescatarian, Mediterranean, Okinawan, Peatarian, vegetarian, low-carb, slow-carb, high-fat, low-fat, or macrobiotic diet is the healthiest diet in the world. Wrong!

In our opinion, nutrition science is only *one part* of a complete investigation into health and diet. We also must include:

- Folk wisdom gained over thousands of years (not to be underestimated, even if science cannot seem to validate such things yet)
- Logical principles, including Occam's razor (the simplest explanation is usually the right one)
- Root cause analysis (tracing the causes farther and farther upstream, closer to the root causes - this often requires logic and inference)
- n=1 experiences from individual CSF readers (for us, this means listening to the experiences of thousands of CSF readers, what worked for them, and what didn't - as well as our own experiences)
- Observation of different cuisines and food cultures around the world, how healthy these people are, and what health problems they do and don't have, and trying to draw useful conclusions from it
- Careful mapping and tentative linking of feedback loops and cyclical phenomena using logic and inference
- Careful weighing of many different diet philosophies, trying to

mesh them with one another and find the common ground, and trying to challenge our own assumptions regularly

- A healthy dose of skepticism, and trying to stay aware of the limits of the scientific mindset
- Staying vigilant and identifying personal biases we have that might skew our diet recommendations

Clear Skin Forever is a unique blend of all of these things. Because of the limitations of scientific studies, we don't just cite 6,000 of them and dust off our hands and say "Our work is done here!" It's a lot more nuanced than that, and scientific studies are not the be-all, end-all method to reaching useful diet and lifestyle recommendations to get rid of acne.

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!).

Acne - What It Is And Why You Have It

What Is Acne, Anyway?

Here we go. It's science time, but we'll keep it short, sweet, and fairly simple. Skip it at your own risk. The better you understand acne, the faster you'll master it.

***** End of the Sneak Peek *****

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 1-year 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.clearskinfover.net/book/>

Sincerely,

Devin & Sonia @ Clear Skin Forever

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