

# **Free Cure to Acne Report**

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**Learn All About How You Can  
Start Making a Difference in Your  
Life by Curing Acne**

# **Start on The Path to Change**

Most of us tend to experience our first bout with acne whenever we are in our teenage years. During this time of hormonal flux, this problem tends to surface and it is very persistent for most of us that have to deal with it. Unfortunately, it may not go away whenever these teenage years are over and many of us have to deal with acne throughout our life in one form or another.

The acne that we experience is not always limited to our face. At times, we may have scalp acne or acne on our arms, back or chest that is just as persistent as the type we had on our face whenever we were teenagers.

Believe it or not, one of the main causes of acne, particularly whenever we are older is stress. Stress can cause a lot of different problems in our body and many of you that have a difficulty with acne probably recognize by now that it tends to get worse whenever our stress levels are on the rise.

Not only can our stress show up in the form of acne but it can also show up in other skin problems, such as rosacea. Take a look around at some of the people that you deal with on a regular basis and you will recognize that many of them deal with a face mask, such as rosacea on a regular basis.

If you want to get rid of this type of acne, or any type of acne for that matter it is necessary for you to learn how to calm down and deal with life on a day-to-day basis. Although it certainly is easy to say this, putting it into practice is going to be a difficult thing. If you are able to get a grip on your emotions, however, you would be surprised to find out that your skin will clear up and you will not have to deal with skin problems for this reason.

## **Is Your Liver to Blame for Your Acne?**

Of all of the difficulties that we have to deal with on a day-to-day basis, acne can be one of the more frustrating. Yes, there are some diseases that we can certainly have which are much worse than problem skin but the simple fact is, very few of us have to deal with those but almost all of us have to deal with skin problems.

That is why there is such a push for a natural cure for these problems and there certainly are a lot of that are available out there.

Something that many people don't realize, however, is that acne is not a disease itself. It is merely a symptom that there is something wrong within the body that needs to be corrected.

Whenever we are born, we come out perfectly balanced, both inside and out. As we live our lives, however, that balance begins to disappear and there are a lot of different things that can occur which can cause a variety of problems for us.

For example, we all have a pH balance within our body that needs to be maintained in the alkaline state. Whenever we allow this to go to the acidic, a lot of different problems can occur for us which include diseases and, of course, acne. A simple way of recognizing this is that many people will break out after they eat an acidic vegetable or fruit, such as a tomato.

The toxins that we take into our body also are stored within our body because it is unable to cleanse them all. Although our body is wonderfully made and it certainly can take care of a lot of these toxins for us, we tend to take too much in on a daily basis for it to process. Many of these toxins are stored in our body, either in the liver or in the colon.

Since this is the case, it is necessary for you to cleanse these two organs and flush the toxins out of your body. If you do this, you are going to notice a difference in your skin almost immediately.

Although there certainly are a lot of different cleanses that you can do, you should always build up to them because they can be rather harsh on the body. Eat red beets on a daily basis and switch to a more raw food diet for a few weeks before attempting one of these cleanses. Stick with it, it works in almost every instance.

Taking time out for yourself on a regular basis, getting plenty of sleep and exercise and supplementing with a good B vitamin in order to overcome anxiety attacks is one way for you to deal with this problem.

Although it is going to take some time, learning how to keep yourself calm in the face of stressful situations is going to do a lot more for you than to clear up your acne. Take the time to learn how to do it, your life will benefit as a result.

## **Two Internal Flushes That Help to Cure Acne**

If you have a severe problem with the acne or if you just want to clear your skin up quickly, one of the best things that you can do is to take part in an internal cleansing regimen. There are several of these which will help to clean the inside of your body, which will go a long way in helping to

clean the outside of your body. Since toxins build up in our system and this is often at the base of our acne problems, removing those toxins is the first step in cleaning up our skin and cleaning up our lives.

Two of the places where these toxins tend to hide is in our liver and our colon. There are cleanses that are specifically available to clean both of these and you can certainly take part in either one of them or even both of them separately.

It is important for you to understand, however, that whenever you do a cleanse you will be releasing the toxins and flushing them out of your system. If you are predisposed to having skin problems, they may actually get worse whenever you first start the cleanse before they get better.

I find that an overall body cleanse that is done about twice a year does wonders for me. The one that I choose to use is known as the Master cleanse and it is really somewhat of a liquid diet that consist of water with two tablespoons of lemon, two tablespoons of organic maple syrup and some cayenne pepper.

You also must do a saltwater flush every day in order to clean you out since you will not be eating any fiber. Not only does this help to clear your skin, it clears your mind and helps you in amazing ways.

Another cleanse that can be done is a liver cleanse. There are plenty of these that are available but you should make sure that you are doing one that is relatively mild, especially if you're having a problem with your skin. It is also a good idea for you to detox a little bit through eating raw food a couple of weeks before you begin one of these cleanses.

This will help to get rid of some of the toxins ahead of time so that you don't have a massive release that can show up in the form of additional acne.

**Thank you for reading this Free Report  
on Cure to Acne**