

THE TRUTH ABOUT ACNE

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Nothing in this report is intended to diagnose or treat a disease.



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PART 1

BEFORE WE GET INTO THE NITTY-GRITTY...

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PART 1: BEFORE WE GET INTO THE NITTY GRITTY

Acne is so much more than a skin condition. It affects you physically, socially, and emotionally. Most often, the emotional impact is worse than the physical breakout.

When you've got acne and you're flipping through photos on social media, or watching a movie, or, even, at a party where everyone else appears to have perfect, glowing skin, it's hard not to feel disconnected, embarrassed, even angry about what's happening to your body.

Beautiful skin seems totally out of reach.

When you have acne, you get up in the morning, the first thing you do is touch your face, checking for a new outbreak, or obsessing over the spots you already have. When you look at pictures of yourself, the first thing you notice is your skin, and when you're talking to someone, you're wondering, "do they see me, or my acne?" Yes, you can cover up the bumps, but the fear that someone will see it and judge you is always there. You spend every day aware of the spots on your face. Mostly, you feel completely helpless.

Even those of us who study the causes and how to treat acne, don't completely understand how it can take over your life, and debilitate you. Not only does acne cause a loss of confidence, it takes a huge an emotional toll over time. I see women and men, day in and day out who've suffered from criticism, teasing, many of whom feel ashamed because of their skin. It's heartbreaking to see how this problem can impact the quality of a person's life. The strange part is, many doctors and professionals seem to have no clue as to how painful it is. "It's not that bad," they'll say, or, "the scars aren't that bad. It could be a lot worse."

Let's Face it. Acne sucks. And it is a big deal, when it's happening to you.

What's worse, when you begin to seek help, you're confused. How are you supposed to get help for your skin if you don't know where to start? In this digital world, with so much information at our fingertips, you'd think acne treatment would be simple and easy to access. But there are so many opinions, and so much written about the subject, it's impossible to separate fact from fiction. The goal of this ebook is to help debunk some of the myths about acne, offer some solutions and finally offer tips to **help you look and feel better – even beautiful - now.**

That said, you can change your attitude about yourself, you can change your habits, and you should get informed. The more you know, the better you can advocate for yourself when meeting professionals (doctors, dermatologists, nurses, estheticians), to make sure you get the right treatment. But first, you have to educate yourself.

ACK! WHAT'S HAPPENING TO MY SKIN?



Did you know that over [50 million Americans have active acne](#)? It can pop up at any age - it's not at all unusual for adults to have acne - it's severity can change, and can occur on any part of your body. Some people have continual outbreaks, and for others it comes in waves, during times of stress or hormonal changes.

Where do skin problems begin? What causes acne? Is it hereditary? Is it biological? What role does diet play? Is it caused by stress? And, probably most importantly, is there anything you can do to stop it?

Most people think of acne as those irritated red bumps, but acne starts way before it hits the skin - from deep within your skin's pores. Since each person has over five million pores on their body, when a pore gets filled with dirt, oil, or bacteria and it isn't get cleared away, the pore gets clogged.

Acne, regardless of where it's located, or, how often you experience the outbreaks, is a result of a clogged pore.

Sometimes this pore becomes clogged with oil which is a typical cause of acne for people with oily skin. Other times, the pore can become clogged with bacteria or even dead skin. Once the pore is clogged, the oil, bacteria, or skin becomes trapped. This manifests into a whitehead, blackhead, or the typical red pimple.

Acne is a complex problem. There's no single cause, and no single cure. And, although it is much more common in adolescence, adult acne can occur at any time, and can be caused by one of many conditions, everything from stress to hormones.

Before we dig deeper in to how to handle your acne, let's take a look at what we **do** know about the different types of acne. it's important for you to be able to identify what type of breakout you're dealing with.

PART 2

AND NOW...THE NITTY GRITTY



If you're really savvy about your condition and what kind of acne you're experiencing, you can skip this section - although you probably won't want to, you just might learn something new! The reality is, you have to know what is causing the acne, in order for you to be able to do something about it. Each symptom is caused by a unique problem. You should know the core cause of the symptoms you're experiencing.



Below is a breakdown of the different [types of acne](#).

Acne Vulgaris –Horrible name, right? It's really just the technical term for "normal" acne. The term covers most types listed below (except severe acne), and it appears mostly on the face, back, and shoulders. The good news: Acne Vulgaris is easily treated.

Hormonal Acne- This occurs when your body's hormones produce excess oil. It generally follows a schedule - during menstruation, pregnancy, and even menopause. It appears around the lower face and/or jawline, and can range from very mild to severe.

Cystic and Severe Acne- So, the good news here is, cystic acne, while the most severe, is the least common acne. In cystic acne, clogged pores remain blocked and

turn into an infection. The inflammation of the blocked pore creates cyst(s). The requires help from a dermatologist.

Papules and Pustules-Papules and pustules are different. Papules are small, sensitive (mostly on the face or back), clogged pores that become a comedone that gets inflamed. They can turn into cystic acne. Pustules are small, inflamed bumps that look like whiteheads on the face, back, or chest. Pustules are caused by hormonal changes/imbbalances or allergic reactions. They usually go away with good skin care habits.

Whiteheads - Whiteheads are formed when comedones (bumps on the skin's surface) from a clogged pore and stay closed. They're usually hormonal - puberty, pregnancy, and menopause - and can't be "cured" like other types of acne.

Blackheads Blackheads are open, clogged pores on the skin's surface, and are caused by hormonal changes. They look black because of oil and dead skin. Cosmetics and sweat can cause a blockage, and thankfully, ortunately, they are easily treated with salicylic acid.

Nodular Acne Nodular acne - a large bump under the skin that is painful to the touch - are of the most difficult types. They can lie dormant under the skin a long time before flaring up. Nodular acne can also appear multiple times in the same place, and it usually requires a dermatologist's help.

PART 3

FACT OR FICTION?
THE REAL SKINNY ABOUT ACNE



it comes to the cause of acne. Then we'll explain why they are **WRONG**, as validated by science.

MYTH #1: GREASY FOOD CAUSES ACNE

You've heard it a million times - greasy foods with a lot of oil — all the foods you love, like cheeseburgers, pizza, French fries, and potato chips — are the cause of outbreaks. The truth is, they aren't actually the cause of your outbreaks. There's still so much that is yet unproven, and much of it is up for debate, but scientific studies have proven that eating greasy food **does not** increase your skin's oil production. While you shouldn't be gorging on those foods – for health purposes in general – the oil in the food itself has nothing to do with the oil on your skin.

FACT #1: LET'S TALK ABOUT FATS, BABY!

First, let's separate the good stuff from all the bad stuff. Not all fats are bad. The fact is, your body can tolerate, and should have a little bit of bad fat. You just need to know the difference between the good and the bad fats, and how they impact your skin, so you can make better choices.



WHAT ARE BAD FATS?

The "bad" fats – things like margarine, soybean oil, corn oil, peanut oil, and all of the trans fats contained in fast food and snack foods (potato chips, french fries, etc.), are known to cause an increase in the production of [pro-inflammatory hormones](#), [eicosanoids](#), and insulin. High levels of these two **hormones** cause the body to

produce cortisol – aka, the “stress hormone” – all of which increase internal inflammation. When there is a rise in cortisol, your immune system kicks into overdrive. So, what does that mean? Simply put, your skin starts acting up, in the form of: papules, pustules, and/or nodules.

As mentioned earlier, we all need some “bad” fats. The reason is that these “bad” fats stimulate the hormones that prevent too much bleeding and the infections that create mucosal inflammation (which includes, but isn't limited to: inflammation of the mouth, dry mouth, excessive hair growth, hair loss or nasal dryness).

WHERE DO I FIND GOOD FATS?

Don't fear fats. In fact, your body needs them, in order to heal the body. Be sure to consume enough “good” fats, i.e.: nuts, avocados, soybean oil, and sunflower seeds, as they cause the body to produce anti-inflammatory hormones, which are crucial to the protection, healing of the body and the quality of your skin.

The problem is, most of us eat way more pro-inflammatory fats than we eat healthy fats. If you commit to eating more of the “good” fats, and reducing your intake of the “bad” fats, then the “bad” fats won't have such a negative impact on your skin.

MYTH #2: CHOCOLATE MAKES YOUR SKIN BREAK OUT

The truth is, there is an ingredient called, Theobromine, which is a bitter alkaloid in the cacao plant, which is found in chocolate. Theobromine can make SOME people break out. And, there are some people who break out when they eat dark chocolate, which contains more theobromine than milk chocolate does, but they don't have a negative reaction to milk chocolate or white chocolate (which is cocoa butter, milk and sugar). If you keep your consumption of chocolate to less than 2 oz. per serving, it should have no impact on your acne.

FACT #2: IT'S REALLY ABOUT THE DAIRY

The real culprit for most acne sufferers is dairy. Studies have shown that acne breakouts - especially the cyst-like spots that occur on the chin and jaw line - are related to consuming too much ice cream, yogurt, milk, and cheese. Scientists believe this happens because too much dairy and sugar - which women often crave



during their menstrual cycles - triggers hormonal changes in the body. Since a woman's hormones always fluctuate during her cycle, more inflammation means an increased production of oil and sebum, which can cause more outbreaks.

Everyone's body is different, and we all react differently to different foods. And, you don't have to immediately go vegan because you're breaking out. But, if you notice that pimples are cropping up when your diet is dairy-heavy, try cutting back to see what happens.

You might have slight allergies to certain foods that are causing your body to react internally. If your skin breaks out after you eat certain foods, it's because you are eating too much of it. And the irony is, the more you eat of something that you have allergies to, the more you crave it. It's a spiral that feeds on itself. If you don't eat junk or fast food, avoid refined or processed foods, if you minimize saturated and trans fats, limit dairy consumption, and avoid sugar, you WILL see a difference in your skin.



There is one exception to this rule: If you are prone to big acne cysts, you must avoid dairy products and sugars, because they affect your hormones.

On another note, it's important, while you are on the path of eating better, to Increase your intake of anti-inflammatory foods: fruits and vegetables, nuts (do your research

as to which ones are right for you), fish or fish oil supplements, and olive oil. **WHENEVER** possible, go for organic dairy and meat, because they have significantly less hormones. How that you know the role that hormones and inflammation play, pay attention to and be sure to include things like: organic, anti-biotic free and non-GMO labeled foods.

And, in place of things like yogurt and milk, consider taking a probiotic. Probiotics, often referred to as "good" and helpful bacteria, are live bacteria and yeast that are beneficial to your digestive system. When your digestive ("gut") flora is irritated, you'll experience outbreaks. Probiotics contribute to your overall wellness, including skin health, because they reduce inflammation in the gut and help keep it healthy.

MYTH #3: FREAKING OUT ABOUT ACNE IS NORMAL

FACT #3: ACNE = STRESS, STRESS = ACNE

As anyone who has suffered from acne knows, it's super stressful. While it's true that acne causes stress, science has now proven that stress causes acne.

It's an endless cycle!

In one study, a group of Stanford University scientists recruited students who came to their clinic for acne treatments: once during a stress-free time, and once during a high-stress (final exams) week. The skin science researchers gave students questionnaires that were designed to measure their stress levels. The results showed that the acne severity increased with the higher degree of stress.

Why does stress cause acne outbreaks?

Part of it is because our [brain and our skin create the same stress-related hormone](#) that causes inflammation. Stress can block our thyroid stimulating hormone. Lower levels of that thyroid hormone make our skin vulnerable to inflammation. And [inflammation is one of the main causes of acne](#).

Additionally, stress increases production of the sex-related hormones: testosterone, luteinizing hormone and prolactin. When these hormone levels normalize, the skin clears up. Although you can't stop the stress, you can plan for stress. Do everything



you can do to keep your skin healthy. And, if you know you're about to experience a period of high stress, be diligent about your daily skin care routine, and, if needed, take prescription acne medication.

MYTH #4: HORMONES ARE THE CAUSE ACNE

FACT #4: HORMONES ARE NOT THE MAIN CULPRIT

Yes, it's true that teens are hormonal, and they usually break out when they begin to get interested in sex, but the underlying change that leads to acne happens even before that point. When the adrenal glands start making a compound called DHEA, (which will become either sex hormones or stress hormones), acne can start. When you're under stress, the adrenal gland increases production of the male hormone androgen, and elevated levels of androgen can cause acne. An increase in production of either testosterone, or progesterone (sex hormones), or stress hormones, will make your acne worse.

While hormones play a major role in acne outbreaks, they are not the only cause. More and more research shows that acne is an inflammatory condition...



MYTH #5: ACNE IS AN INFECTION

FACT #5: ACNE BEGINS IN THE GUT

Almost 1/3 of dermatologists say that [acne is not an infection](#), it's an inflammation. Acne is often created by a bacterial infection, so the seemingly obvious solution is to shrink the inflammation. According to Dr. Ben Johnson, [the most common thread is](#), "Candida.

There are approximately 56 strains of Candida, and each of those strains puts out different toxins. Those toxins are either purged by the skin, or they can impact the skin. Acne is probably a bacterial infection."

Candida is the number one reason for most skin conditions that are difficult to treat. Your skin is the largest organ of your body, and like every other organ, it's trying to manage and regulate itself. Our body deals and manages over a million or so toxins per day, and 1/3 of those toxins are "estrogenic" – meaning, they have the same properties to, and resemble estrogen – and they have an impact our body.

We unwittingly get synthetic estrogens (endocrine disrupters) from our water systems, swimming pools, they're found in plastics like BPA, petroleum based products, detergents, cosmetics, furniture, carpeting, thermal receipts and on our food from agriculture chemicals like pesticides, herbicides and fungicides. We also get a lot of "natural" estrogens from foods we may eat every day.

All of these toxins actually cause our body to produce LESS estrogen and cause a testosterone imbalance. This causes a lot of skin conditions, including acne. Acne is caused by your skin trying to process the toxins that have resulted from the Candida in your system.

MYTH 6: WASHING YOUR FACE MORE PREVENTS OUTBREAKS

FACT 6: OVER-WASHING CAN MAKE ACNE WORSE

Many articles say things like, "Don't use a harsh cleanser, because it will make you produce more oil!", or, "stripping your skin of oil will make it overproduce oil."

The skin doesn't actually produce more oil if it's stripped of oil. Your skin makes the amount of oil it's been genetically determined to produce. But after washing with a harsh cleanser it seems like you're producing more oil, because of the contrast between the harsh cleansing and the new, healthy oil. When the skin has no oil on it, even a little seems like a lot. And, if you produce a lot of oil, it will seem like you're massively overproducing it, if you've just stripped yours into a squeaky skin state.

Thus, the widely held myth that your body will overproduce oil after a harsh cleansing.

The real reason why stripping the skin of its natural oil is bad, is actually caused by the degradation of what is called the "acid mantle."

The acid mantle is the skin's protective mechanism – it's made of sebum, which is acidic (PH 4.5-6.2). Healthy skin is actually fairly acidic. Harsh cleansers are high in alkaline (PH 7+), and they strip the skin of its acidity, which allows acne causing bacteria to thrive and grow. If you're continually using an alkaline cleanser, the skin's

acid mantle gets stripped, making the skin more alkaline, and high alkaline is what acne thrives on. The result: an increase in acne lesions.

SO, NOW WHAT?

Now that we've discovered what is and isn't causing acne, how do we deal with it? There are a few things that tend to make acne worse, and some of those things are beyond our control. For example, we can't control our genetics—if your parents had/have acne it is likely that you will, too—and, certain medications WILL increase your tendency to break out.

But, don't be disheartened.

There many acne-prone treatment products that aren't terribly expensive, so be sure to check your products against cosmetic safety guidelines (you can find them online). Make sure that you're taking care of your diet and reducing your level of internal inflammation, and be sure to invest in a safe acne treatment system that works for your individual concern(s). Also, if possible, get a full lab analysis from a qualified Dermatologist.

Yes, it takes time and effort – as all good things do – but there are many things you can do to get CONTROL OF YOUR ACNE.



PART 4

10 WAYS TO HELP
GET RID OF ACNE, ASAP!





When it comes to acne, you can help your SKIN by doing the following things, NOW!

#1. APPLY PRODUCTS IN THE RIGHT ORDER.

One of the best ways to maximize the benefits of products in your skincare regimen is knowing how to apply them correctly. Remember, the products that have thinner consistencies should ALWAYS be applied before the thicker, creamier ones, no matter what the active ingredient is. The reason is, heavier skincare products will block the lighter products from penetrating the skin and doing their job.

#2 KEEP THINGS SMOOTH.

By this point, you know that when you have acne, drying out your skin is one of the worst things you can possibly do! Even though it's extremely tempting to try and scrub away the problem, you MUST avoid harsh products at all costs - they will irritate your skin - more than the outbreak itself. Most dermatologists recommend

that you use soothing treatments to target the problem areas, and to not try to dry them out.

And, be sure to follow up ALL treatments with a [hydrating moisturizer](#). Many acne sufferers mistakenly think that you shouldn't use moisturizers when you have oily skin. In fact, nothing could be further from the truth. No matter what type of skin you have, it's very important to [moisturize daily](#). You too, guys!

Moisturizers do NOT add oil to the skin. They actually add water to the skin – which is hydrating. And, if you suffer from whiteheads and/or blackheads, especially on the jawline or the sides of your face, you should use a good moisture complex, made with oil in water, not in alcohol. This will help keep your pores open and clear.

Even though it seems contrary, don't fear oil. Oily skin MUST be moisturized. If you don't use a moisturizer, your skin will overcompensate for the loss of hydration by producing more oil. This will lead to more outbreaks and an uneven skin texture.

#3. SAY “NO” TO ANTIBIOTICS.

One of the most over-prescribed medications is antibiotic. It seems that, no matter what the problem, doctors offer them as the solution.

Antibiotics affect your bodies body and skin, and when you combine that with things like mercury, lead and arsenic that is in our food and water systems, you've got impeded immune cells that aren't functioning naturally. This, of course, has a huge impact on the quality of our health and skin.



#4. WATCH OUT FOR CANDIDA.

It's estimated that one in three people have an overgrowth of Candida.

In small amounts, Candida, which is a yeast that lives in your mouth, your gut and on your skin, is fine.

But when the environment is compromised, the yeast can multiply and grow out of control.

Most of the meat and dairy products people consume contain hormones that are in our meat and dairy products, you've got excessive candida. If you want to avoid candida, avoid the following:

Refined Sugar

Sugar is one of the biggest culprits behind Candida. Sugar feeds the yeast in your body, allowing it to multiply quickly, causing things like fatigue, gastrointestinal problems, and chronic pain. Refined sugars are in a MAJORITY of off the shelf foods, so read labels carefully. You'll have to cut out baked goods, ketchup, and anything with obvious sugars, and too many carbohydrates produce pro-inflammatory eicosanoids and insulin.

Meat with hormones and antibiotics

Meat may not seem problematic, but if it has hormones or antibiotics, it can lead to an imbalance in yeast levels in your body, and can support further yeast overgrowth. Replacing chemical-laden meat with antibiotic, hormone free animal proteins can be life changing when it comes to Candida.

Dairy

Many people think dairy is a part of a healthy diet, but in truth, it causes many health problems for some people. Most American dairy products come from cows that have been fed hormones and antibiotics and are pasteurized, what removes the vitamins. Low fat and fat-free products are high in sugar, so people with Candida are sensitive to the protein casein, which is found in milk. Cutting dairy will make a significant difference if you have Candida symptoms.

#5. STOP SCRUBBING!

It's tempting to scrub away the acne, but in the long terms, scrubbing the skin removes too much of the skin layers (the acid-mantle).

The acid mantle is a very fine, slightly acidic film on the skin's surface which acts as a barrier to bacteria, viruses and contaminants that might penetrate the skin. Once the acid-mantle has been removed, your skin's exposed to environmental toxins, and sun damage. It also promotes aging.

The MOST you want to exfoliate is two to three times a week. And, make sure you are using the correct cleanser, It's important to use a [cleanser](#) that contains the right ingredients: antioxidants for protection, salicylic acid to help clear pores, and witch hazel, which acts as a natural astringent.



#6 . DON'T GO TO BED WITH MAKEUP ON!

You can be forgiven for one lazy - or drunken - night, but it can't become a habit. If you keep forgetting to remove makeup at night, your pores and oil glands will get clogged. When makeup becomes impacted in your pores, it makes them appear larger. Once your collagen levels decline, and the pores have enlarged, the pores won't snap back easily.

No matter how expensive or good the cosmetics are that you use, you **MUST** remove them before you go to bed, because your skin has to ready to heal and repair while you sleep. And...make sure that your pillowcases are clean and in good shape. Pillowcases accumulate things like conditioner, dirt and scalp oil, which can clog the pores on your face. Change your pillow case at least once a week, more, if you're acne-prone, and, use hot water to wash them. This will kill off any dust mites, which can cause allergies. If you can, buy silk or satin pillowcases, as they reduce permanent creases in the skin. Pressing you face into a pillowcase causes trauma, and, over time, the friction of cotton can cause permanent creases in the skin.

#7. RENEW

Be sure to use cleansers and products that renew and condition your skin, especially overnight. Use a [cleanser](#) that contains antioxidants (for skin protection), salicylic acid (to clear pores), and witch hazel, (which acts as a natural astringent).

Look for a combination of products that include: Glycolic acid in a concentration of 3% to 10%, pH between 2.5 and 4.0, and Salicylic acid in a concentration of 0.5 to 3.0%, pH between 2.5 and 4.0.

#8. CLEAN YOUR COSMETIC BRUSHES.

Always seek non-comedogenic makeup products, as the wrong kind of cosmetics can make your acne worse. Lipstick and lip gloss can aggravate chin acne, and fragrances contained in those products – as well as those found in things like powder foundation – can clog your pores.

If you carry makeup brushes in your handbag, put them in a Ziploc bag to keep them clean, and take your handbag to the dry cleaners every six months in order to disinfect it. This will reduce acne and skin infections.



#9. STOP PICKING YOUR FACE!

If you have cystic acne, DO NOT ever try to lance them. Those cysts will never come out. They're like submarines, and they'll never come out. As with any pimples, popping them forces bacteria further into the skin. The immune system attacks them with inflammation, causing inflammation. If acne is red, tender, or painful, leave it alone.

The ONLY kind of acne blemish that may be safe to pop is a papule, and a pimple extractor device may be used, but ONLY if you have a disinfectant, (2.5% benzoyl peroxide), to use immediately after popping the papule. Don't start popping if you don't have a disinfectant on hand; still it's best not to start popping.

#10. KEEP A DIARY

Consider keeping a mini-food diary (either written or with an app) to keep track of what might be potential food triggers and allergies. This can be especially helpful if you're seeing more acne during and after eating dairy, meats or carbohydrates.

It can be something simple, just jot down what you're eating, the time, the amounts and how your body feels. Include snacks and drinks and record any allergic symptoms like itching or stomach troubles.

It may take some detective work to find out your trigger foods, but recording what you eat and when you get skin breakouts can reveal patterns, and find out what is causing your skin problems.

PART 5: FEEL BEAUTIFUL, NOW!



PART 5

FEEL BEAUTIFUL, NOW!



ACNE ISN'T THE END OF YOUR LIFE

I know, I know, your acne is all you think about. But the truth is, people are so focused on themselves, they aren't paying attention to your skin. And, if they are focused on your skin, then they've got way too much time on their hands. Yes, it's easy to think that people are staring at your skin, but people don't give your skin a second thought. Most people are more concerned about where they left their smartphone, or what they're going to have for dinner. Be honest: how much time do you spend thinking about someone else's skin?

SKIN GAZING

Ever heard of the term, "navel gazing?" Well, when you spend all your time "skin gazing" - looking at every singly pimple or scar, or criticizing yourself - you're literally picking yourself apart. It makes for a stressed-out (and we know what stress does to the skin), crazy person! You're also less fun to be around. Step away from the magnifying mirror.

GET OUT!

It's totally understandable - you're obsessed with your acne, and you don't feel like leaving the house. You're depressed and self-conscious about your skin. But, the worst thing you can do is let acne dictate your choices. You deserve an amazing life now. Travel, hike, get outside, get involved in the world around you. Don't let acne stop you from enjoying life!



GET CONNECTED

One of the most important, supportive things you can do for yourself is to find people online who can relate to your situation. People who are struggling with acne have empathy and compassion, and can understand in ways that others can't.

Sharing stories makes you feel less isolated, and hearing other people's experiences will put things in perspective. One great way to get connected is to visit [Acne.org](https://www.acne.org).

QUICK FIXES

When you're dealing with acne, you have to give it some time. Yes, it's hard, and you want results, NOW! But, it's really important to remember, there are no quick fixes. All legitimate acne products and medications will take time to work – most will take weeks or months. The problem didn't happen overnight, it can't be cured overnight. When it comes to acne, give it a little time. It'll be worth it, in the long run.

After a few months of following a good skin cleansing routine, and giving yourself a bit of time, and looking at what might be some changes to your diet, your skin will probably have a chance to repair itself. Be patient with yourself and your skin, and you will see changes.



SCARRING

If you've had bouts with acne that have left permanent scarring, don't despair, there is hope! There are many treatments for acne scars, from fillers, to lasers to scar revision, to medication, and microneedling.

Some of the treatments have a down side: fillers don't work on pitted scars or boxcar scars, scar revision can be very costly and aren't that effective on pitted scarring.

Lasers are not ideal for all skin types: they tend to cause hyperpigmentation, especially with darker skin. Medication often has side effects, and can be toxic to the body over time.

There are less invasive, reasonably priced scar treatments, like: microneedling. When combined with stem cells, microneedling is one of the best, most promising options available.

ABOVE ALL, KNOW THYSELF

When you make an appointment with a professional, whether it be a doctor, a dermatologist, nurse, or esthetician, have a list of questions and concerns. Know what you want to accomplish, make sure you are clear about it, so that you can be sure you're getting the right treatment.

However, if you don't feel comfortable with a specific approach, it's up to you to bring it up to your doctor/professional, so you discuss other options.

AND NOW...

Focus on the things that you can control: don't over cleanse, use good hygiene, get enough sleep, eat well - and adapt your diet accordingly. Stay informed, and keep educating yourself. You only have one body, it's up to you to take care of it.

No matter what you decide to do to solve your acne, stay focused on the good things in life. Remember, you are SO MUCH MORE than your acne!

MISTI BARNES, IDEAL BEAUTY SKIN CLINIC -

Misti Barnes, owner of [Ideal Beauty Skin Clinic](#) in Calabasas, CA, is a a certified Collagen Restoration Microneedling Therapist, and Micropigmentation Technician who specializes in acne. Her cutting edge treatment combines medical microneedling with bone marrow stem cells to restore the skin and remove scars.



Misti was trained by and worked with a prominent surgeon in Santa Monica, CA. During that time, she began developing anti-aging treatments for A-list celebrities and executives - while working for the cosmetic surgeon - using non-invasive treatments for clients with wrinkles, sun damage, sagging skin, stretchmarks, acne and pigmentation issues.

Misti's been published in Plastic Surgery Practice Magazine, and is a contributing editor to THE Aesthetic Guide, published by Medical Insight. She's appeared on FOX News, is an author for Hazelden Publishing and a speaker at health and professional gatherings, including the Boston Biolife Regenerative Medicine Conference.



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