

SHAPE

THE SECRET TO GETTING RID OF PIMPLES AND CLEARING YOUR SKIN. NO EXTRA SKIN CARE PRODUCTS NEEDED

EditorsChoice

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Dear Friend,

If you are reading this article you are probably struggling with or know someone who struggles with acne and you want to help. If so, I wrote this article specifically for you.

You see, I use to be someone who struggled with acne for a long time. I would get horrible breakouts that were inconvenient and embarrassing. I, like many people with stubborn breakouts, tried every product on the market that I could afford. Nothing worked for me. I started to just settle for the fact that I would have terrible skin all of my life, when a friend introduced me to, what was a completely novel concept.

I had been putting every product on my face that promised to reduce and control my acne. But my friend, who also had acne problems, showed me a product line that treated our skin “holistically”.

Of course the product wasn’t being marketed as a “holistic” acne treatment, but in essence that was exactly what it was. What do I mean by “holistically”? I’ll tell you what I mean in just a second.

So before I spent my hard earned money on yet another clear skin dream, I decided to do some research. What I found was there were plenty of products that do a good and sometimes even great job of killing the bacteria that causes acne, and unclogging pore. These products work when we put stuff (the wash, the toner, the lotion) ON our face. These topical products are certainly a key part of the acne free skin equation and should be used as part of an effective skin care regimen. However, I didn’t find anyone who paid attention to how the things we put IN our bodies affected our acne.

What We Put Inside Our Bodies is Equally Important to Achieving Acne Free Skin.

Turns out, there is tons of research on the vitamins and minerals needed to get rid of pimples and maintain healthy clear skin. I have compiled this research, in a nutshell for you to read here.

Enjoy!

Keva Williams

The Secret To Clear Skin

Health experts say that vitamins and minerals in all forms play an integral role in a healthy complexion, whether the source is food, supplements, or even a jar of cream. “Your skin is the fingerprint of what is going on inside your body, and all skin conditions, from psoriasis to acne are the manifestation of your body’s internal needs, including nutritional needs,” says Georgiana Donadio, PhD, DC, MSc, Founder and Director of the National Institute of Whole Health in Boston. Dr. Donadio goes on to say that “When combined with a good diet, the right dietary supplements can help keep your skin looking not only healthy, but also years younger.”

Before I lay out the specific vitamins and minerals needed for acne free skin, lets, first talk about the most common preventions for acne

COMMON PREVENTIONS FOR ACNE

1. Good facial hygiene along with a healthy low fat diet consisting of fresh fruits and vegetables, whole grains and lean sources of protein.
2. Eat a high fiber diet and drink plenty of water to make sure your body eliminates toxins and wastes effectively.
3. Avoid greasy or oily cosmetics. These products should never contain mineral oil.
4. Soap dries out all by itself if you leave it too long in the shower with no water. So what do you think it does to your face? Never wash your face with soap as it will over dry your skin and cause you to produce more oil to compensate for the loss.

Control stress to prevent acne flare-ups.

So now that we have a basic idea of how to care for our acne prone skin lets now talk about four key vitamins and minerals that are essential to the pimple free equation.

L-Lysine

What Is It?

L-Lysine is one of the essential amino acids for humans. An amino acid is simply the building block of protein that is produced in our bodies. Because our bodies do not make L-Lysine naturally, we have to get it from food or supplements. When I first saw this as a necessary element to fighting acne, I thought, “what does protein have to do with anything?” Well turns out that protein is an important factor in healing our skin. So when we have a pimple that bursts, the proteins in our bodies help our skin to avoid scarring.

What Food Is It In?

This amino acid can be readily found in certain meats, poultry and milk. It is not typically found in high amounts in grains and cereals. You can get small amounts of it in

vegetables and vegetable juices and in fermented foods like miso and yogurt.

Zinc

What Is It?

This mineral is particularly important for acne. In fact, sometimes acne results as a symptom of having too little zinc in our bodies. Zinc works to clear skin by taming oil production and may be effective in controlling the formation of acne lesions or help those that are already on the skin to clear sooner.

What Food Is It In?

You can find zinc in food sources such as oysters, lean meat and poultry.

Vitamin A

(Note- too much Vitamin A can be harmful to women who are pregnant or lactating. Please check with your doctor before you take supplements of this vitamin.)

What Is It?

Vitamin A is necessary for the maintenance and repair of skin tissue. For this reason it also helps to heal scarring and repair damage done by acne blemishes. Vitamin A that we put on our skin makes a big difference, as medical studies show it to be effective in controlling acne.

What Food Is It In?

Good sources of vitamin A are low-fat dairy products, such as yogurt and cottage cheese.

Vitamin B6

What Is It?

Our bodies use this vitamin most readily although many of us don't get enough of it in our diets. Vitamin B6 has been shown to prevent acne flare ups, particularly in pre-menstrual women.

What Food Is It In?

Good sources of B6 can be found in bananas, eggs, oatmeal and rice.

As you can see, diet and nutrition are key elements to getting and keeping healthy clear skin. In some cases, as it is with the mineral zinc, we may even breakout because we are lacking that particular mineral. So a good strategy to clearing up acne is to use topical products (the acne washes, toners and creams) but to also incorporate these vitamins and minerals into your diet.

What If You Don't Always Eat the Foods to Get These Nutrients?

Because our lives are so hectic these days, many of us don't have time to cook and eat the way that we should. This is why you see so many products out there as nutritional supplements. Most Americans simply don't meet their dietary requirements by eating. So if we can't get the nutrients we need to keep our bodies going from food, what are the chances that we can get the extra nutrients to keep our skin healthy from food alone? Pretty slim is my guess. That is why taking a supplement that includes those four key elements for acne free skin is a good solution.

There you have it. I hope you'll use these not so secret elements in clearing up your acne for good.

Did You Benefit from this Article?

If so, forward it on to a friend so that they can also know the Secret to Clear Skin.

PS. – If you have any comments or questions about this e-article, I'd love to hear them. Send me an email to keya@secrettoclearskin.com. Your comments will help me improve this document in the future.

Sources

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