

Acne

Skin condition characterized by reddened, inflamed lesions (sometimes called pustules or “whiteheads”) on the face, neck, shoulders, and elsewhere

Possible Causes and Contributing Factors:

- Bad fats (fried foods, hydrogenated/trans-fats)
- Hormonal Imbalance
- Too much Iron in diet
- Vitamin & mineral deficiencies (A, E, Zinc, Magnesium)
- Poor intestinal health (possible candida)

Suggested Dietary Changes:

- Do the water cure – very important to flush toxins
- Avoid Iron cooking utensils and Iron containing supplements
- Increase raw foods high in fiber
- Experiment by eliminating wheat and dairy

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*