ACNE

Acne is a dysfunction of the sebum glands. The activity of the sebum glands is usually hereditary.
Activity of sebum glands is supported by drying care products.
For acne in a child – understand age is always an endocrine disorder.
Halogens are detoxified via the sebum glands
Acne is also a blood problem. Usually the blood is too rich and the message that the body gives comes out the skin.

Where is the acne breakout:

- **Middle of the face: simple acne in puberty**
- **Face edge: worst acne like acne conglobata. Acne conglobata (AC) occurs when acne cysts and nodules begin to grow together deep below the skin. It's a form of nodulocystic acne, a rare but serious inflammatory skin condition that primarily forms on your face, back, and chest. Over time, AC causes significant, and sometimes disfiguring, scarring.**
- **Forehead: kidney (and hair care products)**
- **Perioral(around mouth): intestinal problems (dysbiosis, food allergies)**
- **Nasolabial fold: parasites in large intestine**
- **Temples: hormone disorders**
- **Lower face: teeth troubles, fluoride toothpaste, contact allergy masks**
- **Takes a while to fix acne, have patience**

Solutions:

- **Reduce skin care products. Keep it simple with olive oil soap, water, one way washcloth.**
- **Use Mask: 1 spoon healing earth, 1 spoon quark mixed together. Put on face 30 minutes, then wash off with clear water twice a week.**
- **Blood Cleansing**
- **Avoid rich foods, deep fried foods**
- **Best diet is vegetarian or anti-inflammatory**
- **Eliminate potential allergenic foods and toxins:**
  - **Peanuts and peanut butter**
  - **Hot dogs, fast foods**
  - **Alcohol**
  - **Coffee**
  - **Citrus**
  - **Meat**
  - **Corn**
  - **Wheat**
  - **Dairy**

After 1 year try slowly reintroducing foods back into the dietary plan