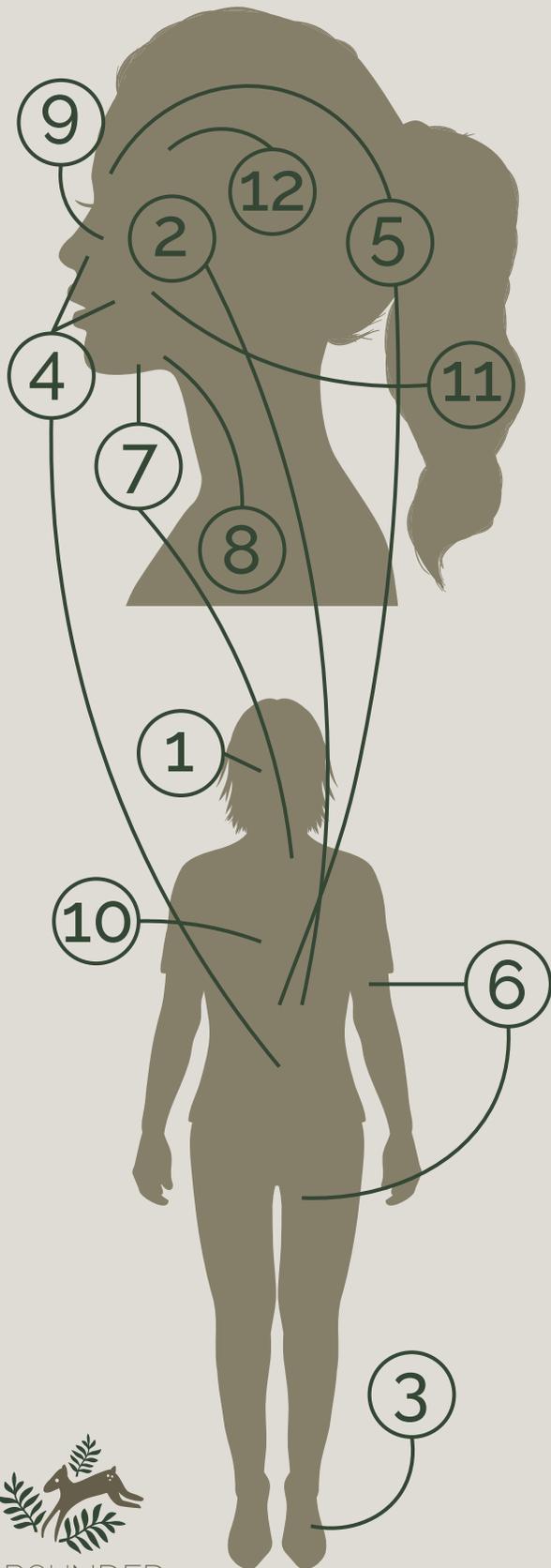


Acne Breakouts

POSSIBLE UNDERLYING CAUSES OR CONTRIBUTING FACTORS



1. Breakouts accompanied by red/inflamed skin

- Whole body inflammation & poor detoxification of waste materials

2. Painful/red/cystic acne

- Poor detoxification of the liver and lymphatic system

3. Dry/patchy/blotchy/red skin

- Allergic reactions contained to specific areas of the body

4. Blemishes around the mouth and nose

- Digestive inflammation & poor production of hydrochloric acid in the stomach
- Food intolerances & underactive liver

5. Painful/red breakouts with/without oily skin. Cystic acne may/may not be present

- Liver congestion
- Imbalance of the body's valuable fats (essential fatty acids) to saturated fats
- Breakouts commonly occur between the eyes

6. Rash like pimples and uneven skin tone

- Candida, yeast infection or microbial imbalance in the bowel
- Breakouts commonly found in warm areas of the body armpits, groin and feet

7. Small lumps under the skin along the jaw-line

- Lymphatic congestion & systemic toxicity

8. Cyclical breakouts most often along the jaw-line

- Hormonal problems/imbbalances
- Breakouts often connected to ovulation or pre-menstration
- Breakouts hard to heal

9. Congested skin/whiteheads/blackheads

- Reactive breakouts to cosmetics & makeup
- Patchy/mild breakouts.

10. Breakouts around puberty

- Hormonal changes and low zinc levels
- More common in males
- Cause slow skin healing

11. Breakouts on cheek area

- Often related to diet
- Reactive breakouts due to dairy, simple sugar and processed foods

12. Rash-like lumps mostly on the forehead

- Stress and/or signs of dehydration

