

# Acne

## What Is Acne?

Acne is a common human skin disease that can be characterized by areas of scaly, red skin; blackheads and whiteheads; pinheads; papules; pimples; and even scarring. Acne affects the skin that has the densest areas of sebaceous follicles including the face, upper part of the chest, and the back.

Severe acne is inflammatory, and acne can manifest in many non-inflammatory ways. Lesions can be caused by changes within the pilosebaceous units, i.e. the skin structures that consist of a hair follicle and the associated sebaceous gland. These are changes that require androgen stimulation.

## What Causes Acne?

Acne is most common during adolescence and is thought to affect around 80-90% of teenagers. Acne can be caused by increased androgens like testosterone, which can occur during puberty. Acne can diminish over time for most people, or decrease at the very least, by around the age of 25. However, there is no way to find out how long this may take or if it will disappear completely; acne can continue until a person is in their thirties, forties, or fifties.

Cysts or large nodules associated with acne can appear in areas such as the buttocks, the armpits, and the groin, along with places where sweat can collect within hair follicles and perspiration ducts, amongst other areas.

The effects of acne can be psychological and may result in low self-esteem, depression, and even suicide. Feelings of depression associated with acne at this time may also be stimulated during the adolescent years when young adults can become more socially insecure about their appearance.

## Acne FAQ

**Q: I have acne (not too severe) and blackheads that I would love to clear away. Is Serrapeptase effective in treating it? What is the recommended dose? Will it get rid of it completely and then I can stop taking it, or is it an ongoing treatment?**

A: Acne is caused by eating starchy carbs and other high sugar foods and drinks, which are upsetting your hormones and blood sugar. Take Serranol, as well as stopping these foods and drinks, and your skin will clear over 30 days. Your choice is then to use a food plan so that you can keep clear. Taking Serranol is only needed to fix the problems, and if you do not have them, then you do not need Serranol.



**“My acne is starting to improve, and my skin is clearing up - finally, after trying every skin cream under the sun. The Serranol and the NatraGest are making a big difference. Thank you.”**

**- Barbara, USA**



*Follow the Health Plan as recommended for the best results:*

## ACNE, ROSACEA, VULGARIS, AND CYSTIC HEALTH PLAN

The following plan is designed to provide relief for Acne, Rosacea, Vulgaris, and Cystic Health. When followed alongside a naturally healthy lifestyle, it can promote clear and healthy looking skin.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern  
Supplements to support healthy skin - in order of priority:*

- [Serranol](#) - Take 2 x 3 times per day, 30mins before eating a meal, with water and reduce to 1 x 3 after 2 weeks. Use until clear.
- [Ozone Oil](#) - Take to clear the scarring. Apply daily and use until the skin is clear.
- [Prescript-Assist - 29 Super Strain Probiotic](#) - This is the next-generation, clinically-proven vegan probiotic supplement. Take 2 x 2 times per day for a month or so and then drop to 1 per day. **(See [www.Probiotic29.com/studies](http://www.Probiotic29.com/studies).)**
- [NatraGest Progesterone Cream](#) - Take as per instructions attached, use for a month or so until the skin is clear.
- [Nascent Iodine](#) – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- [Active Life Capsules](#) - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.

### **Other Recommended Products**

- [Hydrosol Silver Gel](#) -Apply generously to skin on a daily basis to promote natural healing.