

Acne takes time and perseverance to treat. Acne comes from within so it is not just a skin disease. Therefore, the mainstay of long term treatment is cleaning up your diet and general health.

1. **Start your acne treatment with a short cleanse** - Anyone can do a 3 day cleanse and this is a good start for generally promoting health. For 3 days eliminate all sugar, bread products and dairy. OK to eat meat, eggs, broth, vegetables, salad, fruit, nuts, spices. Drink lots of water and herbal tea. Watermelon juice can be good for detox. Just put watermelon in the blender and drink. Also, homemade lemonade with water, lemon juice and a little sweetener (stevia, maple syrup, xylitol) is a good beverage during detox.
2. **Get a facial.** It is often helpful to get a facial from a good aesthetician who can thoroughly clean the skin and pores.
3. **Purchase Neutrogena Clear Pore Daily Scrub** . Place on wet skin for 2-3 minutes in shower once a day and rinse off. Do not leave on longer or overnight. (About 1% of people are allergic to benzoyl peroxide. You will know right away if that is you because your skin will get immediately red and itchy. If that happens stop. We will suggest something else.)
4. Because your skin is more sensitive with any acne treatment, apply sunscreen every day. Our favorite is **Elta MD UV Clear** (Lowest price is generally on Amazon or Dermstore). We have yet to find a “natural” sunscreen that does not clog pores. Teens also like this sunscreen because it does not look chalky on the skin.
5. **Continue to be mindful of diet especially sugar. Sugar increases acne. Significantly reduce sugars in diet. For some, dairy is a problem. Consider eliminate dairy for 1 month and then reintroduce to see if there is any change. Full fat dairy is better than skim milk. Skim milk has more carbohydrates (sugar) than full fat milk.**
6. **Continue this protocol for a full 8 weeks to see if your acne improves/clears. The pimples you see today started 8 weeks ago, so it can take 8-12 weeks to see a response. At 12 weeks, if we have not seen enough improvement, we can add another product. Please do not use antibiotics for acne without discussing with us first.**