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Clear skin forever pdf



skint!). Oh, also, here's how to manage your acne in 4 weeks or less with our main program (over 10,000+ copies sold): #014 - UV for acne can ultraviolet light actually help acne? YES, in bulk, and here's why. (And I don't mean dermatologist UV treatment!) Oh, also, here's how to handle your acne in 4 weeks or less with our main program (over 10,000+ copies sold): #013 - Fluoride pesticides and acne cryolite, norflurazone, flucibanamide, flucibanamide, flucibanamide - yikes! Fluoride pesticides are widely used on all types of food grown in the US (and probably in many other countries). Here's how to avoid them! Oh, also, here's how to manage your acne in 4 weeks or less with our main program (over 10,000+ copies sold): #012 - Vitamin B5 and Acne\*\*\*\* Get the Clear Skin Forever Master Program (over 10,000 copies sold). Other links listed in the episode: Vitamin B5 Blog | CSF Blog I am very impressed with the content. I did my fair share of research, eating all organic (paleo), keep fighting! Simple and real information about this podcast is Useful!!! I read the book and was immediately inspired to make the necessary changes towards having clean skin. I'm still in development, but the results are motivating. Keep up with Devin's podcast! All activities All activities All activities All activities We know what causes acne! There are more than 100 scientific studies to prove this. What's the problem? It's complicated: When you have acne, it means there's something wrong deep inside your body, such as: Hormonal Imbalance Lipid Peroxidation Excess Sebum Increased IGF-1 Insulin Resistance Nutritional Deficiencies Epigenetics Chronic Stress Leaky BowelSystemic Inflammation Omega 3-6 imbalance SIBO Intestinal Dysbiosis Sensitivity to Food Immunodeficiency Lack of Sleep Guess What? You can fix these root causes. We know because we helped thousands of people. We'll show you how, too. Why do you have acne? Why do 60 million American adults have acne? Did we all genetically? Did the cave boy have acne? What about people in the Middle Ages? Shouldn't modern medicine cure everything? Why didn't it fail so royally to treat acne? Is acne really that hard to cure, or is it as easy as changing your diet? How many people do you know who have 100% cured their acne by going to a dermatologist and taking drugs or using creams? When you're like me, you answer zero. That's because the old system doesn't work. The old system assumes things that aren't true. The old system treats symptoms only instead of causes. The old system will fail in the long run. I'm rewriting the skincare rules because the old rules are dead, extinct, and they don't work. Welcome to the new skincare rules. We need a new system, a new way to understand how acne works, why we get it, and how to get rid of acne and keep it forever. I'm here to tell you that it's perfectly possible! Like most people, I have believed for a long time that pills, creams and shrooms were the only ways to treat acne, but it never worked very well for me. I knew there had to be another way. After reading, searching, digging and uncovering, I came across gold. I felt like I'd uncovered the biggest secret in the world of skincare since... Well... I think forever. I can't think of anything approaching. The secret to cleansing the skin? The diet causes acne. Stress causes acne. Clean your diet and lifestyle, fix acne. It's that simple! (It's actually quite complicated, which is why we wrote a book about it.) This isn't an easy thing to fix. And that's why I created this website. I've struggled through these changes myself - I've found a clean skin diet and learned many ways to reduce stress in my life - and because of these, I'm now acne-free. I intend to stay that way for the rest of my life. You can have clean skin too! I know it might be hard to believe, especially if you've only tried Everything! But we've helped thousands of people cleanse their skin with our unique approach. Stay and read for a while, and/or grab a copy of our book, and I'll walk you through the whole process! I've cured acne for myself, and I want to share it with as many people as I can. If you find valuable tips on this site, please share it. Together, we can turn a faded, tired skincare world into something alive, exciting, and... Clear! Do you ever wake up with a bright red pimple monster on your face? And when you think about showing up in public, you feel desperation... Because people could just stare at your big red pimple and you'd be so ashamed you wouldn't even think about it? Hi! We're Devin and Sonia, creators of Clear Skin Forever. Welcome! You know those zits that scream HEY! Look at me! That cute boy or girl at the grocery store you were trying to get the courage to talk to? Or your friends, your boss, or even your customers? On top of that, these pimples always seem to show up at the worst possible time - like the day of a big meeting, or your graduation, or a sweet job interview, or the worst - romantic dinner date. And then you're afraid to go out into the world and show your face in public... Especially for people you find attractive, or for someone you're trying to make a good impression on... Because they could just stare at your pimple instead of looking you in the eye, which gives you that sinking, gut-wrench of fear. And it's like the world hates you because all your friends have clean skin and they don't even have to try, but you're stuck day in and day out shelling beech dollars for treatment after treatment that doesn't do the dang thing! Let's face it - acne sucks. It's hard to put your best face forward when you can't stand what your face looks like. Your self-esteem goes up and down with breakouts. Sometimes you feel so embarrassed that you stay home while your friends go out because you're too scared to show up in public! And you tried everything. You tried a lot of procedures, but nothing worked. And now you're back to square one. Except... Now a light bulb is exploding in your head. A little hope! You think, Hmm... Maybe it's not me, that's the problem... Maybe there's something wrong with all the treatments I've been using! And you'd be absolutely right. Cocky! You're on the trail of discovery! Now we're going to share something crazy with you. All those acne treatments you've tried? Do you know - benzoyl peroxide, salicylic acid, antibiotics, Proactiv, even Accutane? They make one terrible, terrible mistake: in fact, they do nothing with the causes of acne! In fact, they work at a very shallow surface level. Now, this it seems that acne is a surface level problem - because it's on your skin - and we'll forgive you for thinking that. But it's not. Not even close. In fact, acne is a profound hormonal problem in your body. When you have acne, it means that your hormones go pig-wild. That's bad, because hormones are like little elves delivering messages to your cells - in fact, they do almost everything that happens in your body. Elves decide things like: How much excess sebum should I spew? Should I clog the leaks or leave it open? Hmm... how red and swollen and inflamed should I make this pimple today? That's a huge amount of energy your hormones have. If they're so messed up, you get acne. There's no way around it. Except for one method... Get your hormones back in balance. You need to do this if you want to get clean skin. Fact: any treatment that doesn't correct your wild hormonal imbalances will never give you the clean skin you deserve. Are you beginning to understand why all the treatments you've tried so far haven't done much? Makes sense, doesn't it? These treatments won't fix your hormones. They just work on a surface level, trying to kill acne bacteria and unclog pores, which is all well and good. But it's like sitting in a small wooden rowing boat with a gaping hole and trying to save it with a coffee mug. It's hopeless! The water keeps coming, no matter how fast you move that stupid coffee mug. Same with these treatments. Acne keeps coming back, no matter how many treatments you try. And we promise you this: if you continue to use treatments that completely ignore the roots of the hormonal causes of acne, you will never have clean skin. You're going to run, you're going to chase, you're hopelessly craving a cure that actually works... but none of them do because they do nothing about the causes of acne. You were that way... You know where it leads. Acne city. Argh! Trust us - you have the right to be angry! Doctors, dermatologists and pharmaceutical companies have tried to convince you of things like: Oh, hey, try our new Clarity Cream X10 for problem skin and you'll look like this supermodel! Oh, just try our new Ultra Acne Vanisher dwarf pads and you'll be clear in no time. You will be able to practically wipe off pimples! Um... Sure, sure! That's a bunch of cruds. And now we know why... These treatments are not actually a solution to the root of the hormonal triggers of acne. What is really causing your acne problem? If common acne treatments don't work for you, then there are probably deeper problems going on in your body related to hormones. We'll get into it in a minute. The American Academy of Dermatology (AAD) states that there are three causes of acne: overproduction of oil by enlarged oil glands in the skin. Blocking hair which release oil. The growth of bacteria, called P. acnes, in the hair follicles. But these are actually not the real causes of acne. Why doesn't anyone ask what causes oil overproduction by enlarged oil glands? What causes clogging of the hair follicles that release oil? What is the cause of the growth of P. acnes bacteria? Imagine a river that feeds on the lake... and miles down the river there is a factory that pollutes it and all the pollutants eventually turn into the lake downstream. Meanwhile, down by the lake, people are trying to clean up all the pollution in the water and on the shores. Anyone thinking about new ways and new tools for cleaning and managing lake pollution better... But the right question is asked: where does this pollution come from? The official position of the American Academy of Dermatology is that there is no relationship between diet and acne. Seriously?! As we found out, the American Academy of Dermatology is simply wrong. They didn't catch up with the latest research. Here's what we mean: Recent research from Harvard and Dartmouth has found that 70 to 90 percent of all milk sold in stores contains hormones such as progesterone, testosterone precursors and insulin-like growth factor hormones... all associated with causing acne. But it's not just milk... acne has been associated with diet and other environmental factors in 92 studies published in 32 of the best peer-reviewed scientific journals. So while the AAD's stance may not change any time soon, the evidence is getting harder and harder just to brush aside. Devin's personal battle with acne That's me, Devin Mooers, with clean skin. I have been clear in 6 years since the launch of this program. I am eternally grateful and I want to share it with you! My name is Devin Mooers. I was just like you. I struggled with acne after my adolescence. I did all the right things - or so I thought! I washed my face twice a day. I used benzoyl peroxide (Clearasil) religiously, which left bleach stains on my favorite shirt. It helped me leave faster, but they kept coming. I tried MyChelle Clear Skin Serum, an insanely expensive little 1 oz. a bottle (\$30) that did nothing but evaporate your hard earned money. I felt hopeless, and my acne problem took a huge toll on my self-esteem. Bottom line, I felt ugly, and I knew there was a good-looking guy hiding under the acne somewhere. So I became obsessed with investigating the cause of acne and what I could do. I wanted to find out... or die trying. I didn't want to let the rest of my life pass by me with face-filled acne, preventing me from asking girls out, getting portrait photos, and meeting new people. Over the course of 8 years I've read a whole bunch of books and scientific papers about the root causes of acne. I was shocked to find that The strongest cause of acne was diet. I was even more shocked when I found out it was something most doctors don't know yet. After much research and lifestyle experimentation, I finally found a system for getting to the cause of acne. Without facial washes or treatment, my acne went away and stayed away. My life has changed forever. My self-esteem has skyrocketed. I used to avoid cameras, but then I started smiling confidently in photos with friends and family. My dating has improved dramatically. Okay, that doesn't listen to much because I didn't have much dating, but I still felt a ton more confident! I found the courage to invite him to prom, and he's going to sew me up if he doesn't say yes. In my first job interview (when I was a freshman in college), I suddenly felt less like a child, and more like a capable adult. (Ironically, we associate acne with youth/adolescence, but in reality it can strike at any age!) On top of all this, because of the quality of my newfound diet, I found myself feeling more energized day in and day out. We're not talking about instant bliss, but every day I felt a little more relaxed, a little happier, a little more optimistic. It just makes life easier and more fun! Also... I couldn't believe it... I started making love when I looked in the mirror! Now that you've had acne for most formative years of your life, and suddenly you start to enjoy looking in the mirror, it's something worth writing home about (and sharing with the world). Read on and I'll share your system for being clean skinned. But first, I want to share some of my findings with you... Why common treatments have not worked for your acne The most common acne treatment is benzoyl peroxide. It is found in many over-the-counter treatments that are heavily advertised. Benzoyl peroxide produces free radicals in the skin, which can cause premature aging and weaken the skin's ability to heal. It's a vicious circle... where it tears the skin, so you are looking too burnt, but you stay so longer, because your skin can not heal itself normally. Salicylic acid is another common ingredient in many different facial washes and shrooms. Side effects are irritation and burning in the skin. If you use a salicylic acid product in combination with benzoyl peroxide product - which many people do - irritation takes longer to heal. Both of them are topical treatments and because they do not address dietary and hormonal imbalances in your body, your acne will return. What about prescription or cosmetic procedures? Prescription acne treatments focus on killing the bacteria Propionibacterium acnes-or P. acnes in a nutshell. But here's the catch... Acne is not caused by bacteria! P. acnes bacteria are not even for you to get nasty, red, swollen acne. How do we know? A study published in the journal Experimental Dermatology and Lipids in Health and Disease suggests exactly that... that acne can be present even without P. acnes. Bacteria do not cause acne, and yet dermatologists still prescribe antibiotics. Sounds crazy, doesn't it? Cosmetic treatments such as laser, light and UV therapies also aim to reduce P. acnes for acne control, according to the American Academy of Dermatology. Don't throw your money into drains for treatments that don't even target the real cause of acne! These treatments could cost you hundreds of dollars a year, and you are still not at the root causes of your acne problem, which are related to nutritional and hormonal imbalances in your body. Why does your doctor or dermatologist never mention nutrition as part of acne treatment? Most people want quick fixes for their acne, and joint acne treatments have to do. But it's the lost cause - you can't cure acne this way. It just doesn't make sense because acne is such a profound problem in your body! It requires a deep solution. The problem is, most dermatologists don't know! Shockingly, nutrition education is sorely lacking in most medical schools. In 4 years of medical school, only 25 hours of nutritional course is recommended! Worse still, according to the American Academy of Family Physicians, between 2008-2009, only 27 percent of medical schools met the recommendation of a 25-hour nutrition course. No wonder doctors stick to what they know best, and that's prescribing local treatments and pills! It doesn't recommend nutrition-based solutions like they should be (unless they really want to help their patients get clean skin). Can diet really help your acne get better? Absolutely. That's why I'm acne-free now! I don't use any soap, detergents, or any other products on my face, ever. After years of experimenting on myself, I have perfected the diet system to get rid of acne forever. I can tell you personally that it not only cleaned my skin for good, but also improved my overall health. I have better focus, more mental energy, and best of all, I just feel happier more often because this diet promotes optimal brain chemistry. But this goes beyond my own experience - it's a scientific fact. There are currently dozens of scientific studies, from Duke Medical School and others, that show that certain foods (such as dairy products) induce acne. (Does that make sense, doesn't it? That diet that cleanses your acne and gives you glowing skin also gives you radiant health overall! After all, your skin doesn't lie about your health... in fact, you can usually immediately tell someone's internal health according to how good or bad his skin looks. A diet like this promotes excellent skin health as well as versatile excellent mental and physical stamina.) I outline I developed into Clear Skin Forever. Turn to page 42 and you'll discover four food categories that gave Tom and Judia immediate results. You'll also get more insights about what's really causing your acne, such as... Is your acne trying to tell you anything? What acne really is and what it means for your health. Page 14. What really causes acne? We mentioned earlier that it's not P. acnes. So what is the real cause? And how does Mr. Acnes come into play? Knowing this could shift your attitude to prescription treatment if it is no longer the case. Page 27. Is there a link between acne and this disease? There could be a big health risk lurking around the corner if you don't recognize it soon. Page 89. Why others can eat what they want, but you can't. Revealing studies on genes and acne, how it affects your life, and what you can do. Page 47. What about other acne-diet books? If you are looking online, you will find no shortage of books on diet and acne, whether published or self-published. Many of them also have great reviews. But during my research, I came across 3 main problems that prevent these methods from helping people achieve consistent results: They can be expensive to implement (tons of supplements, herbs, cleanses, etc.) Some contain ridiculous remedies that are just difficult and messy Some are quick solutions to treatments that don't actually get into the underlying causes of acne, so your acne will come back! Clear Skin Forever is a no-nonsense guide that crosses the mess. It takes all the best methods that are proven by 51 scientific studies published in 32 respected, peer-reviewed scientific journals and realistic for you to realize in your daily, busy life. That's why you'll discover high-level approaches to combat the root causes of acne, such as... The secret of the Congo Basin. Why mbeng Pygmy in the Congo basin have such clean skin and what you can learn from them. Page 52. Nature is the strongest acne-clearing superfood. And no, it's not a plant! Page 135. Harmful side effect of one of the worst foods for acne. One acne-causing meal has a side effect that could be harming your health right now. Page 99. 90-day challenge for clean skin. Avoiding this one meal alone for 90 days could be the fastest solution to get rid of acne for good. Page 89. The importance of fermented foods for gut health. This is absolutely essential for cleansing the skin - antibiotics, poor diet, and stress lead to compromised gut flora - and fermented foods can help you get back on track. Page 121. Why you should eat fermented foods even when taking probiotics. They help in different ways! Page 124. Why sripped wheat bread is almost as bad for your skin as regular bread. Page 249. Complete list of catastrophic foods. You should avoid these at all costs if you really clean skin. Skin. 48. Trojan horse acne food. This insidious food not only causes acne, but also overworks the immune system, making you feel worse and preventing the skin from healing as quickly as it should. Page 106. Why taking omega-3 fatty acids is not always the best idea for your skin. Page 111. Why saturated fat is actually good for your skin. Page 109. How chronic stress triggers acne, and what you can do about it. Stress is part of our daily lives, but there are many ways to manage it, relax and get in touch with ourselves. We'll walk you through the basics. Page 222. You will also get more practical advice that other books are missing that are useful for everyday life, such as... Healthy Eating Marketing Scam. Trans fats are hidden in some of the hot beds of cooking oils! We will tell you which ones, so you can avoid the danger of lipid peroxidation on the skin. Page 109. List of 129 different food and beverage ingredients you can eat. Bring it to the grocery store the next time you go shopping. Stick to that list and you'll be golden. Page 150. How to eat in restaurants without triggering acne. How to choose clear-skinned friendly restaurants and key menu substitutions that avoid the worst acne triggers. Page 240. What to do if you can not stick to a certain diet. Depending on your current lifestyle changing diets and having control over what you eat can be hard. Here's what to do. 12 foods that you absolutely have to buy organic. Buying all organic food is not always possible and it is expensive. But these 12 foods you absolutely have to buy organic. Tip: you don't have to get all these. Even 3 out of 12 is a good start, but all 12 cleanse your skin faster. Page 65. 15 foods that don't matter if you buy organic or not. A simple guide to help you save more money on a clean skin diet. Page 163. Method of eating as-royal family. A diet for clean skin and better health may not deprive you of tasty foods that will satisfy you. No low-fat, low-carbohydrate diets, please! Page 114. 6 ways to save money on foods that give you clean skin. A clean-skinned diet doesn't have to break the bank. This alone could save you more than \$200 on your monthly groceries. Page 164. Specific tips for vegans and vegetarians. While we don't think a vegan/vegetarian diet is optimal for skin health (more on that on page 189), we wholeheartedly support many reasons to choose such a diet (and we've both been vegan/vegetarian ourselves in the past), so we give you specific tips on how to properly prepare grains and beans that protein sources emphasize (and which ones to avoid) and which supplements to target. Page 189. Huge list of useful fags In the latest version of the book, we've also added an extensive list of FAQs (FAQs) that cover tons sticky situations that heard from our readers: Food and diet! Do I have to stick to this diet forever? Or can I return to eating 'normal' food after a certain period of time? Is there any kind of bread I can eat? Is spoiled cereal bread okay to eat? Why do you say it's okay to eat white rice - isn't brown rice healthier? Is oats okay to eat? Is caffeine in coffee and tea okay for my skin? Alcohol... Is it really bad for my skin? I like to drink at parties and bars and nightclubs. How can I drink 'smart' for my skin? Can I use xylitol or other natural sweeteners? Is organic milk better than regular milk for acne? Will I ever be able to drink milk or eat dairy again? (Tip: Yes) Why isn't a vegetarian diet so healthy from a skin point of view? How much water should I drink for clean skin? Causes of acne What exactly do you do to treat sweat after exercise? (It has always been in my belief that oils clog pores and lead to zits.) What should I do with acne on my back and chest? Problem solving I went off the diet - I ate a lot of pizza and drank tons of beer - and now I'm disturbed! What should I do? I was bad, I quit my diet and ate ice cream! My emotions are out of control... What should I do? I've been doing a diet for a week, but I've seen no improvement or very little improvement. What does he give? What am I doing wrong? What about the pimples I already have? How can I get them to leave faster? I'm following a diet you recommend, but I'm losing weight - and I don't have the weight to lose! How can I maintain weight while eating for clean skin? I've heard that some people can't control their hormones through diet alone... is it ever necessary to just wait for it with acne? Acne treatment and supplements Can I continue to use my current topical acne treatment? Can I continue using antibiotics in this program? If I go for antibiotics, can I fix it later by taking a probiotic? Can I take an X herbal acne supplement? Are multivitamins good to take on acne? Can I do a detox program or cleanse to speed up my results? Skin care How to get rid of red marks and scars? My skin is really oily. How can I make it less greasy? Eating away from home How can I eat in restaurants on this diet? I travel often - what can I eat at airports, planes, etc.? My friend offered me one of her delicious homemade biscuits - how can I refuse? I'm going to feel terrible! But this acne solution gives you more than just clean skin... Not only does this bright skin diet give you glowing skin, it's also incredibly healthy! It's much more nutrient-dense than the standard American diet (SAD), and gives your body all the vitamins, nutrients it needs to function at peak performance. So you'll feel more energized during the day - no more after a lunchtime crash, as your blood sugar level stays level. You will burn fat without exercise because you will optimize your hormones for a healthy, lean body composition. You will have normal digestion (what a relief!), because your inner intestinal flora will be healthier, and you will eat easier-to-digest foods. Finally, because of your newly balanced hormones and the incredible nutrient density of your diet, you will have more sexual desire and stamina - really! - which you will need when potential date sees your newfound confidence radiating through new clean skin. If you've ever wanted to eat healthier and be healthier (isn't that all of us?) - Clear Skin Forever can help you get there. Did you know about these other little known causes of acne? In addition to diet, research has shown that there are other external things that can cause acne. That's why Clear Skin Forever goes into detail about other environmental factors you'll experience. Such as... Should you take dietary supplements? Here's why you should avoid supplements in general, and why treating them with whole foods is much stronger. Page 166. The importance of animal vitamin A for clearing acne. We're debunking some vitamin A myths and showing you why it's not such a good idea to get vitamin A off the pill. Page 170. Do you have this lack of diet? 31.7% of the world suffers from this deficiency, and it is especially common in people with acne. Page 180. Modern gut health control and clean skin. A 2008 study published in the Journal of Dermatology reveals this surprising relationship between acne and your health. Page 83. The best probiotic supplement. There's a million and a half probiotics out there, but we went through them. We recommend one probiotic that is really worth your money (and has scientific evidence to back up). Page 185. A secret supplement cure for a better feeling. This little-known Japanese secret that could not only make you feel healthier, but also cleanse your skin. Page 85. The best type of exercise to control acne - and it's not jogging! How many exercises should you still be doing for your skin? Should you do low, medium or high intensity exercise? Page 201. Which beauty and personal care products you should use if. Not all beauty and beauty products are the best for you. Here's what you should really use. Page 91. You get everything you need to have clean skin and better health with the system listed in Clear Skin Forever. What will your skin look like in 4-6 weeks? Or in a week? Until now you've probably tried everything, and how much is it all costing you? One month Acne.org: \$41.99 Two Months Proactiv: \$49.00 Dermatologist Visit: One Month Retin-A: \$100.00 One month Accutane: \$100.00-\$200.00 And that's only for one or two months of treatment. Your dermatologist could give you Accutane for six months! That could be at least \$600.00. When's it going to end? Fees for dermatologists and prescription treatments can easily add up to \$500 a year or more. And they haven't cured your acne yet... Why go back to them all the time? Even worse, because these treatments do not actually cure the cause of acne, you are addicted to them. You will still have to buy more. And when something doesn't work, you keep buying and trying until you find something that... That's why you're here now! Even reading 10 different books on different acne treatment programs or natural remedies could cost you more than \$100 and waste months of your time trying absurd regimens. Why buy additional treatment, visit a dermatologist or get through information overload? Deep down, you know you're going to be disappointed in all this. It's time to take responsibility for your acne, don't you think? Get instant access to Clear Skin Forever. It contains 305 pages of the best acne-fighting diet advice with links to 92 scientific studies. This is information that doctors often overlook. But it has been shown that diet can address the root causes of acne that traditional treatments miss. iPhone • iPad • Kindle • Android • Mac • Windows • All other devices Note: This is a digital document and will be available for download immediately after purchase. No physical book will be sent. It comes in ePub and PDF formats for reading on any device, including iOS, iPhone, iPad, Android phones and tablets, Windows phones and tablets, laptops, and desktops (or printing). All for \$38. For just 62 cents a day for 60 days you can have clear, beautiful skin for the rest of your life. CSF Food Explorer App Ever wondered which foods cause acne, and why? Now you'll know! With an ever-growing database of more than 280+ foods, with in-depth recommendations and pros/cons for every meal, you'll feel more than ever more than ever to choose foods that will help clean up your skin (and avoid the worst acne triggers). See 1-5 reviews for each individual food (1 = acne, 5 = clear skin) 450+ foods, each with pros/cons and our own recommendations mobile-optimized lifetime approach with purchase Here's a sample of foods: And you'll get free lifetime access with your purchase. You also get access to... CSF Members-Only Forum Come share your problems, get help, and connect with over 2500+ CSF readers! You get more effective help acne.org a tighter community of people watching CSF. And best of all, it's only accessible to CSF readers, not to the general public! Optimized for mobile, very easy to use - and you get free lifetime access to you do not want all acne treatments offered 100% money back guarantee? I am confident that Clear Skin Forever will provide you with the best advice and practical steps to get rid of acne. You will never have to see a dermatologist again and you will have restored self-esteem so you can start enjoying life again. That's why we're offering you... One-year money back guarantee. We want you to be 100% satisfied. If you read a book and don't feel empowered knowing to treat your acne, simply shoot us an email within 1 year of purchase and we'll give you a full refund. Right now you have a choice between acne and clean skin. In a few months... Will you be washing the internet for the latest miracle acne cream drug for 3 easy payments of \$39.95? Do you think the next acne cream you try will suddenly do wonders and your acne will disappear overnight? Do you hope in vain that the next dermatologist you see will have a miracle cure for you? Or do you know deep-down that you have to make a big change, do something radically different (which gets to the real causes of acne) so you can start to see the clean skin that is really you? Let me ask you this: Will you have control over your skin and get rid of acne for good, starting right now? So you can start to feel, Heck yes! I just figured out how to get rid of my acne for good! Now I feel attractive, sexy and open again! So you can finally wake up one morning and look in the mirror in the bathroom to see that you are, that your acne is gone. I mean really, really away. For the first time in years. So you can finally throw away all your facial washes and treatments and get on with your life. So you can smile confidently in photos, knowing that you look sexy. You've been waiting your whole life for this moment... We have prepared everything for you in Clear Skin Forever. Now it's up to you to take the next step. Don't get cut short! Your life is happening now! Get clean skin now so you can start looking and feel like you are born to feel. Shine like you were born to shine. We showed you the door to clear the skin, but it's up to you to go through it. Get clean skin now. Soujimi in Health, Devin Mooers Clear Skin Forever PS Remember that you are getting Clear Skin Forever, a complete guide to treating acne causes. This will be the best \$38 you've ever spent on acne treatment (believe me, we've spent a lot). Try it for 1 year. During this time, if you are not satisfied, we will refund you a full refund. Life's not waiting for you! You can have the bright, beautiful skin you desire and deserve and feel healthier both emotionally and physically. Isn't that worth a try? Note: This is a digital document that will be available for download immediately after purchase. There will be no physical book Delivered. It comes in ePub and PDF formats for reading on any device, including iOS, iPhone, iPad, Android phones and tablets, Windows phones and tablets, laptops, and desktops (or printing). I tried to cleanse my skin only from 2011 until about a year and a half ago when I started the CSF diet. I went to a dermatologist over and over again, and the only thing I got from them was extremely dry skin and yet face-full of hormonal acne. Some of internal medicine actually made me incredibly sick! I've tried birth control, countless facial washes, moisturizers, face masks, over-the-counter medicine, and so on, and my cystic and hormonal acne has gotten worse. Then I came across Clear Skin Forever. Read more > I honestly thought it was a scam at first, but out of sheer frustration I decided to give it a try. While I was hoping for a quick-fix, my acne slowly started to clear up, and now my skin is better than ever! Not only that, but I get sick less and I have more energy. I don't suffer from IBS anymore. I absolutely recommend this program for anyone who wants to cleanse their skin and/or live a healthier lifestyle permanently. I was super careful walking into Clear Skin Forever. At first I thought CSF might be similar to getting rich fast online mode. At first glance, it's walking that line, you know?! She agreed 100% with my values on acne removal, but still had small buttons, and thingamabobs that seemed... Know... As a flamboyant online thing trying to sell something. I took a few weeks of reflection before buying and even emailed them to create a dialogue and express my concerns. They got back to me quickly and understood where I was coming from. Read more > I wasn't customer service-y We understand your concerns, Sir... I actually met people who were about my age and knew exactly what I meant. They also explained to me why it looked like this, and I really feel like empathy with my fears. I was 80% convinced and just went inside and bought it. Once I did it, I read it, loved it, made changes, made improvements (I don't have perfectly clean skin by my standards, but I'm 85% there and wouldn't be there without CSF), and not only that - it was rewarded by the online community of people with my problems that I could reach out to and talk to. I wasn't even expecting everything, and I'm not sure if any of it even existed when I got it, but it came out as a free service after I bought it. Quite advice - here's what I loved - Food Explorer App: You can search for almost no foods in existence and get a report on how it rates on its effect on skin health. Amazing. It's from them, so it's not all ad-y, it just gets right to the facts, and the facts that I personally want to know, too. - CSF Forum: I can post messages with ongoing issues or questions and have people come back to me with their experience, Devin and Sonia offer their expertise too. It's like going to the doctor for free, with more reviews, it's crazy. I didn't buy a cookbook, but in the future, Devin and Sonia are good people who are really knowledgeable about it all and who really like to help. I feel connected to them because I take care of them. If you have any hesitation in buying, I get it. I was there too, and I'm here to say that I was pleasantly surprised and was more than rewarded for this step into the dark. I'm infinitely glad I made up my mind. If you are the type of person who agrees with this philosophy and understands that it is a long journey, and it will not be easy, and that you will have the wrongs along the way, but the determination to stick to it, you will be rewarded immensely. Thank you Devin and Sonia for taking the time to write these books and share their experiences. I am 17 years old and I have been battling acne since the age of 9. I cried every time because the extractions were so painful and over time I formed terrible scars. I went to a dermatologist when I was 11 and went to the same one for 6 years. He put me on sulfate cleanser, tazorac gel, and epiduo (benzoyl peroxide), which made bumps go away (mostly I had a lot of comedies with very little pustules). Read more > I was also on antibiotics when I was 13/14. However, my skin has never felt so dry and scaly and... not like leather. After a while the medication just stopped working and my skin started to break out more and more and I just didn't understand why and struggled a lot with low self-esteem. I decided only recently (September) to drop all my medications and just use a simple cleanser and moisturizer. Cetaphil. This thing is terrible. It dried my skin even more and it was so tight. Then I looked at the back of the bottle and saw the sulfates. How can they put this kind of thing in the face cleanser? Anyway, I stopped using it. So I was desperate for help and was looking for online books from people with real experiences and I came across clear skin forever. I was initially a little hesitant before buying your book because I was hoping it wasn't a scam (because there are many of them out there). Luckily it wasn't and I was very grateful that I came across your site. It was very informative and everything was so easy to understand. I've only really started a diet (although it shouldn't really be called a diet because you're just eating healthy) for about 1 week. It's a little difficult to keep considering the amount of junk that's packed into most of the food in the store. However, I'm working hard to overcome those terrible terrible cravings (he's been a major chocolate addict since I was a kid) and learning what foods are my biggest culprits. In this past week my skin has already improved. My inflammation has cooled and I'm sure I'm taking the right steps to cleanse my skin. I am a 30 year old woman who has experienced some form of acne since I was 13. I was on every medication in the book, including Accutane (twice) and nothing seemed to work. It was only when I was desperate when my chest wouldn't stop erupting that I started looking up treats online, and came across an apple cider vinegar claim where you can drink it or use it on your skin. I saw a Clear Skin Diet pop-up in my search where it explained that ACV and other topical treatments did just that - treat the symptom and not fix the problem. Read more > After looking at the clear skin diet page, I also realized that peanut butter is not good for your skin. I started eating an apple and 2 tablespoons of peanut butter 5 times a week for the last 2 months or so (I thought I was healthy by eating fruit and protein), and peanut butter was causing me to break out! After two weeks of being peanut butter-free, my chest was 100% clear. I learned that a diary is not good for your skin, which explains why I had acne growing up. I drank at least one glass of milk a day until I was 18! I have cut out a dairy, peanut butter, and try to avoid gluten and everything that is fried or has vegetable oil in it. My skin is still unfinished because my diet is still unfinished. This has helped to figure out what food will break me out so I can avoid them if at all possible. I would definitely recommend this book to anyone looking for ways to help cleanse their skin. I started struggling with cystic acne in my first year of college. It took me joy and made me feel like I could never be loved by anyone, let alone alone alone. I saw a dermatologist, and was put on spirinolactone, aldactone, and clindamycin. You have been working for a while... until they stopped working. I've always been cold, and improvement has stagnated. I was still experiencing a break-out, though not nearly as bad as before. I recently decided that there must be a better option, and searched until I found the book Clear Skin Forever at the end of December 2017. Now, 2 months into CSF, I can say that my body feels healthier than ever and I am learning to love my skin. Read more > Breakouts are practically gone, and now I've been working on rejuvenation of my skin (healing scars that have occurred) and removing blemishes. I attached some photos of what my worst looked like (spring 2016) and where I am today. My skin is much healthier! Please excuse the fact that I have eye makeup in the current photos. I'm not quite where I want to be yet, but I'm so happy I decided to start the CSF journey. I can't wait to see where it takes me. Being troubled by acne, one tends to believe almost no claims and tries almost anything, which is what I did when I bought this course online. Although I was skeptical to begin with, I wasn't ready to read what I read. So, according to the suggestions of this course, you will have to stop eating almost everything (almost). Yes, it is real if your whole life revolves around acne and you have the time and energy to arrange and eat exactly what this course suggests. Unfortunately, I am a social being with work and family and it was not possible for me to do so. Luckily, I found something else that worked perfectly fine for my skin. Read more > No one from trying. I just didn't have the time, energy or motivation to give it a try! I have been using a CSF-based diet since August 2015. This program has great potential, but it does not achieve it. The book doesn't address how harmful foods that are pesticide-laden and GE are. Some foods that were considered bad are not bad when purchased in its natural form (bread and potatoes are great examples). This does not support experimentation, but rather a relatively unrealistic shotgun approach that many people end up stressing over and from now on worsens their skin. However, the forum is fantastic. Read more > Allows readers to get help and learn knowledge that benefits them much more than an outdated book. It is clear (along with my skin) that Devin and Sonia have worked hard to bring this program together. Thankfully-unfortunately, only recently have I learned about an acne diet after struggling with bad skin for more than half my life. I came across an acne clinic in my hometown that promotes acne diets. So I was on my way to clean the skin. However, I have found that Clear Skin Forever is an incredible resource for anyone struggling with acne. Learning about my problem only has my hunger for more information, which is why I joined the CSF program. Read more > The thing I like best, in addition to invaluable advice, is information about the cause of acne that dermatologists never talk about. I have had severe acne since I was 13 years old and literally tried everything except acne diet. Diet is the only thing that works for my skin. Why?? Well, because acne is always triggered by what you eat. Educate yourself and find out why some foods are acne triggers and what your body is trying to say. Acne is just a warning sign that what you're putting inside threatens your entire well-being. The skin in the biggest organ, you don't want to mess with that. Whether you're a beginner in this new diet program or a veteran, the book and forum is worth 100 times what you pay for. Hi Devin, just wanted to thank you for creating this magical, life saving eBook. My skin has cleared up significantly after battling this problem for years. After removing the four acne demons, exercise more and overall after My skin has never been better. I found out my last piece of the puzzle was bananas! I realized how many bananas I ate every day (at least one per day) and dropped that intake down significantly and boom. My skin was like Karen at last! You listened to me! I knew I was close because my diet consisted mainly of fresh produce anyway, but there was something just slightly out of balance and I'm glad I finally found it out. Read more > Sometimes I thought maybe this is my destiny? and almost gave up, but I'm very glad I didn't! (Also glad I turn to medication and hormone-screwing pills). Not only has my skin cleaned up, my menstrual cycle has settled significantly and almost comes right on time - which is amazing because that's how nature intended! Following your methods has probably been the most important thing I've learned in my life so far - your body is always looking out for you. I almost cried when I read your acne is not your enemy. The biggest leap you have to make between you and clean skin is to accept acne as a positive thing. As a friend, keep an eye on you section. I realized: Oh my God, I was hurting my body without knowing it and the whole journey started with me apologizing and forsaking myself. It was a fresh perspective after so many years I hate my skin/body/why it's happening to me! Thinking. It took a while, but I'm finally here. Thank you for creating this. You changed my life. If I had bought Devin's book years ago I would have saved \$1000 dollars in wasteful acne products. I've had oily skin since I was 14 and into my 30s. I tried everything from Proactive, BP, shrub, juice to everything! I even went to Accutane when I was 19, which cleaned my skin big, but as soon as I went off the medication my acne came back. Since reading Devin's blog, and buying his book my skin has seen a drastic improvement!!!!!! Timeline following Devin's advice from his book (in days): Day 1 through 4. Read on >My skin broke out like crazy! I have massive pimples in places that I normally never get pimples. (Devin told me it was my body detoxifying all the bad stuff away) 4. My nose has become dry! Day 6 to 7. My forehead has been cleared! Day 7 to 8. My cheeks have ed up! I haven't had any new pimples since day 6!!! I did not use any creams, in fact I started washing only with water! This is faster than Accutane, and I was at 60mg a day. I wish I'd read Devin's book years ago. I know everyone's acne is different, but I really feel that Devin's book will, at the very minimum, improve your skin drastically. It's hard to stop eating the things you love, but after a few days you don't care because of how your skin looks and feels. Remember, this is not a point just to buy a book, but to follow it. It's hard work, but it's really really Worth! This book helped my 15 year old daughter so much. Her skin has improved beyond recognition in 4 weeks and her self-esteem is starting to return. Low self-image and self-esteem is so overwhelming for a 15 year old girl (in particular). Hi, I normally struggle to find time for a holiday review of products/services that I bought online. CSF changed my life so much that for once I actually time. I came across CSF in one of my many edgy Google Searches for How to Get Rid of Acne. Knowing that a ton of people suffer from acne, and that based on probability, some of these people just had to have experience improving their acne for me to turn to the internet. Read more > I was hoping that at least one of them would write something about what worked for them on some random forum ... And I was willing to try anything. It was a very low time for me. My acne was red and mottled and covering my entire face, and I was getting more and more withdrawn and started taking my insecurities out to my loved ones. I tried everything before I found the CSF book. I have tried benzoyl peroxide, an antibiotic treatment prescribed by my doctor, topical treatments, switching to various acne-fighting contraceptives, to use Proactiv. These have been around for several years. Some of these things helped for a couple of months and then the problems reappear, each time getting worse and worse! Not to mention side effects such as super red, dry skin and interaction with medications (some antibiotics interact with contraception, making it less effective, so you absolutely have to use condoms). I went from having white heads and occasional problem spots to having no more stains because acne was all over my face. Clear Skin Forever is a text that explains everything you need to know about acne, and as always, knowledge is power! Learning about the causes of acne and how I can reduce them in my life has helped me understand my own Acne Story and what contributes to acne in my life. This helped me get out of the 'victim mentality' and take an active role in changing my life so I could clean my face completely. I wish I had before and after photos to show, but my acne was so bad than that I was actually refusing to be in photos or I touched them like CRAZY to the point where they don't even look real. I like the way CSF highlights that your acne is your body trying to say something because I've changed habits in my life that have made mine ultimately healthier. Before, I didn't think I was unhealthy, in fact, I was making fun of the fact that 'health and fitness nuts'. But I've been putting things into my body that I thought were really good for me and were actually ruining mine ability to digest all the most important minerals and nutrients.... all the good things your skin needs to stay clean, I love scientific explanations... and sometimes science is communicate in boring or difficult-to-follow terms. I have published research in peer-reviewed journals and understand the struggle to translate scientific knowledge in a fun and interesting way that everyone understands. I can tell you how much time csf writers have put into their work because of the nail translation knowledge piece. I could really understand the text and wasn't bored reading it... I was actually excited to read it! I highly recommend reading this book. And if you're not after it... Go ahead and try all the other creams and drugs and what knows what else. In a few weeks or years you will come back here looking for a permanent solution. This is to date the most life-changing purchase I have ever made online. If you are struggling with acne and can't figure out what's wrong and why, this book is your answer! I never write reviews on anything, however, buying a Clear Skin Forever book was the best decision I've ever made for my skin! It gave me a confidence I didn't think was possible. I can go out in public without wearing makeup. My skin has become smooth, acne-free, and has a beautiful tone (my sun damage has even improved). I got other health benefits because after the program, just as I wasn't expecting as less inflammation (no swelling anywhere), strengthening in my immune system (I got over cold recently really fast), solid poop (everyone with IBS will appreciate that one), hormonal balance (no cramps and no idiosyncratic), no headaches, dark circles under my eyes are even lighter , the list goes on... I have struggled with acne, mainly cystic acne, for more than twenty years, yes, I am 40 years old. Read more > I thought it was something I would 'grow up' but I never did. Of course, I've tried every current product on the market promising acne-free, hydrated, glowing skin that has failed every time. I didn't realize until reading the CSF (Clear Skin Forever) book that it was the bad stuff that I was putting in my body and the right things that I wasn't, which was causing my skin problems. The book is so thorough and easy to follow. I've been following the CSF program for about two months, everything from removing fluoride in my toothpaste (water as well) to using aluminum-free deodorant. I had no idea these things I put on my body every day were very toxic and another contributor to my frustrating breakouts. One of my favorite things I discovered while on this program is that now I can eat chocolate! For years chocolate has been a huge trigger for my acne. I learned that it was the component of 'soy lecithin' that was causing me to breakout. I indulge almost every day (ok, every day) in several pieces of dark chocolate something I never thought possible without resulting in



a huge escape. Not anymore! The really amazing advantage of buying a CSF book is that I gained access to an interactive forum. It's a wealth of information that highlights topics and the ability to search for topics that others have posted. Reading questions and experiences from fellow acne sufferers about supplements, foods, products, etc. was an invaluable resource! I posted a few questions as well. It was even answered by Devin himself, giving me useful suggestions/solutions, and customized details regarding my specific needs – request. There is also a 'food search' section of the CSF website that I use on a daily basis, especially when I'm in a grocery store wondering if a particular meal triggers a breakout. It has saved me on many occasions from making a mistake in choosing acne causing food. I love that part! I'm so grateful that Devin and Sonia shared their knowledge and research there. For the first time in my adult life I'm sure in my skin, I'm not a prisoner wearing makeup to cover up my last escape. I never thought that after just two months on the program, the clean skin I have now will be mine forever! Grateful! ㊄ (Note: sorry no photos of my skin before the program because I would never take a pic without makeup. So here's my skin after about a month into the program) Great book. We thank Devin and Sson for the research they've done here. The book is well thought out and makes perfect sense. It certainly worked and changed my life for the better. I wish I'd met this years ago. Forget all the means and potions that you may have tried over the years, this is where the truth is. Amazing. It treats the main cause of acne. Give it three months. Any shorter than this is not enough time for a clear acne cycle. What mainly cleared me was the removal of milk and dairy products from my diet, and also a reduction in sugar intake. . Did not see any improvement until 2-3 months, but after that, clear. I have been suffering from cystic acne for over 30 years. That's what got me into nutrition as I would see some improvement in my skin when I would eat certain things. I was so intrigued that I later went on to get BS in nutrition, and I'm always reading about nutrition, especially when it's related to acne. But it wasn't until I read CSF a few weeks ago that it all clicked. Devin and Sonia have put together a lot of examined information into very easy, and actually enjoyable books to read about how exactly to eat, and some lifestyle changes to make clear skin. Read more > I liked that there were only a few supplement recommendations because it's mostly based on food, so there's no need to spend a lot of money on dietary supplements or even skin care products. I'm going on my fourth week on a diet and have seen a dramatic effect on my skin. It's just brighter, I also look much healthier! I admit I've eaten a few major acne triggers in the last month, but that was good what I did as I saw the effect they had on my skin, and once I got back on track, I saw improvement again. It's super motivating to actually experience that. They give support for things like that too in the book, plus you'll have access to their forum for even more support from other members, and I was really surprised at how quickly Sonia and Devin will come back to you when they post something. If you're ready to adopt it's your diet that triggers your acne and are ready to make some changes, I highly recommend this easy to read book. Good luck! My 15 YO daughter and I decided to try this approach a month ago. She used retin-A and her face was so red and irritated, plus the cream wasn't reducing her acne! She was happy to agree to try a dietary approach. My daughter reads a book, and I use food search and check the blog. My daughter is stubborn and bucks my advice. However, if it's in this book, she believes it. :-)) Since using the program, her pimples have become smaller in diameter and less swollen-flatter. Her overall skin tone (skin between pimples) is no longer red. Read more > Reduced it's retin-use every other day. She doesn't realize it, but her MOOD has become stable to happy. No more grumpy, quiet teenager in my house. She is also less sore and tired. I read in a blog post that it can take 90 days to form a pimple, so we're fine on our 30 days of progress. I wasn't sure of her photos if the big picture was changing a lot, but then my daughter ate quesadilla cheese and some bottled salad dressing at a friend's house on Tuesday. She said within 10 minutes of the meal, she felt sick. Wednesday morning.... Wham! Her face had huge, red, JUICY inflamed pimples. I don't think it's a coincidence, because in this dish it had dairy products, wheat, oil and processed chemicals and preservatives. My last comments are... yes, change is hard. My daughter lived on boxed cereal, cow's milk, cheese, yogurt, banana bread, sticks and fruits before this change. Now she wears school clothes, shops with me once a week, and says her plain paleo pancakes are better than any restaurant she's ever eaten! Food Explorer was the savior for me. Please don't take that away from me. It's black and white-yes or no-and so useful for busy moms and beginners. I also know that my daughter's acne is hormone driven. The program still helps with this-as evidenced by my baby's lack of mood and relieving pimple inflammation even during her cycle. However, I know that each person's case is different. I hope to post photos on my 90 day review of this book. DON'T GIVE UP! There's no pies out of work? Diet can be hard to follow. But it works. It changed everything for me. I'm still fighting, and I'm not quite but my inflammation is way down, I feel much better, and I was able to stop using retin-A. I got a blood test, and I found out I have a lot of food intolerance. It was essential to learn. If this diet doesn't work for you, consider getting tested. I have a high immune-responsive intolerance to eggs, garlic, ginger, almonds, cashew nuts, pistachios and beans. Read more >A mild intolerance to cow's dairy products and gluten. Crazy, I know. But it all starts with food. This program works really well with Whole30, by the way! A few years ago, when I was looking at the internet in a desperate search for a permanent cure for acne, which tormented me throughout my adult life - starting with college at the age of 20; increasing severity up to that day – serendipitously stumbled upon a website with a seemingly-miraculous URL clearskinforever.net. My curiosity was properly erupted. The pages contained contained more than a few in-depth, empirically-supported but accessible weblog articles exploring nutritional perspectives to address the problem of acne-prone skin. Read more >Dermatologists, as anyone who has visited one armed with questions can attest, by-a-large do not approve of the idea that diet affects the production of acne lesions. So I became adamant that the diet-acne interplay was folklore; occasionally arguing with my mother, who swore up-and-down some food triggered her to break out. For the sake of brevity, sufficiency is enough to say that I have tried everything that dermatologists have prescribed - except isotretinoin and everything else that is available over-the-market. As you probably well-know, most worked for a short period of time, only to end up plateauing in effectiveness, and occasionally aggravating the situation overall. Call it desperation, call it what you will, but my mind, my attitude, they were ripe, they were ready to open up to a new paradigm that these people, Devin and Sonia, were outlining. Intrigued by what I read, I bought an ebook and read it clear-over at night. To say that the way forward since then has been easy would be to lie. Following the instructions – and here I emphasize adamantly, the “guidelines”- held in Devin's book and Sonia's difficult. The state of food in the US is quite abysmal. Many, if not most, foods are recommended to avoid, while following a CSF lifestyle are ubiquitous on grocery store shelves, in fast and comfort foods, and on plates in restaurants both casual and delicate. Navigating modern food nuts healthily requires determination, resilience, creativity, ingenuity, and not-at-least-of all, knowledge. Stress is overflowing. Self-love and self-care are in shortfall. Leisure often figures as a luxury for most. Living holistically, living well, in good health, is certainly challenging, but it is not impossible. Devin and Sonia struggled with acne as many, many people - adults between Fought. Through research, trial and error and diligence, they were able to arrive at a set of guidelines that promoted not only healthy, clean skin, but deep, systemic health throughout the body. The information presented on the CSF blog, in the middle of csf book pages and recipe books, and on community forums, is simply this: information. Having spent the past few years managing the concepts held by Devin and Sonia, backed by the CSF community for editing, augmentation, supplementation and change, let me assure all curious viewers of something critical, healthy and reassuring: at no point have I personally felt, nor have I ever seen anyone else in the forums, forced to “do” anything other than what we feel works best for “us”. That's the difference between CSF and the not-so-secret secret of its success: it's not dogma, it's not a scam - I've never had to pay for a single thing beyond the initial book fee, which is absurdly reasonable given the time and effort expended to gather the knowledge it contains - and there are no ulterior motives. CSF, like Buddhism, like Tao, is primarily a journey. It's a way of life, a method, a practice. It is a collection of wisdom passed down with love and sincerity from those who have suffered - and as Devin will tell you, they still suffer!-- to those who seek to alleviate their suffering. Most famously, it is a vibrant, dynamic system, constantly on the move, open to new ideas, discoveries, reversals of stale or outdated concepts. Nothing here is sacred except for the truth, and truth is what works. So, if you're reading this, if you're suffering, if you're on to yourself, if you're feeling desperate – the same despair I and many as you feel – then give these thoughts a chance to reshaper your reality. Pluck the fruit from the tree, which helps you, it calms you down, that it will help you, and discard the rest. Come in and share your story, place the burden of your confusion and anger on the shoulders of this community. Like many, you may find some comfort, rest, company, and most importantly, some help to make substantial positive changes in your life. Like I said, it's not easy, and neither Devin nor Sonia ever claimed it was, but it works and it's worth it. This website, this community, these people, this lifestyle, has permanently and favorably changed my life; For this I am deeply, humbly grateful. This is a great program for those who want to get to the root of their acne. They provide advice on diet, supplements and skin care products. The site gives you very quick access to which foods to avoid, eat less or more. It's almost impossible to stick to a diet plan 100% for most people I would believe, but making a lot of steps to discuss is not a huge effort and brought positive benefits both skin and general health. Also, the blog gives a lot of great advice from other users who have gotten into more specific problems. Read more >I noticed a definitive cleansing of my skin because using their advice after more than a decade of frustration and zero results from other common methods. Hey, everybody. I bought this book after acne from the age of 12-28. I cut out gluten and dairy products and followed many other suggestions in the book with great results. I gained a lot of knowledge, self-awareness, and self-esteem after years of feeling so bad about my skin. Everything is book is really well explained, and I plan on following the rest of the diet and lifestyle changes going into the new year. Worth reading. Articles on Clear Skin Forever are more comprehensive and research-based than anything else I've come across on the Internet, but the book is even better! I've had cystic acne for years. One day I was so incredibly frustrated and found this website. I've changed my diet and I have significantly less acne. What you put on your skin matters as much as I originally didn't realize my makeup was causing me to break out too. But this book and forum included is the best money you will ever spend. It'll change your life, too. I feel healthier and more beautiful. I feel you're like me... You've read tons of acne. This was the first book I bought about cleaning my skin and it was life changing and opening my eyes. It's been 4 months and yesterday I cancelled a dermatologist appointment that I planned before buying a book. Love on the forum and love how amazing everyone is there. I always have a lot of questions and sometimes silly questions, but I always get kind and realistic answers, and it's so nice to be part of a community that understands this disease that affects our souls more than it affects our bodies sometimes. Read more > Thank you for not being a diet person. I'm lucky enough to have never had a problem with weight or heart disease, but I've had mild acne since puberty. I have been using ProActiv successfully for 8 years and then Acne.org products for 2 years when one day after recovering from flu my face broke out in violent rashes whenever I tried to use a face product. I knew the only option was to give up any topical treatment until I understood what was wrong. This is how I found the Clear Skin Forever Diet, a solution to improve the source of my skin problem, instead of just covering it up. Read more > Following the CSF diet not only cleaned up my skin, but it changed my relationship with my body and with food by making me all the resources to make knowledgeable, informed decisions about what I eat. A year and a half later, even though I no longer strictly follow the program, I still decide to exclude dairy products, I still prefer my own sauces + spices, and I still hesitate purchase of processed foods. If anything, CSF taught me how to listen to your body and honestly how to cook. I am now financially - mentally free of topical acne treatment, I am free to eat, but I want to have full knowledge of how this will affect me and I have a new hobby-cooking- that I never thought I would take! I came across the Clear Skin Forever website a few months ago when I was researching the benefits of green tea for acne. I read the article and thought they did an excellent job answering my question while providing supporting information. I was curious to see what other dietary changes I could make that would help eliminate acne. After all, I knew my acne was food related, but was in denial about it. I was pleased that buying a book has a 100% money back guarantee. I bought an e-book and read every page word for word and thought it spoke directly to me. Read more >How do I overcome negative thoughts? I've tried everything! How come other people have perfect skin but eat McDonald's and doughnuts? I am committed to eliminating gluten, dairy products, vegetable oils and excess sugar as a start. I also got rid of all my makeup and acne products and stuck with one natural cleanser and one natural BB cream. The first week, my skin cleared up tremendously! Then I started to break out again. I turned to Devin, who immediately replied that my body was being cleansed. I stuck with the program (no cheats) and really, about 2 months later, my face is close to perfection! Even if I start getting a pimple, it's significantly less inflamed and quickly healed. I cannot thank them enough for publishing this information and encouraging people like me who wanted to get better. This program made a commitment and change, but I believe it's worth it! That's a great program. The book is full of information and tips. I particularly appreciated the snippet at the end of each section that summarizes the information and helps to give direction and repeat the important ideas reviewed in each chapter. Not only does this program help with acne it helps with overall health, which is so important. I was most impressed with the customer service and how easily as a customer I was able to reach Devin &amp; Sonia. Devin quickly answered my question and immediately addressed my problem and was thorough and thoughtful in his response. Read more >It showed me that there are real people and people who really care; not just a sale of a product or an idea. There seems to be customer care and advice they give that shows how original the program is. This forum changed my life and offered me support. I know this sounds insanely exaggerated, but for so long I've wanted to change my food and I can honestly say that without the support or this food explorer, I wouldn't have been able to do it. Because I'm not perfect, sometimes I screw it up and I have Need. I also realized that it's such a big change and sometimes change happens slowly and I have to accept that. Boxes, explorer and blogs are so subtle as to allow you to make changes in your spare time. Read more >Support is always available. Thanks! I got acne during my first year at university. I think it may have been triggered by some kind of epigenetic change caused by excessive stress combined with lack of sleep. My diet was not the best, although I was often too embarrassed to use the communal kitchen and therefore would eat healthy granola with almond milk for dinner. For the first time I used a clean skin forever website to read as much as possible about how our diet and lifestyle has a major impact on our skin health. I am extremely glad that I bought the program because it is from a scientific background, it makes such a change to read something that is scientifically supported by articles in literature. Read more > It took about 6 months to notice the difference, I also had to gain weight to balance my sex hormones and the diet tips listed in the book helped immensely. I already suffer from acne, I still get occasional defects or two during the luteal phase of my cycle, but I don't mind. In addition to the book, I also like the food explorer and forum. It's really nice to be able to ask for Devin/Sonia advice along with other acne sufferers from all over the world. I would definitely recommend this program to anyone who wants to learn more about skin health. Learning about nutrition and the impact of stress, exercise and sleep has actually made me quite passionate about functional medicine and everything it encompasses. Finally, I would just like to say a big thank-you to Devin and Sonia (and everyone on the forum who shared their tips and tricks). Devin helped me so much with cleaning up my acne, including self esteem issues, diet, cleaning (or rather not cleaning) my face, supplements, etc. He was there to ask questions, vent it, or whatever else I put on him. He is a wealth of knowledge and has really opened his eyes to food, habits, and what to look for in packaging and restaurants. I highly recommend buying a book as well as a recipe book! You're reing! Keep up the good work. I'm not great at writing reviews, but I'm happy to make an exception. I am a 46 year old woman from Germany and I want to express my gratitude for this book and the work that the author has put into his research and writing. This book solved my acne problem. My skin is often clean and without pimples. Actually. It never looked as good as it does now that I looked back to adolescence. My acne has never been very severe when it comes to inflamed red spots. It was more like all these ugly white things (excess sebum) was always under the surface that made my skin look bumpy and uneven. Read more >At night I would squeeze out e.th. But 2 days later basically every pore on my face was filled with excess sebum, clogging my pores. I was so unhappy and hopeless. My skin was full of scars from squeezing those pimples. All the creams I used have dried my skin. It was a nightmare. I hated every woman with beautiful immaculated skin, and I was looking for a solution. In this book I found answers to all my questions. My suspicion that MLK was a huge problem has been verified. I started a diet program and I could literally see my skin changing. Now after about 2 months my skin is really amazing. In addition, I have lost weight, my moods are gone and I am starting my new business. Why? Because my HORMONES are in balance, and I've never felt better. SO THANK YOU AGAIN. The book is a lifesaver and should be a must at universities for dermatologists. I believe this book is the best it can be. Yes, it's not perfect, and there is constantly changing and knowing what we are learning about acne and health. The forum is a great thing where we share ideas and find out so much about us, our health and so much more. I see that the book is just a guide because that's all anyone else can give you. It's not tailor-made for you, but if you follow the ideas in this book and apply them to your own life, you will achieve health and clean skin. I guarantee you it's possible. Read more >For years I had terrible acne, it hurt to smile and when I came across my face it would bleed. Looking back, I've done so many things wrong to my body. This book was not the answer to my problems, I had to find them myself, but this book opened the door to clean skin. Without it, I wouldn't have achieved clean skin. This book, and the community behind it, will encourage you in achieving clean skin, we've all gone through the same thing. I'll attach a picture of what my skin looked like, but if you'd like to see how my skin looks bright, you'll need to check it out on the forums. I think some of us felt that wheat, dairy and processed foods are not the best for people who suffer from acne. This book gives us an understanding in detail why some daily routines and some products and foods worsen acne. It is not easy to change your diet and attitudes, that is true, but the advantage that your skin under control is worthy! I have had quite a long history with acne in my life. I started getting severe cystic acne when I was 18 and it took about a year to finally find a treatment that worked. Long story short, I've been using benzoyl peroxide to control my acne for the past 8 years or so. I've always hated the process of slathering it, bleaching towels, sheets and clothes (even some of my kids' clothes!) over the years and just the overall idea of putting that rough formula on my face twice a day indefinitely. Despite the difficulties worked well to keep acne away. Read more >Fast forward about a year ago when I got Mirena IUD (progestosterone contraceptive device) and I started erupting in cysts again for a few months and even BP didn't do a great job of keeping up. After a few months, it calmed down, but I was still freaking out more than I was okay. I started researching diet and acne and found this book. I made drastic changes to my diet right away and I just as quickly stopped falling out. I didn't leave benzoyl peroxide right away, just in case it took time for my body to adapt to my new lifestyle. A few weeks after that, I haven't escaped yet, so I stopped BP. I'm so glad I'm finally without such an exhausting facial regime! It sounds silly, but I have a lot more time every morning and evening now that all I do is basically rinse my face off and/or remove makeup. However, the biggest perk besides the fact that acne and benzoyl peroxide free is that I am now healthier than I have ever been in my life. I didn't realize that the way I ate (although I believed I was eating healthy) was actually screwing me up big time. I wish I could have found it in my research hours all those years ago, but I'm glad I have the information now. I'm 28 years old and excited about this healthy, beautiful life ahead of me. I appreciate all the work that has been put into this book and website. Thank you guys! :) The information has helped me immensely and I love how you stay so connected with all your followers. It's like we're all in this together forever to find hidden bugs and drugs. I don't know you personally, but I already love yah! Ha! Clear skin forever is definitely a one of a kind acne treatment. While most other acne treatments treat acne once it's surfaced, CSF target causes acne to prevent even happening to begin with! It's the place I've always been looking for. Although I have not gotten quite clear, so far I have made great progress. I have some other lifestyle and diet changes that need to be addressed before I'm 100% on board with regimn. I enjoy using CSF to search for foods that insidify whether specific foods can be acne trigger or not; let's not forget the amazing forums! People are engaged and willing to help each other. Read more >You'll notice Devin takes a lot of time to personally help everyone, he's everywhere in the forums and answers all the questions! I can't recommend this site enough. Do yourself a favor and go ahead and buy yourself a book because you'll save yourself a lot of money on silly acne products afterwards. Be patient, there is light at the end if tunnel! I suffered with severe adult acne for twenty years. I spent hundreds of dollars on monthly facials, chemical scrubs, special (expensive) facial washes and treatments and nothing erased it. Five years ago, I dairy products from the diet after finding out some research on the effect of milk and dairy products on the skin. Removing milk and dairy products helped enormously, but I still had serious clogged pores and terrible breakouts. After reading this book, which was very easy to read and understand, I removed gluten, wheat, soy and high glycemic foods from my diet. Read more >My acne is completely gone. It took about 3-4 weeks after the beginning of the diet to see the results. The book explains that adult acne can be an auto-immune condition that really talked to me because auto-immune diseases pass through my family. When the book referred to it as skin diabetes, so many things began to make sense. This book will work for you, but you have to be willing to remove some pretty tasty stuff from your diet and have the will to want acne-free skin more than desserts or bread. I have to thank you, thank you for putting this information there. I am 46 years old and have had breakouts of one type or another since my teenage years. After my mid-30's it was more cystic in nature and harder to deal with. My escapes would be every few months and pretty bad. I've been on antibiotics off and on for years and at least once a month I'd have a bump worthy of a cortisone shot. These remedies still breakouts at bay for a while, but then the cycle will continue. Read more >I actually found my book online while interviewing Alicia Keys, who once was suffering from acne but wears no makeup now. She said that one of the things that really cleared her was no dairy, by researching it I was focused on your milk and acne page: My Milk Cause acne and then into your book.... I am lactose intolerant and when reading your book it seemed like the obvious thing I should have given up dairy long ago instead of loading up on Lactaid. I had no idea about all the hormones dairy products, eggs and meat that could affect your gut health and skin. I'm a little over two months into CSF and the results are just fascinating. I cut out antibiotics, dairy products, take all recommended supplements and follow other nutritional suggestions (grass fed, free range, low gluten, etc.). I'm also doing a few other things that some people in the forums have suggested. The first is washing the face with raw honey in the evening. I'm still wearing a little concealer to cover the stains from the former pimples, so it works nicely to keep it off. If I wear my whole face in order I will use some Argan/Joboba oil mix and face Norwex cloth to get face and eye makeup off. Just warm water in the morning to freshen up. Not sure how you'll feel about these other products I use, but the first is a light mask. It looks like a Storm Trooper mask with small colored lights inside you to wear for ten minutes. I really feel like it helps with the coloring and size of the pores. I have Rosce as well, so it could be only in my mine The second thing is lactic acid anti cyst gel treatment, it works really well for me. While I've seen a big improvement in just two months from the methods you're suggesting, I still get a little bump every few weeks and the tingling of a possible cyst trying to form, but I put this product right away and usually in a day or two it's gone for nothing. I should also mention that two weeks ago I broke out really bad, strange breakouts too much space, I normally was clear, so I almost got discouraged. But for everyone else starting out, I mean, to give it more time, it can take one, two or three months, but you will improve your skin and through all the health, believe me! I've been suffering from acne for the last 10 years. Before reading the CSF ebook I never focused on my diet and gut health. But after reading this book and following posts on this forum, it opened my eyes to a completely different world. The authors do a great job of suggesting people what to eat to solve their problems. Most of the time, I think people see an improvement in their health. First of all, this ebook and forum in all ways gives me hope that there is a solution to my acne that I have never felt during my regular visit to a dermatologist. Great job guys! Keep doing the good. Hi! Hi, I gave only three because I really fully embody the recommendations on this page as I still have counter instructions from my naturopath. I didn't make much progress when I thought my skin was really cleansing, it got dramatically worse. My face really hurts. It went from the localized areas to my entire face. So it's hard for me to give a review at this point. The apps and materials are great, I think. And the response timing is amazing and the advice is supportive. Read more >Prices are also fair, compared to other sites I've been to. I just wish my skin was clear – but again, it's by no means a reflection of your site. Like I said, I get a lot of opposed advice. Before buying Clear Skin Forever, I struggled with acne for most of my life. I got used to my acne and accepted it as part of myself. Why? I have no other chance. I tried everything in the book (well not literally, I tried everything in the CSF book). But everything else that is advertised on the mainstream, yes, you name it - expensive products, numerous visits to the dermatologist, cleaning my diet, becoming vegan, exercising, DVI-s, I mean everything, really ah. So when I discovered this e-book on the Internet for the first time, I didn't buy it. Read more >I came across this a few months later again in the midst of my own dragonfly crisis and decided what the hell I have nothing to lose. So I bought a book, took notes, and followed the instructions by letter. It was hard tho. Being vegan at the time, still maintain your diet and follow the instructions. Since there are many limitations with regard to grains and vegetable oil, it was hard to be full and not feel anxious. So, if you're vegan and you buy this book, I suggest you drop veganism at least for some time to see if it affects your progress. Another huge light for me was cigarettes. Yes, cigarettes are bad, not only for your skin, but also for all your health. But, man, I'm crazy about them. Love a cigarette with my black coffee and I am still able to leave this naughty habit behind me. I will say that the book still had a big effect on my skin, although I did not completely remove cigarettes (I reduced it to 1-2 cigarettes a day!), but for some time I dropped veganism. But I have to be honest, I cheated. Since I haven't been able to make these changes long term and every time I fall back, my skin got bad again. So I will say that in order to make all these changes, you need a huge amount discipline and keep it.... as forever (have clean skin forever) I recommend that before going to accutane (which is shy poison) please- please try this book. My skin has improved and I don't even remember how my skin was before. But every now and then, when I get annoyed over the slightest bump on my forehead, I look in the mirror and smile at the fact that I'm able to be annoyed over this one little whitehead :) It's amazing to have clean skin (!!!) and if you haven't been blessed by nature, it needs work. And this book is a good tool. I'll say it again - please try it, especially if you're thinking of accutane. Great information and discussions that are often published as well as questions answered. Good advice. Saw good results for my daughter's skin within weeks. Worth every \$! followed advice from CSF Devin and Sonia for two months, and I received positive results. I didn't breakout, and my acne decreased significantly. I think I'm going to be watching them for a long time to finally clean my skin. I came across this program online while researching ways I could finally get rid of the bacne from which I have suffered since I was 15 years old. I am 40 this year and although my face is bright, I am very fit, thin and healthy, this problem persisted. I knew some foods like peanuts and dairy products were triggering, but no matter how much I avoided them I still broke out on my back very badly regularly leaving scars. I have been on this program for 6 months. Within the first month I stopped carving at all and six months later I had perfect clean skin. Read more >A few black tubes, but miraculously they would just fall themselves. The only problem I initially faced was removing wheat and coffee from my diet. As a mother and wife, I cook for others, so it was a challenge. But we did it. I think everyone's feeling better about it. Coffee was my biggest challenge, I recently started drinking a weak cup of coffee a day and found that unfortunately I started getting a couple of little pimples :(. But overall, it has substantially changed the quality of my skin. I also enjoyed their recipe books. Mayonnaise recipe is failsafe! worth it just worth it. Before discovering the CSF program, I tried to find out why my skin constantly breaks out. After not experienced acne as a teenager, I wondered why I suddenly get so much in college. It was really hard for me to follow the CSF recommendations at first, but when I finally gave the program a real chance, I experienced so much more benefit than what I was looking for. I was attracted to it at first because I wanted to get rid of acne, and it definitely did that for me. After a few years of constantly agitated skin, it was so good that they finally have a bright face. Read more >But the reason I continued with the diet is because it also makes me feel much better physically. I never thought before that I had problems processing gluten or dairy products (they were a huge part of my diet), but now that I don't eat those often, I immediately notice how much harder I feel &amp; how much less energy I have. Would never have tried cutting them if it wasn't for the CSF-grateful this knowledge is out there &amp; is constantly expanding. I've struggled with acne my whole life. He'll come and go. I will say this that since I started reading many different forums on this website and using some advice, my skin has improved tremendously. Not to mention that my self-esteem and self-esteem have skyrocketed. My story is similar to many people who came across the Clear Skin Forever website. I had severe acne in my teens and tried all kinds of treatments – Acutane cleared my skin temporarily, but acne always came back. Also, given the side effect I've had with Acutane, I'd prescribe it for my worst enemy. By the time I reached my mid-thirties, I had almost come to the conclusion that I had just got the wrong genetic hand in relation to acne – I basically felt that I just had to accept it. Read more >However, Clear Skin Forever principles convinced me that acne is actually a problem with the solution. Given the progress I've made following the guidelines in the CSF book, I firmly believe that acne is related to diet and lifestyle. My skin wasn't clear overnight - it was a very trial and error process, but eventually I found the main food culprit that was causing me acne. As the authors point out, the information in the book is merely a guide!! I find that I can actually tolerate certain foods that are listed as dangerous foods. Given the money I've given for the pills and treatment over the years, I've as if I was completely scammed – these treatments did not target the underlying problem that was aggravating the skin – Clear Skin Forever Principles DO!!! Prevention is much more effective and cheaper than treatment. I appeal to all those who have acne not to spend a fortune on a treatment that only works temporarily at best - invest in the Clear Skin Forever philosophy - your skin and your wallet will thank you!!! After I started reading the book, I realized these people (authors) were telling the truth because revealing them was what I thought and experienced. I could identify with them. So I took their advice and changed my entire diet and found the truth about the causes of my acne problem. It has been over 2 years that I have been following their instructions. I am very happy with Clear Skin Forever books, so much so that I want to tell every person I see, with acne, about it. The information found in Clear Skin Forever is what I've been surfing the internet for countless hours. In the end, I understood what causes acne. I was a little hesitant to try another solution for my adult acne, but your information helped me so much. I'm on my third week and my skin is so much brighter. I noticed after the first week that my skin was less indle. I drank at least 3 cups of coffee a day and now I'm completely out of coffee and I noticed a big difference. My skin was so itched and bumpy and now it looks much smoother with less large pores. My next step will be to cut my dairy products as I just like cheese. Read more > Wish me luck! Definitely worth joining if you have any kind of acne problems, lots of very useful information, I highly recommend. . CSF not only helped me achieve better skin, but also a better quality of life! It gave me the information I needed to understand how our body works and responds to different foods, in a way I can make conscious decisions about what I put in. In addition, online food explorer raking is a big and easy help to stay focused. I've been having a lot of outbreaks before, but now that I'm feeding myself with a healthy diet and having a balanced daily routine my skin has improved a lot. I feel healthier, and this should be a more important goal than just feeling nice, so I really recommend this book if you're looking to change your lifestyle! Finally, a real acne solution. What I love about CSF is how complex it is. It's the solution. This is supported by real research. I also love how actively engaged Devin and Sonia are. I like that there is a CSF community, not just a book. I used to have really bad acne. Although it's not like a bumpy huge cyst, there were small red spots all over the face. I felt so bad, and I never want to go out without makeup. I spent a lot of money on laser, chemical peeling and other topical acne cream. But they just have a really short-term effect on my skin, they does not solve the causes of my acne. Clearskinforever program really helped my skin a lot. Before the program, I never related my acne to my lifestyle and diet. After I stopped processed foods, sugar, dairy, coffee, milk chocolate and bread for just two weeks, my skin had a huge improvement, I was so happy when I found out I finally can control my acne! I also go to bed before 23:00, run every day, eat a lot of dark leafy vegetables, drink a lot of water. Read more >It not only helps my skin, but also helps me lead a healthy lifestyle in a sustainable way. Thank you so much. The Bright Skin Forever book has really helped me so far on my journey to acne treatment. Not only has it helped me understand how much of a role diet plays with acne, it's helped me become a healthier person all around. Thanks guys ☺ like a lot of people, I'd just probably get lost and give up trying to clean up my acne. I had an \$80 worth of acne current mode in my basket Acne.org when I came across a CSF book. I thought I'd read it. I'm glad I did because I definitely saved money instead of spending yet another piece of change on a temporary deal. It only took me a day to go through the whole book because it was interesting and easy to understand. I learned a lot about my overall health from both books and forums. Read more >One of the most impressive things is the CSF forum, which allows customers to post their diets, concerns, questions - well everything! It doesn't take long for customers to get an answer from someone, and it's really interesting to see a community of different experiences, backgrounds and professions come together to figure this whole acne thing out. From reading the book, the way it has changed for the better (Trump can say tremendously). My skin has improved, but I also learned that it is a slow process that requires commitment to mistakes and learning from them. If you're on the fence about getting started with CSF, my advice is just to go for it. The worst thing you will do is spend the money you have been required to waste on some other type of acne solution. You may not agree with every recommendation in the book, but you will definitely learn about your health and lifestyle. It could change your life. - KB I enjoy reading the book as you feel empowered to drive change. I followed the tips for a few months and saw the difference in my skin. Thanks for putting this great information together Loved your book and practical advice. CSF worked for me and I recommended it to several people. It is not a miracle cure or scam to sell you products; CSF is an in-depth look at why you get acne and how to change your lifestyle and habits to prevent acne. Good luck! Before I read Devin and Sonia's book, I suffered from chronic acne, red face, and occasional acne cysts. After reading and their advice, I learned TON about my skin and how my body and skin work together. It's been a little less than a year and my skin is much milder, and I don't feel the lack of confidence that serves to plague my work and social life. I'm much more comfortable and knowledgeable about my skin, and I feel like I've learned secrets that are actually just natural sound advice. Read more >I no longer rely on skin care products and wake up feeling confident that my face is bright and that any tiny spots will be overcome by leading a healthier lifestyle. Take the book!!! Acne has been a part of my life for 14 years, I'm 26 and this is by far the best acne approach I've come across. In 2016, I had cystic subcutaneous acne (red, inflamed, painful, you name it!) and I used Proactiv, which left my skin burning and damaged. This is the day I decided not to use topical treatment anymore; after all, you can't expect a miracle if you continue to do exactly the same thing over and over again. I read various blogs in the next few weeks and finally came across Clear Skin Forever (So grateful for that). Read more >Blog resonated with me, it was finally something that was based on diet, environmental stress and psychological stress. The thing that resonated most with me was how is the approach to finding the cause and triggers, and addressing them instead of treating the symptom (just as I've been dealing with every dermatologist out there for 14 years). The forum is a huge help, given that CSF users share their experiences and are always willing to jump in to help each other. My acne condition has improved significantly, and more than that I feel a change from the inside. Devin and Sonia are very knowledgeable and only relate/advice based on first hand experience. They are very thorough, critical and the most useful people I have come to know when it comes to holistic lifestyle methods. This is the best I could do to my skin and body – they are very grateful every day. I have been using csf access for about 4 months and have seen great improvements with my acne condition, and despite all the wellbeing. I recommend it to anyone out there who suffers from acne and is willing to make changes in their diet and lifestyle. I'm sure the approach works for most people, and if it doesn't work for some reason, you can be sure that it won't hurt you like other medications/topical treatments. I hope you will make this investment; I did and I'm very grateful that I did. I bought an e book in July. To be really honest, I didn't expect much of it as I read a lot of advice and scientific literature for my acne, resulting in a very healthy way of life. Yet my acne was still here despite my efforts and 5 years of acne. This ebook was useful as I learned some are missing especially on my skincare routines. But the huge advantage of the ebook lay not in the book itself, but the service that comes with it. The forum is very active and Devin and Sonia are very reactive. Read more >As my personal experience, my acne has improved significantly after reading some forum tips and experiences from other users, and while I still have acne, I have the full support of Devin to help me figure out what could be the source of the problem using tests and literature. So this level of personal help is why I would definitely recommend an ebook, and if you've still been working on your acne and are a little clueless about what to do, then the ebook will be a huge step forward in your battle. The thing about diet was fantastic when I made slight changes to my diet and within a week saw my oily skin change a lot. One-time fee. We will never charge you any hidden fees or recurring subscriptions. We're sorry to say we're not planning on making a paper version of our book. All of our services — our ledger, recipe book, forum, and Food Explorer — are electronic. We really appreciate the physical books themselves, but staying electronic with this business keeps things easier, makes it easier to make changes as we continue to learn new things (so you can continue to benefit from free updates), and saves some trees, too! ☺ through our experience and research, we have found that generally speaking, all acne is hormonal. That's whether you're a teenager, an adult, a man, or a woman. Your hormones – insulin, cortisol, IGF-1, androgens, estrogen, etc. In Clear Skin Forever we will show you how to optimize hormones (including you, ladies!) through changes in diet and lifestyle. So if you get acne around menstruation, that means something pushes your hormones over the edge during this time. We will teach you how to balance your hormones holistically to beat cycle-related acne. Good question! Yes, our program can help you no matter where your acne is. While we can't guarantee results, many Clear Skin Forever readers have completely cleaned up their body acne (neck, back, etc.) after the program. The underlying causes of body acne tend to be the same as for facial acne, in our experience. Yes, it can help you. However, since we encourage people to eat high quality animal foods, you will need to follow a modified version of our recommended diet. There is a chapter in the book on how to adjust your diet for best results if you are vegan or vegetarian, and we have helped a lot of vegans and vegetarians figure out what to do on the CSF forum that you get free lifetime access when you buy our book! That depends a lot on how you eat now. If your diet consists of pizza, and soda, then yes, you will probably need to make some substantial changes in your diet if you want to cleanse your skin. This means that if you are already eating a healthy whole-foods-type diet, the changes will be much smaller. Ultimately, how far you need to go with a diet depends on your genes, epigenetics, nutritional status, sensitivity to food, the environment, etc. We can't know this about you individually, so we offer some different approaches in the book so you can find the one that suits you best. Absolutely! You can download the pdf freely here. Here.

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