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# Roadmap to Clear Skin

Acne  
Freedom  
in 7  
Easy Steps





## Introduction

Did you know that there is a proven method to getting rid of acne?

Did you know that it doesn't involve any drugs, creams, harsh face washes, or trips to the dermatologist (who never seems to know what he's talking about anyway)?

Did you know that it works for everyone, no matter how bad their acne is, and how long they've had it, and no matter how many treatments they've tried?

Yes, I'm talking about treating your acne holistically.

It's for real, and it works. Read on!



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Hi, my name is Tracy McCullough, and I'm the author of this free ebook and the owner of [www.TheLoveVitamin.com](http://www.TheLoveVitamin.com)

**I used to have acne.**

As you can see in this picture - a lot of acne. It wasn't always this bad but I can safely say that when it did manage to elevate to this level, it was by far the worst time of my entire life. I was devastated.



Luckily, I had already heard that you could clear your acne without drugs, and since I never wanted this to ever happen again, I decided to go with the natural approach to acne treatment.

**You see, the thing about conventional acne treatments is that they never really treat the root of the problem.**

For example, when the gas light comes on in your car, it's telling you something is wrong – obviously that you need to get to the petrol station and fill up! Conventional acne treatment is like smashing out the gas light in order to ignore the problem and cover up the inconvenience. Eventually, you're going to run out of gas (or your acne is going to come back).

The beauty of treating your acne holistically doesn't only lie with the fact that you can avoid potentially harmful side effects of harsh acne medications (and save your money), but you are also treating the root of the problem so that you can stop continually fearing that your acne is going to come back.

Not only that, but you will also become happier and release yourself from the devastating choke hold of emotions and psychological effects that acne produces in most people.

That is your end goal, right? Happiness?

**Alright... so what is the secret then? How do you get rid of acne holistically?**

The thing about your body is that it is always trying to heal itself and maintain a level of health where disease doesn't exist. The more we abuse our bodies, the more acne we get because our bodies can't get back to this normal state of health that they so desperately want.

So the trick is simply to improve your lifestyle with 7 easy steps. A lot of people only think of health in terms of diet, or perhaps exercise. But there is so much more to it, and that is why many people who only attempt to change what they eat do not always completely clear their acne.

You need to put all 7 of these healthful things together, or you may not get the results that you want. They are all connected, just like the intricate systems of our bodies, and they are dependent upon each other in order to improve health to the point where acne cannot exist.

## So what are they?

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### 1) Emotional Health

Stress and unpleasant emotions have a resoundingly negative effect on the body. You've heard it all before... stress gives you heart attacks. It makes your hair grey. It gives you wrinkles. So why can't it give you acne?



**Well it can and it does. It's probably a bigger culprit behind your acne than you realize.**

You wouldn't think so, because we tend to think of stress as something that happens quickly and goes away. Like when you have to write an exam or go to a job interview.

But there are many things that register as stress in your body and impact it in a negative way. Destructive self beliefs and feelings of low

self worth that many of us carry around are a big one. You may not even realize you feel this way about yourself, as these things are often hidden.

If you don't think this applies to you, think again. I didn't think it was a factor in my acne either, but there's a lot going on beneath the surface if you take some time to look for it.

When such a psychologically painful disease like acne is involved, there usually is. If you don't believe me, [click here](#) to read a post I wrote about how I came to realize this.

Fear about the future is another type of stress that is bad news for your skin.

This is because your body can't tell the difference between something imagined and something actually happening. If unsettling things are going on in your mind's eye all the time, your body is going to be on stress mode all the time too.

### **Did you know that there is a new science evolving called Psychodermatology?**

That's right. A whole new field of science... completely dedicated to skin diseases and their connection to the psyche. It's estimated that more than 50% of skin disorders have a heavy psychological factor, and they are finding more than ever that when emotional and

psychological healing takes place at the same time as other treatments, their disorders go away quickly and easily.

The reason the mind and skin diseases in particular are so intricately linked is because your skin is the organ that your mind uses to gather information from the outside world. That's a pretty big task! In order to perform this tall order, your skin is very generously supplied with an abundance of nerve endings.

This makes sense right? Think about it. Think about how fast your face goes red when you get embarrassed. Or how quickly your armpits start sweating.

**So please... take this step very seriously! This is why I put it first. I can't \*ahem\* stress this enough.**

The good news is that you don't necessarily need the help of a professional, although if you have the money, it wouldn't hurt. What sorts of things can you do at home in order to begin improving your emotional health?

- Begin meditating. Meditating is an amazing way to keep things in perspective and lower your stress threshold. Learn more about it in this [series of articles](#). It doesn't have to take that long... ten minutes to a half hour per day. You can meditate silently, or you can make it easier on yourself by investing in some [meditation tracks](#) with brain entrainment, which I highly recommend. It makes it a hundred times easier and more enjoyable.

- Make a concerted effort to stop constantly looking in the mirror and touching your face. As hard as this is, you'll be much happier when you are not constantly bringing acne to your brain's attention.
- Keep a gratitude journal and write in it every morning with goals for the future, positive affirmations, and reminders of all the wonderful things you have in your life.
- Open up to someone. Stress from acne is easy to bottle up inside, but it helps to talk about it. Leave toxic relationships and foster relationships with supportive friends and family.

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## **2) Sunshine**

These days, people are terrified of the sun. You're told to slather on 30 SPF if you're going out for two minutes, wear long sleeves, big hats, and sunglasses. They tell you that if that scary ol' sun touches you, you get wrinkly, you get leathery... oh yeah, and you get cancer.

Well, yeah, if you spend all day in the sun with no protection, sure. You're going to get a burn and that isn't so good for you. But 15-25 minutes of pure sun exposure a day is very, very good for you, and even essential.

### **Why?**



For one, it creates Vitamin D in your skin, which has numerous important uses in the body and will do you a world of good.

The problem is that your body can't make Vitamin D through creams and moisturizers and whatever other junk we put on our skin on a daily basis. If you need to go out in the sun for longer, put your sunscreen on after you've already been out for 15 minutes or so.



**Sunshine also has that irreplaceable quality of making you feel super good and happy** (and lowering stress!).

I know that every spring after a long winter, sunshine elevates my mood more than anything else.

As quoted from my [sunshine article](#) on my blog, here are some other benefits of getting a bit of unadulterated sunshine each day:

- It improves digestion, making your healthy diet work better for you.
- It enhances liver and kidney function, meaning they can detoxify more waste before it comes out through your skin.

- It can penetrate your pores and prevent infection from bacteria, mold, and viruses, including those on your face.
- It normalizes blood pressure, as well as blood sugar – very important for acne prevention!
- It enhances the immune system by increasing the count of white blood cells.
- It can turn off melatonin production during the day, which means you get more of this powerful antioxidant when you need it most – when you're asleep.

**So go on... get outside and catch a few rays!**

If it happens to be a cold frosty winter, make sure you're taking a good vitamin D supplement, or perhaps even investing in your own sunlamp. Going to the tanning bed is still not recommended!

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### **3) Exercise**

You know exercise is good for you. But did you know that it can also help clear acne?

One of the most important things about exercise is that it does a tremendous job of lowering stress. It increases endorphins in your

brain and makes you feel good. It's even been shown that exercise improves mental health in depression patients just as well as drugs like Prozac.

**Exercise gets that serotonin pumping! And those of us depressed about our acne need these feel good chemicals more than ever.**

Of course, exercise has all kinds of other benefits... improves your immune system, digestion, helps you get to sleep easier. It's all around amazing for you!

Unfortunately, I know that a lot of people with acne are too embarrassed to exercise. They don't want their acne medications to sweat off their face, or they don't want to exercise with makeup on, but are too embarrassed to leave the house without it.



**Hey, I understand. But the good news is that exercise doesn't have to be all that crazy. In fact, chronic high intensity exercise is actually not really recommended.**

Doing a couple of half hour circuit training or weight bearing exercises per week is good to build some muscle, and short jogs are okay, but other than that, whatever exercise you're doing should be fairly low intensity. In general, you should be able to have a conversation while you're doing it.

It's better to exercise for longer at low intensity, than shorter at high intensity.

So go for a walk or a bike ride! In the sunshine! In nature if you can. And breathe in that fresh air. Chat with a friend and build stress lowering relationships. This stuff is fun! (and it gets easier too, as time goes on)

Try to get at least three hours of low to mid intensity cardio a week (preferably a half hour per day), and fit it in where you can... walk up the stairs, walk to work or school and back, park on the other side of the superstore parking lot.

I also like to do yoga, as stretching and mild strength building is beneficial. It also has a meditative effect, so I listen to my [meditation tracks](#) while I do it and kill two birds with one stone.

**Another form of exercise that I recommend, because it's my personal favourite, is dancing.**

Put on your favourite tunes and bust a move in your room, or go out with friends. You get exercise, but it doesn't feel like it.

And since it's so fluid and unstructured, you use muscles you wouldn't normally. And if you can get to the point of just letting go and being in

the moment, it has profoundly positive psychological benefits. I love it. It's when I feel the most alive in my life!

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#### 4) Treating Your Skin Nicely

Believe it or not, using harsh acne face washes, creams, moisturizers, toners, astringents, spot treatments, and medications is not doing you any favours.



**You might think these things go hand in hand with acne, but they don't. In fact, you're probably irritating your face into producing more acne by using them.**

Since it appears to you as if your skin is broken, it seems reasonable to feel like your skin is stupid and that it doesn't know what the heck it's doing, otherwise it wouldn't be so spotty. You naturally want to punish it and somehow fix it with an army of topicals.

But you know what, your skin knows exactly what to do. It's way smarter than you think it is. It knows exactly how much oil to produce, it knows how to look after itself, and it knows how to keep an even skin tone.

The only reason you're getting spots is because your skin is trying to help you by removing the overloaded toxins from within. Your normal waste processing systems (like your bowels and liver) are overloaded, and the toxins need to come out somehow.

**As misguided as it seems, your skin is actually trying to help you!**

Instead, you're drying it out, dousing it in acid, and generally irritating the heck out of it. It doesn't know what to do! It wants to help, but it feels like the jungles of Vietnam being bombarded with Agent Orange. Blocked pores that maybe would have stayed benign are now engulfed in flames!



Not only that, but these chemicals get absorbed through your skin and contribute to the problem of overloaded toxins and general unhealth that we are trying to reverse.

Your skin should be able to breathe. You should be using very gentle, natural skin care products - for example, I use honey to wash my face.

And most of the time, you just don't need to moisturize. Your skin may feel dry, or oily, for the first few days after you stop, but it quickly finds a balance, believe it or not.

**Picking, popping, and touching your face all fall under this category as well.**

The damage you are doing by squeezing your face is off the charts, and you probably don't realize it. You are also setting yourself up for more acne in the future. Make sure you watch [my video](#) about it, and also have a good read through the website [www.stoppickingonme.com](http://www.stoppickingonme.com). The quality and appearance of my skin improved dramatically after I stopped popping pimples.

Letting go of these things can be one of the easiest parts of this process, or it could be the most difficult. Most of us are very, very emotionally attached to this stuff, and it can be beyond scary to just let it go. But you gotta do it.

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## **5) Proper Sleep**

That's right. You have to get some good quality Zzzzs on a regular basis.



Quality sleep is so important to good health. You must have noticed how grumpy and unproductive you get after you've missed out on a good night's sleep? You may have also noticed that you look pale, your skin appears dull, and possibly more inflamed?

**That's because sleep is our body's time to catch up on all the work it didn't get a chance to do in our waking lives.**

During the day, we are so busy digesting food, moving around, and over-thinking things, that there is simply no energy left over to detoxify and perform maintenance tasks that your body desperately needs. If you don't let your body do this properly, it will catch up with you very easily.

You end up with more inflammation, more backed up toxins, more stress, more insulin resistance, and lower immune function, all of which contribute heavily to acne.

Don't take this lightly... scrimping out on as little as two hours a night can produce these effects quite quickly.

**Some tips for good sleep:**

- Our natural body rhythms sync with the night and day cycles (this is why you feel so crappy when you're jet lagged! It's not just a coincidence). Try to sleep when it's dark and be awake when it's light... the best detoxifying goes on sometime between 10 pm and 7 am. Getting sunshine and light in your eyes early in the morning and as much as possible throughout the day helps to maintain this sleep cycle.



- Exercise. Not only is it good for you and your acne, as we've already discussed, but it also helps you to get to sleep easier and earlier.
- Wind down and stop eating a couple hours before bed. Do some meditation and maybe some breathing exercises. The more stimulation you have before bedtime, the harder it will be to fall asleep.
- Don't constantly oversleep either! It seems as though oversleeping can also produce some negative effects. Everyone differs in how much time they need to sleep, but you know what I mean when you sleep too long and you feel like you haven't slept at all? Try to avoid that. Like most things in life, sleep is also something that should fall within moderation!

Alright friends... sweet dreams!

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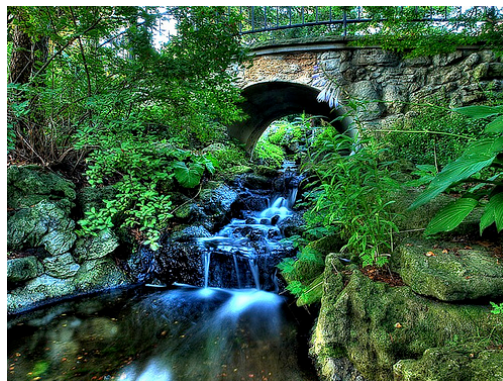
## **6) Fresh Air and Deep Breathing**

There are many reasons to visit the great outdoors!

Personally, I feel most at home and grounded when I'm in nature. It seems to enhance everything good in life... for me, that's dancing, music, and friendship. It connects you back to the earth and yourself in the way that being in the concrete jungle just can't!

But even if you can't get out to be in the thick of nature, you should still just get outside, or at the very least, get some plants in your home or open a window. That's because the number one benefit of the great outdoors comes in the form of fresh air!

**Yes, it really is as good as your mom told you.**



Why?

Because fresh air goes hand in hand with breathing – you know, that subconscious process that brings air into your lungs and expels carbon dioxide? You wouldn't think it was such a big deal since it's something you never think about, but breathing is a major way in which your body expels a LOT of toxins.

**The more toxins your body expels through normal channels like breathing, the less of them are going to come out through your skin.**

When you stay inside all day, you're just re-breathing the same recycled air that you and everyone else already released! So if you go outside and breathe in some fresh, clean air, you're getting more life giving oxygen into your blood, which can then transport nutrients where they need to go so that everything can function properly. You're also not breathing in the same recycled toxins!

It also makes a difference *how* you breathe – deep breathing ensures that you get rid of all the stale air at the bottom of your lungs, and also draws in the most oxygen to your cells and brain. It lowers stress and makes you feel very relaxed.

Anyway, this one's not that hard. There are many activities you can transfer to the outdoors and you can combine it with many of the others... just exercise outside, in the sunshine if possible, and breathe deeply while you're at it. Easy!

And if you go camping or leave your window open a smidge at night, hey... you can also combine it with sleep!

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## **7) Healthy Diet**

I left this one for last because I wanted to emphasize that while diet is very important, it's not going to be that important if you go off the deep end with it, ignore the other areas of health, and subsequently increase your stress levels.

The problem is that people tend to connect diet as the first and most obvious thing to do with health, and therefore, their skin.

There is also a lot of misinformation out there about what is actually healthy. It can be overwhelming for some people to sort this information out, get out of their comfort zone and try new foods, learn to cook new recipes, and at the same time, resist old temptations and habits.

Since most of the other things on this list are so straight forward (or in the case of emotional health, harder to grasp), people put a lot of energy into figuring out this diet stuff.



**Eventually people tend to ignore the other facets of health, and begin to put all their eggs in the diet basket.**

They learn everything they can, hardcorely restrict their diets, and start to develop phobias about eating foods they don't currently allow. When things aren't going as well as they hoped, they begin to cut out more foods because they imagine that everything they eat is giving them acne. They end up on strict routines that will never allow them to live a normal life.

**In other words, they develop an eating disorder.**

They've coined a word for eating disorders that revolve around health foods and the subsequent fear of 'unhealthy' foods, and it's called Orthorexia Nervosa.

**Don't laugh and think it can't happen to you. It happened to me, and many others.**

Don't get me wrong, food is the fuel that feeds all your cells and yes, your body will not function as well as it would if you were eating only good, nutritious, wholesome food. And that is what should be aimed for, because that's what any normal, healthy human being should be eating, not just those with acne.

And yes, I'm not going to lie, eating healthy will most likely make a big improvement in your skin. But you just don't want to go nuts with it or it's going to be more detrimental than it is helpful. Your emotional health will suffer, and so will your skin.

**Besides, what's the point of having clear skin if you can't even enjoy your life?**

Remember the [90/10 rule](#). Aim to eat wholesome foods 90% of the time, and give yourself a break for the other 10%. No one is perfect.

So after that little disclaimer, I will now tell you a little about what you should start with in order to improve your diet:

- Drink good, clean, filtered water

- Eat whole foods, in other words, foods that look like they did when they came from nature, including plenty of fresh fruits and vegetables
- Try to stay away from dairy and wheat, as they both correlate highly with acne problems
- Stay away from refined or “white” foods (white flour, white rice, white pasta, white potatoes, white sugar)
- Avoid processed foods and sugars as much as you possibly can
- Eat lots of good fats, including quality Omega 3s
- Avoid heated oils, deep fried foods, and damaged fats

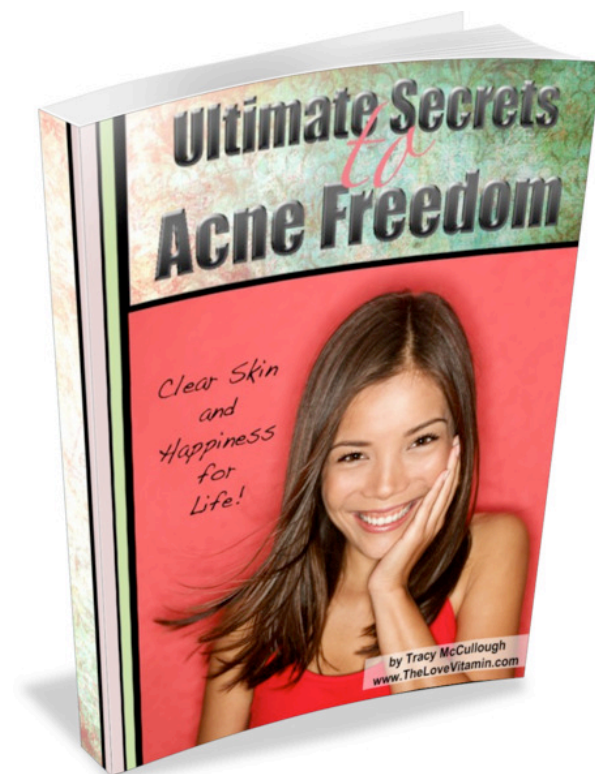
**That is a start, and you don't have to do it all at once.**

Some people do better introducing changes gradually, and others do better at kick starting a healthy diet by doing a ‘cleanse’, or a period where you eat strictly in order to detoxify your body and eliminate bad habits and cravings. Choose which one is better for your personality!

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Okay! So there you have it. 7 steps to a new, healthier, acne-free you!

If you need help with implementing my suggestions here, I have another ebook available called "[Ultimate Secrets to Acne Freedom - Clear Skin and Happiness for Life](#)".



Truthfully I just told you what the "big secrets" are to having clear skin... this second book is simply a more comprehensive guide that elaborates on the things you learned here.

It includes 6 diet principles crucial to clear skin, over 30 recipes, videos of what I eat each day, what my exact skin care routine is like, how to balance your hormones, suggestions for reducing stress, my number one acne-fighting food, and much, much more.

I'd highly recommend [picking it up](#) because it's so easy to make lots of timely mistakes attempting to discern the "health" information on the internet today and create a plan of action for yourself.

*Case in point: I read so much conflicting information about healthy eating and living when I was first starting my journey to clearer skin. This only led to frustration, paranoia, and numerous unsatisfying diets and cravings - plus I know that I could have cleared my skin even quicker if I had known what I know now!*

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Okay. So there you go.

In this book, you learned seven very important steps to clear skin and a healthy, happy you. This is what I did to clear my own skin, and I went from this to that in only a few months, and so can you.



Keep reading [The Love Vitamin](#) for great new videos and articles to help you get started on implementing everything you've read here.

And never forget that you're a beautiful person and capable of anything. Don't be a victim of acne any longer... believe in yourself and anything is possible!



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x Peace and happiness,

A handwritten signature in black ink, appearing to read 'Tracy McCullough'.

Tracy McCullough

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