

Clear Skin Secrets

The **11** lessons you must learn to achieve clear & healthy skin.



EXPOSED[®]
S K I N C A R E

LEGAL NOTICE

While all attempts have been made to verify information provided in this publication, neither the Author nor the Publisher assumes any responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional. The Author neither makes nor attempts to make any diagnosis or cure or prevent any disease. This publication is an information product, and is not intended for use as a source of medical advice. Information contained herein may be subject to varying national, state, and/or local laws or regulations. No guarantees are made. Publisher reserves the right to make changes. If you can't accept these terms, kindly return product. The Author and Publisher assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials.

DISCLAIMER

All material provided by Exposed Skin Care™ and its agents is intended for informative purposes only; it is not a substitute for professional medical advice, and is not designed to diagnose or treat any medical condition. This book is to be used only to provide you with additional information with the sole purpose of better understanding your health and your health conditions, and is intended for audiences within North America only.

The information offered by Exposed Skin Care™ and its agents is not intended to replace, in any way, the medical advice that can be provided by a physician or other medical professional. Please consult your physician with any questions or concerns that you may have regarding your health.

Exposed Skin Care and its agents are not liable for any outcome or damages resulting from information obtained from us in either direct or indirect form. Exposed Skin Care, and their information providers, agents, officers, and employees accept no responsibility for such materials and you agree to hold them free from liability for any damages, direct or indirect, resulting from such materials.

All Content is Copyright 2013 Exposed Skin Care.

All rights reserved. No part of this publication can be reproduced without express written permission of the author.

Introduction.

A quick summary of what you will find in this guide and how to make the best of it.


More than 90% of people are affected by acne, some just in their teens and others much of their adult lives. This guide will help you quickly understand the causes of acne and give you some important information on how to achieve a clear and healthy complexion from both the inside and the outside.

To make things easier, we have broken the information down into 3 categories with a total of 11 lessons to follow. This may seem overwhelming at first so take your time and slowly integrate each lesson into your life.

Some of the lessons are very easy while others you may find challenging to follow. Do your best, stick to the routine and your skin should begin to heal within 2-3 weeks.

It not just about a clean face.

As you will learn in this guide, **acne** has 4 causes - we will teach you how to fight it on all fronts.

Each lesson is numbered  to make it easy for you to spot the critical information.



The causes of acne.

These are the 4 main reasons you get acne, without any scientific jargon.



Clogged Pores.

Your skin is constantly renewing itself. Sometimes skin cells get stuck in your pores and 'clog them up', leading to whiteheads and blackheads.



Bacteria.

A bacteria known as p. acnes (propionibacterium acnes) lives on your skin. Inside a clogged pore, it can grow out of control.



Inflammation.

Inflammation and swelling increases the chance of clogged pores and is what makes acne red.



Too Much Sebum.

Sebum is sticky, if you produce too much, your pores are more likely to get clogged, leading to more bacteria and more acne.

Preventing Acne.

Since acne has multiple causes, you must utilize multiple solutions. These are the 3 ways you will improve your skin.



Skin Care Products & Medicine.

The right products will exfoliate your skin and kill p. acne bacteria without clogging your pores or causing too much inflammation or dryness.



Daily Habits & Lifestyle.

Certain habits can make your acne worse by causing inflammation or spreading bacteria. Luckily, there are some simple changes you can make.



What You Eat & Drink.

Your diet can seriously affect 2 of the 4 main acne causes: inflammation and sebum production. **If you have a poor diet and don't change it, you probably won't get the clear skin you want.**

The 2 things you can't change



Hormones.

During puberty, pregnancy and 'that time of the month', your hormones change and can cause new acne or exacerbate your existing acne.

Don't give up: Your diet, lifestyle and stress level can affect your hormones and at least you are in control of these.



Your Genes.

Let's be honest, some people have great skin no matter what they do, while some of us have to try everything to get our skin clear. Chalk this up to genetics, you can't change your genes, at least not yet. So let's focus on the things we can change.

Topical Products & Medicine.

It's not just about using the right products, you must use them correctly for your skin type.

Your skin care products must fight the 4 causes of acne.



Kill Bacteria
with Benzoyl Peroxide



Unclog Pores
with Salicylic + Glycolic Acid



Control Sebum
with Green Tea Extract



Reduce Inflammation
with Passion Flower Extract

Using skin care products:

Be Patient. 1

Your acne won't clear up overnight. In fact, it could get a little worse before it gets better. But follow these lessons, use the right products for your skin, and you should begin to see results in about 2-3 weeks.

Less is More. 2

Using more product is not better. Actually, if you use too much product you'll probably make your skin worse. Start off slowly, using only a small amount of each product, especially the serums.

Be Gentle. 3

Irritation makes acne worse. The harder you rub and the more you touch, squeeze or poke, the more irritated your skin will get, and that means more acne. So be gentle with your skin at all times, especially when washing or applying products.



For more detailed instructions, watch our
Video Usage Guide at exposedskincare.com

Daily Habits: Obey these rules.

Seriously. Don't just follow them for a week, make each of them a habit. You won't believe the difference they make.



Change your pillow case every 2 days.

It gets dirtier than you think and can cause more acne. When laundering, use a fragrance free detergent and do not use fabric softener.



Don't touch your face.

This includes no picking, popping or squeezing.



Sweat, Then Wash It Off.

Exercising a few times a week is great for your body and for your skin. The key is to wash your face as soon as possible after an activity.



Don't Stress It.

Stress can cause acne, which in turn causes more stress...a vicious cycle. While there is no silver bullet to eliminate stress, here are a few tips.

1. **Get outside, get a little sun:** Being outside helps you gain perspective and Vitamin D from the sun will improve your mood.
2. **Spend more time with friends & family**
3. **Watch a sad movie:** a recent study found that this may help you cope real-world stress and sadness.

You Are What You Eat & Drink.

It matters more than you think but results don't happen overnight.
Follow these guidelines and you will see a huge difference in 2 to 3 weeks.



8

Avoid Sugars and Bread

It's confirmed - consuming too much sugar and bread can make your acne worse!
Numerous clinical trials found links between sugar and acne.



10

Avoid Most Dairy

Several studies have determined that dairy, especially too much milk and cheese, can exacerbate acne.

Worried about healthy bones? Try some impact exercise and get your calcium from spinach, kale and white beans.



9

Drink plenty of water.

Many people with great skin swear this is the secret, the rule of thumb is 8 glasses per day.

Try to avoid all sugary drinks, period.



11

Take Natural Supplements.

Our diets are not perfect, so adding a few important supplements can help make up the shortfalls.

Beneficial Supplements: Probiotics, omega-3's, zinc, chromium, vitamin-A, vitamin-E, vitamin-B5, selenium, silymarin (Milk Thistle)



We packed as much of these beneficial ingredients as we could into a once-a-day pill called the Exposed Probiotic Complex, available on our website.

AVOID

- Soda, most fruit juice and other sugary drinks
- Candy, white bread, potato, corn
- Milk, cheese

ENJOY

- Fresh fruits, vegetables and nuts
- Lean protein and beans
- A small amount of whole grains

Thank You.

Thank you for reading this guide. Now it's time to take action and integrate these lessons into your life.

You are now armed with the knowledge necessary to begin healing your skin in multiple ways. It is important that you remain patient and stick to the plan. Results don't come overnight.

We Are Here To Help.

Feel free to call or email us with any questions or concerns. Our contact information is below.

Email: support@exposedskincare.com

Web: www.exposedskincare.com

Phone: 1-866-404-7656

E X P O S E D[®]
S K I N C A R E

www.exposedskincare.com